

These self-reports show tolerance (need for more extreme stimulation) in connection with Internet porn use. In some cases, the phenomenon only becomes evident when the absence of extreme stimulation for a lengthy period corrects the problem.

I just like watching people have sex. My problem escalated about 18 months ago when I got high speed internet. All of a sudden, I went from just viewing pictures online, to viewing videos and movies online instantaneously. I never really gave it much thought, but after almost daily viewing, sometimes even bingeing for hours on end watching porn videos, I really began to notice a change in my own personal sex life with my wife. I had never really had any ED problems at all. But whenever my wife and I would start to have sex, I could not get an erection. Sometimes I would get one, but then it would quickly start getting soft. Sex has been almost non-existent for us. My wife is kind and gracious and says, "That's alright." Oh that is comforting ... almost!!

With the magazines porn was a few times a week and I could basically regulate it. Cos it wasn't really that 'special'. But when I entered the murky world of internet porn, my brain had found something it just wanted more and more of.... I was out of control in less than 6 months. Years of mags, no problems. A few months of online porn...hooked.

I've noticed that when I do succeed in avoiding porn for a week or two, I don't have any problems with erections. Whereas if I look at porn, I can't get it up without it. Trouble is, each time I get better I believe I'm cured, and go back to daily porn/masturbation. I wish I could stay away from it permanently.

Back to the addiction. Not much to say about the masturbation and porn. I did it and looked at it as much as I could all through high school. The next big jump in the addiction came with the Internet. About 1993, I got Internet access with a 2400 bps modem. It did not take long to figure out how to watch all the porn I could want. Started with just pictures. Took a long time to get pics at 2400 bps but I would stay up late a lot. Hours and hours downloading pics. Could not get enough. All kinds of pics.

The more you see the more you want to see. The more graphic, the more bizarre. More. More. More. That is all the brain wants once you get that deep. Then I got a 56k modem. What glory! I got pics so fast now it was wonderful. 56k could not have come at a better time. Wonders of wonders, sites started offering free clips. 3 to 10 seconds long. Oh how wonderful they were. I had 1000s of pics and 100s of clips before Windows 98 came out. This was an everyday thing, as much as I could get.

Well, things synched again; windows 98 and new protocols on 56k made the connection download twice as fast. The clips got longer. My mind thought, "This is even better!" Clips were 10 to 30 seconds long. Got more and more of these. This whole time I ramped up to more and more extreme and stronger porn.

I kept this up for a few years just doing the clips and pics. You could never see it all. There was always something new and more extreme. I always wanted new stuff, and more of it. The Internet made the supply endless. Then came fast access, free full clips, ultra high resolution images, and more extreme stuff: bondage, bestiality, men with men or viewing just men, then torture whatever it took to get me off. I will say I never did child porn. Though had I not began the process of quitting this addiction, I am sure it would have been a possibility. That thought scares me still.

What I thought of porn though at the time was, "If it is adults, it is not a problem. They decided to do this." So I saw no problem viewing whatever. This escalation kept going. I discovered something new, which was amazing after 15+ years of Internet porn usage. Erotic hypnosis porn. OH WOW! Women under a hypnotist's control doing whatever they are told. The first night, I was up all night - really all night - masturbating to orgasm for hours and hours. I could not get enough of this stuff for months. Then the biggy. I could get sessions form Hypnodommes. I could be controlled like those women in the videos. This was amazing. I got lost in the hypno videos, stories and actual hypnotization of myself. Finally hit me that I had gone too far. I actually started *paying* for videos and hypnosis. I had never done this before, that is, pay for stuff. That finally got me to seek recovery. (I was also suffering from worsening erectile dysfunction...in my thirties.)

The biggest part of this addiction process is the ramp up to more and more. When I say "more," I mean more of everything. More of it. More extreme. Just More. More. You have to have **more**. Nothing else will help except *more*. That is the problem. I guess maybe the root of the addiction. You can not stop here or there. Certainly, you try. I did many times. I decided not to go to those sites anymore. "After all, I have enough videos saved that I do not need to go back." That would last a day or two. The other question I kept asking is, "Why am I watching this? Why am I turned on by this bizarre scene?" Then would come the thoughts "Who cares? Where can I find

more? It turns me on so much, I do not care. Just where can I find more." It is always more, more, more, never ending.

The past 8 or so months, I have become extremely aware of my lack of control over masturbation and porn use. I have watched porn for at least 14 years. I am 33 soon. I have degraded into more extreme stuff, a lot of transsexual porn lately. I am not at all attracted to shemales other than the porn, and once I am done, I am actually disgusted by the thought of it. If it is not shemale porn, it is other whacked out straight porn that only degrades women into complete objects. It was a relief reading some of the articles on here that explain it does not really matter what porn's content is, it is just the stimulation of it, and the need for more extreme and odd things. I am attracted to women, but have felt no real sex drive towards them for years.

My porn use progressed over time. I used to be happy with glamour shots and an active imagination. Then I moved to soft porn pictures. It was not long before I wanted harder and harder images. When I got easy access to videos, I followed the same progression. Simple porn was more than adequate. Over time I wanted to watch more explicit and more extreme porn. Over the years, I have noticed that porn itself has changed. Some extreme acts were never seen just a few years ago, such as ATM.

After reading an article describing porn addiction and looking at my then current behavior, I realized I was addicted to porn. I decided to go cold turkey. As with any addiction, it is tough, but worth it. As time passes I feel less need to look at porn. I am more in tune with my physical sexual response. I am more in tune with my partner when we are playing.

I am a 27 year old gay male and I have a strong belief that I have not developed very healthy sexual behaviour in my lifetime since coming out (around age 20). I feel like the ease of internet use to meet men or masturbate to porn has impacted my understanding of sex so much that I feel lost when given the opportunity to have a rewarding and enriching sexual relationship. Recently, the longest relationship I'd ever had ended. I was in love with him, but I was unable during the entire relationship to really feel that sex lust that I feel in other sexual encounters. If I think about it, I rarely feel that sex lust with re-occurring partners. I usually only am extremely excited about sex when it is with someone new and I barely know them, or their bodies. Furthermore, I have a lot of trouble with cumming with my partners. I

have only cum with another person 6 times, though I've had sex plenty. When I am alone, cumming is not a problem. I watch porn a lot to achieve this.

I've been hooked on orgasm since I was 12. I just love the feeling so much. I have them maybe 3 times a day. I just don't know how it's possible to stop. I watch porn, and it has escalated to more extreme material. I guess I may be addicted to the rush. It has been 5 years since my first O, and I haven't had a day off yet, and my relationships have suffered.

[Age 20] My friends were all talking about Internet porn and the incredible erotic movies online. So the very day I got the Internet I went to porn sites. After awhile, the typical porn wasn't really a turn on, so I shifted over to lesbian porn, which was exceptionally arousing. (Wow TWO women having sex with EACH OTHER?!)

Years passed, and one day while searching for lesbian porn I came across an ad for shemale porn. I can't really explain what happened. I'd never been attracted to it before in my life, but, all of a sudden, the idea of a woman with a penis seemed so...exciting? I don't know if that's the right word. Something just snapped in my head, like it was a new "high." The lesbian porn now seemed ordinary. I could tell something wasn't quite right, because as I masturbated, I actually felt physically sick. I was thinking, "This just DOES NOT feel right, but it arouses me. Why?"

I decided to stop. After a week of no masturbating (VERY hard for this 15-year old boy), I went back to normal porn. My attraction for women and vaginas was great, and arousing again. But then I started looking at "Futanari," artwork of women with a penis and a vagina. This was another "buzz" for me. Then I went back to shemale porn.

These last 4-5 years have been very confusing. Socially, I'm attracted to women and I have no attraction to men. It's almost as if the more I FEAR shemale porn arousing me, the more it does, if that makes sense.

I thought I might be bisexual for a while. I tested the idea while on a night out. I ended up flirting with a girl, and looking at the other women thinking, "That girl just looked at me, great!" and completely ignoring the men. I don't "feel" bisexual in my heart. If I had the same romantic feelings I have for women, for men, I'd be bi/gay in a heartbeat, but the romance, the "naturalness," just isn't there.

However, after masturbating to shemale porn, I worry that I could be gay/bisexual. Weird. 'Cause whenever I'm about to ejaculate, I immediately think of a woman and vagina. I have ALWAYS done this, even when viewing shemale

porn. I always imagine myself having sex with a beautiful woman. Deep down I know I'm a straight guy. In real life I can't *not* talk to girls. I'm just drawn to them.

My shemale addiction escalated further, to where I was masturbating to it an average of 4-5 times each day, having no energy and not going out. I stayed at home to masturbate instead of going to college. Then, fairly recently, I was shocked to find a *man* in a shemale porn movie arousing. This was literally the final straw for me, and I began to realize that I actually have a worsening addiction.

This is the stage I'm at now, confused because, after a couple of days of not masturbating, I get aroused by straight, solo girl and lesbian porn. But with shemale porn I can binge longer. I've masturbated like 9-11 times in one day, although the porn gets more and more "taboo" and "naughty," to me, the more I masturbate. A typical pattern would be 1-3 the videos are straight, 4-6 shemale, 7-9th time they will be gay/me being dominated. It is pretty confusing.

Recently, I went away with my family for 3-4 days and was well away from computer and Internet. I hardly ever thought about shemale porn. I remember walking along the beach thinking it would be really romantic if I had a girl with me.

When I got back home I masturbated to straight porn for a couple of days. Then, back to shemale porn. I bet if I had been born 10 years earlier, and never seen that first shemale ad, this would've never happened, but hey, can't change the past. I'm going to try really hard to change my future though!

[Months later] When I had a relapse of a couple of weeks a while back, lo and behold, I was back on the transgender porn after just a few days, straight porn, which I initially found extremely arousing, no longer cut it for me, which shows it's all just the porn in the end.

With regards to my own situation - the correlation between porn and ED couldn't be clearer - ED hit me from out of nowhere and devastated my psyche. However, I'm glad to say that after cutting out porn and masturbation completely for the past month, everything is returning to normal and I've seriously never felt better.

Here's my story... Im only 23, eat healthy, exercise regularly, and not to sound conceited but I look good. I have no problems being social with women but when it comes time for sex i have an inability to obtain/maintain an erection. I also have a low sex drive. I have to pop sex pills about an hour before a "sexual encounter" and you obviously cant predict all encounters

which makes this really inconvenient. All this is having a negative effect on my relationships and self-esteem as a man.

I've tried everything, I went to the doctor – my T levels are normal, blood pressure is fine – he said it might be psychological which is not the answer I wanted. The only time i have no problem getting an erection is when i look at porn. I've been masturbating to porn regularly (4-5x a week at least?) since I was 12 years old and when I stumbled across Marnia's article (at <http://www.psychologytoday.com/blog/cupids-poisoned-arrow/201003/porn-go..>) I connected the dots.

I mean it makes sense, I'm so used to watching these porn fantasies that when it comes to REAL sex my little man wont perform. It's like I conditioned myself to only be aroused by jacking off and watching videos. I also noticed that over the years my erections (even with watching porn) are becoming less rigid and Im starting to become desensitized with “normal” porn and have to view stuff thats more “hardcore”. This is all embarrassing but at the same time it feels good to get it off my chest and know I'm not alone. I am officially DONE with porn, and Marnia I wish I would have read your article a long time ago.

Not being able to get it up is just one of the many problems correlated with porn. I remember I was trying to have sex with this girl just a few months ago and I was very attracted to her. I hadn't had sex in months before we started our fling yet there she was in the flesh right in front of me and I could only achieve erection if we were doing it the way I liked, the way I had fantasized about with porn. I knew there was a connection to jerking to porn and my performance problems.

I don't hate porn. I don't blame porn for what happened to me. It was on me at the end of the day. I don't think porn should be banned. I do however acknowledge that it is in my own personal best interest not to watch porn. It's not for me. Most recovered alcoholics can't touch a drink, not one, not a sip. I'm the same with porn. For me, it's a no go. I know as soon as I cross the fence, it's a slippery slope back to addiction. If others want to watch porn, fine. It's just not for me. The problem is, once you've abused something, moderation maybe isn't an option for you anymore.

I'm 25 years old and I've been watching porn the last 12 years. Never really considered myself addicted until about 2-3 years ago, thanks to the rise of tube sites which make porn so easily and freely available. I have always lacked motivation to go out and flirt with real women because porn basically drained all my energy.

My first time with a prostitute was very good. My horniness was stronger than my nervousness so I didn't have any erection problem. However, I noticed something interesting. I was pounding her hard from many positions, but somehow I wasn't mentally excited enough and I didn't feel the need to cum. That is UNTIL she started talking dirty to me, and THEN I was able to cum. I thought about this a lot and then concluded that it was related to porn. I always preferred porn with women moaning and talking dirty. Also, if I'm having sex and the woman is silent, then I have this belief that she is not enjoying herself and that I'm being bad in bed, which makes it harder for me to achieve orgasm.

I continued visiting prostitutes but then I started having erection problems. I became very worried because these prostitutes were VERY hot (they looked like the top porn stars), yet I wasn't able to get it up or at best achieve semi-hard erections. Some things I started to notice:

- 1) If the prostitute just lay down and let me do all the work, then I wasn't able to get an erection.
- 2) If the prostitute took control and grabbed my dick and started sucking it, then I was able to get an erection and have sex normally.

So I concluded that porn was definitely the cause of my impotence.

I started the 100 days without orgasm challenge. After 15 days, I couldn't take it. The urge was SO strong that I had to go visit a brothel. I had sex with 2 prostitutes, one after the other, and didn't have ANY erection problems at ALL. Then I went home and masturbated 3 times. 2 days after that, I went to a brothel again, but this time my erection was way weaker and she had to help me out.

I lasted a total of 35 days without porn. Then I somehow convinced myself that I was "cured," or that just a little peek wouldn't do harm. I started to watch porn again, but not very frequently, something like 3 times a week. After some days I had a bad experience with a prostitute. Every time I tried to penetrate her I would go soft. She then tried to make me cum with a blowjob but eventually gave up.

My main fear is that I know that most regular women do not act like porn stars in bed, so I'm afraid that I won't be able to get it up once I find a partner. I am very confused and I really don't know what to do or what plan to take. Some help would be greatly appreciated.

I've also begun to see the effects of excessive masturbation on my life. My attention span when reading has been getting shorter for some time now and doesn't help when you're studying a subject like History where you have to spend most days reading.

I have been masturbating without porn. Results are GREAT! Along with daily exercising, I feel almost balanced again in one week! I could abstain much, much longer by masturbating without porn. I have WAY less withdrawal symptoms and feel great. Before, when I was watching I could abstain 2 days max. But now I have reached a week with ease. Also, I avoid thinking of anything sexual while masturbating, because it's just the same as watching porn.

When I slip [from avoiding porn], I'll slip 90% of the time on straight porn. And 10% on shemale porn. And when I slip on shemale porn, it's because I am on a streak of slipping. You know like when I am sober for 2 weeks. Then something in my mind forces me to go see porn. I am excited, I masturbate. My brain becomes mad, and forces me to go after it every day. Then straight porn isn't enough and I have to go to see shemale porn. And this usually ends the slip... But 2 days ago I only watch straight then stopped.

I'm 14 days without PMO, and as a result, I'm finding it easier to become aroused more often. Porn really destroyed my ability to become aroused by anything other than the most artificial looking women with the most sexually edgy behavior. As I'm now becoming aroused by more women in more normal situations, something is happening that I had not expected: *I'm feeling more attractive*. I guess if I could only become aroused by the craziest visual images, then my assumption was that women could only find the most sexy, artificial males attractive. As I'm becoming more attracted to normal situations, I'm starting to believe that it's just as likely that they be attracted to me even though I don't look like Fabio. In other words, when I wasn't attracted, I assumed that they weren't. Now that I am, it's easier to believe that they are, too.

Pornography is a big waste of time. I beat it before by canceling my internet. I had to go cold turkey, and it worked. Now, I've got a social life with meaningful friends and a great relationship, but I'm also back on the internet, and I've become addicted again. Nearly all my free time at home is spent online, mostly looking at porn. I keep trying to stop. I delete everything and vow not to go back on those sites, but the pull is so strong that I find myself doing it again and the hours rush on by...

I just wanted to let everyone know that after my abstinence project ended and the dust settled a bit, while things aren't exactly perfect yet, it seems like erection quality and frequency have actually improved, since not only I, but also my (even more) skeptical partner commented on it. I just wanted to lend my experience to support this process [6 weeks of abstinence from porn/masturbation] as a means to overcome porn-induced erectile dysfunction. I think recovery might be simply a matter of letting the undesirable [brain] network [associated with porn and porn

fantasy/masturbation] lie fallow as much as possible, while only engaging sexuality in real (loving) sex with someone real. Hopefully, even with more frequent sex I will still continue to improve if I continue to make a conscious effort not to engage in old fantasies, not masturbate at all, etc.

I think a lot of my attraction to other women began at an early age due to the magazines I spent hours and hours looking at and reading. I experimented once with another girl when I was a teenager and liked it, but didn't crave it. Then many years later, many pictures and movies later, my interest in women grew stronger and stronger until it was about the same for both men and women. Then after much more porn and real life experience with women my attraction to them surpassed my attraction to most men significantly. However, after a few years of being monogamous with my husband again and almost porn-free, I'm finding my attraction to women slowing down while still having the same attraction for my husband as I've always had.

I discovered Internet porn at 16 or so. At first anything got me off, but over time my tastes starting getting more specific to the point of forming fetishes. I assumed that this was somehow a natural effect of getting older, not linking it to the porn. Without my noticing, it obviously seeped over into my views of flesh and blood women and what turned me on. I couldn't have believed it until this recent experiment. In the second week without porn/masturbation I began to notice women's faces and voices more. A LOT MORE. Less then 2 months later, it no longer takes my past fetishes to get me excited. (Wow!) A certain glance, a giggle is all I need.

Wow...when I sit here and think about how much porn has shaped my view on sex/dating/ bachelorhood... I've gone from dating hot, quiet, soft girls (before porn) to loose, half-naked sluts (after porn took root). I became a slaave to looks ONLY! Brains/smarts/family plans are NEVER my concern. Over time, this has made me bitter. Jealous with women. This has lead to several "half in-half out" relationships. I never could understand where/why the disconnect was there. I never could understand why after porn, the good girls just seemed "boring", too much work, flawed. While the sluts, the ones who never say "no" were angels. Thought for the day, kids: You ARE what you EAT! Good or Bad!

With porn I just want more and more. I would like to have a healthy emotional life and porn does the opposite for me.

I feel sorry for future generations, I really do. When I was 14-15 years old I didn't have free access to high definition videos with super models engaging in orgies with oil all over their bodies. Imagine being exposed to that kind of stimulus at such a young age? Poor guys, they're going to be impotent at 20.
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I'm 31 now, I've been masturbating to porn for at least 16 years and this problem has only worsened since the computer internet age, so at least the last 8 years I've been bashing my way through millions of images and films, slowly getting more and more depraved as I went.

I've been watching porn for 12 years but I became heavily addicted 3 years ago when I discovered POV and shemale porn with the rise of tube sites. There's something about those 2 types of porn that just make me lose control.

I'm suffering from ED now, too. Funny thing is that within the last year the amount of porn induced erections/orgasm has gone through the roof, averaging 2x a day, everyday, sometimes up to 4 or 5x. After that I noticed I couldn't hold my erection while making love with my wife...awful.

What ruined my last relationship was that she was not as attractive as my masturbation fantasy. We tried to have sex several times, but I could never get aroused. I only got an erection with her when I visualized a fantasy from the internet while with her. She eventually was hurt and left me. [But there's good news too. Two weeks of no ejaculation and...] When I see a woman walk by in a nice skirt or dress with long hair, I get that physical rush of energy. It used to be I needed a stronger pornographic fantasy from the internet to get any type of arousal.

I watched a documentary on guys with extremely expensive and realistic "love dolls." What struck me was that one guy had like ten of them. He had so many that he was running out of room in his home to store them. Even though these were dolls, he had already started to see them as girls he had spent enough time with and was now ready for new (fake) genetic opportunities. Probably why guys collect so much porn. We think we have found the greatest porn of all time, but after seeing it a few times you never go back. I have tons of jpeg images that I collected, thinking I was amassing some wonderful database of pleasure. But really I can't remember ever actually going back and looking at them again. The fun part is the NEW image, the novel image, or maybe, the novel love doll.

I've started speaking to my ex again last couple of days. We had a good conversation about my addiction. She had no idea I had this problem. Nor

did I, though. She mentioned how I had appeared distant during sex, and I explained to her that it was the addiction that led me to be that way. Though we had trust issues, I think my addiction really affected our relationship. I said to her that her thoughts of me having an affair were not helped by the fact I was in part having an affair...with porn. She seemed to understand this and how it had made me distant, not because I was not interested in her sexually but because *I had been so over-stimulated that she would have needed to be juggling with her feet, sucking off a horse and rimming a tranny for me to be stimulated during sex with her.* Now that I'm enlightened to this, it makes me rethink the whole situation. At the time I thought it was just all her fault, her paranoia and her problem, whereas it seems I was behind it all along in part.

Unlike externally administered drugs like cocaine, heroin, marijuana.... in which after a certain period of addiction, you need more stuff to have the same results.... with "orgasm," you just need a different kind of the same stuff in multi-variate form. Orgasm needs a novel, weirder, never seen before kind of imagery, which may not necessarily be higher up on the pornographic scale. It just needs to be different. And unluckily, when you're in that spiral, it's just so easy to find a different video—even on YouTube.

I thought porn was harmless. It felt good. I liked it. I certainly wasn't getting any real life girls and nobody got hurt. If anything, I was just practicing for when the right girl came along. I wish I could go back and tell my 12/13 year old self what I was doing to myself. I feel so neutered right now. I wish I could go back to looking at a girl and feeling, "Wow, she's pretty. I'd like to get to know her better and form a relationship." rather than, "Hmm... 5' 7" Caucasian, 130 lbs, B-cup with medium brown hair. Reminds me of the girl in Backdoor Angels 5." And feeling no desire or interest for her because she isn't being with 15 guys at the same time. Sigh. Just waiting for those memories to fade away hopefully and natural feelings to return.

I find that the sexual gratification of masturbation aided by pornography far exceeds pleasures of copulation (or other practices) with a partner. I have reason to believe that this conclusion is widespread among the sub-population of self-identified chronic masturbators. I am an active participant in several masturbation-focused Internet groups, and [moderator of one](#). Masturbators frequently report a strong preference for masturbatory practices, even when continuing in an active relationship with sexual partners. Many go so far as to abandon partner sex even while the partner remains available and willing.

Far from just "rubbing off," chronic masturbators generally engage in a practice we call "[edging](#)": bringing ourselves to the brink of orgasm repeatedly, without ejaculation. We can sustain extremely high levels of sexual arousal literally for

hours, and freely explore our most intimate and personal sexual fantasies. These gratifications might be possible with a highly compatible and supportive partner, but I think most partners either tire of the activity or diverge into their own sexual fantasies long before the chronic masturbator is fully satiated. So edging-masturbation provides arousal difficult to obtain otherwise. The potentially addictive nature of edging should be obvious. It is highly significant to hear chronic masturbators openly acknowledge their addiction and at the same time express willingness and desire to become "more addicted."

I started experimenting by cutting down on my porn use. Instead of masturbating to orgasm several times a day, I noticed that if I did maybe once every other day, two things would be true:

1. I would cum more
2. I would be more turned on by less extreme material.

I was escalating into some of the worst porn, and even then I wasn't getting much relief, even after wasting hours a day. Now that my brain is more sensitive (a few weeks porn-free) I don't need such intense porn, but if I started again it would only be a matter of time before I'd be in the same position. And then what? I am only 24-25 years old.

I noticed that just watching the sexy girls (with clothes) was much more exiting after my abstinence period than when I was "deep" into hard-core porn. I think that can be a sign of rebooting or that the brain has regained normal sensitivity for visual stimuli. I think this phenomenon plays a role in some behavior in addition to porn—like surfing with many tabs open/multitasking, downloading things from the net. The internet itself feels like hyperstimulation. It's like my brain always wants to be entertained by something. Reading books is not good enough for me anymore, sort of.

Most of the time I feel very **satisfied** after fucking a prostitute. Porn is different. While I don't have any feelings of regret or guilt afterwards, I never feel 'satisfied'. I just feel very tired, and after some hours I want more and more. Real sex is actually satisfying and unlike the **trance state** you feel when **edging on porn for hours**. After years of using some transsexual porn—even though I'm straight—I experimented with shemale/transsexual prostitutes, but always regretted the encounters.

The first 2 weeks I was totally abstinent from PMO. In the past 2 weeks I have gotten some serious urges to say F-IT and peel one off to porn. A lot of times this wasn't due to sheer horniness, but was during times that I am just really stressed (eg day before exam) and craved that release. So I have masturbated, imaging real life women or ex-gf experiences a few

times. These sessions were substantially less pleasurable than what I have been doing the past 15 years to Internet porn. Really goes to show how desensitized my brain and penis have become, and how much healing I have to go. At this point in the game, I'm not masturbating for pleasure so much as to get in the habit of doing it to real life fantasy, and also to prevent myself from a relapse.

At the end of high school and my time in the military I had little porn use. I had no problem getting girls. I had confidence, good looks and the "mojo" to attract what I wanted to attract. It wasn't until I went to college and had an internet connection that PMO became daily use. After time I knew I had a problem but never thought it would be a big deal. I had the mindset that when I get a girlfriend this behavior would stop. When I did try to socialize I suddenly had social anxiety that would prevent me from interacting with girls even though attractive girls would initiate the approach. This would frustrate me because I had no idea what was wrong with me. There would be unintentional time periods of abstinence due to being busy and I would feel more alive, more social but I didn't get the connection why. This would go on and off for several years. Until last summer I entered a relationship that I thought would be the end of my PMO behavior. This endeavor only lasted six months. The first couple months were great. I wasn't watching porn or masturbating until after having sex for a while. I would find myself going back to PMO when we weren't together or nights when we were not having sex. I didn't think this would harm our sexual intimacy or relationship at the time. But it did. I began to lose interest in her sexually even though physically she is my type... it was like the buzz of excitement wore off. When we did have sex it wasn't automatic like before. It was her playfulness and desire that got me hard but it wasn't at the same intimacy level. It felt forced and not natural. At the end she gave up on me and I was okay with it. I was not really happy or sad. I just had an empty "whatever" type attitude.... Feeling this way scared the shit out of me!

If I looked at porn for 20 minutes and had an orgasm I wouldn't consider it a problem. But I am capable of surfing porn for seven to ten hours. An average session might be three hours. When you get to that level, this is not a harmless pastime. The longer I was wired to porn the less important the actual orgasm became. "Edging" became far more exciting for me than ejaculating. There are chemical reasons for this. Working up a cocktail of adrenaline and dopamine for your brain circuits is just more of a high than the momentary release of endorphins that orgasm provides. But once you get into endlessly manipulating those brain chemicals you may as well be shooting heroin.

I discovered porn when I was around 12 years old or something. I remember visiting my friend's house when his parents weren't home because his stepfather

had tons of magazines in the attic. We used to spend hours and hours together watching the magazines and also saw porn movies that his stepfather had hid in the house. That was probably my first experience with porn.

Anyhow let's fast-forward to when I was 16 years old. That is when we got a satellite dish installed in my house and along with it, porn channels that my father didn't bother censoring. I remember coming home from parties late at night and jump right on to the couch and starting watching porn on the TV. I also did it in the weekends when I could sleep late next day. I probably watched porn for 1-2 hours and masturbating. Then 6 months or so later we got broadband installed in our house and I bought myself a computer. BAM, a whole new world opened up for me. And to think about it now, the world, as I knew it closed....

With broadband and a computer in my own room I had unlimited access to this "wonderful" world of porn and I could watch it whenever I wanted without anyone knowing. I remember starting watching softcore first: Nude pictures, slight touching, yeah soft stuff. And I watched porn for about 2-3 hours every single day. I was hooked.

Later on in my addiction when I was 17 years old I was watching more hardcore porn and got a little tired of the nude pictures. I needed more action. And the 2 hours watching porn grew to 5 hours, every single day almost. Needless to say, my spare time after school was only about one thing, porn. I started disconnecting me from friends and family and my whole life was about porn. From the time I got home from school it was a race to finish eating dinner to run up to my room, turn on my computer and watch beautiful woman for hours until late evening. Then go down eat some, and go to bed and thinking about what kind of porn I should watch the next day. Goodbye social life!

Later I kind of was getting to feel that porn started to affect my entire life and I really felt bad of letting my friends down when they came over to ask me if I wanted to do stuff with them. Of course porn was such a drug to me by that time that I found some excuse why I couldn't go, and watched porn on my computer instead.

About the age of 18 I said enough was enough. Time to get rid of this "disease" and start rebuilding my life again. Impossible. I really wanted to quit, but the addiction was so strong my mind took over and I continued masturbating to porn in my room. I was finished with high school around that time, so I came up with the brilliant idea of having a gap year where I could start working and making money. Bad idea. 1 year turned in to 2 years and I did get a job after 6 months, but it was only few days a week. The rest of the week was I in my room, in front of my computer and watching porn. 6-8 hours almost every fu***ng day. It took over my life. I was almost like out of my body because I had no control of it what so ever.

My porn had gone from softcore to hardcore to really kinky stuff that I cannot mention here due to the graphic nature of it. ./ The time I used on porn went from 2 hours to 6-12 hours. Just think about that. 12 hours, almost every single day! And I started abusing other stimulants as well: I got a craving for candy when I hit 21 years old. I remember bringing home lots and lots of candy from my workplace which I ate after I was finished watching porn. It became some sort of ritual. Watch porn for a loooong time, then sit there exhausted after the "session" and eat candy after. I also started gambling on the Internet and using lots of money on poker. It was almost identical to a drug addict. Start with the weak stuff and move on to really dangerous and hard substances. And I have also watched documentaries on the TV that showed that drug addicts also had cravings for candy for some weird reason?!

The whole desensitization thing is crazy. When I first got online, I was so excited by things that in later years wouldn't even REGISTER. Like literally, my eyes wouldn't even see them.

I had a flash back to when I was in my early teens and my mum would take us to the library, I would sneak off to find an erotic novel and just the talk/description of a woman would get me going....god, how I long for those days again LOL. Now, you can get 'maxed' out on porn. In the early stages it was a novelty and hard to get hold off. Over the last few years porn is on demand, and now I realise I'm (or was) a slave to it; it became a necessity rather than a thrill/reward. How sad is that? I have no moral objection to porn. In fact quite the opposite, but when you get to my state of affairs, let's say, it's no longer a positive, just a huge negative. A big fat anchor around my neck.

I had a girlfriend who said that there was a period in her life where she got really into using her vibrator. But she found herself completely unable to orgasm with partners, because she had become so desensitized. She quit the vibrator and I think she said it took her about 6 months to get back to normal.

It's so interesting how this stuff affects your mind. For me, I was always just focused on really, really sexy women, but as time went on I could only masturbate to women with huge fake breasts and the scenes I needed were getting more and more intense with screaming unrealistic orgasms.

I don't think porn is super-bad, what I think IS bad is the way porn is nowadays and the availability of it. The odd magazine that someone gets out when no one is home or at night isn't a bad thing, but people are actually waking up and masturbating several times before they go to work/school. That isn't normal. Years ago, before I became addicted a friend lent me a

very soft-core magazine of women with just their breasts showing, that was as you described, like gold to me, comparing that to the transsexual porn I got hooked on is a pretty clear indication of escalation. I've come to realize that in the end it is all just porn, that's all it is. The content doesn't matter to an addict, it's just a visual drug.

Although I was very happy and had a lot of fun, I also had a skeleton in my closet. My porn use was increasing and the type of porn I was viewing was undoubtedly more explicit than the types I was watching initially. This being so, it didn't really affect my life too much so I didn't really see it as a problem. When I started going to university, I noticed a split in my personality. Although I gained a lot more friends and was objectively more extroverted, I felt as if I was becoming more introverted. I always felt as if I was putting on an act for people, social situations started making me more anxious, and I had seemed to lose that ability to laugh as hard as before. Yet, I pushed on and still attended events and was very social. I had figured that socialising would become easier as time goes on and that what I was feeling was just a phase of "growing up", so I just decided to push through. I upped my porn use, both in terms of time and explicitness. The anxiety started getting pretty bad, to the point where I would avoid most social situations and even hanging out with my closest friends felt weird. I couldn't explain it, my best friend since age 13 suddenly intimidated me and I couldn't even look him in the eye as I talked to him. I had also noticed the correlation between my social performance and P use. I noticed that if I would abstain for X amount of days before an event, I would feel more comfortable at the event. So this is how I planned for events. If I had a party on Friday, I would abstain from mon-fri (worst days ever) then binge on Saturday.

I'm one of the people who has grown uncomfortable with the escalating themes of my porn use. Essentially, themes of humiliation of myself and others have become very strong recently and it concerns me that these things might leak into my relationships with women. To be honest, some themes have already showed up in the bedroom and that's definitely concerning.

I started looking at Internet porn when I was 11. I immediately became hooked and spent hours daily viewing porn. Simply seeing a pair of exposed breasts was enough to get me off. Desensitization soon kicked in and I began developing fetishes over the years to get the same hit from porn. It started out with different ethnicities, then lesbians, then watersports, then scat/beastiality/BDSM/tranny, and then any combination of the above to create the sickest porn imaginable. I can remember sitting in grade school fantasizing about sick porn that I could search for that night.

Meanwhile, my sex life was non-existent. I had little to no desire to pursue women. I was completely oblivious to the damage I was doing. I thought it was funny that I could take care of my sexual needs without having to depend on

women. In high school, mainly due to pressure from others, I got into a few relationships. I felt attraction, but the arousal did not compare to what I felt from porn. It was too bland. I never even tried to have sex with any of the girls since I preferred to go home and masturbate in front of the computer.

I never felt any attraction to men as a child. When I first started looking at porn, it consisted of nothing but women for years. Anything masculine was a turn-off. I thought drag queens and such were disgusting.

But, the more I became desensitized to conventional porn, the stranger my fetishes became. I eventually discovered tranny porn and became obsessed with it. They were extremely feminine aside from the genitalia, which was unlike any porn I saw before. I became obsessed with it despite feeling extremely ashamed and confused after watching it.

This, combined with delayed ejaculation with girls due to excessive porn, resulted in confusion and stress. Was I gay? I even went to the extent of experimenting with a transexual and realized that transexuals in porn are nothing like transexuals in reality. Despite this, the experience just caused more confusion and HOCD symptoms. I started wondering if I was just holding back to convince myself I was straight.

In reality, I know this all came about due to porn. If I never saw porn, I would be living a perfectly normal, straight life and I would probably be suffering from premature ejaculation around women. But, porn seems to completely screw up your mind. This is coming from someone non-religious who used to think people with an anti-porn agenda were nonsensical religious extremists.

I am a 46-year old male and have been masturbating to porn since I was a teenager. I never had a problem with ED until around 6 years ago. The porn I was masturbating to was "Playboys" etc, static images and not such a big dopamine overload. The problem starts with access to free streaming internet porn and as the connection speed has increased, so has the overwhelming availability to view as much as you can handle. Basically you end up rewiring your brain to only get aroused by masturbating to porn.

Day 27 now. Let me tell you how bad my addiction was... (for those who think overcoming this addiction is impossible). Previously, I would get home from work, turn on my computer and visit various porn sites. As I encountered images/videos that "turned me on", I would save them on my hard drive.

Eventually my collection grew to several gigabytes worth of images (that's a lot of pictures!!!)... I also had a massive video collection. Let's just say it was enough to keep me busy for a lifetime! That was not enough for me however. In order to get the "ultimate" orgasm, I would get my favourite movies/images (depending on what my mood was) and put them next to each other. I have a fairly large monitor -- 30" so I would resize all the Internet Explorer browser windows and place my favourite images/videos side by side getting the "ultimate" experience. At this point of my addiction, one image/video was not satisfactory. Sadly, I needed many. Going from that to nearly 1 month free of PMO is testament to those who

think this addiction is impossible. Granted, it can be extremely difficult but don't even think about quitting. If you slip, get right back on the horse and continue. I was to the point where my addiction was controlling me daily (sometimes multiple times in a day).

I don't think things were necessarily all that bad when I was finding 3-4 minute clips off of file sharing programs like kazaa or limewire, because they were 3-4 minutes; you couldn't ever get exactly what you wanted; and there was a considerable lack of attractive women. So you could say, "Well, this is pretty good and all, but I'd rather go outside or do something meaningful instead of sitting here watching this nonsense." Things have completely changed since around 2005. This is when porn became just pretty much EVERYWHERE on a computer, and I think this is when I started to finally realize that it is harmful to my self-esteem, sense of self-worth, and ability to find women and socialize. I've been trying to give it up off and on for about four or five years.

I'm 29 years old now, and got my first glimpses of porn as an 11 year old. During puberty I found some VHS tapes, and at 16 I had access to my own computer with internet porn. During my youth I was often nervous, angsty, and struggling with anger and anxiety. As I moved away from home, with a 10mbit internet connection, I compensated more and more with porn.

In my first encounters with girls my penis never responded naturally. This was true even as a 22-year old. The presence of a girl alone could not get me hard, because I was a chronic masturbator. I could masturbate 10 times a day, 16 hours a day, and I'm really not kidding. At 24 I finally lost my virginity, and had to manually stimulate myself to rise to the occasion.

I settled down with a girlfriend, meanwhile keeping up with my porn habits. She was a very complacent woman, and let me stimulate myself to get hard for every intercourse. Consequently I didn't see the signals of danger (ED).

Our relationship ended after a while (for entirely other reasons) meanwhile my porn use escalated, with more and more extreme genres and content. And it became increasingly difficult to get hard. As a consequence, I sought even more bizarre genres within the porn world.

In frustration that my penis wouldn't respond anymore, I tried masturbating forcefully when it was limp. I pinched my glans between my thumb and index finger, and managed to hurt myself, badly. My penis was numb for weeks, and now I have a painful scar on my glans with possible blood clotting and nerve damage. It had to go that far for me to realize I had a problem.

I tried to cut down on my use, but found that I needed my "fix" to operate in everyday life. To sleep I masturbated, and every morning I would do the same. I really struggled to get hard, even with stimulation. The girl expressed that she had never experienced anything like it.

So now I find myself in the situation of being far more attractive to women than I was in my acne ridden, angst ridden teenage years, but almost completely unable to have sex with them, at least in a normal way.

This time around also assuaged some of my HOCD fears as well and helped reinforce the fact that if I do quit this addiction, I will be completely able to have healthy sex with women. Yes, I binged on day 13, but along with the binge came a silver lining. Those first few times masturbating were very exciting and it was to very vanilla softcore porn. It showed me that without binging, my sexual tastes will begin to normalize and that was very, very reassuring. This stuff wouldn't even have been a blip on my radar four weeks ago, but now it drove me wild. Of course, as I continued the binge I only progressed onto more extreme material, again making all to clear how the addiction works on my tastes. I needed to continue progressing to get that same rush.

The arousal pathways do relax. I've had the experience many times before, either when I had too full a life to spend time surfing for pictures of my fetish, or when I took action to somehow shut myself away from the chance to websurf. Always, the free time and clear mind meant those were very good times! Seeing formerly highly stimulating pictures after a break, there was way less of a reaction than there was before...until I kept seeking.

My history with porn started when I was 8. I was shown an adult video of people having casual sex; and at the time, I really didn't know what was going on. All I know is, since then, those images were burned into my memory even to this day. Then from age 12, I came across *Playboy* magazines and that's when I discovered M(masturbation). In the years following I would M every day, sometimes twice. Things really escalated when high speed internet became available to me with no boundaries. My M increased to 3 or 4 times a day. I am now 24 and I realize that this problem is affecting my life and limiting me to what I can achieve. It has caused me to become lethargic, stressed out, obese, anxious, and my outlook on life is full of despair.

I'm 33 now, but discovered porn at age 10 via VHS tapes my mom and dad had in their VCR when I went to watch a movie. I searched their room for more, and found they were renting on an almost weekly basis. I was hooked then. I masturbated multiple times a day. I never really slowed down that much. Now, of course I only watch Internet porn. I watch so much of it, it's sickening and has taken over my life for a LONG time. I found out that I can't have sex easily, or if at all. I must use Cialis or a generic form of the drug, and even that isn't working

that well, if at all. I eventually lost all sensitivity, and even when I was able to have intercourse, I felt nothing. So, I'm able to last a LONG time if I'm able to get it up, which is rare.

[For the first two weeks after connecting with a new partner, they just engaged in foreplay, not sex.] Right around the time we were engaging in our sex play, I went through a two-week period in which I did not masturbate. I also had a sudden repulsion to the soft-core porn images that predated her. So that was very interesting. I began to hate the stuff on my own, before she gave me a "reason" to, and also I had not experienced orgasm in two weeks, which is pretty much unprecedented -- and I didn't much mind. *[Shows the reversal of tolerance.]*

Learning that my copulatory impotence was caused by excessive pornography and masturbation has been one of the biggest reliefs of my life. I'm 22 years old and have had "ED" problems with a handful of different women, two of them occurring in past two weeks. It's humiliating, depressing, and shameful. I never want to experience it again. Luckily, I now have a concrete reason and a concrete solution. My history with porn and masturbation is quite typical when compared with many of the other men who have found their ways into situations similar to mine. I've used it for several years, and streaming video sites caused me to become very efficient at getting the dopamine we all love so much. I have commonly had ~25 different videos open for hours each day. Not anymore.

I think the saving grace for me is that being 38 years old, I know what "normal" feels like, and I can recognize when there is something wrong with my sexual function. When the stimulation of a woman's body and touch isn't enough to bring me to orgasm, there is something wrong! Like most men my age, when I went through puberty, our access to porn was limited to magazines and late-night Cinemax. In middle and high school, long periods of time would pass and I'd never see a pornographic image more explicit than a woman's breasts in an R movie. Even in the nineties, at the start of the Internet boom, my online porn viewing was pretty much confined to still images. Today, I would find still images completely unarousing. I wouldn't even bother looking at them. What's happened in the past few years is this proliferation of Tube sites (Redtube and Youporn specifically) where a man can sit for long periods of time and just soak in hardcore pornography videos. It's numbing, in more ways than one. Over the past year, I've wondered about the degradation of my sexual response. I've been to the doctor about it. I've talked about it with my therapist. I've been fearful that it means I am no longer attracted to my wife; she has been fearful that there is something wrong with her, because she can't bring me to orgasm anymore. I

think the eye opener for me was realizing that my wife giving me oral sex didn't do anything for me anymore. Fifteen years ago, when our relationship started, there was nothing better than oral sex. I couldn't get enough of it. Lately, I found myself kindly advising her that she must be doing it wrong (after years of doing it right!) because I just couldn't feel much of anything. The problem isn't her; it's me.

While I watched porn, I became desensitized to things I would never have done in real life. When I got older I began to make attempts to mimic what I saw in the videos and I realized that I was beginning to spend money on porn, frequent strip clubs and learning how to meet women using dating websites. My addiction had escalated and things were happening that were completely unexpected and detrimental to my interests such as health problems (STD's and ED) and relationship problems (years invested in relationships only to end in heartbreak.) For a long time, my conscious belief system failed to recognize red flags that if seen in others I would have easily recognized addiction.

I've been a user of pornography for the last 8 years (loyally defending it for reasons unknown). Most recently I've noticed myself deliberately searching for more bizarre types of porn to get me off, combined with a prolonged depressive state and extreme anxiety, and feeling an increasing distancing from the world/people. Reading and hearing from other people in similar circumstances was definitely eye opening but also comforting.

I've been looking at porn since I was 21 (I'm 34 now). It started off and on, but then escalated to once every 1-2 days, coinciding with masturbation. I got bored, but instead of wanting more kinky stuff (I don't like submissive, or other extreme stuff, it just never turn me on), I would go and get erotic massages. And then look at porn on the days I didn't go for massages. In the meanwhile I had a girlfriend for a long time. Toward the end of our relationship, I wasn't able to get it up (which I'm sure is why we broke up). I didn't think PMO or HJO (hand job) was the culprit. I thought I was feeling less attracted to *her*. But now that I'm on day 33, I'm noticing my mood is shifting to "energized." I'm going to keep moving forward.

5 weeks free of porn – I have tried to quit porn before but this is the first time it felt so easy. During recovery, my porn dreams went from internet porn to magazines to fantasy, which is the reverse order of my porn/fantasy development.

I've been masturbating since I was probably 14. I'm now 24. I was watching streaming porn since about 16 or 17. That's 7 years. Just like most people on here my porn needs escalated, went from 1 girl 1 guy, to 2 guys on 1 girl, Gbang,

C-shots. I was at a point in 2008 where I literally lost ALL control. I thought this thing was gonna be with me till the day I die and I had to accept it. I was probably PMO'ing 2-3 times depending on the day as an average. It was a self-fulfilling negative spiral. Because I spent so much time PMO'ing I lost all or most friends and contacts. And because I lost those friends I'd get more depressed and do it more. We are now looking forward all the way from 2008 where I was PMO'ing 2 or 3x a day, till now [6/14/2011](#), where I haven't had an orgasm in 50 days! I haven't watched porn or touched myself in 50 days!

[Posted on a "depersonalization" forum] I have had DP for 1.5 years, however My DP has since gotten a lot better as of about 3 months ago. I am about 65% back to normal.

I noticed that when I developed DP, my porn use increased quite a bit. I had begun watching porn every day or every other day, and I was watching quite extreme stuff.

In that brain-fog state, I wasn't really aware of anything in my own life. Everything felt like a dream so I wasn't noticing this pattern. I read something about excessive porn use being linked to social anxiety and depression. I decided it might be a good idea that I stopped.

Initially I only lasted about 3 weeks and then caved, getting back heavily into both (I had to make up for lost time :P).

But I noticed something during those 3 weeks. Although I still found it hard to connect with people, my social anxiety had decreased **DRAMATICALLY**. I could have conversations with people no problem and I was generally more excited about life. I remember my brother telling me something that made me laugh for ages, and it felt incredible to really feel that amidst DP.

If you have noticed that you are watching more porn since you have gotten DP, I understand. I watched it because it was one of the few forms of pleasure that was still available to me in that state of mind. Porn has a way of making you even more reclusive and anxious if you use it regularly. With DP this is a nightmare. Now I masturbate without porn. I feel much better about myself and a lot of my anxiety is leaving me. Give it a try, go 2 weeks without porn and see how you feel. If it doesn't make you feel any better then wack away.

Porn binges for 4-6 hours the last couple days. On the plus side, it did become more obvious that the transexual porn is unrelated to my sexuality. After spending 30+ hours over the past 5 days watching porn, transexual porn started to become boring and I began searching for other more disgusting and shocking stuff.

Somehow with age 14 or 15 I discovered a completely new feeling like nothing I ever experienced before. I was quite an "innocent" child, nobody had ever told me anything about sexual feelings in puberty. I didn't even know that something like masturbation exists. When fellow children talked about this and used such words before I always felt irritated or excluded because it wasn't clear for me what they were talking about.

I didn't know how to release my tension. In school erections surprised me everyday out of nowhere several times, not related to fantasies or sexual thoughts. I suffered from severe anxiety due to this because I always thought others could detect my erection, every day in school went into a nightmare. I still didn't know how to masturbate but I liked the sexual feeling and began to view pornographic pictures. In the beginning I used the playboy website because I wasn't aware of other stuff. The first time I looked at those hot pictures the feeling seemed to be out of this world, just ineffable. Suddenly I knew there was something worth living for, everything else was just boring everyday life and my slight depression lifted. Had I known back then the biology behind my feeling - that it was simply an artificial dopamine kick which messes with my brain chemistry, the same mechanism behind drugs like heroin or cocaine - I wouldn't have spend the next 5 years gorging on porn and masturbation every single day.

I always was introverted, spent my time reading and, later, doing research about interesting topics, was disgusted by superficial and immature small-talk (which was the norm at school) and afraid of being hurt by others when opening up, but it seems those years spending with watching porn regularly - from age 15 to 19 - made it all worse. In the end I have failed to work at myself, so it is me who is now unable to overcome his immaturity, his unconscious chosen solitude. This solitude was a vicious cycle, leading more and more to my inability to handle social interaction.

My self-confidence plummeted during this time. Especially my relationship to the opposite sex was, well, almost non-existing in sexual terms. While friends/class mates began sexual relationships I was never able to talk to attractive girls openly, never gained attraction, and watched jealous while thinking that I would never experience the gift of such a relationship.

Though, it was a contradictory feeling because at the same time I knew I wanted a deep relationship with more than sexual things but I knew no girl with the same goal. I thought this was what kept me from being attractive, but maybe it was merely the fact that I lost all my sexual energy to masturbation, and that my innocent sense for real women deadened slowly with porn and it's constant demand of perfect erotic bodies.

From simple pictures, I went over to innocent videos, but as time went by I needed more stimulation and, especially, new videos/virtual women to increase my pleasure.

Additionally I began to masturbate prone from the beginning and it really was like heaven. I tried it in other ways but I never got such a big stimulation response than with masturbating prone. Masturbating once or twice a day (before sleep and in the afternoon if I was to depressed and needed the high) it was my escape from reality. From the fact that I didn't knew people I could talk to about topics I was interested in and that I was unhappy with my life - school life made me depressive. I fled to this artificial drug: porn and masturbation/orgasm. It was not unusual to watch porn 2 or 3 hours a day.

I've been addicted to PMO for about 10 years now but I guess at the time I didn't realise that it was a problem. It was only really about 5 years ago that I suddenly noticed that it was getting in the way of my life and I needed to do something about it.

I decided that life with a real partner was not going to be possible [due to body image fears because one testicle was smaller than the other], so I stuck with porn, which I had been using since about 14 (just like all my friends). Porn basically became my replacement for real sex partners, which although I didn't know at the time, messed my head up quite a bit. I would avoid girls at all costs and avoid talking about sex with my friends (they thought I was gay).

I developed depression and anxiety problems, which I first noticed when I got my first job at 16 (panic attacks, becoming flustered very easily, stammering, very low confidence, sweating). I put this all down to my secret body image issues with my testicle, I had no idea the effect porn was having on me at this stage.

Many failed sexual encounters and lots of horrible social/work experiences later...

At 24 I met a girl and we really took off, we were into each other massively. I decided to tell her about my body image issues and anxiety. This was very, VERY difficult, because I'd never told anyone. Fortunately she was very supportive and stuck with me.

We tried sex, but I still couldn't get an erection. I still put this down to anxiety and my past failed attempts at sex, so I got some sexual counselling to help me over-come it. In all honesty, it didn't really help at all. Sex for the first year of our relationship was dreadful, not once did I feel like I was

having real sex, or even turned on (which I could not get my head around, because my girlfriend is very attractive to me). I felt so bad for my girlfriend for putting up with it. I tried Viagra and Cialis too, still no erection.

What became apparent after a year of the relationship, was that I was comfortable with my body (pretty much) around her, and I realised I didn't feel that anxious when in bed with her. I became massively aware that I couldn't get turned on by her. I also realised that for the last few years, I didn't find any woman sexually attractive, unless they were in a porn film. I had a feeling porn could have something to do with it, and read a few stories on porn induced impotence, but I didn't really believe it was possible.

I was watching a lot of porn at this point, behind my girlfriends back.

Multiple scenes at once for hours at a time, but I never really felt completely hard. Obviously, I was very worried and as a result watched more and more porn to try and get 100% hard. I'd also realised that my penis didn't feel as sensitive as it used to, and I never really felt satisfied.

More recently, I did more research into porn induced ED and this time took it seriously. Viagra and Cialis didn't work for me, counselling didn't, so I had to give it a try.

[9 weeks of no porn] I think I still have a while to go yet, but my confidence is much greater now and my anxiety has reduced. I feel like myself again and feel like I don't have to pretend I'm someone I'm not. Talking to girls is much easier now and socialising in general I'm finding so much less stressful. As a whole, I feel great. For the first time ever, I have been feeling turned on and just generally feeling in the zone, horny and relaxed. I'd never felt turned on before naturally, it's feeling great. Occasionally, we do try intercourse, and recently that has been very successful (though very quick haha). I've felt turned on and much harder than I've ever been with her. I feel greater sensitivity in my penis, and it feels how I always hoped it would feel. For the first time in my life, I feel as though I am having real sex.

Back in the day of dial-up Internet, I was only able to download the occasional picture (very soft-porn) due to bad/slow Internet and actually not knowing where to find all the smuttery. But now with high-speed being so common, even to mobile phones, it has made me continuously watch more and more and at higher quality, which could sometimes become a whole day affair looking for the perfect one to finish on. It never ever satisfies. "Need more" the brain always says...such a lie.

I used to get turned on by anything remotely feminine when I was 13, but that steadily changed as I watched more and more porn. I started to get anxious about my sexuality because I knew I was straight based on history,

but at the same time I could not physically respond to the old cues. Sometimes when I was especially relaxed or drunk, I would respond like how I did when I was younger. It was very confusing because I never had any homosexual fantasies or desires. I never would have attributed this to porn/decreased dopamine sensitivity if I hadn't stumbled upon this site, so thank you! This abstinence has completely eliminated any doubt because now my libido is almost too much to handle. Even women I would not normally glance at, I would definitely be able to have sex with them. More responsive to women, and responded to more by women.

I told myself that it was easier to keep using porn, and that I was actually "enjoying" myself. This was partly true; after watching it the first couple times after not doing it, it did feel great. But that feeling quickly waned and I was left doing something endlessly that I didn't even really enjoy.

I am 28 years old and started masturbating to softcore movies and *Playboy* pictures in my teens. With the passing years I had to switch to more explicit material. When I got my own Internet connection I had limitless access to porn and used it several times a day. There was this huge emptiness the last few years when I PMO'd. Absolutely not satisfying me anymore. I tried to sleep with three girls, and I wasn't aroused at all. It was impossible for me to get an erection. It was one of the most frustrating experiences I had in my life.

I started looking at porn, on a regular basis, about five years ago. First there was the beautiful women, then the HC porn, then the weird insertions, then the transvestites, then critters, then the hermaphrodites, then the teen porn, then the younger models and now prison (soon to go). As the years passed I became less and less interested in masturbating and more and more interested in "novelty" searching. Towards the end, I couldn't sit at a computer without searching. I have three kids have coached various sport (kid's teams). We've consistently had "packs" of kids at our house for the past 20 years. I've never even remotely considered touching anyone or invading anyone's privacy (all my kids and others can attest to that). However, in the Federal system digital images ARE actual people, even to the point of restitution for mere possession (as is my case). Are there any hard, sanctioned studies that could be referenced in US Court that verify attributes that you outlined? I've been to two therapists and I don't think that either of them believes me on the masturbating (or lack there of) to the images I downloaded. I, maybe, masturbated once every two months (in the shower) but viewed porn every day. Looking back, I just don't see how I could have been so ignorant as to not recognizing that I had a problem.

My tastes have generally remained constant though I have noticed that I increased usage in the past to unreasonable levels when at my lowest. I have never deviated into the more shocking types I have heard on this forum.

[Age 21] I remember so much now, like when I first started with all this and how even then, I was masturbating A LOT. There's the joke that teenage boys masturbate all the time, but looking back, I actually WAS. I wanted pornography even from a very young age (12-13) and would constantly seek it out. But I didn't get the porn, masturbate, and then go out and socialize like other kids. I would masturbate to it as much as I physically could, until I was so exhausted I just fell asleep. It intensified considerably as the Internet came around and ultimately I ended up hooked on transsexual porn and my ability to become excited by girls began to drop off. (That problem is now sorted, but I'm still hooked on porn.) I can't believe I didn't realize I had a problem back then; it seems so obvious to me now. But as they say, ignorance is bliss. I think the fact that I was still in puberty played a role in the addiction, considering I was still growing/mentally developing. Whatever, hardcore porn was the last thing my mind needed.

I remember my fetishes changing. Over the last 4 years or so, it started out with asian, from asian to white, white with big ass, to blacks ass, white ass and tits, deepthroat, anal, and then, more extreme stuff.... haha. I felt great shame masturbating to these things and knowing that that was the reason for which I was getting laid a lot less. (I understood quite quickly the dynamics and relationships between: socializing/ masturbating/ pheromones/ happiness/ aura/ attractiveness etc.)

After that, it seems my adolescence becomes somewhat of a blur. I know I started looking at more and more porn, and spending less and less time with other people. I stopped going outside as much, and I stopped hanging out with friends as often. Even then, I did sense that something was changing inside me, but I think I sensed it on a sub-conscious level. I still did a lot of things I enjoyed. I played in bands, had girlfriends, went to concerts, and did so many things your typical teenager would do. But I also hid up in my parents' attic for hours on end looking for new, improved porn images and videos. After I moved out of my parents house (18 at the time), it was not long before I had my first sexual experience. It was with a good friend who had come over to my apartment to dye my hair blue. One thing led to another and we were back in the bedroom getting hot and heavy. After a while though, something didn't seem right. I couldn't maintain an erection and we never ended up doing the deed. At that point, I still had not made the connection. She came over some more and we did eventually hook up and did it a lot. I stopped watching porn and started to just have sex with her and the sex became better and better, and I became happier and happier, never realizing that I had a cloud of depression hanging over me until it had lifted. This girl and I got married but I had already slipped back into my ways, because

if you have never masturbated while watching porn and high then you would not understand the draw that holds you in. It must be like a super dopamine rush, because for a while I went crazy with it. I couldn't wait until I had a day off and she wasn't home. I would want to do less and less things with her just so I could watch more porn and get high. Needless to say our sex had really started to take a hit, multiple cases where I couldn't get an erection or would lose one halfway through. We had become very unhappy together and things had to change. I was spiraling further and further into myself and away from her.

We separated and I went back to live at my parents house. I still had not stopped watching porn but knew then that I really wanted to. I stopped smoking pot, cold turkey, which after the first five days or so was pretty easy for me. Porn, however, is not that easy to break.

I probably started watching porn when I was 15. Considering it a benign thing, since all of my male friends were doing it, my watching behavior escalated. During the last four years masturbating to porn became a daily routine. Still saw no problem, until recently. I'm 21 now. My porn watching behavior took a terrific deviation 7 months ago. During study for finals, I would masturbate up to 3-4 times a day. An easy way to cope with study stress. While spending 12 hours behind a desk, porn is the major fun distraction every day. But it all got serious when I saw myself typing in a search term for gay porn. Seeing the new images, I suddenly got very excited. I was confused. What followed was bingeing behaviour, big time. I could go up to 5-6 times a day and needed very short time to orgasm. After each orgasm, there was this huge hangover. What the hell was I doing?? I was anxious, but continued to binge, cravings for another 'newly designed orgasm' didn't stop. Every relapse was my last one. These were very frustrating weeks. Why was this material suddenly so enticing, in such a short time period? I was masturbating to material that disgusted me before, and would still disgust me after I orgasmed.

I am a German man of 24 years struggling with porn for about 10 – 13 years now. All started with common material, such as softcore magazines and movies, sex broadcasts in the open TV and similar things. My first hardcore movies were typical VHS videotapes, which were circulating in the school even at this time (I was 13 or 14 years at that time). Of course, it all escalated with the internet, first pretty old-school with jpegs and diskettes, then the first movies (free samples), file-sharing, tubes etc. I've spent countless hours in front of the computer (after school, in the holidays etc.), always masturbating and searching for new, more exciting material. Needless to say that my taste got more and more specific and extreme, and my "sessions" got longer and longer. Currently, I more or less have ruined my potency, with just masturbating to much (sometimes 3 or 4 times a day, in the last time even with limp dick) and watched way to much (escalating) porn. To be honest, I can't remember the last full-blown erection I've

had when watching porn or wanking. Nor can I remember my last spontaneous erections (maybe that was 12 years ago or so). I tried a thing called jelqing for a few months, in a porn-induced urge to get a bigger cock. I even got an injury from jelqing, maybe 1.5 years ago, nothing too dramatic, but the base of my penis seems to be a little bit softer and more unstable since then. I don't know ... maybe it is just imagination, as this whole porn-vicious-circle is driving me more and more nuts, maybe it is a safety-precaution from my body or even a sign, that I must stop porn now. I've never had a girlfriend or sex, although I am an intelligent and educated young man (at the university at the moment), with average, sportive looks.

[Post on Medhelp] The thing that makes me worry is that my porn addiction was really intensive and quite different from others. I've been jerking off 1~3 times a day for over a decade. In the beginning, I only watched normal(?) porn, but as the time went on, I started seeking something more and more intensive. I am too afraid I may not be able to fix my dopamine sensitivity.

[Post on Medhelp] We have been seeing each other a year now, he is 30 and I am 20. I myself didn't have any real scruples with porn before I found this forum, but I did always find it was an unhealthy obsession with most men I have been with and would sometimes affect them in a variety of ways, would definitely affect my/our sex life, and I always found it was more a routine than an impulse but I myself not being a man, I can only guess these things!

He watches porn on his smartphone almost every day when I am not at home (his monitor is broken, but I guess that doesn't stop some people). I would find this to be almost alright or at least be able to put it at the back of my head IF we ever had sex.

I am on the depo injection which I take every three months and I have to say I am due for another injection next week and we have only had sex around three or four times since my last injection! It barely seems worth it.

When he do have sex, it is almost like he is disconnected from me, or perhaps himself, and it only lasts a few minutes. Sometimes, he barely touches me, and rarely gives me any oral pleasure or any real attention down there. It makes me feel very unloved and well - plain insecure!

This all started around Jan or Feb this year and we have been together since July/Aug of last year. The sex we used to have was great and fun, and full of pleasure and affection but now I feel like he has replaced me with his porn.

The worst part is, which makes the situation even more complex than just P and O causing an ED or just plain lack of interest, is that I have seen the type of porn on his phone (in a typically feminine attempt for attention, I looked at the types of porn or the women in them for some closure/ideas) but what I found was fat porn, hairy women porn, BBW porn, some normal porn too but I constantly find that he is watching what I consider to be odd (apologies if I offend but that is only my opinion) and when he has his girlfriend, me, who is young, fairly attractive and an average size?

This I just find insulting, confusing and makes me question what he is attracted to. Or does it not matter in the world of porn? I am aware that not every guy wants someone who looks like porn star, etc, but this is something else.

Also I thought I might add that I have tried to bring up the lack of sex, and strange porn, but he descends further into himself with various excuses, almost like he is insulted when it is brought up and so I back off... I am not sure how to go about this.

I use to watch pornography a lot when I was younger, maybe 10 or 11. I don't know if it is an addiction, but I sure did watch a lot of it. It started from mild porn, maybe pictures and stuff. Then it progressed to actual videos, then to lesbian porn (which I really enjoyed for quite a while). Then on and on. At first when I discovered pornography, it was quite stimulating, I had pornographic thoughts in my mind 24/7. But it seems that I would tire out a lot of this stuff, and search for novelty, such as lesbian porn, or porn of women being penetrated by machines (sorry to be graphic). I even gave bestiality porn a try (which I feel ashamed to say, was actually stimulating). By that time lesbian porn seemed soooo boring. The novelty came when I accidentally discovered tranny porn, then.....sigh....cringe...gay porn. That was when my HOCD kicked in. I thought I must be a homosexual. But then again, it didn't make sense, because I have always liked girls, especially blonde girls. I still do, and I don't like dudes. It doesn't make any sense. Now I find it hard to be turned on just by pictures.

I began masturbating way before I had any idea what it is I was doing and why it felt good; around the age of 4. I discovered this feeling whilst lying in the prone position. I actively sought catalogues/newspapers with scantily clad pictures of women in them for material. I continued this technique until I was in my early teens and I had become aware of other boys using a gesture to represent masturbation. I realised I needed to get this technique to become 'normal'. From around the age of 11, masturbation became especially common. I would sometimes skip school just so I could masturbate. This was before the internet was in my house, but I found the odd porn magazine and was in total ecstasy.

Eventually as years went on, I got videos and would even go to the odd porn shop or two when I was 14 to buy some. Little did I know what I was doing to myself.

I've never had proper sex, that is, without the use of drugs. I've always had to rely on them because I was just unresponsive to real women. I went to the doctors from the age of 16 and was told that it must be anxiety. They were half right. By that point, as I realised I wasn't 'working' so to speak, I did have anxiety. But it wasn't an unfounded anxiety; it was there for good reason. Mechanically, I must have trained myself totally the wrong way. I have had a few sexual partners, always girlfriends. Always the issue of ED has caused ruptures in my relationships and may have even played a part in them ending. Certain bonds struggle to build without the intimacy that sex affords.

At 16, I thought I was young and it would improve in time. I carried on thinking this until now. I'm in my mid-20s and it is still the same.

I've missed so many golden opportunities to be with girls I've liked and had to reject them because of it. They thought I was a bastard, but actually, I had valid reasons/issues to contend with. They had a lucky escape really.

When dial-up internet arrived, I would download the 30second clips that were so prominent, watch them on repeat. I didn't realise it was a drug. I was masturbating trying to improve my erections, or so I thought. I had enough porn bookmarks on my browser that if they stacked up one on one, they'd give the Empire State Building a run for its money in terms of height.

Broadband came along and the emergence of the Tube websites which to my continued lack of understanding, provide free porn, full movies, seemingly endlessly. It is like a kid being given access to free sweets all day - every day. Years of my life have been wasted as I've spent so much time everyday on the internet, mainly for porn. Edging everyday, for hours, with so many windows of porn open that my computer regularly froze, much to my sexual frustration. Rebooting the computer and looking for more vids was just more excuse to waste more time and find new thrilling scenes.

Of course, I've forayed into basically every category of porn, barring anything illegal. But, large boobs were always my favourite and that's what I was most aroused by even as a 4-year old boy. Can I blame boobs? I would also like to empathise with a lot of guys I have read who mention not even getting an erection whilst masturbating. I've experienced that quite a lot and it is in reality, a truly saddening and helpless feeling when doing so. When I think back to it now, what was the point? The gloom afterwards and lack of energy and vigour would usurp me as a person.

I'm 22 years old, healthy male and masturbating to pornography since I was 14/15. It first started with images with Google image search, just searching for "boobs" for example. I remember this really used to turn me on, it was great. Seeing pornography was awesome at the time. It wasn't long before I got broadband internet, so I could download 20 sec clips and then come other large pornography websites. Before my reboot, I was masturbating

sometimes 3-4 times per day over pornography. When I was bored, it would kill 10 or so minutes. I just want to mention how my pornography tastes have changed over the last few years. First it was very soft. Then lesbian porn did it for me, and then, a few years ago I stumbled into shemale pornography, and over time I realised I was turned on by this. Then it got worse, occasionally I would masturbate over gay pornography became more and more frequent. It turned me on but after it felt so wrong. I know I'm straight, when I'm socialising, men is the last thing on my mind. I am very attracted to pretty girls, I notice them from a mile away, so this pornography has morphed my tastes to the extreme. I was confused whether or not I was bisexual, but now I look back and I realise I'm not bisexual, it's just that my brain has been re-wired by pornography. Then earlier this year I had erectile dysfunction. The girl was amazingly attractive and she was full on up for it. However it just didn't work! And then a few months ago it happened again, except this girl was even more attractive. So I realised that something must be seriously wrong.

I remember I use to get aroused around girls so much.....just how sexy they were, especially if they wore a tight t-shirt..it just would leave me to imagine...and just the thought of sex...was like wow to me....it was like something that was so sacred, beautiful and fulfilling..I discovered pornography after that... at first I thought it was the greatest thing ever invented....until maybe a year or two later of watching porn...I started noticing alot of changes in me...first...was that I was starting to find those sexual images and thoughts to be less arousing, and I wasn't getting aroused as much around real life girls anymore.....however I wasn't too concerned back then...and all the concern went away, when lesbain porn came into the scene. That was really hot....and I exclusively watched lesbain porn from then on. when I found lesbian porn, straight porn went out the window, first of all, I didnt like seeing the guy in the video, I just wanted to see girls..I started getting fantasies of having sex with two women at the same time. I got into high school watching lesbian porn, soon the effect of this stuff was wearing off on me. I got bored of lesbian porn, and the libido meter hit a new low...I was starting to get kind of worried that I was turning gay, because I found it hard to get turned on by megan fox, since all me new high school friends were raving about how sexy she is. And I just couldn't get turned on...soon I found it hard to get turned on at all in real life...and I was always getting erectile dysfunction. I was freaked out...I was only like 14 back then. However, this concern became minimal because one I discovered new porno to get turned on by, and two I found out a girl liked me, and I started to flirt with her, we never got into a relationship, because that summer she moved away and we lost contact. After that, I was quite depressed, I became addicted to compulsive video gaming. Not only that, I started to resort to watching violent war movies and cop movies to kill the pain. I missed her so bad. Surprisingly, I did not resort to porn to cut the pain, why it did not come to mind I don't know. By then, I had close to zero libido.

I kept on browsing and browsing more and more porn, occasionally I could get turned on by lesbian porn (if it was a really really hot girl or if there was a really good scenario) and machine porn, bestiality was a short-lived novelty too....I was really getting scared I was turning homo by that time. That was when I started to develop HOCD, I have had a history of different types of OCD and anxiety disorders since I was young, I just didn't realize it was OCD back then. Grade 11 comes along, for this whole year, I had no libido, and HOCD worsened. Grade 12, the worst thing that can happen, I stumble upon transexual porn, then gay porn, which provided the shock and anxiety and turned me on. I was so depressed, my HOCD went overboard, I could not love women anymore because everyday I lived in total fear and anxiety. I thought I suddenly turned gay, but I do not like guys. So it didn't make sense. I started getting so much anxiety and I was depressed, I was too afraid to get anti-depressants. I hated watching/fantasizing that stuff, because it was so disgusting, it wasn't hot like lesbian porn...there was always that sense of sickness...some of the milder stuff was less sickening, but the hardcore stuff was unbearable. At the lowest of the low, I was contemplating suicide, because it was just so sickening. And OCD made it a lot worse because it would throw random sickening pictures into my mind 24/7. I hated every awake hour. I could not concentrate on anything. I started to spend almost every hour on HOCD sites, searching in vain for an answer. I found my answer when I discovered this site. It explained everything, I was different from a lot of the HOCD'ers on OCD sites.

My addiction escalated. When I was young, I'd look at celebrity photos, or watch softcore pornography on television. This escalated into discovering porn videos on the internet. I've never been into hardcore pornography; it's always been softcore - voyeurism and "home videos" with "everyday" girls. However, the main way my addiction escalated was to begin chatting to normal girls "live" online - chatting, sharing photos and having webcam sex, which I began doing around the age of 20. I'd chat to girls every night, using various websites, MSN, Skype, etc., hoping for webcam sex, or at least have her interested in me "getting off."

I am a 27 year old male with a history of ED during sexual encounters. I remember it went all downhill probably at an early age when I first discovered hardcore porn. I was into softcore porn on Showtime/Cinemax during the mid 90's but didn't masterbate until I was in 7th grade. It wasn't until I discovered hardcore porno at my friend's house and finding my brother's porn videos that my libido came crashing down. As sad as it sounds I was aroused by woman by the age of 5. I maintained very normal erections during my pre-teen years. But when I masterbated to my brother's porno, I was hooked. I think I masterbated and ejaculated 6-7 times in a 2 hour period! It was like cocaine to me and I became hooked on hardcore porn

ever since. I would download videos off AOL a few years later when people were still using dial up. Once I got high speed internet in the mid 2000's, I couldn't stop.

Like most, I started with the mags, then graduated to DVDs, then high speed net brought a whole new dimension to the habit. At its worst it was 4-5 times a week, PMO. Of late, even P wasn't doing it for me much, needing to find racier, raunchier stuff. I looked at my online billing history the other day and it goes back to 04! I cancelled the 2-3 open subscriptions I had just after I'd had ED problems with a girl I'd just met - and this wasn't the first time. I needed answers. It's been intermittent for a number of years, the ED, likely tied to how much P I was using at the time. It all makes sense to me now - the numbed brain response. In the last week or so (or no porn) I have had some murmurs of libido and morning erections, so that's positive.

My first experience of porn was fairly typical – aged 13 at a public boys' school, it was practically currency, and I was interested and desperate enough to pay £10 for a CD. By today's standards, it was pretty soft stuff. Over time I bored of the CD, and started finding new material on the internet, being ever careful about deleting the evidence, lest my parents discovered my browsing history. What started off as a few pictures of naked women turned into more hardcore, graphic sex scenes. You name a genre, and I was probably into it at some point. Things that would have disgusted me one month I relied on the next to get me excited.

I succumbed to 'The Urge' on Day 8, primarily because I discovered three things:
A. That my big HD TV had a USB port and could accept data from a USB memory stick.

B. That using data saved to said USB memory stick, I could actually VIEW high definition pictures of naked women in super-lifelike HD, but WAY BIGGER and MORE REALISTIC than I've ever been used to on my PC monitor (let's just say...this was an Archimedes moment...!)

C. Also discovered I could bring myself off by placing a 'vibrating massager' against my glans for a few minutes, providing rollickingly good orgasms and also had the benefit of not causing friction damage to the prick itself, and the orgasms themselves were *much* more intense than the standard "ham shank" method. I'm pretty ashamed writing all this but that is what I *DID*! Couple that with the HD porn pictures...let's just say this was a VERY powerful novelty for the best part of a fortnight!

Come the end of the fortnight, the vibration thing was starting to feel a little weird. I started getting little pains around the aperture, stinging pains, so - worried - I stopped. There's a medical problem called "Vibration White Finger", common in the world of industry and usually common amongst men who use powerful, vibrating tools like pneumatic drills. I was thinking I might possibly get that, but of

the cock. Not just that, the law of diminishing returns was very much in evidence, the orgasms started to be slightly less intense, took longer to reach, and yielded less 'product'.

Getting faster broadband coincided with me getting my own place, so in hindsight it made things worse: all the time in the world and nobody to disturb you. Fast internet with web sites where you can pick your poison and skip through to your peak interest parts the experience is far more intense. Knowing what I know now I think this led to me overdosing and starting to hate porn and the way it makes you feel afterwards. I can see why users escalate to more extreme forms of porn to get the same high.

Then started the Internet age, only it wasn't the Internet yet, just a bunch of people giving dial in access to their machines. Pirated games were the currency of trade, and of course, P. Nothing was more exciting than waiting a half day for a penthouse image, or half a week for a ten second clip. I definitely recall, at age 13, wondering if M to this new form of P was bad for me, because compared to cosmos, the feeling was so much more intense. At that time I had resolved to quit, and like a heroin addict I went through crazy withdrawal and managed to abstain.... for two weeks. Until now, it was the longest time I have ever gone without MO. I did finally get laid at age 22. She was beautiful. Smart, classy, sexy, friendly, energetic and horny as hell! And for a time, it was great. I didn't have any erectile difficulties (although she was the type that could raise the dead) but after a year or so, our sex life simmered down. Our fights were mainly about how she wanted it, and I wasn't providing it. The entire time, of course, my regular schedule of PMO continued. It's not that I didn't want to ravish her; I just didn't have the drive. We stayed together for another 4 years. She made a lot of effort to dress really sexy and get me in the mood, but my selfish addiction robbed us both of the great times we could have had together. It's funny looking back, and the things you regret most... Eventually she slowly gave up and blamed herself. She dressed more conservatively and seemed to lose her confidence and that amazing spark. I didn't know what was wrong with me, I felt broken. At 27 I left her, knowing that I wasn't able to satisfy her, and knowing that she needed to be with someone who would be able to make her happy again. The next 3 years were pretty much a train wreck. Bars every night, a lot of drugs, a random assortment of loose and slutty women, and of course good ol' PMO! And for a time, it was ok. Pretty much within the first year however, issues started happening... In the beginning, I would lose an erection when putting on a condom. "No problem!" I said, I just won't use condoms. Then, after a time, I wasn't able get a firm erection regularly, Cialis didn't help. "No problem!", I said, I'm really good with my hands/tongue. But one night at a nightclub, a super-hot, scantily dressed, sexually charged woman was all over me and begging me to take her to the bathroom.... and I felt ---nothing---. About as subtly as a brick to the face, the realization came to me. I have a fucking problem! I'm 32 now, these past 2 years I've pretty much stayed celibate and isolated myself, determined to

fix what was wrong with me so that I might someday have a chance at a normal relationship. Over that time I've committed to every common sense improvement: quit smoking, quit drugs, became vegan, exercised and meditated regularly, all the while continuing my "harmless" PMO regimen.

I first looked at porn and masturbated at age 14 or so. I would find any magazine with half naked women in it and get some lotion and masturbate. Eventually it started getting worse and worse. It went to softcore porn to hardcore porn. I would look at porn and masturbate for over 3 hours a day. It was all I could think about during the day. I did it to the point of becoming raw and bleeding. That didn't even stop me. I did this for probably 5 years almost every day. I would maybe go a few days without looking at it occasionally. I would always say to myself afterwards that I was going to quit and it wasn't right but the next night I would always justify it and do it again. During that time I had virtually no friends and I didn't lose my virginity until I was 21. I had no relationship longer than a week. I also have OCD and have had it for a long time. It used to be just about neatness, but the whole porn thing turned it into HOCD. It's a terrible and stressful feeling to have these nasty, disgusting thoughts running through your head. It causes so much anxiety that I can't go out in public. I'm doing a lot better now but I'm not where I need or want to be. I've been attracted to women my entire life and I love them. Porn has desensitized me. It takes more to get me aroused now. I remember when I would get aroused just getting near a woman and smelling her.

A few months ago I became concerned with my porn use - my tastes were becoming more bizarre/extreme. I was spending more and more time viewing it, and orgasms stopped feeling pleasurable. Sometimes I'd edge to porn for hours several nights running before climaxing. This was to try and maintain a high level of excitement for as long as possible and avoid the feelings of disappointment every time I finished.

My masturbation tear of 14 years was obviously fuelled by my addiction to porn which started in grade 5 when I was about 10 years old. However, as a 10 year old child I could only really tolerate non hardcore porn and would look at nude pictures. I distinctly remember the first time I had willingly watched hardcore porn and it was early in grade 7, when I was about 12 or 13 years old. From that day there was no turning back. I would watch porn every day after school, during lunch breaks and any other chance that I got and would masturbate to it. My fetishes kept getting more and more extreme over the years until the last 3 years or so where only thing that would get me off would be the most extreme porn.

(From a Reddit thread) I've moved beyond sexual shame. This is the age of the internet. If you feel guilty about your choice of nut-busting material, then you are irrational. If you like something, own up to it and just keep liking it until your tastes inevitably change. Today you may find a certain tranny hot... but find others to be poorly carved caricatures of the female form wrapped around a male structure (seriously... I've seen some scars in some pics that make me shudder... also, the phrase "hatchet wound" comes to mind) tomorrow that midget might look mighty fine. Next week it's a redhead with dimples and a nearly blonde, yet well trimmed, bush. In a month you might like balloon boys.

The point is this: at the time, you liked it. It's like the phrase "Time you enjoyed spending, wasn't wasted", in that moment, what you were doing was exactly what you wanted to do. Never regret having enjoyed it.

It started with YouTube videos, really 'soft stuff', saw two women kiss, instant erection. Quickly it moved onto hardcore then gay stuff. The gay stuff has become much more 'exciting' than anything else that I watch but I don't find it pleasant, I'd much rather look at women even though they don't arouse me like they used to. Incidentally, I remember when even seeing a bit of breast on the TV for a few seconds was more exciting than anything else in the world!

Like most I've been looking at Porn since I was 13 or so (I'm 47 now). It has never been a problem for me in the past, that is until I got high speed internet back in 2000. Started noticing problems getting hard and bad delayed ejaculation problems. Up into that point in my life I had always had the ability to ejaculate on command however, after high speed porn I was lucky if I could get off 40% of the time. Sex with my then wife became less and less frequent. I thought my problems were because I was not attracted to her anymore. But that didn't matter cause I had my beloved high speed porn. I could look at 1000's of pictures in a sitting. Killed an entire afternoon just looking at porn. Sex with my then wife got more and more awkward. When I could get off during sex it was hard work (lot of sweating) and weak reward. It's like for me to get off, I had to picture my wife in a sex scene with another guy. My wife finally left me after cheating on me for months.

I'm 19 years old and have been watching porn since I was around 14. At the age of 14, I started becoming aroused to homosexual pictures and this became so stressful to me. I was sure I was gay, and at the same time I knew I wasn't because I always wanted a wife and kids. This, I found out later, was HOCD caused by these porn images I had seen. After one and a half years of complete distress, guilt, and self hatred I realized I was not gay. But I continued to watch porn. The problem I have is that I don't seem to actually be addicted to porn but I was addicted to the escalation. I found it a

small difficulty to quit porn, but not impossible. I quit only a few weeks ago. But here is my problem. I started with being aroused by gay pictures. That ended and then I was fine. I went on to Anime porn, but then after seeing one with a penis I went on to pictures of shemales. For awhile I thought I only liked shemales and would have to like grow up and marry one. But then that passed and i went onto anal fisting, then urination, and then animals. I thought I was some sort of deviant (this entire time I WAS still attracted to women) but the porn just kept escalating. I was watching that incest porn that was online and reading incest stories and then I stepped over the unthinkable line. I came across, online, a video with...illegal activity in it (I'm sure you can guess) and I wasn't sure what was happening at first. I saw about 10 seconds of it and then closed my browser. I had a raging hard-on from the dopamine and masturbated even though I was disgusted with what I saw.

Since then, my life has been in shambles and I have POCD (it acts JUST like my HOCD). But now I have come to the point where I am questioning my orientation and am on the brink of total depression. I have been having anxiety attacks and it has caused relationship OCD with my long distance girlfriend. The only time I masturbate is when we do it together on the internet and sometimes I can do it just thinking about her but other times I have to go into those fantasies even though I try not to. So basically, my point is...I am not one of those people who actually could NOT stop watching porn, but I definitely had the escalation problem, always trying to find kinkier porn. I have stopped watching porn altogether because I found that when I watched just regular porn, it would get me off at first and then I would start the "hunt" again like I couldn't control myself... I love my girlfriend so much and it tearing me apart that I am questioning my orientation. Some days I only think about it maybe a combined total of 10 minutes, other days it will come and my doubts/OCD will be on my mind the entire day.

(Age 27) Back when I finally realized what my penis could do, dial-up internet was a luxury and pornography was not the same as it was now. If I was growing up now, I wouldn't stand a chance and I fear for what millions of young males are doing to their brains in the age of broadband, streaming internet on computers, phones, TVs...infinite movies and disgusting websites...we all know what I mean.

Anyway, porn evolved as I aged. It became more exciting and deviant. My viewing was very infrequent until I graduated college and it's just progressed from there. I've never done drugs, no real addiction to or craving for drinking..don't

smoke...don't gorge on junk food...people see me as a boy scout, but progressively, any time my significant other was away, I went right to the computer and had what I referred to as "personal time." I was always rationalizing. "High libido," that sort of thing.

My tastes became more bizarre. I thought it was some "sexual evolution" even though I knew I didn't particularly prefer what I was looking at or doing. But however I got TO orgasm, that was just the MEANS to the end I craved. It didn't matter what I was looking at or doing...and that's pretty fucking scary when you consider where that could lead.

I started off looking at vintage issues of playboy for sale on ebay so I wouldn't clutter up the internet history and get discovered by my parents. Then I started looking at still images of naked women. I remember when I started looking at videos. It took one short, 1-2 minute video (even writing about it makes me want to go back and look at it) about 45 minutes to load. I would kill that 45 minutes by making sure neither of my parents were coming up the driveway. When it finally loaded, the party was on. What a waste of time. My tastes progressed and progressed to hardcore porn. At times, the more the woman was disrespected, the more I got off on it. It was disgusting.

I started watching porn when I was around 12 or 13 years old. It soon went over to internet porn which removed every barrier. I soon found myself masturbating many times a day. And I got into harder and harder stuff. I used to wonder why softcore porn was even viewed as I didn't find it arousing at all.

In the past year I have been having ED problems. I have also been increasing my Internet porn usage dramatically. To the point where I have it on all day, and do not even masturbate much. I just watch it now. I have become almost totally desensitized to sexual stimuli and it is affecting my reality performances with women.

Collected by <http://www.yourbrainonporn.com>