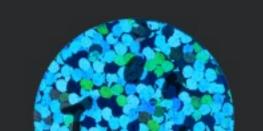


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## MANY PORN CONSUMERS USE PORN AS A COPING MECHANISM FOR WHEN THEY'RE FEELING LONELY, STRESSED, SAD, BORED, OR UPSET.

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.

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.

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.

## 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.

Check out our affiliates at Fortify to access free, science-based recovery platform.

Learn more at ftnd.org/fortify