



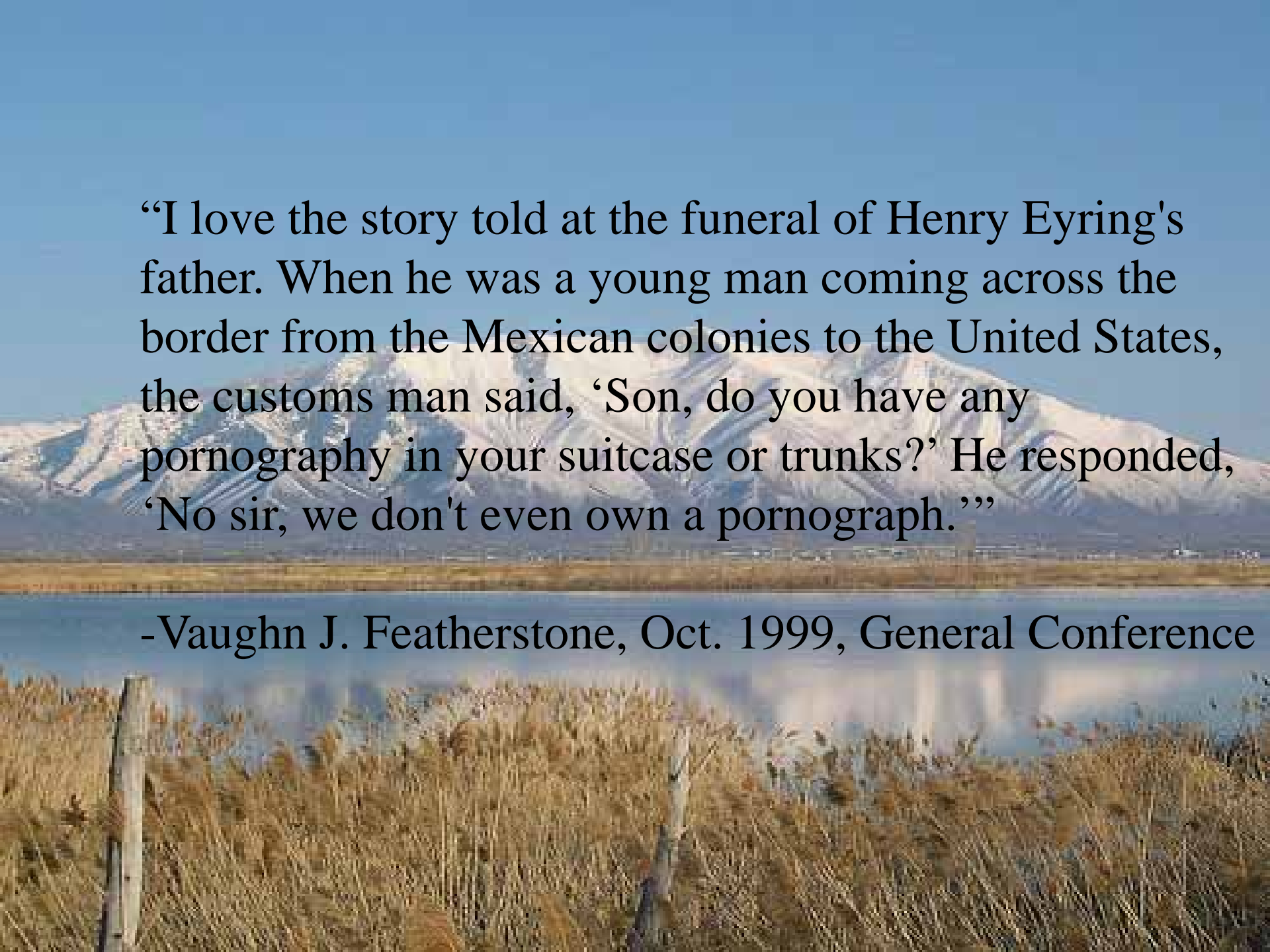
“A Tragic Evil Among Us”: The Widespread Plague of Pornography

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“I love the story told at the funeral of Henry Eyring's father. When he was a young man coming across the border from the Mexican colonies to the United States, the customs man said, ‘Son, do you have any pornography in your suitcase or trunks?’ He responded, ‘No sir, we don't even own a pornograph.’”

-Vaughn J. Featherstone, Oct. 1999, General Conference

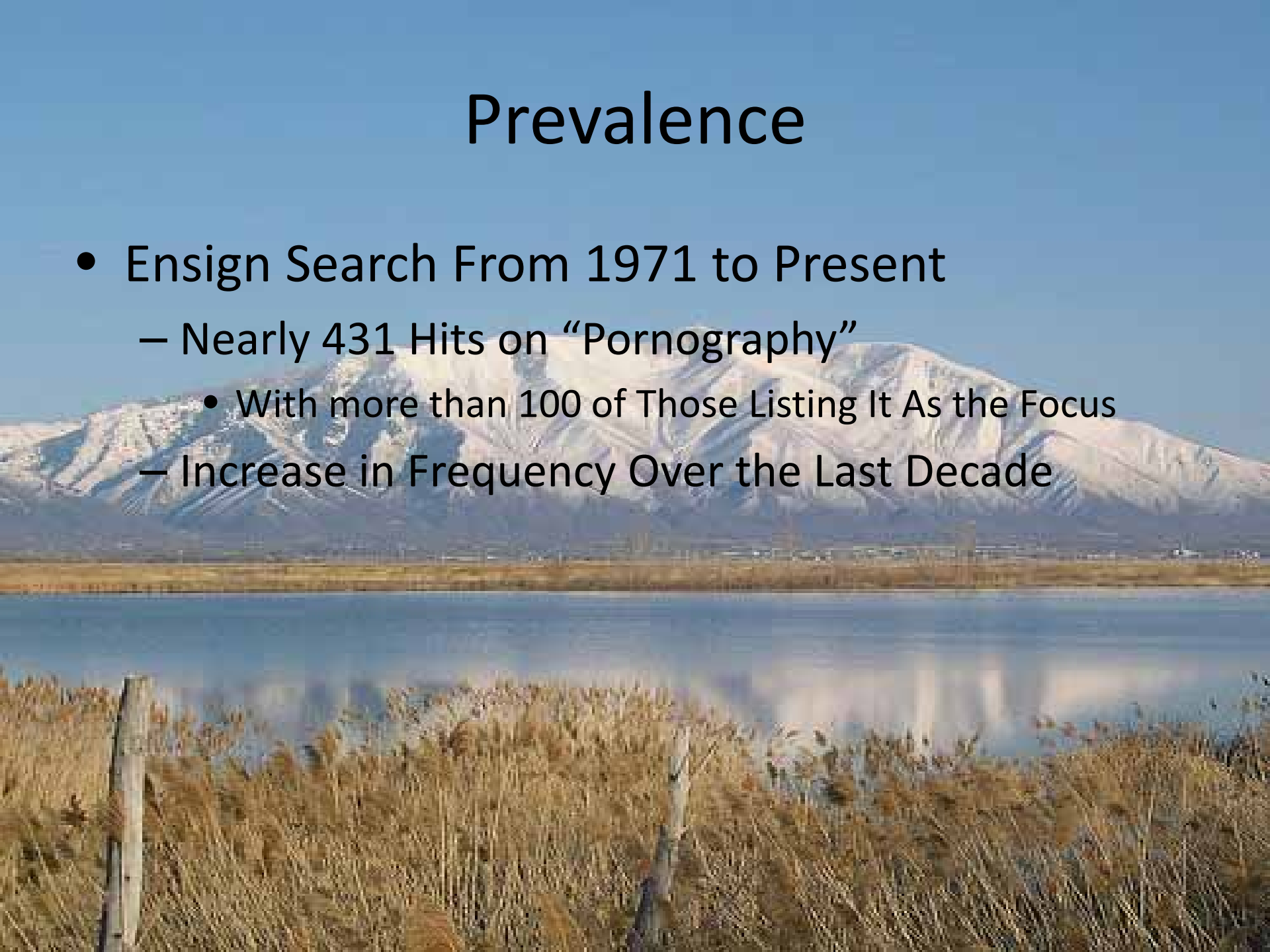
Overview

- Prevalence
- Involvement Vs. Addiction
- Common Progression
- Addiction Cycle
- Precautions
- Working Through
- Suffering



Prevalence

- Ensign Search From 1971 to Present
 - Nearly 431 Hits on “Pornography”
 - With more than 100 of Those Listing It As the Focus
 - Increase in Frequency Over the Last Decade



Prevalence

- +/- 85% of Images on the Internet Are Pornographic
- The pornography industry is larger than the revenues of the top technology companies combined (Microsoft, Google, Amazon, eBay, Yahoo!, Apple, Netflix, and EarthLink)
- Every Second \$3,075.64 is being spent on pornography
- Generates Over \$13.3 Billion in Sales Annually
- 30% of Unsolicited E-mails Contain Pornographic Information

Psychological Problems

- Basis
 - Discomfort
 - Pleasantness vs Utility
 - If you were comfortable with discomfort, what would change in your life?



Involvement Vs. Addiction

- Involvement
 - Not Seeking Out Porn
 - Comes With Being a Sexual Human Being
 - Exposure and Experience Through Everyday Living
 - Media, Billboards, Page 3, Internet



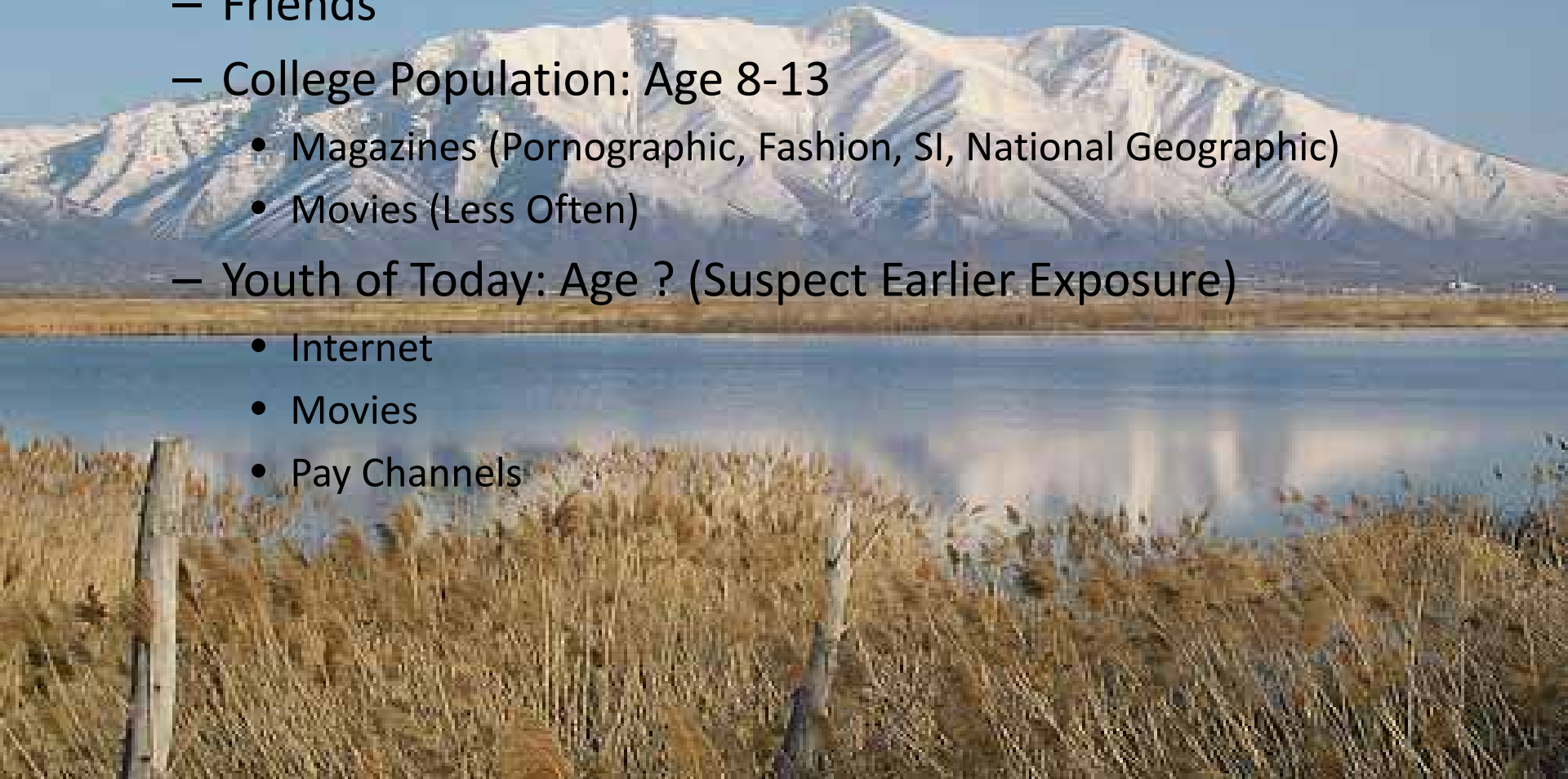
Involvement Vs. Addiction

- Addiction
 - Repeated Active Involvement
 - Repeated Attempts to Stop
 - Engaging in Risky Behaviors
 - Sacrifice Values in Favor of Pornography



Common Progression

- Introduction
 - Friends
 - College Population: Age 8-13
 - Magazines (Pornographic, Fashion, SI, National Geographic)
 - Movies (Less Often)
 - Youth of Today: Age ? (Suspect Earlier Exposure)
 - Internet
 - Movies
 - Pay Channels



Common Progression

- Development
 - Escalates Into Regular Viewing on Internet
 - High Correlation With Masturbation
- Attempts (When I... Promises)
 - Stop Before Mission (3-4 Months)
 - No Struggles or Quasi Struggles on Mission (Structure)
 - Many Find Themselves Back Into Previous Patterns (2-3 Months)
 - Achievers (Eagle Scout, Missionaries in Leadership Positions, Very Intelligent)

Addiction Cycle



- Avoid Struggles for a While
- Intrusive Thought, Advertisement, TV
- Try to Push It Out
- Increase in Frequency and Intensity
- Binge; Sometimes Hours or Days on End
- Shame, Guilt and Remorse
- Promises, Confessions, Removal of Stimulus

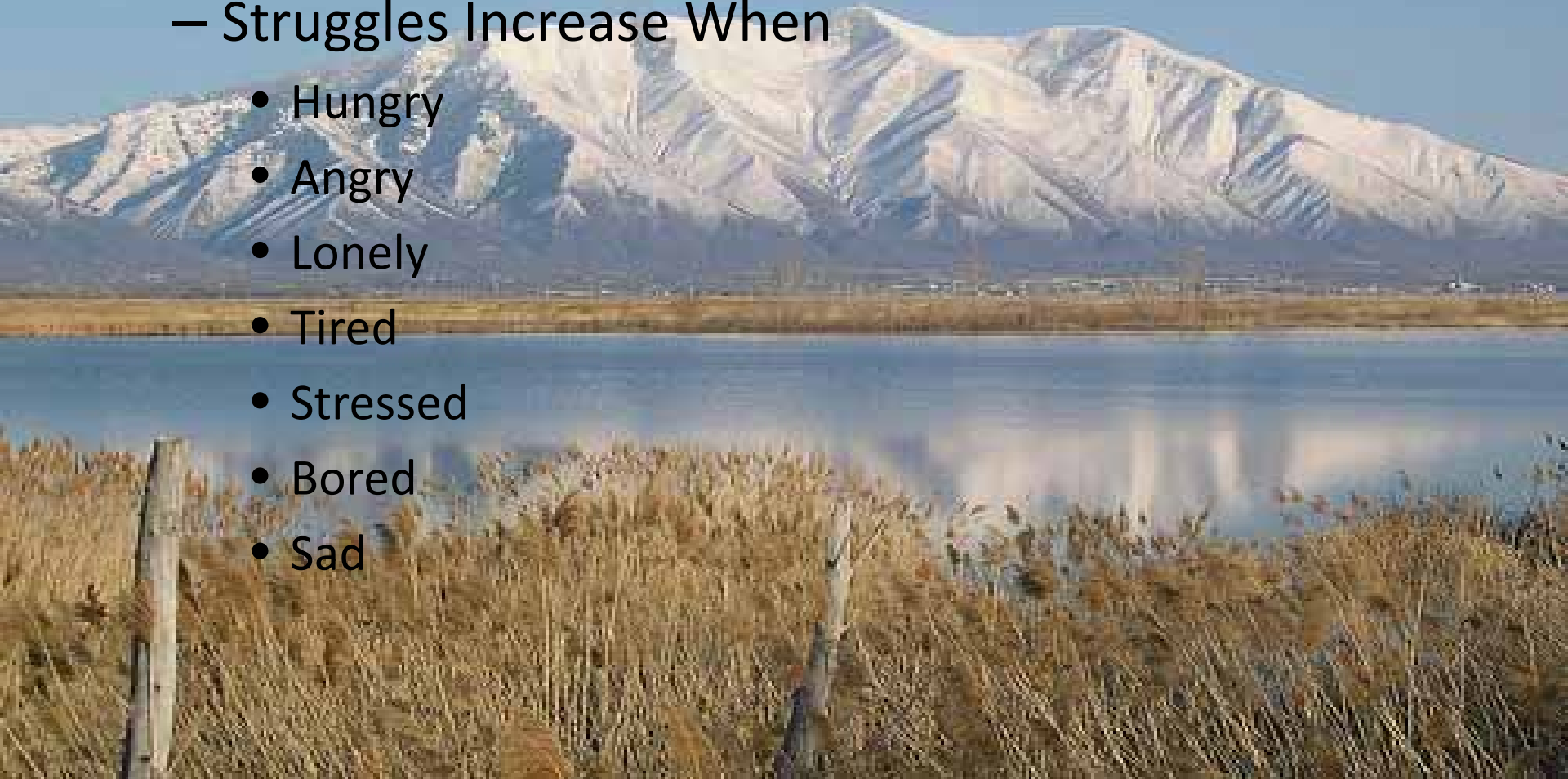
Working Through

- Social Involvement
 - Significant Other
 - Spouse, Fiancé, Parent, Sibling, Roommate
 - Ecclesiastical Leader
 - Therapist



Working Through

- College As a Breeding Ground for Pathology
 - Struggles Increase When
 - Hungry
 - Angry
 - Lonely
 - Tired
 - Stressed
 - Bored
 - Sad

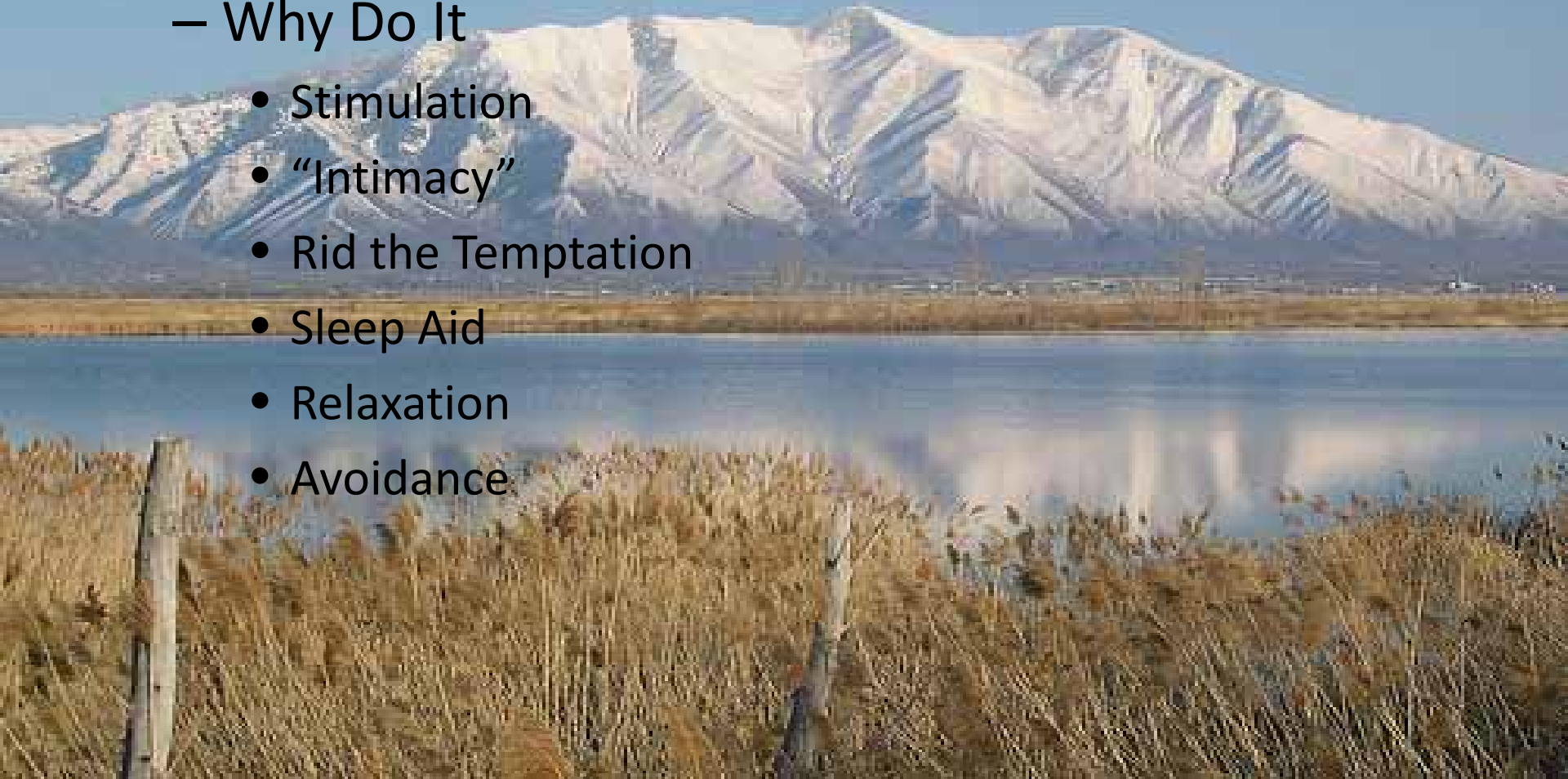


Working Through

- Function of the Behavior

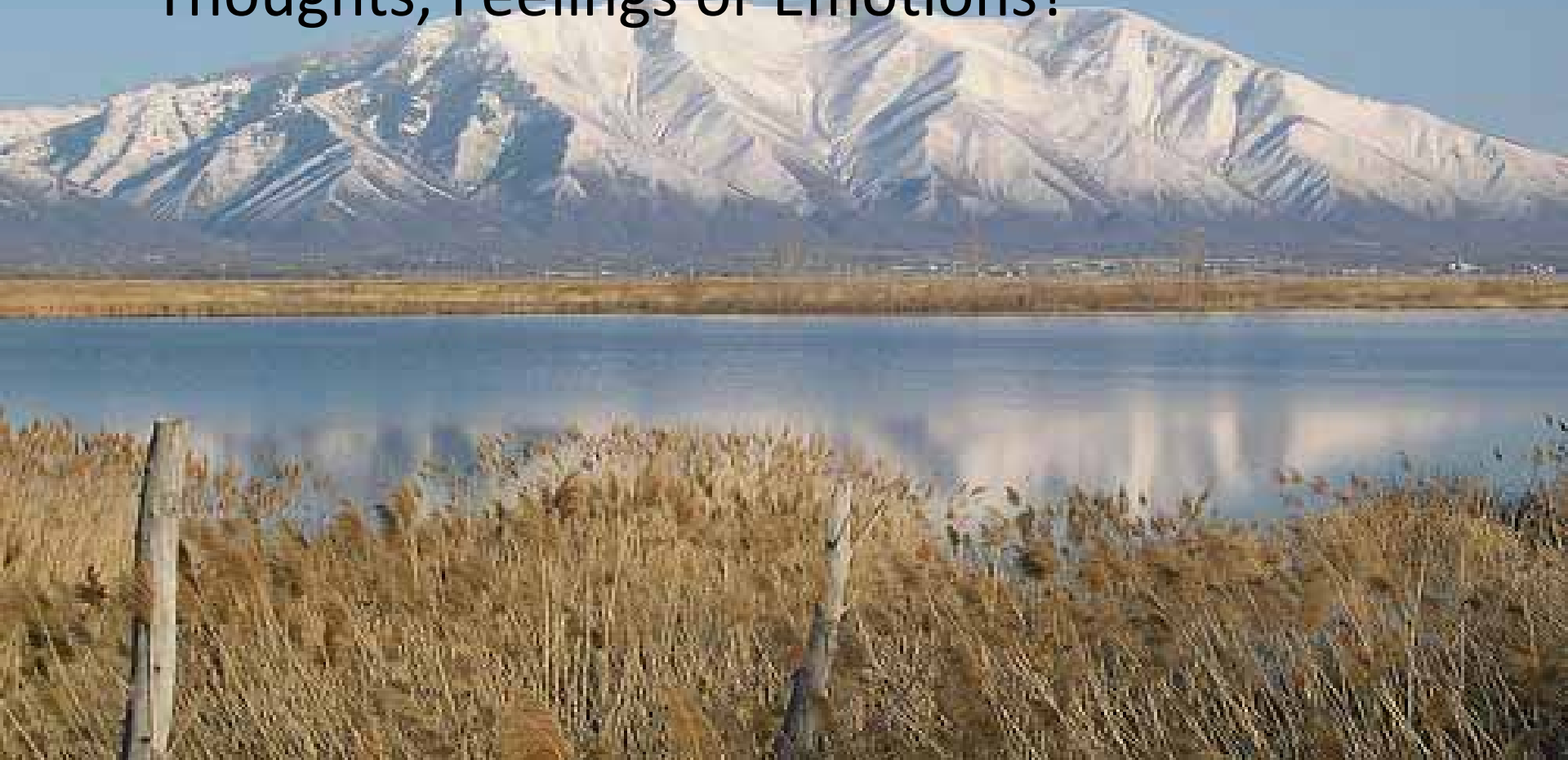
- Why Do It

- Stimulation
 - “Intimacy”
 - Rid the Temptation
 - Sleep Aid
 - Relaxation
 - Avoidance



Working Through

- How Successful Have You Been Avoiding Thoughts, Feelings or Emotions?



Working Through

- What If It Were Really Important
 - Polygraph
- We Teach Our Kids to Avoid
 - Stop Crying Or I Will
 - Movie Theater Metaphor
 - Childhood Fall Metaphor



Working Through

- Acceptance
 - Repeated Temptation
 - Emotional Discomfort
 - Intrusive Thoughts
 - Sexual Desire (Not Behavior)



Working Through

- Simply Cannot Prevent Contact
 - Exposure Is Inevitable
- Recognize the Journey
 - Setbacks are Expected
 - Cant Start Over
 - You get better at overcoming
 - Progress Over Time



Suffering

- I do not pretend to speak for the Church, nor do I intend in any way to minimize the extent of suffering in the world or the anguish an individual may feel. And although I have sought insight from the scriptures and writings of our General Authorities, the conclusions I have reached are my own. Kenneth H. Beesley, “What Is the Purpose of Suffering?” *New Era*, Apr. 1975, 36
- Inevitable
 - Suffering is universal; how we react to suffering is individual. Suffering can take us one of two ways. It can be a strengthening and purifying experience combined with faith, or it can be a destructive force in our lives if we do not have the faith in the Lord’s atoning sacrifice. The purpose of **suffering**, however, is to build and strengthen us. We learn obedience by the things we suffer. Robert D. Hales, “Your Sorrow Shall Be Turned to Joy,” *Ensign*, Nov. 1983, 65

Growth and Suffering

- Two Plans
 - Abr 3, Moses 4
 - “Suffering can make saints of people as they learn patience, long suffering and self-mastery. The sufferings of our Savior were part of his education.” Robert D. Hales, “Your Sorrow Shall Be Turned to Joy,” *Ensign*, Nov. 1983, 65
 - Those unwilling to withstand adversity will not be exalted
Discourses of Brigham Young (Deseret Book Co., 1941), p. 345.

Growth and Suffering

- The plan of salvation presented to and accepted by us in our premortal state includes a probationary period on earth, during which we experience opposites, make choices, learn the consequences thereof, and prepare to return to the presence of God. Experiencing adversity is an essential part of the process. Ronald E. Poelman, “Adversity and the Divine Purpose of Mortality,” *Ensign*, May 1989, 23
- President Spencer W. Kimball has written: “. ... would be little or no suffering, sorrow, disappointment, or even death, and if these were not, there would also be no joy, success, resurrection, nor eternal life” (*Faith Precedes the Miracle*, Salt Lake City: Deseret Book Co., 1972, p. 97).

Growth and Suffering

- Temptation of Christ

- Temptation is not Sin

- Christ was Perfect AND was Tempted



Growth and Suffering

- Other Examples
 - Childbirth
 - Missions
- President Spencer W. Kimball, who gave such comprehensive teachings on repentance and forgiveness, said that personal suffering “is a very important part of repentance. One has not begun to repent until he has suffered intensely for his sins. ... If a person hasn’t suffered, he hasn’t repented” (*The Teachings of Spencer W. Kimball*, Salt Lake City: Bookcraft, 1982, pages 88, 99).

Suffering

- Withstand

- Alma 37:33 Preach unto them repentance, and faith on the Lord Jesus Christ; teach them to humble themselves and to be meek and lowly in heart; teach them to withstand every temptation of the devil, with their faith on the Lord Jesus Christ.

- Overcome

- Rev 3:21 To him that overcometh will I grant to sit with me in my throne, even as I also overcame, and am set down with my Father in his throne.

Purpose in Suffering

- Nobility
- Growth



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