

Core Values of Healthy Living

CORE VALUES

1. Integrity
2. Life > Work
3. Servant Leadership
4. Transparency
5. Vulnerability
6. Courage
7. Compassion
8. Client Empathy

REASONS FOR WATCHING PORN

1. Boredom
2. Stress
3. Negative emotions
4. Sexual pleasure
5. Sex education
6. Habit
7. Mood regulation
8. Loneliness

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STATS FROM BARNA

- Daily Use: 6% to 12%
- Weekly Use: 14% to 21%
- Less Often: 18% to 32%
- 54% of practicing Christians watch porn
- 68% of overall population watch porn

PEW RESEARCH

- 62% of men ages 18-49 watched porn in the last month
- Up to 11% of men are addicted to porn
- 10% to 19% men addicted to sex
- PPU (Problematic Pornography Usage) these are persons who do not meet the criteria for addiction, but porn is a problem in their lives.

PATTERN OF ADDICTION

1. Loss of control, as exhibited by a persistent desire or unsuccessful efforts to control or stop behaviors.
2. A continuation of the behavior despite adverse consequences such as arrests, broken marriages, financial problems and other disruptions of your life.
3. An obsession or preoccupation with obtaining, using, or recovering from the behaviors.

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PATTERN OF ADDICTION (CONT)

All represent the probable existence of an addictive process.

(Carnes, 2002)

Pornography consumption by men in marriage doubles the probability of divorce.

Pornography consumption by women in marriage triples the probability of divorce.

Frequency in Divorce Filings: A study by the American Academy of Matrimonial

Lawyers reported that **56% of divorce cases** involved one partner with a compulsive interest in pornography.

Since 2016, 16 states and counting have declared porn a public health crisis.