

## Viral phenomenon

### The consumption of pornography

#### Its effects on the couple relationship

Considering sexual intimacy in a couple as a loving exchange, supposes intensive reflection on the essential elements of this deep dialogue.

Two people who give themselves, necessarily require what is intrinsic to the human being. It becomes an act of love and not a consumption of the other.

It is worrying, even alarming, to note the drift of humans when it comes to sexuality.

Was it necessary to move away from his being and even be submerged in suffering, to lose, at this point, the very essence of his being.

Human sexuality, which invites us to give ourselves to each other, and which allows the creation of a new being, cannot be considered, nor be experienced outside the laws of love.

Pornography, in addition to being a dehumanization and a wandering of human sexuality, has killed the greatness of the loving exchange. Instead of being treated as organs that can manifest love, the intimate parts of the human body are used as objects of consumption, which even stifle eroticism. The human consumer of pornography integrates the domination, the violence, the possession, the destruction, the humiliation of the person, making it a simple thing to consume. It renders incapable of marveling at the other, the brain becomes wired for sexual deviance. The relationship is broken.

By introducing pornography into his sexual fantasies and practices, the person could not lower himself to such a point.

Far from being entertainment, it is criminal action that stifles eroticism and love. Such consumption transforms the thought and the look into depravity.

In a couple, this practice, in addition to being an act of infidelity, is a perverse and deviant act, which abolishes the loving exchange. How many times have I heard the partner express their despair: "I can no longer let myself be touched by him or her, knowing that he or she has consumed such garbage. Our couple is tainted

forever. Getting excited with pornographic scenes is the worst offense to his or her partner. I also hear: "How can he or she look at me, desire me in my beauty after having let himself be invaded by this filth, his body is repugnant to me..." Often this practice leads to ruptures. When both indulge in this evil practice, they kill the most sacred in the person's body.

Another shocking reality that calls into question the skills, ethics and humanity of many professionals is to discover that it is common for counselors to encourage these perverse practices. These so-called professionals, deviants only render sexuality and the human body devoid of its humanity and its sacredness. A psychologist told his client, a porn user: "It's normal, you're part of our generation".

Considering pornography as a lighter or an instrument of pleasure is inadmissible. In humans, enjoyment must be accompanied by the values essential to love, otherwise it becomes a problem, a compulsion, slavery, violence, abuse....

We need not be surprised at the collapse of our society. As long as a people cannot offer paradigms of a humanizing sexuality, our world will deteriorate.

Technical advancements, far from helping progress, will increasingly serve to make humans an object to be controlled, dominated and used.

In closing, I want to thank the people who have chosen to depornograph their brains to be reborn to their deepest nature. It is a treatment that requires deep choice and courage. It only promotes well-being with the whole person and harmony in the couple.

The loving exchange is above all a gift of oneself to the other, it is one's whole being that becomes the central element of human sexuality.

Marie-Paul Ross, MA, Ph.D.

Doctor in clinical sexology