

# Porn-Consumption: Ten non-sexual Reasons

## Why Porn-addiction hasn't got much to do with Sexuality

by **Mario Brocallo**

[German Version](#)

**Addicted to porn.** Many men – and also their partners / wives once they realise the behaviour of their men – are worried about the constant and strong need to search the internet for pornographic pictures or videos. And continuously the thoughts of those men tend to circle more and more around sexual topics like „Why can't I have those sexual experiences with those sexual partners that I see on all those pictures and videos?“- „Why can't I have sex more often?“ – „Why can't I have sex with different women?“ etc.

**Endangered Relationships?** Sleepless nights are also typical for the wives / partners of these men, asking themselves thousands of questions concerning the quality of the sexual aspect of their relationship / marriage: Is our sex-life enough for my man? Am I (still) attractive enough for him? Does he miss certain sexual practises?

**Teenager crises.** Also parents can be desperate when they find out that their son is downloading and viewing porn regularly. „Is his sexual development disturbed?“ „Is it endangered by this behaviour?“ are the most common questions they ask themselves.

**Non-sexual reasons.** But many of those worries are leading into the wrong direction (which does not mean that there is no reason to be worried at all): The reasons for the porn-addiction are more rarely of a sexual nature than assumed! This conclusion can be drawn when you analyse the honest conversation about sexuality among men in psychologically supervised mens encounter groups and combine them with the current sexual-scientific theories.

**Honest experiences?** Why this source of information for a book\*? A long-term analysis of conversation in a psychological encounter group is most likely the only source for reliable and honest statements of men about their porn-consumption: Only there you can identify the connection between the different circumstances of a man's life (jobsituation, relationship or being single, education, health, life-phase etc.) and his porn-addicted behaviour. Only there you can find out under which life-circumstances the participating man has increased his porn-consumption and the

point of time when he was able to reduce it or stop it at all.

All these pieces of information can not be retrieved from studies using questionnaires, because they will be influenced by the missing „social desirability“ of the topic: It is totally unclear how many men will answer such questionnaires honestly because of being ashamed of their answers!

**Missing sexual excitement.** A summary of the statements in the men's group astonishingly shows over ten non-sexual reasons for porn-consumption.. And the most important proof of this theory is the fact, that almost all men stated that they mostly are not sexually excited when they start do watch pornography. If the reason for porn-consumption was the simple „need“ for sex, that certainly would not be the case – the concerned men would only consume porn-material **after** beeing sexually excited!

**Over ten reasons.** My adviser ebook about porn-addiction\* therefore covers the following topics, that summarize the analysis of the mentioned group conversation:

Loneliness and isolation – the fear of nearness in a relationship – a diffuse hatred against women – avoidance of conflicts – boredom – a lack of physical culture – lethargy and depression – (avoidance of) stress – twisted masculinity-ideals – inferiority feelings – twisted womanliness-ideals – feelings of senselessness.

I explain in my book\* (that contains useful and soothing information also for women and parents) how you can identify the type of porn-addiction you have and how you can therefore choose the suitable strategy to reduce or end this addiction.

**\*Ebook ordering information:** You can order the Book „**The PAadviser – a Self-help Textbook for Persons concerned and their Relatives**“ by **Mario Brocallo** as an Ebook in PDF Format (readable by the free Acrobat® Reader Software) on [www.ebooks.eu.tf](http://www.ebooks.eu.tf) .



This text (not the Ebook itself !) is published under the „**Creative Commons License 2.0 by-nc-nd**“ which means you can freely distribute, copy or publish it as long as you follow the rules (never remove the author's name – no commercial use– any changes of the text prohibited) given on: <http://creativecommons.org/licenses/by-nc-nd/2.0/at>