

Effects of Pornography on Intimate Relationships

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- Reduced respect between spouses
- Fear and anxiety about the future and the relationship
- Weakening of the foundation of trust necessary in healthy relationships
- Emotional connection/intimacy -- the foundation for female sexuality -- is significantly affected negatively
- Spouse's mental and emotional health is negatively affected
- Spouse has feelings of betrayal and trauma (virtual form of infidelity)
- Spouse experiences increased feelings of inferiority and insecurities regarding their bodies and their sexuality
- Objectification/dehumanizing of spouse (ignoring their feelings and needs)
- Disrespect of a spouse's body and her/his personal boundaries
- Heightened/obsessive focus on sex in the relationship
- As a negative sex educator porn, can affect sexual arousal patterns/conditioning
- Unrealistic expectations of spouse, female bodies, and acceptable sexual behavior in marriage
- Increased discomfort with spouse's sexual appetite/requested sexual behaviors/activities
- Reduced satisfaction with spouse, her body and their shared sexual behavior
- Addicts increased selfishness/self-focus
- Addicts decreased sexual response/functioning, i.e. erectile dysfunction (ED), inability to get pregnant
- Increased depression and anxiety in both spouses
- Increased isolation and emotional distance in both spouses
- Increased shame, self-loathing, and secrecy in husbands (fuel for addiction)
- Increased potential for infidelity (emotionally and physically)

References:

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