

Five Stages of Pornography Addiction

- 1. Early exposure.** Most guys who get addicted to porn start early. They see the stuff when they are very young, and it gets its foot in the door.
- 2. Addiction.** Later comes addiction. You keep coming back to porn. It becomes a regular part of your life. You're hooked. You can't quit.
- 3. Escalation.** After a while, escalation begins. You start to look for more and more graphic porn. You start using porn that would have disgusted you when you started. Now it excites you.
- 4. Desensitization.** Eventually, you start to become numb. Even the most graphic, degrading porn doesn't excite you anymore. You become desperate to feel the same thrill again but can't find it.
- 5. Acting out sexually.** At this point, many men make a dangerous jump and start acting out sexually. They move from the paper and plastic images of porn to the real world.