

# Married Couples • Married Couples

## How Pornography Hurts You:

- It increases marital distress and risk of separation and divorce.
- It increases appetite for more graphic types of pornography and sexual activity associated with abusive, illegal or unsafe practices.  
(Pornography's Impact on Marriage & The Family. 2005)

Pornography usage inhibits true intimacy. Building and maintaining a vibrant, intimate relationship with your spouse is the work of married love. By God's design, sex gives us a capacity to give to someone in a startling unique and human way ([christianitytoday.com](http://christianitytoday.com)). However, the use of any kind of pornography will be detrimental to your relationship. What appears to be a little stimulation can become an addiction that soon replaces the close talking and caring touches that leads to satisfying long –lasting marital sex.

Too often our sexual relationship is divorced from our faith experience; popular media tell us a fulfilling sexual relationship is all about passion, physical pleasure, performance, desire and technical know how. Although important, these elements are secondary. God can use the sexual relationship to teach us how to serve our mates ([christianitytoday.com](http://christianitytoday.com)). Don't fool yourself, if you use pornography your children will find it. Studies show that 70% of all pornographic materials end up in the hands of children. Remember you can not teach what you do not practice.

## What Can I Do?

- **Keep your marriage centered** on love of God and each other. Take time together. Set a regular "date night" even when life seems busy.
- **Take time to pray as a couple.** Prayer is a great way to safeguard your marriage
- **Begin to understand Catholic teaching** on the relationship between sexuality and spirituality. Consider studying Pope John Paul's writings on "Theology of the Body."

- **Grow in purity of heart.** Identify and work on those potential areas that keep you from experiencing a deeper intimacy with your spouse.
- **Participate frequently in the Sacraments.** Our culture invades us with temptations that are hard to resist alone. Participating in the Eucharist and Reconciliation can fortify us to resist these temptations and say "yes" to our Catholic faith.
- **Seek professional help** when pornography is an issue. You can choose from many therapeutic approaches in your journey toward healing.

## Consider this...

As little as **6** hours of exposure to soft-core porn (soft core porn is anything designed to arouse one sexually) is enough to:

- destroy the viewer's satisfaction with his or her spouse.
- decrease the value of faithfulness.
- decrease partner satisfaction.
- increase the thought that women enjoy rape.
- lose the ability to be with one person and cherish that one person.

(<http://www.archkck.org/content/view/154/122>)