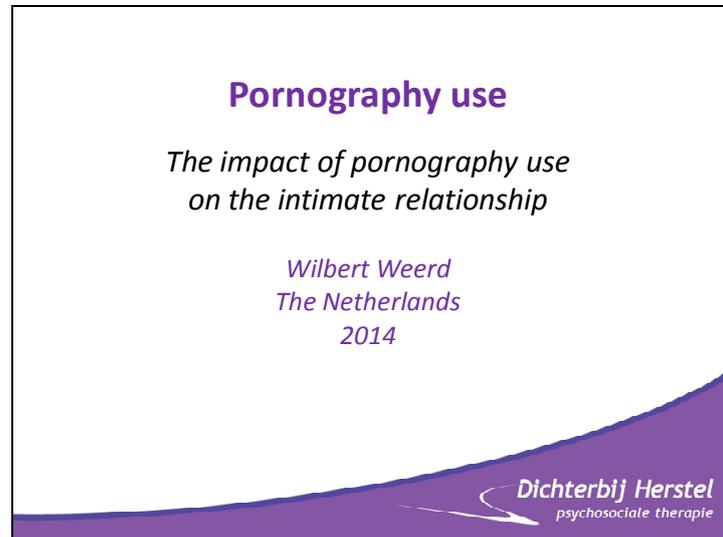


Dia 1



I want to thank the Taipei Woman Rescue Foundation and the university for giving me the opportunity to share some of my knowledge and experience

First let me introduce myself...



Introduction

Name: Bsw. Wilbert Weerd
- 28 years.



Profession: Family therapist
with a private practice in The
Netherlands

Since 2007 involved in therapy
concerning the issue of porn-
and sex- addiction.

Dichterbij Herstel
psychosociale therapie

My name is Wilbert Weerd and I'm from The Netherlands.

The Netherlands, better known as Holland is a small county in Europe, and our nations are almost equal in square miles. But your population is higher in density. The Netherlands has a very efficient and fast internet infrastructure. Porn is easy accessible, prostitution is legalized and our nation is big in producing porn. In The Netherlands half of the population watches porn occasionally. Some of these people watching develop a porn addiction. I'm one of the therapists they come to see for counseling their porn addiction.

I offer relationship therapy for couples struggling with porn addiction. I'm also offering group therapy sessions for porn and sex addicts. Also some people come to see me on an individual bases. This takes the majority of my time and practice.

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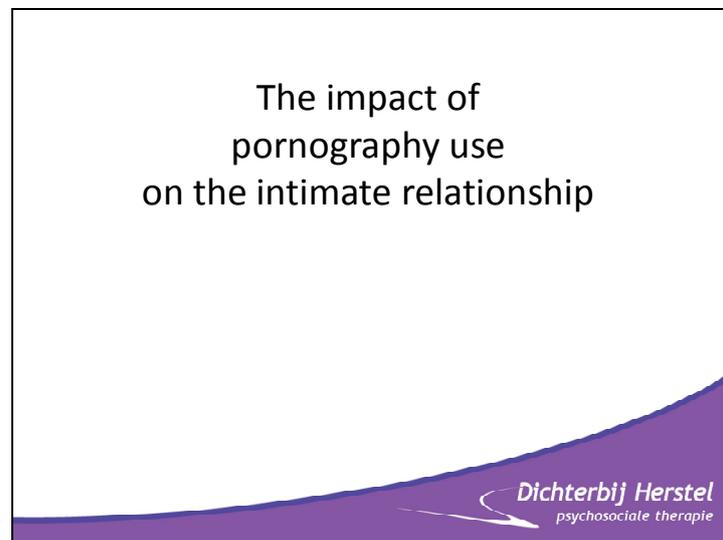
I'm primarily a therapist and some of my secondary activities are:

- giving speeches and lectures about porn
- educate and inform high school students about porn
- training and equipping social workers and counselors in treating porn addiction
- I've written a manual guide to use in schools to talk with teenagers about porn and a book about porn addiction
- and I'm developing an APP for smart phones to support people in their recovery from addiction.

For more information about me and my work you can visit my website!



This is a screen shot of my international website.



The title of this lecture is: 'the impact of pornography consumption on the intimate relationship'.

I will shorten the word pornography to porn.

Just a few weeks ago a man came to my practice seeking help. He told me he was obsessed by sex his entire life. He could remember being obsessed with girls back to when he was 7 years old. When he was a teenager, he masturbated a lot, everyday and several times a day. Now, being 41 years old- he was earning lots of money and he had a very successful career- but he came to me because he lost his family because of his sex addiction. He told me he felt an incapability to love. He felt incapable to give love and to receive love. Now he regretted he left his wife just a few weeks ago.

He told me he watched porn for 15 years secretly in his marriage. After 15 years he was tired of watching and wanted to have the real experience. He thought that having sex with different woman would give him the happiness and satisfaction that he felt he lacked in his life. He started sex dating. Because he is good looking within weeks he had sex the way he always dreamed about, back in his porn period. All his wishes were fulfilled and he lived the live he was fantasizing about his entire marriage. But after a few weeks he came to his senses- he discovered that he felt completely alone, empty, guilty, ashamed, failed and came to the discovery that he fooled and deceived himself. He realized that he lost his greatest treasure, his family. He traded this for a daydream and didn't deliver him from his

felt loneliness. Now, with the freedom he desired, he discovered he lost everything. He experienced a prison of lust and desire- without love and faithfulness. What happened?

This man suffered from an inability to bond with people. He was emotional neglected during his childhood. Never learned to give and to receive intimacy. The fake intimacy he sought in sex now appeared to be a deception.

In my daily life I counsel these men. All of them believed and expected porn really would give them everlasting enjoyment, happiness and satisfaction. But all of them discovered this is not truth. Porn was a fake way to fulfill their felt needs. Once they had been into porn and sex for years they discover they lost their ability to enter into a normal relationship, to be vulnerable, to be less self-centered, to be open. Like a man told me: 'it's just me, myself and my dick'. They cannot handle a close, intimate relationship anymore. They all feel that porn has ruined their life, but they are not capable to break out.

So what is the impact of porn in the intimate relationship? Is this man an exception or can we say that porn use inevitable has an impact on the intimate relationship. An by intimate relationship I mean the sex live and the intimacy with each other without sex. In dealing with each other in normal life.

There a different opinions about this matter. Some people say: 'If a man has a stronger sexual desire than his wife has, porn is a fine alternative. Instead of having sex he can watch porn- porn brings the solution for him'. It may even be a great alternative if his wife is pregnant or sick to prevent him cheating on his wife. Others may argue: 'most man just watch porn for fun, they know the difference between fiction and reality, so there is no impact'. By listening careful and thinking about these statements I discovered there are some unsaid pre assumptions in these statements. Some hidden assumptions that sex is just a normal need and that with ejaculation this need is fulfilled. I'm not saying this pre assumption is wrong- but I think we need to discover this assumptions and create our own opinion. I want to share some of my experiences of how some of these assumptions and their consequences work out in my daily clinical experience.

I think most of us had our own ideas about sex, the need for sex and that will influence our thinking about porn too!

Today I want to try to make you think about your own pre-assumptions of porn and sexuality- and it might be helpful for you to know how things work out in reality.

We need to consider why man, male and female watch pornography.



Consider this question moment for yourself. Why is almost half of the population watching porn once in a while?

Let us consider some answers. The answers most given are:

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The first answer could be: 'people watch porn because sex is a normal need of humans. Sex is needed in order to sustain our species. On this aspect of life humans are determined by our instincts, just like animals. Sex is therefore comparable to eating, sleeping and breathing.'

But that would be kind of strange, wouldn't it? Because watching porn does not lead to survival of the species, porn does not lead to the survival of humans. It's virtual sex, not real sex.

And- without eating, sleeping and breathing people die- but it is possible to live without sex and survive. (Some men think they'll die without sex, but they won't). Sex is a basic human need for people in general to survive but not for individuals to survive. In addition to this, it can be argued, that the natural need people have for sex is not virtual sex like porn. Porn is a distortion of this natural need for sex.

So sex as a basic human need is possible true, but not virtual sex. Sex as a basic need does not explain why people watch porn- also because it is possible for men who have the opportunity for sex to prefer porn. And porn doesn't result in children. So why than do people watch porn?

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The second answer might be: 'because it is fun, it is pleasant'.

Here I have to make an objection. The first times watching porn may be fun and pleasant- but after regular use the response in the brain on the images decrease. The images which will give a powerful sexual arousal the first time will not give the same arousal the second or the third time. It is comparable with drinking salt water. Your thirst increases as your drinking increases. The fun does not last. Porn damages the reward circuitry in the brain. It leads to an overstimulation of the brain. I will explain more about this later on. Porn is pleasant in the beginning but after a while it loses its pleasure. So this can't be the complete answer to the question why people continue the use porn.

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The third answer to this question could be: 'out of curiosity'. Most people start watching porn out of curiosity- often the first encounter with porn is in the beginning of the teenage years. Together with the physical development of genitals teenagers become aware of their first sexual desires. Their body is maturing. However this curiosity is satisfied after a while. I was curious to see the 101 and I visited it a year ago- but this year I won't- why not?- because I have seen it already. So what I'm trying to say is that if men would watch porn just out of curiosity after a few times their curiosity would be satisfied! It is my experience that curiosity stops being a motivation for watching porn and becomes a habit. So it's not just out of curiosity, so why do people watch porn?

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The fourth answer could be: 'because men have a subconscious wish to humiliate and oppress women and women have a subconscious wish to be dominated. Comparable with the rape myth. This view has some proponents in the psychoanalytic theory. It is true that there is abuse and suppression of women in the porn industry, a lot more than the abuse of men. But the reason for this is not a subconscious wish on the part on the participants or viewers. Watching porn releases a powerful cocktail of endogenous substances in the part of the brain which we share with the animals. In our so called reptile brain. The reptile brain is responsible for survival, just like animals. The neo-cortex- the thinking part of our brain- which makes us unique and separates us from animals is overtaken and overruled by porn. This reptile brain is also responsible for the release of the endogenous substances in case of: surprise, desires (for example the desire for food), anxiety, anger, hatred, aversion and hostility. All these feelings take place in the reptile part of our brain. You need this part of your brain in order to survive- to be able to flee or fight when you find yourself in circumstances which threatens your survival. So why am I telling you all this? Because porn gives the strongest arousal when it is combined with aggression and violence. Porn decreases the ability to empathize with the victim, because the reptile part takes over and the

neo cortex, were the emphasizing takes place, loses influences. Porn leads to a objectification of women- porn as a product to give sexual arousal. So the answer is not that porn fulfill the subconscious wish to oppress women. Porn leads to objectification because it shuts down parts of the brain.

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The fifth answer in my opinion is the real reason why people are watching porn. Porn is a way to escape problems, responsibilities, failings, anxieties and to cope with the inability to have a sustainable, open and intimate relationship. And porn gives a substitute of the longed intimacy and acceptance.

To illustrate this: some porn users feel that in loneliness porn is their best friend. Some porn users feel that porn distracts them from their boredom.

I believe porn is a way to cope with a lack of this love and acceptance and gives a substitute of love and acceptance. It is a basic human need is to connect and to feel connected. To feel safe and known in relationship with others. We need acceptance and rejection hurts. We need close relationships in order to feel alive. We need interaction with our environment in order to develop an identity. We need this identity in order to bond with others. To develop personal and intimate relationships. This is the main task for parents in raising their children. To love, cherish, rebuke and hug their children. A lot of man who get addicted to porn say they never have never been hugged by their parents. Some of them can't remember being hugged as a child. They have never felt normal intimacy- do you think it is strange that they are attracted to the substitute intimacy that porn offers? They don't know what it is to be loved and give love. They expect rejection when they show their real selves... Porn never rejects them and it also gives a substitute of acceptance. This substitute of intimacy and love hides their felt incapability to bond to others. Instead of developing the capability to have a sustainable and intimate relationship – porn users isolate themselves in order to fulfill their needs- without learning and developing normal relationships. This will impact the capability to be honest, open and vulnerable. Because these skills are underdeveloped the porn user lives more isolated. Anxiety, shame and depression are the consequents, and porn never gives the satisfaction and fulfillment they are longing for. The way to cope with these consequences is more porn. So porn masks the incapability to form intimate relationships and gives a never satisfying substitute. That is an important reason why people watch porn. Their desire for connection and love is hidden by their coping through porn. That is why virtual sex and watching so many women also is misleading the user. The user is in slavery in the substitute of the real connection he or she is really longing for. That makes porn sad for every user.

Porn is the same as all stimulants that can be addictive. Once being used to modify the mood it becomes a coping strategy. It is a substitute and therefore addictive.

Because a substitute promises real fulfilment but in reality it is fake. As a child I really believed that making love to beautiful women was the best I could ever experience in live. I fantasized about beautiful women who really wanted me. My normal live was disappointing because there I faced all kind of difficulties and disappointments. This made me look for porn even more. It is comparable with giving a plastic hamburger to someone who is hungry. It looks great but does not fulfil. Still porn is a powerful stimulant, because of the endogenous substances that are released in the reptile part of the brain.



In a therapy session a beautiful woman told me that her husband wasn't making any attempts to have sexual intercourse. He preferred watching porn. He showed no interest in her whatsoever. That made her very insecure. She became distant and hostile towards him. Which resulted that he watched porn even more.

Another couple told me that he called her names during intercourse. He called her a whore and a slut. He also wanted anal sex. She was willing do anal just hoping to feel loved by him. She did not enjoy anal sex at all, it was even painful for her. He appreciated her if she was willing to submit herself, but his appreciation lasted as long as they had sex. Giving in to his desires was her only way to feel loved. Never once this man thought about his wife and what she would like. Sex was all about himself and his pleasure. He told me this was effected by the porn he was using every day. However both didn't feel long lasting satisfaction after sex. They needed to remove porn out of their relationship in order to recover a sex live that was satisfying for both of them. Now, they feel the sex is best if they both enjoy, as well emotionally as physically.

Are these cases exceptions? I believe they are not. Men and women who have seen a lot of porn know technically how to have sex, they know what to do and how to get an orgasm. But often they don't know what it is like to make love. Porn affects men! It creates new desires for rough and kinky sex. You can compare it with advertising. The message you repeatedly receive will eventually be received as a

lack. That's the same with porn, porn creates new desires that you won't have thought of before.

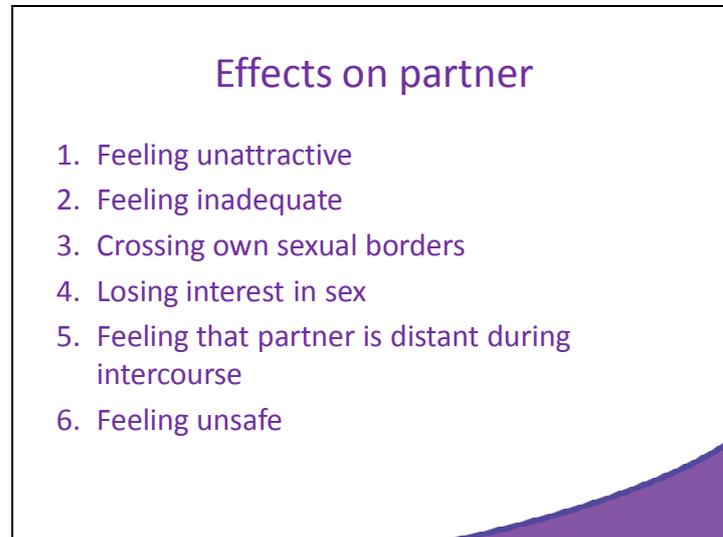
When porn is the dominant educator of sex. When a child does not receive any normal sexual education. When porn is a way to cope with the felt incapability to enter into close relationships. Porn becomes the standard for sex. Because porn is mostly used for solo sex- this will set a blueprint for sexual intercourse. The individual wishes and expectations porn has created are entering the intimate relationship. Some young people doesn't even know that there is another way to experience sex. They just think that the hard, rough and fast sex is all there is.

A woman told me: 'I don't feel connected during sex. I sometimes wonder who he is thinking about! It feels that he just penetrates my body- but even with his penis inside me- I don't feel close to him'. Men watching porn are normally orgasm orientated. The way they have sex is often rough, hard and fast. Some women like it that way, but most don't. They feel used and obligated to have sex- without enjoying it for herself anymore- there is an invisible distance in the intimacy because of porn.

And it works the other way around. Once you feel difficulties in connecting and maintaining close relationships, porn brings a substitute of intimacy and love. This is a sideshow, a sidetrack – but a powerful one. A while ago a man over 80 years old called me. He had seen me on television and told me he was addicted to sex over 50 years. His marriage was a disaster and she wasn't willing to sleep with him for 30 years. Porn was his way to escape his problem but also worsened their marriage problems.

I want to sum up 8 effects of porn use mentioned in therapy sessions:

- Inability to enter into close relationships
- Unrealistic view on sex
- Unrealistic expectations of sex
- Stimulates a self-centered sex experience
- Erectile dysfunctions
- Unable to enjoy normal sex
- Losing interest in normal sex
- Insecurity and passivity



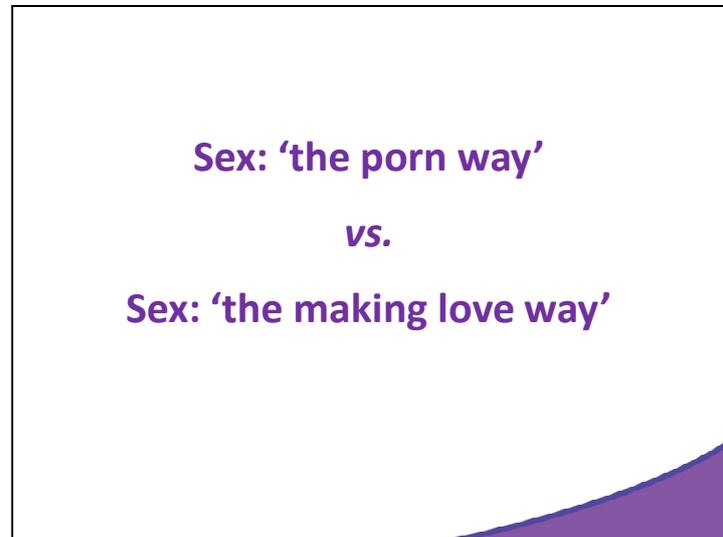
Because sex is a way to bond and to attach to one another- most people in the world feel that sex needs to be something exclusive. Most cultures doesn't allow infidelity and have the standard that sex only fits into a monogamous relationship. The explanation is that this is needed in order to bring raise children together. Porn is often felt as a violation of this intimacy. I don't know about a couple where he is watching porn and masturbate, while she is reading a book. If a woman is in ease with his porn use she doesn't want to be around when he is watching. I think she subconscious is denial and has reasons to pretend she is okay with porn. For example the thought, every men does is. If I forbid porn, he would leave me, etcetera. I believe the normal response of women is that they feel cheated. Especially when the porn use is in secret. This effects women and especially their need for safety, exclusivity, protection of the man. Because porn intercedes in this exclusivity. Because porn brings in several virtual sex partners and divides the man's sexual partners. Because a man compares his wife with other women she will be influenced inevitable.

I have seen porn effects partners. I want to sum up six effects.

- Feeling unattractive
- Feeling inadequate
- Crossing own sexual borders
- Losing interest in sex
- Feeling that partner is distant during intercourse

- Feeling unsafe

She feels that porn is appreciated above her body. This is partly right. The main reason for man is that porn is easy and doesn't have any condition. He does not have to share his felt insecurity, fear and other inner feelings with porn. He lives in distant from the other, and sometimes the other way around. She lives in inner distances from him. Because this may lead to a decline of sexual desire to one another- porn is an easy way out! But this easy way out is not solving the real relationship problem but worsens it. You need to quit porn and develop a strong emotional intimate relationship in order to have great and loving sex. The English language has made a distuinging between sex and making love. Great and loving sex as making love.



What is the difference between sex and making love? Sex is just the act of intercourse. You don't have to love the person you're having sex with. For instance, if you randomly hook up with someone, you don't even know this person well enough to love them. There are not very strong emotions involved.

Making love is filled with emotions. It's a act of expressing and showing the love you have for the person your sharing the experience with. It's much more of a connection, more tender and it involves the heart, making love is more meaningful and satisfying. I've heard man saying: I prefer making love once a week above sex every day! And they really meant it. Making love is a way to feel close and connected to one another.

Researchers found out that women enjoy sex the most when they feel that the man has undivided attention for them. It makes them feel connected. Porn doesn't seem to improve the skills of a man to give this undivided attention. What happiness is that the porn he has seen distracts him. Sometimes he even needs to fantasize about other woman in order to remain aroused. I feel this is humiliation for his wife and wouldn't be necessary if he wouldn't have watched any porn.

Men who assist in housekeeping have a lot more sex than men who don't do anything at home. Because the wife feels equal in the relationship. Once he is attentive, nice, friendly, helpful in normal live this will influence their sex live.

Making love is needed in a sustain a long lasting relationship. Having sexual intercourse is necessary in order to increase the bond between a men and a women. This bonding is needed for an increase of commitment to each other. Sex in a porn way, reduces the fair of rejection and abandonment. This is needed in order to raise the offspring together. Most healthy and prosperous situation for a family is if the biological father and mother of a child raise their children together. Sex in the making love way is a natural way to make this relationship exclusive. Researchers found out that teenagers with a lot of different sex partners have a greater change to be depressed.

Porn, sex		Making love
technical	-	caring and loving
taking	-	giving
attention to yourself	-	...for the other
insensitive	-	sensitive
inauthentic	-	open and honest
control	-	out of control
selfish	-	selfless
orgasm focused	-	process focused
perform, stress	-	vulnerable, relaxed

I want to finish with a final overview about porn and sex. To make the difference between porn and sex clear.

And I think we all want to be on the right side. Let's try in The Netherlands and in Taiwan to make a start to help people to this way of living.