

REFERENCE NOTES

THE PORN TRAP:

The Essential Guide to Overcoming Problems Caused by Pornography

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www.HealthySex.com

1. Introduction, p. 3, lines 10-15: *The depth of the problem on the partners of porn users was driven home to us when we learned that two-thirds of the members of the American Academy of Matrimonial Lawyers reported that compulsive Internet use had played a significant role in divorces in 2002 and that well over 50 percent of those cases involved pornography. Eight years earlier, pornography played almost no role in divorce.*

Manning, Jill C. "The Impact of Internet Pornography on Marriage and the Family: A Review of the Research." *Sexual Addiction & Compulsivity* 13, no. 2 (2006): 131-165.

Woodward, Steve. "Him, Her—and the Internet." *The Oregonian*, 9-07-03.

Note: A 2006 British Nielsen NetRatings survey revealed that 40% of couples having problems with their relationships say Internet pornography is at least partly to blame.

Levy, Andrew. "Downloads of Net Porn Hit a Record High". *Daily Mail*, 5-29-06

Note: 47% of Christians say pornography is a major problem in the home.

Ropelato, Jerry. Internet Filter Review. Internet Pornography Statistics 2006.

<http://internet-filter-review.toptenreviews.com/internet-pornography-statistics.html>

Note: In August 2000, 20% of the calls received on the Pastoral Care Line of Focus on the Family, a Christian evangelical organization were for difficulties related to online porn (an increase of 11% from the previous year).

Ferree, Marnie C. "Sexual Addiction and Co-Addiction: Experiences Among Women of Faith." *Sexual Addiction & Compulsivity* 9, no. 4 (2002): 285-292.

2. Introduction, p. 4, lines 9-12: *In the United States alone, forty million people visit Internet porn sites at least once a month. Some visit for only few minutes at a time, while others stay for hours on a regular basis.*

Ropelato, Jerry. Internet Filter Review. Internet Pornography Statistics 2006.

<http://internet-filter-review.toptenreviews.com/internet-pornography-statistics.html>

3. Introduction, p. 4, lines 12-13: *A whopping 25 percent of all daily Internet search engine requests and 35 percent of all downloads are for pornography.*

Ropelato, Jerry. Internet Filter Review. Internet Pornography Statistics 2006.

<http://internet-filter-review.toptenreviews.com/internet-pornography-statistics.html>

4. Introduction, p. 4, lines 14-19: *As you might expect, most regular porn users are male (75-85 percent), but the number of females using porn has been growing in recent years. You may be shocked to learn – we know we were – that youth under the age of 18 have become one of the largest consumer groups of porn.*

Ropelato, Jerry. Internet Filter Review. Internet Pornography Statistics 2006.

<http://internet-filter-review.toptenreviews.com/internet-pornography-statistics.html>

Weiss, Michael J. "Online America." American Demographics, vol 23, no. 3 (March 2001).

Note: A 2006 British Nielsen NetRatings survey revealed that 9 million men (almost 40% of the adult male population) and 1.5 million women (an increase of 30%) logged onto sex websites in 2005.

Levy, Andrew. "Downloads of Net Porn Hit a Record High". *Daily Mail*, 5-29-06

Note: A survey based on random phone interviews with 288 husbands across the country and 70 face-to-face interviews by Neil Chethik revealed that 4 in 10 husbands regularly use porn.

Chethik, Neil. *VoiceMale: What Husbands Really Think About Their Marriages*. New York: Simon Schuster, 2006.

Note: According to Steve Wood in a Family Life Center web article, "What is Pornography Doing to Fathers and their Families," the Attorney General Commission on Pornography found that 12- to 17-year-old boys are among the highest consumer group of pornography.

5. Chapter One, p. 13, line 6: *Did you know that porn can actually rewire your brain?*

Note: This statement is based on the Hebbian Theory of synaptic plasticity, e.g., "neurons that fire together, wire together." In this case the theory postulates that our brains grow and change based the learning associations we make and the experiences we have with porn.

Also, see Reference Note # 13 on changes in the brain.

6. Chapter One, p. 14, lines 31-33: *More than forty years ago, Supreme Court Justice, Potter Stewart, made the now famous comment about pornography, "I can't define it, but I know it when I see it."*

Byrne, D. and Osland, J. "Sexual Fantasy and Erotica/Pornography." A chapter in *Psychological Perspectives on Human Sexuality* by Lenore Szuchman and Fran Muscaella. John Wiley: New York, 1999/2000.

7. Chapter One, p. 14, lines 18-20: *The word "pornography" comes from the Greek words "porno" and "graphie," which literally translate into "the writings of or about prostitutes."*

Beggan, James. "Pornography." In *Men and Masculinities* edited by Michael Kimmel and Amy Aronson. ABC-CLIO, 2004.

Kendrick, Walter. *The Secret Museum*. Viking Penguin: New York, 1987.

Note: As a term in the modern sense, the word "pornography" emerged into widespread use only in the 1800s. According to the *Oxford English Dictionary* the noun appeared for the first time in a medical dictionary in 1857.

Hunt, Lynn. *The Invention of Pornography*. Zone Books: New York, 1993.

8. Chapter One, p. 16, lines 2-6: *In his 1989 book, Pornography, University of Alabama media researcher Dolf Zillman wrote, "Pornographic scripts dwell on sexual*

engagements of parties who have just met, who are in no way attached or committed to one another, and who will part shortly, never to meet again.”

Zillmann, Dolf, and Jennings Bryant, editors. *Pornography: Research Advances and Policy Considerations*. Hillsdale, NJ: Lawrence Erlbaum Associates, 1989.

Note: Similar comments are made in Brosius, Hans-Bernd, et al. “Exploring the Social and Sexual ‘Reality’ of Contemporary Pornography.” *The Journal of Sex Research* 30, no. 2 (May 1993): 161-170.

9. Chapter One, p. 16, lines 24-25: *There are more than 400 million pages of pornography on the Internet.*

Ropelato, Jerry. Internet Filter Review. Internet Pornography Statistics 2006.

<http://internet-filter-review.toptenreviews.com/internet-pornography-statistics.html>

10. Chapter One, p. 16, lines 24-25: *It is not only produced and distributed by small operations, several major U.S. media corporations have gotten in on the action, and profit.*

Ropelato, Jerry. Internet Filter Review. Internet Pornography Statistics 2006.

<http://internet-filter-review.toptenreviews.com/internet-pornography-statistics.html>

Note: According to a listing on Internet Filter Review in April 2006, prominent American corporations profiting from porn include: AOL Time Warner, AT&T, Cablevision, Comcast, and Media One (via cable networks, phone sex, and pay-per-view business); General Motors (owns Direct TV) via cable networks and pay-per-view; Hotels such as Hilton, Holiday Inn, Hyatt, Marriot, and Sheraton via in-room hotel movies and pay-per-view.

11. Chapter One, p. 16, lines 34-37: *Commercial porn Web sites, magazines, books, videos, DVDs, cable television, etc., generate more than \$97 billion dollars a year annually worldwide (an increase of 70 percent from 2003 to 2007). In the United States alone, porn revenue is larger than all combined revenues of all professional football, baseball and basketball franchises.*

Ropelato, Jerry. Internet Filter Review. Internet Pornography Statistics 2006.

<http://internet-filter-review.toptenreviews.com/internet-pornography-statistics.html>

Note: For a review of the economic realities of the Adult Entertainment Industry see the Adult Video News (AVN) that publishes an annual survey on the evolving nature and state of the pornography industry.

Note: According to Judith Mackay in “Global Sex” in the British Journal, *Sexual and Relationship Therapy*, vol. 16, No. 1, 2001, “the USA is the world’s leading producer (73%) of online pornography.” Internet Filter Review 2006 confirms this and also identifies the USA as the leading producer of porn videos.

12. Chapter One, p. 18, lines 22-37: *Studies have found that just by being exposed to graphic sexual material, males get erections and females lubricate. . . In terms of triggering a sexual response, our eyes see no difference between sex on the screen and sex in real life. So as far as your sexual arousal system goes, when you are watching porn, you are there. . . We know that male monkeys produce dramatically more testosterone when they watch other monkeys copulate. . . Testosterone is not only*

directly associated with sexual desire and libido, it also relates to sexual motivation and aggressiveness. . . Even though both men and women produce it, the average adult male body produces about ten to fifteen times the amount the adult female body does.

Angier, Natalie. "Science Is Finding Out What Women Really Want: Conversations/Ellen T.M. Laan," *New York Times*, Sunday, 8-13-1995.

Blum, Deborah. *Sex on the Brain: The Biological Differences Between Men and Women*. Viking: New York, 1997.

Fisher, Helen. *Why We Love: The Nature and Chemistry of Romantic Love*. New York: Owl Books, 2004.

Mouras, H., Stoléru, S., et al. (2003). Brain processing of visual sexual stimuli in healthy men: A functional magnetic resonance imaging study. *NeuroImage*, 20, 855-869. Regan, Pamela C. and Ellen Berscheid. *Lust: What We Know About Human Desire*. Sage Publications, 1999.

Note: Researchers at the Emory Regional Primate Center in Atlanta, Georgia found that when male monkeys watched other monkeys copulate it increased their testosterone levels by 400%.

13. Chapter One, p. 19, lines 14-31: *It actually changes your brain chemistry. Porn stimulates an area of the brain known as the "hedonic highway" or median forebrain, which is filled with receptors for the neurotransmitter dopamine. . . Dopamine is released when you get sexually aroused. It is also released by other pleasurable activities, such as kissing, intercourse, smoking a cigarette, or taking other drugs. . . Porn causes the dopamine production in your system to spike. This dramatic increase in dopamine produces a drug-like high some researchers believe is most similar to the high caused by crack cocaine. . . Using porn also increases production of other "feel good" chemicals in our brain such as adrenaline, endorphins, and serotonin. Unfortunately, by overloading your brain with pleasure chemicals, porn reduces your body's own ability to produce and effectively release them under normal life circumstances.*

Christie, Catherine and Susan Mitchell. *The Addicted Brain: The New Brain Science of Addiction*. Professional Development Resources, Jacksonville, FL, 2000,

www.pdresources.org.

Fisher, Helen. *Why We Love: The Nature and Chemistry of Romantic Love*. New York: Owl Books, 2004.

Howard, Pierce J. *The Owner's Manual for the Brain*. 2nd Edition. Austin, TX Bard Press, 2000.

Milkman, Harvey and Stanley Sunderwirth. *Craving for Ecstasy: How Our Passions Become Addictions and What We Can Do About Them*. Jossey-Bass: San Francisco, 1987.

PBS Online special science series. *Moyers on Addiction: Close to Home*.

<http://www.pbs.org/wnet/closetohome/science/html>

Redoute, Jerome et al. "Brain Processing of Visual Sexual Stimuli in Treated and Untreated Hypogonadal Patients." *Psychoneuroendocrinology*, Vol. 30, Issue 5, June 2005.

Stark, Rudolf et al. "Erotic and Disgust-inducing Pictures—Differences in the Hemodynamic Responses of the Brain." *Biological Psychology*, Volume 70, Issue 1, September 2005.

14. Chapter One, p. 22, lines 2-16: *This type of set-up is called an "intermittent reward system," and it is designed to hook the user just like casino gaming machines. . . . Online*

pornography has an intermittent reward system that rewards on a variable ratio schedule, meaning you never know just how many photos you will need to look at before you find one you want. The number keeps changing. This is the most potent method for shaping behavior. In scientific experiments, pigeons put on this type of random reinforcement schedule almost starve to death pecking at a single dot that might produce just one pellet of food.

The brief delay that occurs, that moment of erotic anticipation, just before you download a picture or click on a site, can trigger additional release of pleasure chemical dopamine the brain.

Grundner, T.M. *The Skinner Box Effect: Sexual Addiction and Online Pornography*. Lincoln, NE: Writers Club Press, 2000.

Shizgal, Peter and Andreas Arvanitogiannis. "Gambling on Dopamine." *Neuroscience*, vol 299, Issue 5614, March 21, 2003.

15. Chapter One, p. 23, lines 3-10: *As we mentioned earlier, watching porn stimulates the release of powerful chemicals, such as dopamine and testosterone. These chemicals not only relate to sexual arousal and pleasure, but also are released in real life when someone is sexually attracted to and falls in love with someone else. . . In addition, powerful human bonding hormones, such as oxytocin and vasopressin, are released with orgasm. They contribute to establishing a lasting emotional attachment with whomever, or whatever, you happen to be with or thinking about at the time.*

Fisher, Helen. *Why We Love: The Nature and Chemistry of Romantic Love*. New York: Owl Books, 2004.

Milkman, Harvey and Stanley Sunderwirth. *Craving for Ecstasy: How Our Passions Become Addictions and What We Can Do About Them*. Jossey-Bass: San Francisco, 1987.

Shizgal, Peter and Andreas Arvanitogiannis. "Gambling on Dopamine." *Neuroscience*, vol 299, Issue 5614, March 21, 2003.

16. Chapter Two, p. 25, line 4: *But the fact is that most people have their first experience of viewing porn when they are, on average, eleven years old.*

Ropelato, Jerry. Internet Filter Review. Internet Pornography Statistics 2006.

<http://internet-filter-review.toptenreviews.com/internet-pornography-statistics.html>

"Average Guy: Sexy Little numbers." *Men's Health Magazine*, March 2004.

Zillman, D., *Pornography: Research Advances and Policy Considerations*, 1989.

Zillman, D., Bryant, J. & Huston, A., *Media, Children, and the Family: Social Scientific, Psychodynamic, and Clinical Perspectives*, 1994.

17. Chapter Two, p. 29, lines 18-23, p. 30, lines 16-18: *In fact, one in four kids who have Internet access experience accidental exposure to porn in any given year. . . Nine out of ten children between the ages of eight and sixteen years old report they have viewed porn online. . . And according to another study, nearly half of the children who viewed porn by accident say they cannot forget that first image. . . (p. 30) And gender can also play a role. For instance, young girls are generally more upset and more likely to cry, when exposed to porn than boys.*

Ropelato, Jerry. Internet Filter Review. Internet Pornography Statistics 2006.
<http://internet-filter-review.toptenreviews.com/internet-pornography-statistics.html>
Benedek, Elissa. & Brown, Catherine. "No Excuses: Televised Pornography Harms Children." *Women's Issues/Harvard Review of Psychiatry*, Vol. 7, 1999.
Cantor, Joanne et al. "Autobiographical Memories of Exposure to Sexual Media Content." *Media Psychology*, Vol 5, 2003.
Manning, Jill C. "The Impact of Internet Pornography on Marriage and the Family: A Review of the Research." *Sexual Addiction & Compulsivity* 13, no. 2 (2006).
Mitchell, Kimberly J., et al. "The Exposure of Youth to Unwanted Sexual Material on the Internet: A National Survey of Risk, Impact, and Prevention." *Youth & Society* 34, no. 3, March 2003.
US Internet Crimes Task Force
Note: In 2003, research by Symantec revealed that 80% of children between ages 7-18 in the USA received inappropriate spam each day.

18. Chapter Three, p. 44, lines 10-12: *Studies show that about half the men, and one tenth of the women who are exposed to pornography in childhood go on to use it regularly as adults.*

Note: These figures are estimates extrapolated from the rates of exposure and use listed in previous studies mentioned in the notes #2, #4, and #17.

19. Chapter Three, p. 58, lines 20-25: *The fact that male sexual arousal is highly visual may help explain why men prefer viewing pornography, which is highly graphic, to any other type of online sexual activity including chats, dating, and sex education sites. . . Studies show that men are twice as likely as women to report feeling attracted to visual erotica.*

Canli, Turhan and John Gabrieli. "Imagining Gender Differences in Sexual Arousal." *Nature Neuroscience*, Nature Publishing Group, 2004.

<http://www.nature.com/natureneuroscience>.

Cantor, Joanne et al. "Autobiographical Memories of Exposure to Sexual Media Content." *Media Psychology*, Vol 5, 2003.

Cooper, Al and al. "Demographic Differences in Online Sexual Activities (OSA)".

Material based on a June 2000 *MSNBC Stanford/Duquesne Study*. (Cooper cites a study by Goodson, McCormick, & Evans, 2001).

Ferree, Marnie. "Women and the Web: Cybersex Activity and Implications." (unpublished) Bethesda Workshops, www.BethesdaWorkshops.org.

Hamann, Stephan, et al. "Men and women differ in amygdala response to visual sexual stimuli." *Nature Neuroscience*, Nature Publishing Group, March 7, 2004.

<http://www.nature.com/natureneuroscience>.

Yoder, Vincent Cyrus, et al. "Internet Pornography and Loneliness: An Association?" *Sexual Addiction & Compulsivity* 12, no. 1 (2005): 19-44.

20. Chapter Three, p. 59, lines 30-33: *According to a recent survey in Men's Health magazine, 71% of men say they looked at porn more since the advent of the Internet, and one in two men wonder if they interact with porn too frequently or for too long. "Average Guy: Sexy Little numbers." Men's Health Magazine, March 2004.*

21. Chapter Three, p. 65, lines 25-26: *Studies show that about 70% of people keep their porn use secret. . . often hold back sharing detailed information in order to prevent upsetting their partner.*

June 2000 *MSNBC Stanford/Duquesne Study*.

Corley, M. Deborah, and Jennifer P. Schneider. "Disclosing Secrets: Guidelines for Therapists Working with Sex Addicts and Co-addicts." *Sexual Addiction & Compulsivity* 9, no. 1, 2002.

Steffens, Barbara A., and Robyn L. Rennie. "The Traumatic Nature of Disclosure for Wives of Sexual Addicts." *Sexual Addiction & Compulsivity* 13 no. 2/3 (2006): 247-267.

22. Chapter Four, p. 75, lines 27-29: *Technology may be one of the major reasons that Americans have on average only two close friends, down from three in 1985, before the Internet influenced so many of our lives.*

Kraut, Robert et al. "Internet Paradox: A Social Technology that Reduces Social Involvement and Psychological Well-Being?" *American Psychologist*, September 1998.

McPherson, Miller et al. "Social Isolation in America: Changes in Core Discussion Networks over Two Decades." *American Sociological Review*, June 2006.

Stack, Steven et al. "Adult Social Bonds and Use of Internet Pornography." *Social Science Quarterly*, March 2004, Vol 85, Issue 1.

Yoder, Vincent Cyrus, et al. "Internet Pornography and Loneliness: An Association?" *Sexual Addiction & Compulsivity* 12, no. 1 (2005): 19-44.

23. Chapter Four, p. 78, lines 23-25: *Numerous studies show that as the number of hours spent doing porn increase, the more likely porn users report that they are having a serious problem with it.*

Cooper, Al and David Marcus. "Men Who Are Not in Control of Their Sexual Behavior." In Stephen B. Levine, editor, *Handbook of Clinical Sexuality for Mental Health Professionals*. New York: Routledge, 2003.

Rhinehart, Nicole and Marita McCabe. "An Empirical Investigation of Hypersexuality." *Sexual & Marital Therapy*, Vol 13, No 4, 1998.

Note: Increases in the amount of time and duration of using pornography also coincide with the degree of problems experienced by the intimate partner.

Bridges, Ana J., et al. "Romantic Partners' Use of Pornography: Its Significance for Women." *Journal of Sex & Marital Therapy* 29 (2003): 1-14.

Steffens, Barbara A., and Robyn L. Rennie. "The Traumatic Nature of Disclosure for Wives of Sexual Addicts." *Sexual Addiction & Compulsivity* 13 no. 2/3 (2006): 247-267.

24. Chapter Four, p. 80, lines 27-29: *When asked what area of their lives was most likely to improve if they went cold turkey from using porn, respondents in a Men's Health magazine survey, listed their spirituality.*

"Average Guy: Sexy Little numbers." *Men's Health Magazine*, March 2004.

25. Chapter Four, p. 85, lines 35-37: *Dr. Jennifer Schneider, an expert on sexual addiction, found that 70 percent of couples in which cybersex addiction is a problem report that one or both partners lose interest in relational sex.*

Schneider, Jennifer P. "The Impact of Compulsive Cybersex Behaviours on the Family." *Sexual and Relationship Therapy* 18, no. 3 (August 2003): 330-354.

Note: Other studies discuss the high frequency of sexual problems in couples where one partner is using porn.

Bridges, Ana J., et al. "Romantic Partners' Use of Pornography: Its Significance for Women." *Journal of Sex & Marital Therapy* 29 (2003): 1-14.

Bergner, Raymond M., and Ana J. Bridges. "The Significance of Heavy Pornography Involvement for Romantic Partners: Research and Clinical Implications." *Journal of Sex & Marital Therapy* 28 (2002): 193-206.

Zillman, Dolf and Jennings Bryant. "Pornography's Impact on Sexual Satisfaction." In Edward Donnerstein et al, *The Question of Pornography*, MacMillan: The Free Press. 1988.

Zillmann, Dolf, and Jennings Bryant, editors. *Pornography: Research Advances and Policy Considerations*. Hillsdale, NJ: Lawrence Erlbaum Associates, 1989.

Zitzman, Spencer T. and Mark H. Butler. "Attachment, Addiction, and Recovery: Conjoint Marital Therapy for Recovery from a Sexual Addiction." *Sexual Addiction & Compulsivity* 12, no. 4 (2005): 311-337.

26. Chapter Four, p. 87, lines 6-9: *For example, more than fifty percent of Promise Keepers, a Christian evangelical group dedicated to uniting men to become "godly influences" in their families and in the world, report having a problem with pornography.*

Note: Based on a *Christianity Today* magazine survey in 2004.

www.promisekeepers.org

www.integrityonline.com

27. Chapter Four, p. 89, lines 4-7: *Being engaged in any type of risky behavior increases chemicals in the body such as dopamine and adrenaline that enhance sexual arousal, as well as create a powerful feeling of invulnerability.*

(See references on brain chemistry in Reference Notes #13 and #15)

28. Chapter Four, p. 90, lines 6-9: *Studies show that people with histories of violence and impulse control problems who regularly masturbate to porn demonstrate an increased potential for being sexually violent in real life.*

Bensimon, Philipe. "The Role of Pornography in Sexual Offending." *Sexual Addiction & Compulsivity*, Vol 14: 95-117, 2007.

Bryant, J. (1985). Unpublished transcript of testimony to the Attorney General's Commission on Pornography Hearings, Houston, pp. 128-157.

Check, J.V.P., & Malamuth, N. M. (1984). Debriefing Effectiveness Following Exposure to Pornographic Rape Depictions. *The Journal of Sex Research*, 20(1), 1-13.

Dworkin, A. (2002). Model Anti-pornography Civil-Rights Ordinance. Retrieved April 25, 2006, from <http://www.nostatusquo.com/ACLU/dworkin/other/ordinance/newday/AppD.htm>

Hari, J. (2005). It's everywhere: just don't talk about it. *New Statesman*, 134 (4730), 32-33.

Malamuth, N.M. et al. "Pornography and Sexual Aggression: Are There Reliable Effects and Can We Understand Them?" *Annual Review of Sex Research*, Vol 11: 26-91.

Schneider, A. (2002). A possible link between stigmatization of sexual-erotic identities and sexual violence. *Sexuality & Culture*, Fall 2002, 23-43.

Shope, Janet. "When Words Are Not Enough: The Search for the Effect of Pornography on Abused Women." *Violence Against Women*, Vol 10, No 1, Jan 2004.

Seto, M.C. et al. "The Role of Pornography in the Etiology of Sexual Aggression." *Aggression and Violent Behavior*, Vol 6, January 2001: 35-53.

Simons, Dominique et al. "Childhood Victimization and Lack of Empathy as Predictors of Sexual Offending Against Women and Children." *Journal of Interpersonal Violence*, Vol 17, Issue 12, Dec 2002.

Stoltenberg, John. *Refusing to be a Man: Essays on Sex and Justice*. Breitenbush Books, 1989.

Zillmann, D., & Bryant, J. (1988). Effects of Prolonged Consumption of Pornography on Family Values. *Journal of Family Issues*, 9(4), 518-544.

29. Chapter Four, p. 90, lines 23-24: *Experts say that as much as 20-25 percent of the pornography on global Internet websites contains child pornography.*
National Center for Missing & Exploited Children. *Internet Sex Crimes Against Minors: The Response of Law Enforcement*. Virginia: National Center for Missing & Exploited Children, 2003.
"The Russian Report." *Russian National Consultation on the Commercial Sexual Exploitation of Children*. <http://www.ecpat.net/eng/Russia.asp>

30. Chapter Four, p. 91, lines 17-21: *Some scientists have likened the changes in brain chemistry that occur when using pornography to those that occur when using cocaine. . . We also now know there are significant differences in the brain scans of people addicted to sex and porn compared to those who are not.*
Bostwick, Michael and Jeffrey Bucci. "Internet Sex Addiction Treated with Naltrexone." *Mayo Clinic Proceedings*, Vol 83, No 2,:226-230, Feb 2008.
Brewer, Grant et al. "The Neurobiology of Substance and Behavioral Addictions." *CNS Spectrums*, Vol 11, No 12, 924-30, 2006.
Goodman, Aviel. *Sexual Addiction: An Integrated Approach*. Madison, CT: International Universities Press, 1998.
Note: Also see brain studies listed under Reference Notes #13 and #15.

31. Chapter Four, p. 92, lines 4-9: *There are three key features that are present in people who engage in porn use addictively. Porn addicts: (1) Crave porn intensely and persistently, (2) Can't control it and ultimately fail when they try to stop using, and (3) Continue to use it despite being aware of significant harmful consequences. Craving – Can't Control it – Continuing despite Consequences.*
Note: Dr. Howard Shaffer of Harvard Medical School describes a similar three C's model in his article "What Is Addiction: A Perspective" available online at: http://www.hms.harvard.edu/doa/html/whatis_addiction.htm

32. Chapter Ten, p. 217, lines 9-20: *Nonetheless, research suggests that when disclosing sexually-addictive behavior in a relationship, it's better to fully disclose everything, regardless of how initially difficult it may be, than to reveal additional*

information in a “drip and drag” manner over time. Partially disclosing a porn problem, while intentionally hiding or lying about the rest of it, can damage a relationship even further because this behavior can reignite a partner’s suspicions and can easily intensify feelings of betrayal and distrust. . . Most experts agree that an intimate partner has to know enough to make informed decisions about what she now needs from the relationship and be able to be realistic in her expectations of the recovery process.

Corley, M. Deborah, and Jennifer P. Schneider. “Disclosing Secrets: Guidelines for Therapists Working with Sex Addicts and Co-addicts.” *Sexual Addiction & Compulsivity* 9, no. 1 (2002): 43-67.

Reid, Rory C., and Dan Gray. *Confronting Your Spouse’s Pornography Problem*. Sandy, UT: Silverleaf Press, 2006

Schneider, Jennifer and Deborah Corley. “Disclosure of Extramarital Sexual Activities by Persons with Addictive or Compulsive Sexual Disorders: Results of a Study and Implications for Therapists.” In *The Clinical Management of Sex Addiction*, edited by Pat Carnes and Ken Adams, Brunner-Routledge Publishers, 2002.

33. Chapter Eleven, p. 234, lines 24-25: *Courting is like a dance, with a set sequence of movements and touch that attract a mate and eventually lead into sex.*

Fisher, Helen. *The Anatomy of Love: A Natural History of Mating, Marriage, and Why We Stray*. Ballantine: New York, 1994.

Morris, Desmond. *Intimate Behaviour*. Random House: New York, 1994.