

Porn Effects on Dopamine Levels

PORN & dopamine

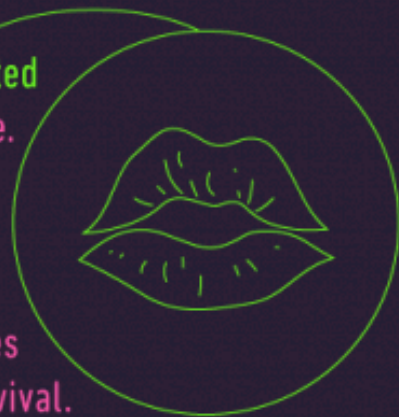
DOPAMINE 101

DOPAMINE:



THE BODY'S NATURAL
CHEMICAL REWARD FOR
GOOD BEHAVIOR

Eating something you enjoy or being stimulated sexually can cause dopamine levels to increase. This basic mechanism of controlled dopamine release and reuptake has been carefully shaped and calibrated by evolution to reward normal activities critical for our survival.

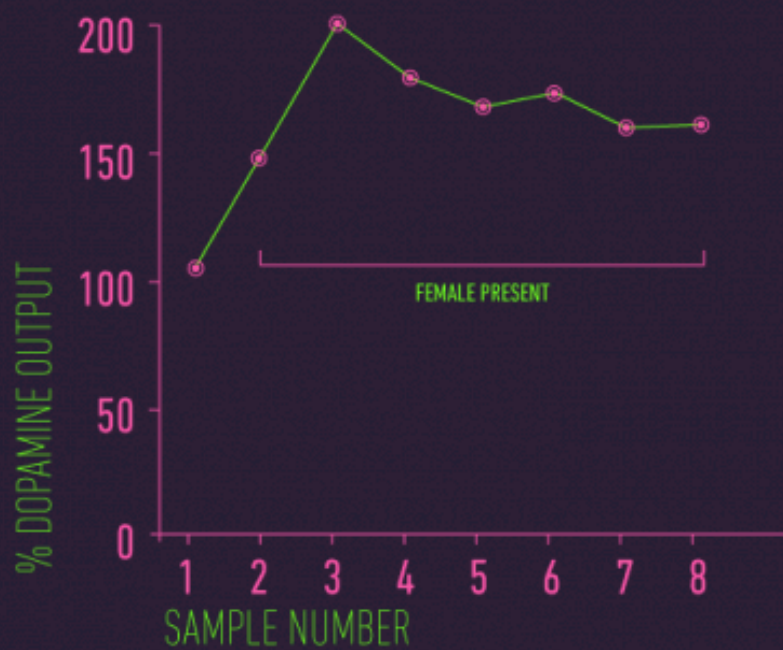
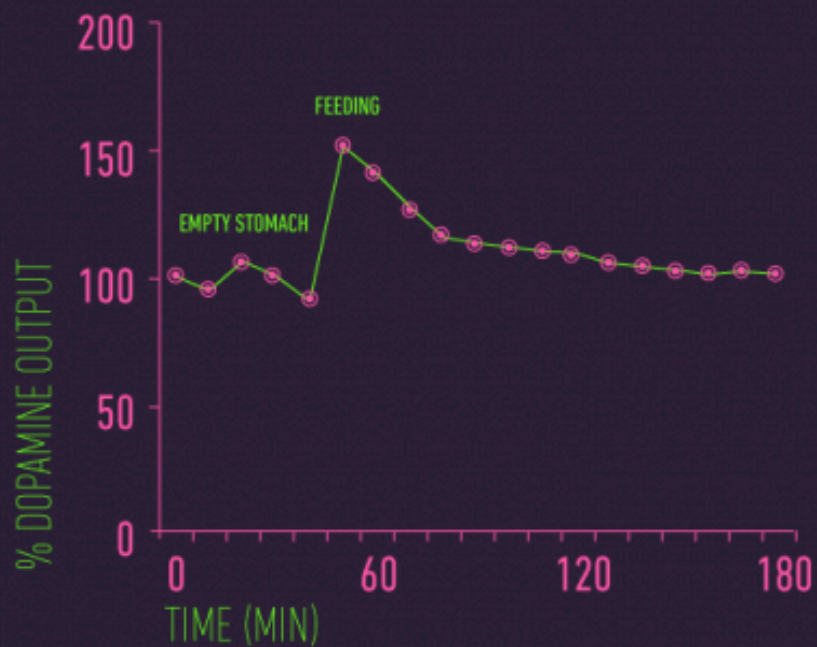


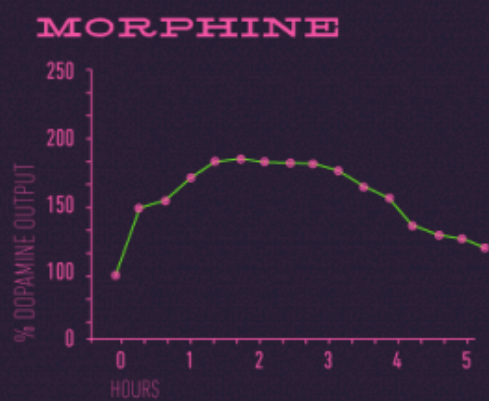
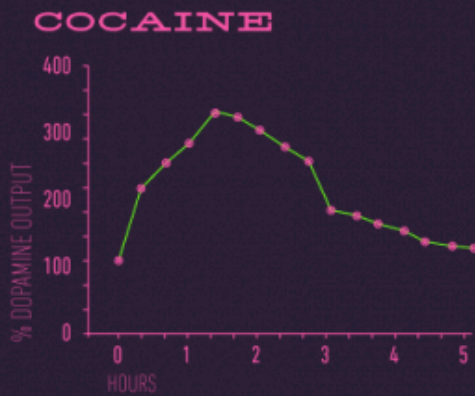
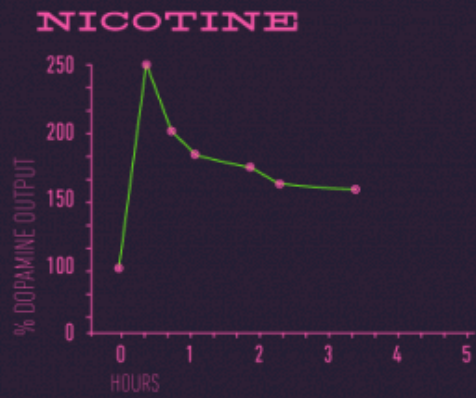
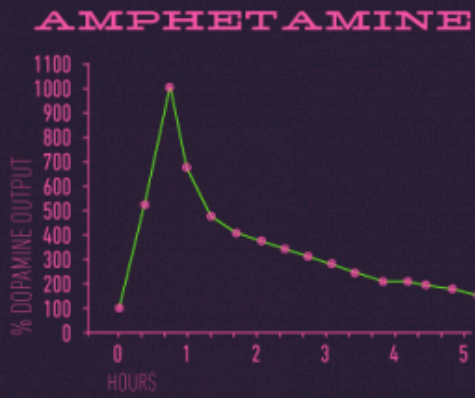
FOOD

SEX

DOPAMINE RESPONSE *ON* THE BRAIN

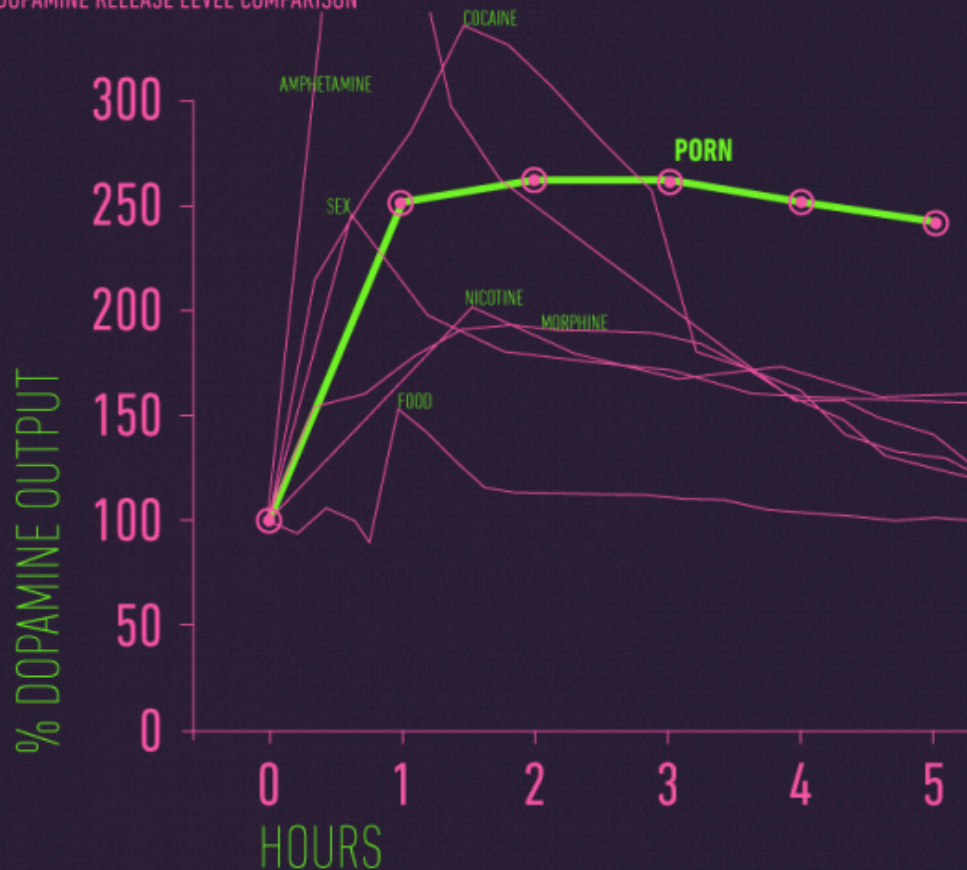
AS OBSERVED IN ANIMALS





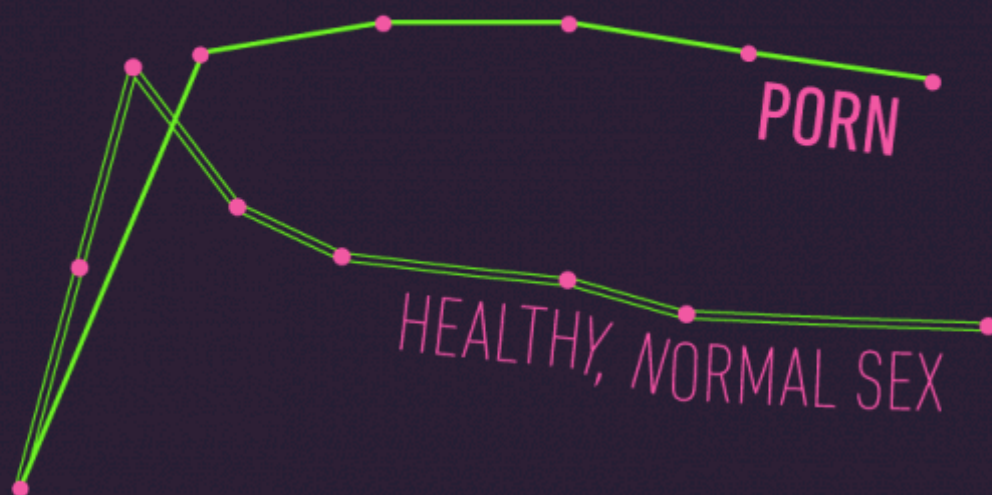
PORN

DOPAMINE RELEASE LEVEL COMPARISON



CONCLUSION?

PORN can cause a **DOPAMINE SPIKE** which lasts MUCH, MUCH LONGER than HEALTHY, NORMAL SEX...



SO EVENTUALLY
YOU CRAVE
THIS ➡



instead of this.



Source:
<http://newlifehabits.com/2010/07/05/what-i-learned-at-passages-of-malibu-and-candeocan-com-about-porn-addiction/>