

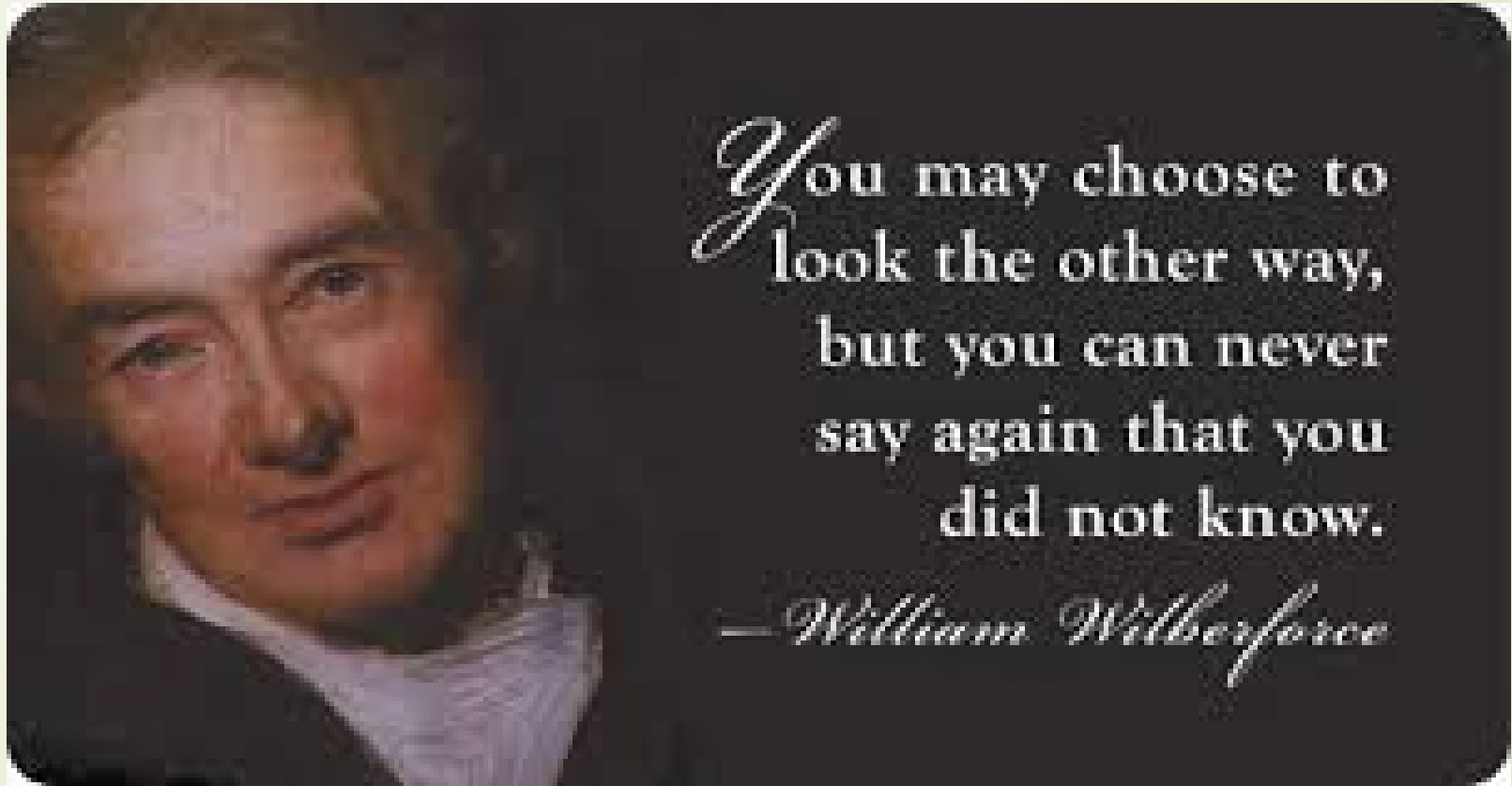
What follows is an excerpt from the ACCESS: Pornography seminar created by Rock Solid Refuge. For more information, visit www.RockSolidRefuge.com/seminars



Pornography

What Can I Do About It?

Quote





Reality

There is much about pornography that we do not know and much we have not heard before.


The truth has been hidden.

We will journey together and some of you will be shaken, shocked, challenged, and broken, but you will be better for it.



Truth

An important chemical called **dopamine** is released, which makes the brain start developing a craving for the fake reward.





Truth

Essentially, addictive drugs hijack the brain, turning it around and forcing it in a direction it was never meant to go. Instead of encouraging the consumer toward healthy behaviors, drugs lead the consumer into things that aren't healthy at all, and can even be dangerous.



The Link

“I used to be a human being, but now I’m a sex slave. I will never be clean again. No matter how many times I scrub and scrub, trying to claw off my skin. I will always have their dirt everywhere. On my skin, under my nails, inside me, and etched into my soul....”

(Hodge, 2011. p. 20,21 Trafficked: The diary of a sex slave.)

my fault.





What's Next

A - Attitude

C - Control

C - Committed

E - Experience

S - Speak

S - Set Goals