



HOW TO OVERCOME YOUR INTERNET PORN ADDICTION

Reward Pathways & Addiction

Our brains create pathways every time we learn or repeat a behavior. The more we practice something, the stronger that pathway becomes, eventually making the action feel automatic. This same process happens with addiction.

Porn addiction reshapes the brain by building strong pathways tied to watching porn. Dopamine, the brain's "reward chemical," strengthens these pathways, reinforcing the behavior.

Think of it like traveling to the same vacation spot—say Hawaii—over and over. The more you go, the easier and more automatic the journey becomes, as it's your brain's go-to route for pleasure.

Recovery means breaking that habit by avoiding "Hawaii" (porn) and resisting thoughts about it. Even imagining the trip keeps the pathway active.

Over time, as you stop traveling there, the pathway weakens. At the same time, you'll need to build new, healthier pathways to find enjoyment in other activities.

Replace "Hawaii" with "Internet porn," and the concept is the same.



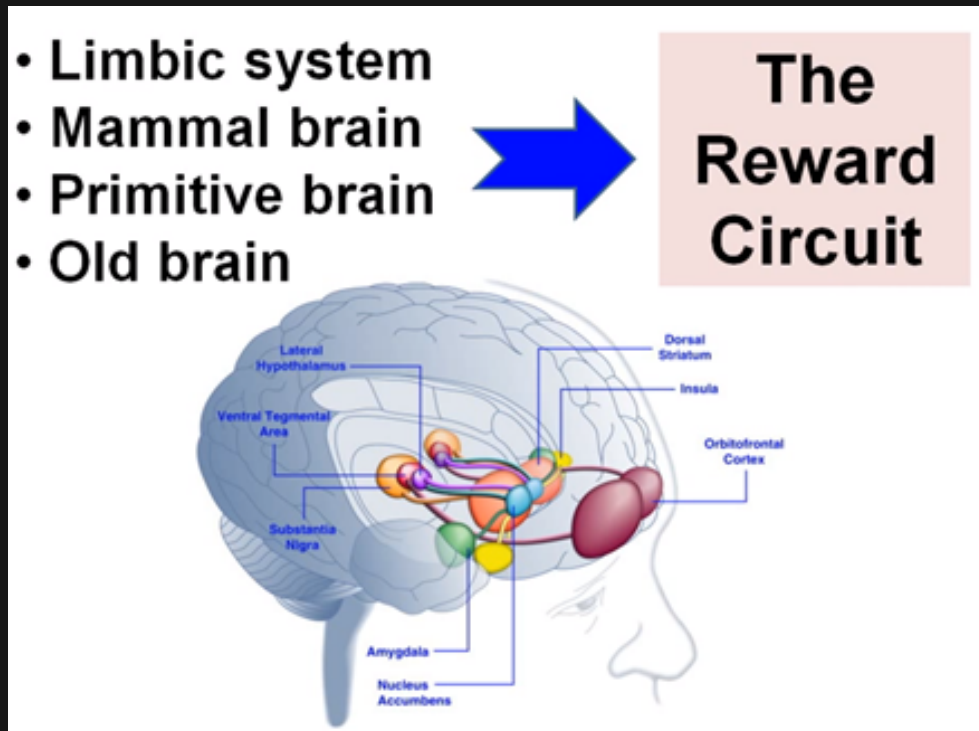
Symptoms of Porn Addiction

- CHRONIC EJACULATION DYSFUNCTION
 - ANORGASMIA/DELAYED EJACULATION
 - BRAIN FOG AND CONCENTRATION PROBLEMS
 - LETHARGY AND LACK OF MOTIVATION
 - SOCIAL ANXIETY AND EMOTIONAL NUMBNESS
 - DECLINING INTEREST IN REAL PARTNER
 - ESCALATION TO PORN THAT DOESN'T MATCH YOUR ORIGINAL SEXUAL TASTES OR SEXUAL ORIENTATION
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How Porn Addiction Works

Internet porn addiction causes these symptoms and conditions because chronic Internet porn use alters the reward circuits in the brain from a chemical and structural standpoint. Modern neuro-science and recent studies on the brain support this hypothesis.



THE REWARD CIRCUITS OF THE BRAIN

Reward Circuits: Seeking Pleasure and Avoiding Pain

At its most basic level, the reward circuit allows us to seek pleasure and to avoid pain. Our very survival depends on the avoidance of pain and the repetition of pleasure. To this end, the reward circuit encourages us to engage in activities that either further our survival or the survival of our genes. These activities include sex, eating, bonding, achievement, play, novelty and taking risks.

We literally do not make a decision without consulting our reward circuit. The reward circuit emotionally justifies what we do like and what we don't like. When you are addicted to something, your reward circuit is out of balance. This affects your mood, your perception and your decision-making powers.



Anticipation of Pleasure

Dopamine is a powerful chemical in your brain that drives cravings and decision-making. It's like the fuel for your brain's reward system, constantly pushing you to chase what feels good—whether it's food, social media, or your next porn video.

Here's how it works: when dopamine kicks in, it sends a message to your brain saying, "You need this now!" While this system is designed to help us survive, it can get hijacked. Studies show that even mice will press a button to stimulate their reward system nonstop—ignoring food and water—until they collapse. This same process happens with porn addiction. The constant need for more tricks your brain into thinking it's chasing something essential, even when it's not.



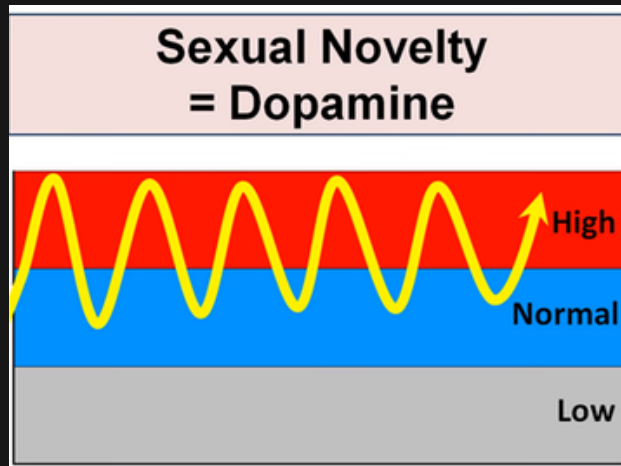
Seeking Satisfaction

The final reward or feelings of pleasure arises due to the release of chemicals known as opioids. These are opiate-type chemicals produced in the brain. For instance, an opioid release occurs when we orgasm or once we've eaten a great meal. Even the relief we feel when we drink water involves opioids. Essentially, opioids make us feel satisfied to prevent our seeking and craving.

Seek more than we are satisfied However, our dopamine system is stronger than our opioid system. This means that we seek more than we are satisfied. Seeking is more likely to keep us alive compared to sitting around in a satisfied heap. In summary, dopamine compels animals into action. This is why scientists refer to dopamine as the 'seeking circuit.' Dopamine provides the motivation for us to pursue our wants and desires. We receive a bigger burst of dopamine when we look at foods containing a bigger proportion of sugars and fats. This is because these foods are most likely to keep us alive when we are threatened with starvation. This is why you believe you are full until the waiter offers you that chocolate pudding. The anticipation for that pudding is fuelled by dopamine. Dopamine surges thus override feelings of satiety.

Understanding Why

Reward circuits encourage us to engage in novelty. Novelty allowed our ancestors to discover new territories, new resources and new mates. All of this lead to our genes being passed on to the next generation. Researchers believe this quest for novelty is one reason why we become addicted to Internet pornography.



How Quit Habit Can Help

QuitHabit.org uses clinically-backed methods to help individuals regain control over their lives. Our program is based on Cognitive Behavioral Therapy (CBT), a proven treatment approach to address the underlying issues of addiction.

Our Services Include:

- Individual Therapy: One-on-one sessions tailored to your specific needs.
- Group Therapy: Supportive group environments to share experiences and encouragement.
- Ongoing Support: Access to resources and check-ins to stay on track.

Why Choose QuitHabit.org?

- Experienced Therapists: Our team specializes in addiction recovery and understands the challenges you face.
- Confidentiality: We prioritize your privacy to ensure you feel comfortable throughout the process.
- Flexible Scheduling: Therapy sessions available online or in person, at times that fit your schedule.



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