



PORN'S IMPACT ON MENTAL HEALTH

A GLOBAL MOVEMENT OF FIGHTERS
©FIGHT THE NEW DRUG

**MANY PORN CONSUMERS
USE PORN AS A COPING
MECHANISM FOR WHEN
THEY'RE FEELING LONELY,
STRESSED, SAD, BORED,
OR UPSET.**

But instead of providing a healthy outlet for negative emotions, research shows that porn can actually be detrimental to mental health in the long-run.

LET'S DISCUSS.

RESEARCH HAS SHOWN THAT THE MORE PORN SOMEONE CONSUMES, THE MORE LIKELY THEY ARE TO EXPERIENCE MENTAL HEALTH ISSUES SUCH AS DEPRESSION, ANXIETY, STRESS, AND SOCIAL PROBLEMS.

Levin, Lillis, & Hayes, 2012

Camilleri, Perry, & Sammut, 2021

RESEARCH HAS SHOWN THAT THOSE WHO USE PORN AS A SELF-SOOTHING TECHNIQUE TO AVOID UNCOMFORTABLE EMOTIONS END UP HAVING SOME OF THE LOWEST REPORTS OF EMOTIONAL AND MENTAL WELL-BEING.

**RESEARCH ALSO
SHOWS THAT PORN
CONSUMPTION IS
LINKED TO LOWER
SELF-ESTEEM—FOR
BOTH CONSUMERS
AND THEIR PARTNERS.**

Koletic, 2017

Stewart & Szymanski, 2012

SIMILARLY, RESEARCH SUGGESTS THAT BOTH PORN CONSUMERS AND THEIR PARTNERS TEND TO HAVE POORER BODY IMAGE, AS MANY SEEM TO INTERNALIZE THE UNREALISTIC BODY IDEALS DISPLAYED IN PORN.

Tylka, 2015

Tylka & Kroon Van Diest, 2015

AN IMPORTANT PART OF MENTAL AND EMOTIONAL WELL-BEING IS HAVING HEALTHY CONNECTIONS WITH OTHERS, YET STUDIES ROUTINELY INDICATE THAT PORN IS ACTUALLY ASSOCIATED WITH:

LESS FULFILLING RELATIONSHIPS

INCREASED RELATIONSHIP CONFLICT

POORER ROMANTIC ATTACHMENT

2X THE LIKELIHOOD OF LATER EXPERIENCING A BREAKUP OR DIVORCE

Wright, Tokunaga, Kraus, & Klann, 2017

Carroll, Busby, Willoughby, & Brown, 2017

Szymanski, & Stewart-Richardson, 2014

Tylka, 2015

Kor, Zilcha-Mano, Fogel, Mikulincer, Reid, & Potenza, 2014

Perry, 2018

Perry & Davis, 2017

WHILE MANY PORN CONSUMERS TURN TO PORN WHEN THEY'RE FEELING LONELY, RESEARCH SHOWS THAT PORN CAN ULTIMATELY FUEL FEELINGS OF LONELINESS, FEEDING AN UNHEALTHY COPING CYCLE.

When people turn to porn to make themselves feel better, it might actually be doing the opposite for their mental health. You deserve to be happy and healthy.

You deserve better than porn. Invest in your mental health — [quit porn for good.](#)

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