

HOOKED ON PORN

THE TRUTH ABOUT PORN

2 million

is a minimum estimate of
American men addicted to
Internet porn

4.2 million

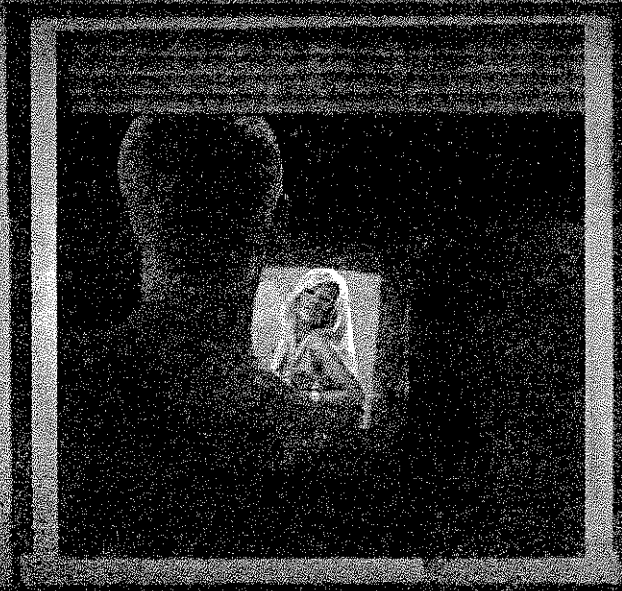
number of porn Web sites

25%

of all Internet searches
were related to porn in a
2007 study

\$13.3 billion

amount of money generated
by the porn industry in the
U.S. in 2006



Millions of American men get their kicks from occasional visits to Internet porn sites. At least 2 million of them can't stop. For those men, going to Internet porn sites is an obsession, jeopardizing jobs, families and relationships. Over several months, Patriot Ledger

reporters interviewed sex therapists and psychiatrists. They listened to sex addicts, reviewed academic research, statistical Internet data and message boards dedicated to pornography addiction. What they found was a world of secrets and shame.



PAGES: 11-12

A \$13.3 billion porn industry is feeding the fantasies of millions of sex addicts in the U.S.

Joe, who has been trying to fight sexual addiction for more than a decade, tells his story.

Are you a sex addict? Take this test.

ON THE  WIRE

Find help, resources, video and links to sources at PatriotLedger.com

THE TRUTH ABOUT PORN

257 million

Number of results for the word 'porn' on Google

'Sex'

Is the most frequently searched topic on the Internet

15,000

Number of new pornography movies released each year in the United States

3rd

Rank of Internet sex in economic sector on the Web, trailing software and computer sales

8%

Of 9,177 Internet users surveyed said they spent or more hours a week engaged in online sexual pursuits, according to a report published in the research journal "Sexual Addiction & Impulsivity: The Journal of Treatment and Prevention"

Editor's note

Sex addicts interviewed for this series and members at Sex and Love Addicts anonymous meeting, identified only by first name at their request.



CAUGHT IN THE WEB

IS IT PORN?

■ "Pornography," from the Greek language, means to write about depict prostitutes. Merriam-Webster defines it the depiction of erotic behavior or material depicting erotic behavior intended to cause sex excitement.

IS IT LEGAL?

■ Pornography is protected by the First Amendment unless it meets all three criteria the U.S. Supreme Court definition of obscenity

■ That the work, taken as a whole by an average person using community standards, appeals to the prurient interest.

■ The work depicts sexual conduct in a patently offensive way.

■ The work lacks serious literary, artistic, political or scientific value.

— JACK ENCARNACION

THE SERIES

Today

Internet porn is part of a \$13.3-billion-a-year industry feeding the fantasies of an estimated 10 million on-line addicts in the U.S. Are you one?

Monday

For one man it's porn sites and strip clubs. For another, it's group sex. Men fighting porn and sex addiction are living with shame.

Tuesday

The American Psychiatric Association does not recognize sex addiction as a disorder. So how can addicts find help?

series and members at a Sex and Love Addicts Anonymous meeting, are identified only by first name at their request.

recognize it as a disorder. So how can addicts find help?



BOB MONAHAN PHOTO ILLUSTRATION/THE PATRIOT LEDGER

4.2 MILLION INTERNET SITES ARE FEEDING PORN ADDICTION

By **JOHN P. KELLY**
THE PATRIOT LEDGER

Every night while his wife slept, Joe, a 52-year-old salesman in an upscale South Shore town, navigated the underbelly of the Web, feeding his fantasies of teen sex, threesomes and gang bangs. There were nights when only the birds chirping at dawn could snap him from his trance. He understood what was at stake — his wife, his job, his sanity. But he'd convince himself: just 10 more minutes.

Joe is hooked on Internet porn. So are an estimated 2 million other Americans.

Feeding them is a \$13.3-billion-a-year porn industry that has experienced wildfire growth online.

There are 4.2 million Internet porn sites, generating \$2.84 billion in online revenue. The porn industry saw 14 percent growth from 2005 to 2006, the most current available figures.

Porn addiction is a whispered affliction, largely ignored by the

HOOKED *on* PORN



First part of a three-part series

medical world; a "hidden public health hazard-exploding," in the words of the late Stanford professor and author Al Cooper.

Internet trackers say 43 percent of people who use the Internet go to porn sites, while one of every four Internet searches is pornography related.

"Today, the number of people looking at pornography is staggering," Pamela Paul, author of "Pornified," told an audience at Princeton University that spent three days in December exploring the "social cost of pornography."

"Men look at pornography online more than they look at any other subject," Paul said. "And 66 percent of 18- to-34-year-old men visit a pornographic site every month."

On the South Shore, dozens of men and women — mainly men — meet at night in churches in Weymouth and Quincy to talk about how to resist their urges. Some compare their hours long pornography sessions to alcoholics on a drinking binge or drug addicts hunting a fix.

Online pornography is not the tame imagery of Playboy magazine. The Internet offers a mélange of the erotic, from hardcore movies of teenage sex to streaming videos of live sex acts. Web sites abound for practically every fetish — bestiality, child porn and mock rapes included. Part of the allure of Internet pornography is that any physical characteristic or desire is only a mouse click away.

Child pornography aside, online pornography is protected by the First Amendment. Legal battles continue to be fought with regard to restricting children's access to pornography.

Jill C. Manning, a Colorado sex therapist who specializes in pornography addiction, said the Internet has given pornography

Please see **ADDICTION**—Page 12

PORN INDUSTRY MONEY

Americans spent \$13.3 billion on pornography in 2006. Here's the breakdown.

Magazines
\$950M

Sex toys
\$1.7B

Adult sales and rentals
\$3.6B

Exotic dance clubs
\$2B

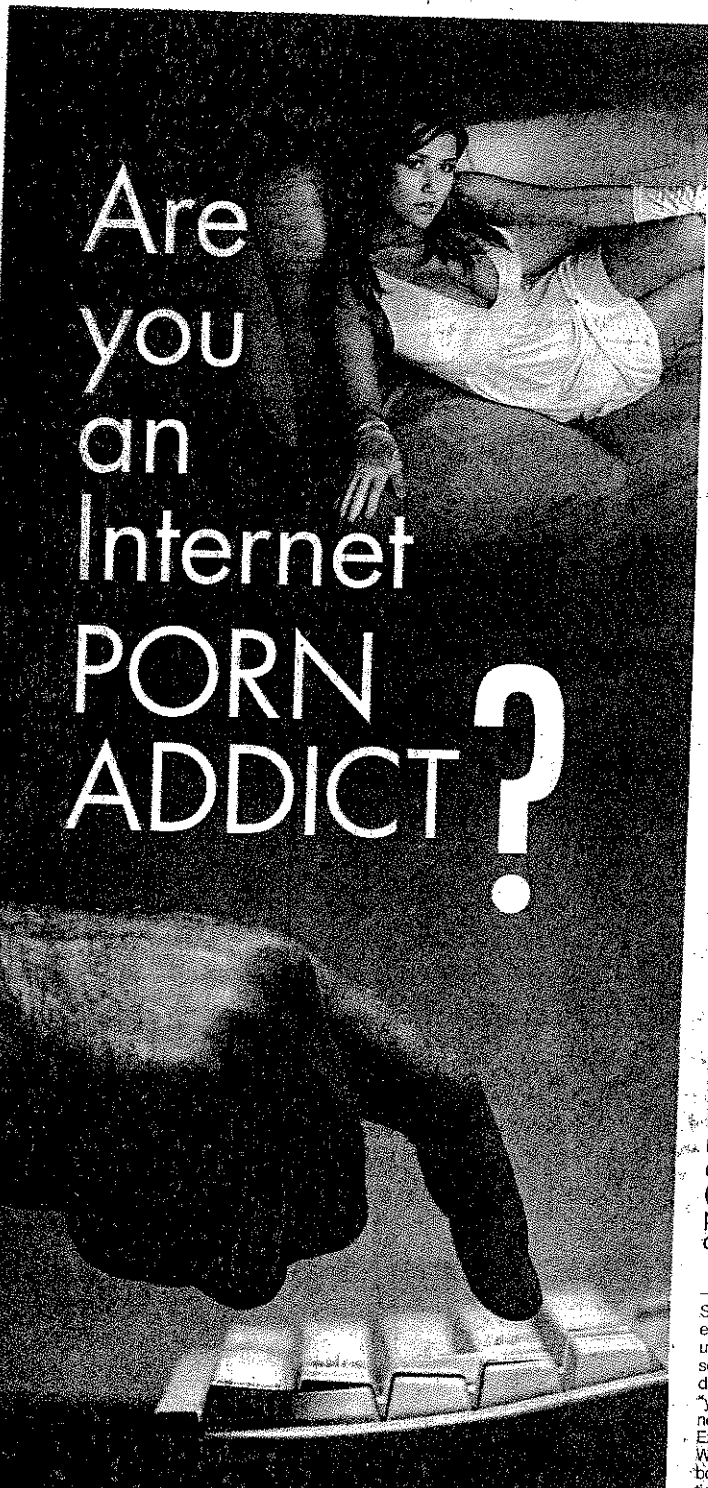
Internet pornography
\$2.8B

\$2.2B

Pornography through TV and telephone services

Source: TopTenReviews, Internet Pornography Statistics, figures for 2006

"Men look at pornography online more than they look at any other subject."



Are you an Internet PORN ADDICT?

1. Do you spend increasing amounts of online time focused on sexual or romantic intrigue or involvement?
2. Are you involved in multiple romantic or sexual affairs in chat rooms or message boards?
3. Do you feel online sexual or romantic "affairs" do not necessarily violate relationship commitments?
4. Have you tried and failed to cut down on online sexual or romantic involvement?
5. Does Internet porn use interfere with work (i.e., late to work, or tired, due to previous night's use, or surfing during the workday)?
6. Does online use interfere with relationships (i.e., you minimize or lie to partner about Internet activity; spend less time with partner, family)?
7. Are you intensely engaged in collecting Internet pornography?
8. Do you engage in fantasy acts or experiences that would be illegal if carried out (i.e., rape, child molestation)?

9. Has your social or family time decreased because of online fantasy?
10. Do you hide or lie about how much time you spend online or the type of sexual and romantic fantasy you engage in?
11. Do you engage sexually or romantically with people you meet online, despite being in a committed relationship?
12. Do friends or family complain increasingly, or express concern, about the amount of time you spend online?
13. Do you frequently become angry or irritable when asked to get offline and engage with partners, family or friends?
14. Has the primary focus of your sexual or romantic life become more and more related to computer activity (including pornographic CD or DVD use)?

Source: The Sexual Recovery Institute in Los Angeles uses this checklist to gauge sexually compulsive or addictive behavior. Multiple "yes" answers may signal a need for help, according to Executive Director Robert Weiss, co-author of two books on cybersex addiction.

Millions are caught in the web of online porn

■ ADDICTION

Continued from Page 11

unprecedented reach into the home, workplace and school. There has been limited research into its impact on marriage, but early findings have been troubling, she said.

"We're still thinking of it strictly as freedom of speech, a form of expression, art, et cetera," Manning said. "We haven't caught up to what's happening in the public square. ... It's not just impacting individuals, but marriages, families, even corporations."

Addicts label porn addiction a gateway to other sexual compulsions.

There is no proven treatment method. In clinical circles, a debate is unfolding over whether addiction is a fitting term, medically speaking.

In the past year, Joe, the South Shore salesman, said he paid \$17,000 for six intensive weeks of inpatient treatment, reinforced with five nights a week of counseling, therapy and 12-step meetings.

When he first sought treatment 12 years ago, Joe figured it would take six months to overcome his compulsions. Since then, he said, "I have three days of sobriety."

Another recovering addict, David, who is in his 40s, described pornography as his "medication of choice," a daily portal for escaping his insecurities. Years of habitual use, he said, damaged his ability to relate to women, helped spoil his only steady relationship, and led him deeper into social isolation.

Rich, a late-40s husband and father, said he

Online pornography is not the tame imagery of Playboy magazine. The Internet offers a mélange of the erotic, from hardcore movies of teenage sex to streaming videos of live sex acts.

spun elaborate lies to blind his wife to his rampant pornography use. His extra-marital affairs multiplied and his cravings escalated for harder-core porn.

Therapists have witnessed the fallout of spreading pornography abuse, as more men seek treatment for their compulsive behavior.

Dan F. Pollets, a Medford psychologist, said half the men he sees for sexual therapy compulsively view pornography, a habit that seems to trigger or coincide with emotional issues like depression and other mood disorders.

Frequently, a man will seek treatment after his wife or girlfriend discovers evidence of his cyber-exploits in the computer's Internet history, Pollets said.

"She now doesn't recognize the person she's living with," Pollets said. "And it frightens her; it's a threat to their kids. Either he has to fix this, or the relationship is done."

Women often liken the discovery of a partner's addiction to the trauma of infidelity. In posting after posting on message boards like pornaddictioninfo.com, women relate the betrayal they felt once they realized the extent of their partner's habit, as well as the withering of their self-confidence.

Many times, marriages crumble. Two-thirds

of the divorce lawyers at an American Academy of Matrimonial Lawyers meeting back in 2002 said excessive interest in online porn contributed to more than half of the divorces they handled that year.

"People actually do — to coin a phrase — get lost in the matrix," said the academy's president, Gary L. Nickelson, a divorce lawyer for 25 years in Fort Worth, Texas.

"They're off living this life — pornography, hook-up services, chat rooms — it's not really a life, but in their head it is. It's a cyber-life."

John P. Kelly may be reached at jkelly@ledger.com.

WHERE TO GET HELP

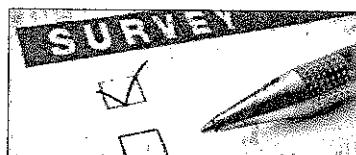
- Institute for Sexual Wellness — www.instituteforsexualwellness.org
- Sex Addicts Anonymous www.sexaa.org
- Society for Advancement of Sexual Health www.sash.net
- American Association for Marriage and Family Therapy www.aamft.org

ON THE WEB

■ Go to PatriotLedger.com for links to these Web-only features



■ Take an online porn addiction quiz to see if you need help.



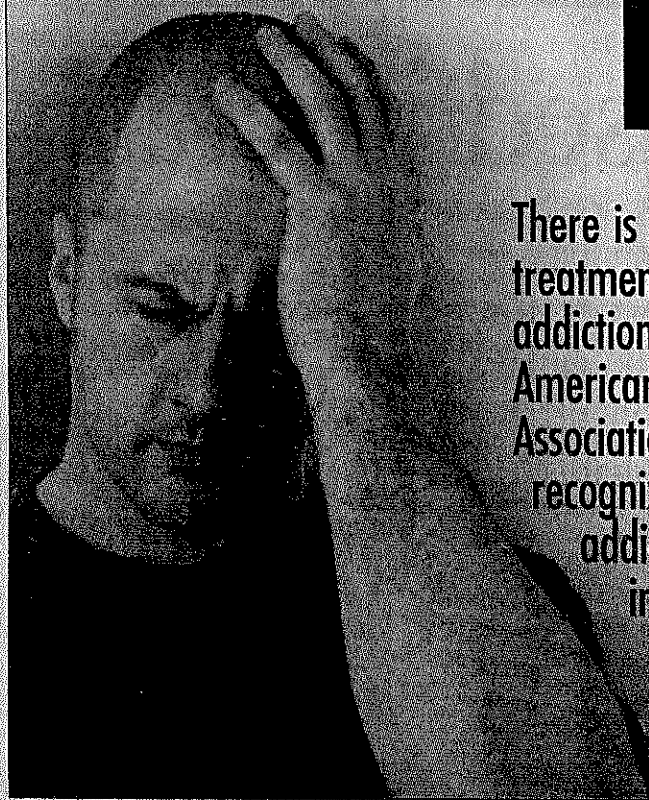
■ Get links to some of the surveys and original material used in this report.



■ Therapist Renee Sorrentino, an instructor in psychiatry at Harvard Medical School who runs The Institute for Sexual Wellness in Quincy, talks about porn addiction.

WARNING: CONTENT MAY NOT BE APPROPRIATE FOR CHILDREN

NO SIMPLE CURE FOR PORN ADDICTS



There is no standard treatment for porn addiction because the American Psychiatric Association does not recognize sexual addiction — which includes Internet porn use — as a legitimate

HOOKED *on* PORN

Final part of a three-part series

mental illness. While that issue is debated, men look for help from 12-step programs and therapists.

INSIDE PAGES: 7-8

- There are at least five treatments for sexual addiction, and no one can say what works.
- See how the U.S. compares to other countries when it comes to spending on pornography.
- Rich says he is a sex addict who started looking at porn videos and magazines as a teen. Internet porn turned his obsession to frenzy.

ON THE WEB

- Find help, resources, video and links to sources at PatriotLedger.com

Driver in

OPEN SEASON

HOOKED ON PORN

Final part of a three-part series

By JACK ENCARNACAO
THE PATRIOT LEDGER

QUINCY

It looks like an addiction. It feels like an addiction. But the American Psychiatric Association doesn't recognize sexual addiction as a diagnosable disorder. And that makes finding definitive treatment — and the health insurance to pay for it — nearly impossible for the legions of people, mostly men, who are looking for help.

"There are different hypotheses about what contributes to the behavior, and the verdict is still out," said Renee Sorrentino, a Harvard Medical School psychiatry instructor at who runs The Institute for Sexual Wellness in Quincy.

The debate is academic, but resolution could mean the difference between an addict's health insurance company paying for treatment and someone spending thousands out of pocket for methods that may not work.

Categorizing compulsive sexual behavior — which can include obsessive use of porn — as addiction is the first step, but observers say that is a long way off.

The two camps within clinical circles — those who believe that there is sexual addiction, and those who don't — are passionate about their positions.

"Those two do not see eye to eye in any way, shape or form," said Tracy Todd, spokesman for the American Association for Marriage and Family Therapy.

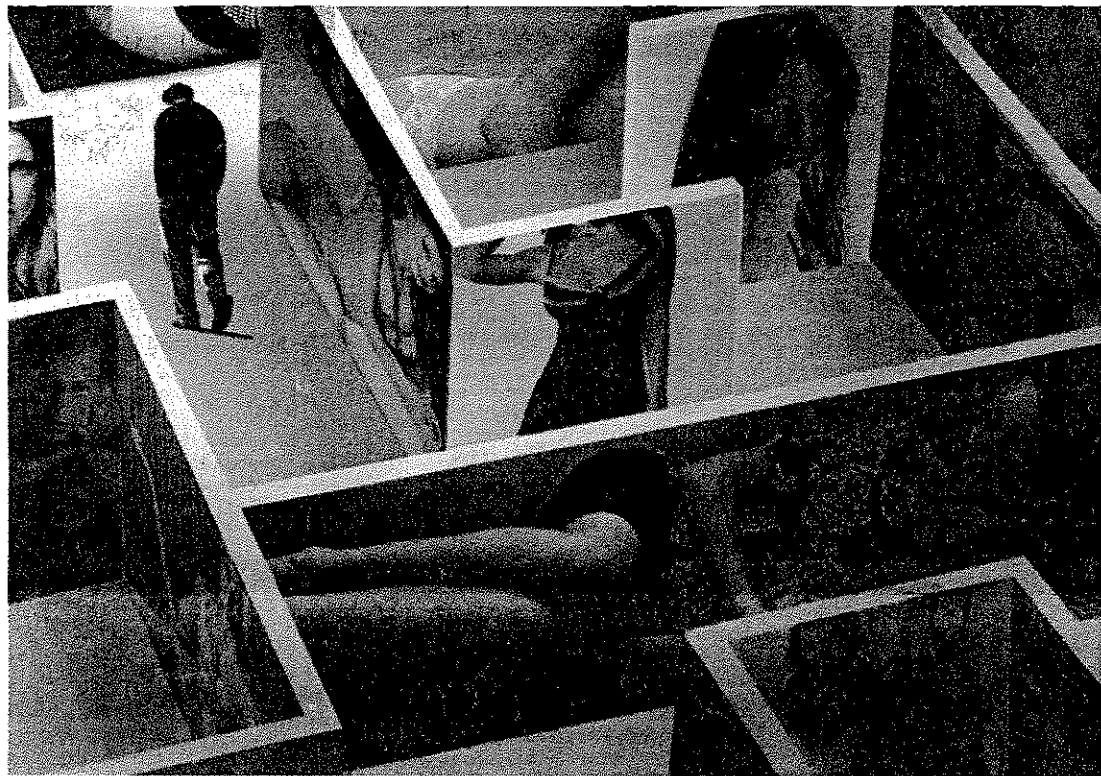
The camp against the concept of sexual addiction says there must be physical withdrawal symptoms to qualify as true addiction. They say the obsessive use of pornography and compulsive sexual behavior are symptoms of other dysfunction, either sexual or marital, or mental disease.

But the second camp says the brains of sex and porn addicts are engaged the same way that alcoholics are when they drink.

"When you see someone who's lost his second job and his marriage and he's masturbating to pornography on his company laptop outside his office building, it's easy to be convinced this is more than just ADD or depression," said Dr. Jill Manning, a Colorado-based marriage therapist who specializes in the effects of Internet porn.

Sorrentino, the Harvard professor, recently

Please see **TREATMENT** — Page 8



BOB MONAHAN PHOTO ILLUSTRATION/THE PATRIOT LEDGER

TREATMENT METHODS

■ **Behavioral therapy:** Considered a mainstay treatment, it uses a systematic, goal-oriented method to wean people off porn. Situations that may trigger porn use are identified and eliminated.

■ **Medication:** Brain chemistry plays a role in sex drive. Medications that reduce levels of endorphins and serotonin and decrease sex drive may be used. There are also medications to reduce testosterone.

■ **Treating the larger problem:** Sex addiction may be a symptom of some other psychiatric condition, such as

depression or social phobia. Treating the underlying problem may reduce the use of Internet porn.

■ **One-on-one therapy:** Use of pornography may be masking problems with intimacy. Therapy can help identify the problem.

■ **Couples therapy:** Spouses are helpful in policing how long their partner is online. It is also helpful for the spouse to understand the behavior.

Sources: Dr. Renee Sorrentino, Institute for Sexual Wellness.

ABOUT THE SERIES

Millions of Americans are addicted to porn. But it's an illness no one talks about.

Weekend

A \$13.3-billion-a-year porn industry is feeding the fantasies of 2 million online porn addicts in the U.S. Are you one?

Yesterday

For one man it's porn sites and strip clubs. For another it's group sex. Men fighting porn and sex addiction have dark stories to tell.

Today

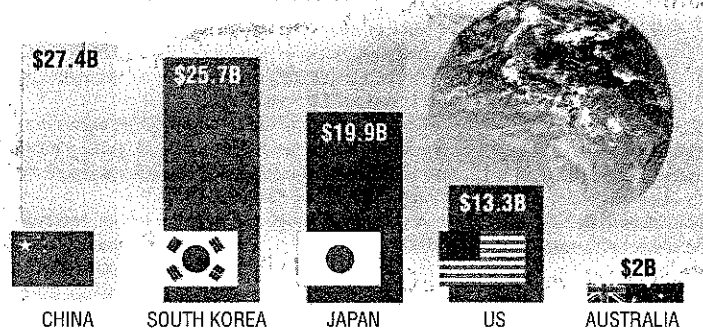
The American Psychiatric Association doesn't recognize sex addiction as a disorder. So how can addicts find help?

Editor's note

Sex addicts interviewed for this series and men who attended a Sex and Love Addicts Anonymous meeting, are identified only by first name to protect their privacy.

PORNOGRAHY REVENUES

TOP 5 COUNTRIES - 2006 NUMBERS

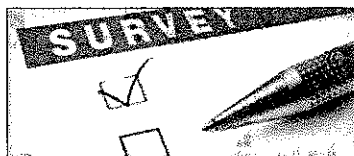


Source: top1enreviews.com

ON THE WEB ■ Go to **PatriotLedger.com** for links to these Web-only features



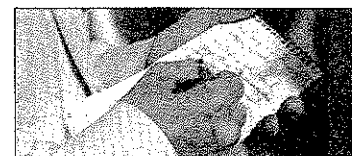
■ An online porn addiction quiz can tell you if you have a problem.



■ Links to some of the surveys and original material used in this report are on our Web site.



■ Renee Sorrentino, a psychiatry instructor at Harvard Medical School, talks about porn addiction and the Institute for Sexual Wellness in Quincy.



■ Patriot Ledger reporters Jack Encarnacao and John Kelly talk about their research.

THE TRUTH ABOUT PORN

20 %

The journal CyberPsychology and Behavior surveyed 40,000 adults who use the Internet for sexual purposes and found that 20 percent view porn while at work.

Lost love

Two-thirds of the divorce lawyers at a meeting of the American Academy of Matrimonial Lawyers said excessive interest in online porn contributed to more than half of the divorces they handled in the past year. That was in 2002 and Internet porn has boomed since then.

\$3,000 a month

The most high-profile marital rift involving porn probably belongs to supermodel Christie Brinkley, who accused husband Peter Cook of a secret \$3,000-a-month Internet porn habit on top of infidelity.

"Sexual addiction"

The term was first introduced by doctor and author Patrick Carnes in 1983. He defined the term as "any sexually-related compulsive behavior which interferes with normal living and eventually becomes unmanageable."



Treatment for sexual addiction is difficult to find

■ TREATMENT
Continued from Page 7

started an Internet porn addiction support group in Quincy. She said she takes an approach similar to substance abuse treatment with her patients.

"We don't say, 'OK, you should have a little bit of it,'" she said. "We say basically, 'Get rid of the computer, get rid of the magazines, videos. Because we can't keep a lid on it.'"

Accepting sexual addiction as a legitimate mental illness will encourage research and treatment and give the condition the medical credibility of alcoholism, which went through a similar phase of skepticism before being recognized by the American Psychiatric Association.

That would force psychiatrists to learn something about it and to assume more liability for patients under their care, Sorrentino said.

"The psychiatrist could be found negligent if they didn't diagnose and treat the condition," she said.

Joe is a 52-year-old salesman from the South Shore who has sought out-of-state treatment for sexual addiction. He said the effect of porn and sex on his brain chemistry is very similar to the allure of drugs for an addict.

"It doesn't make sense; completely irrational," he said. "But in the moment, if you're in that mind-set, you don't even think straight because you're high."

Regardless of whether excessive porn use stems from true addiction, experts agree that Internet porn is contributing to

your family," said Neil Cannon, a Denver-based marriage counselor who also treats compulsive sexual behavior. "That's how I try to help people visualize how risky this really is for them."

Sorrentino, who works with a range of sexual compulsives, says research is needed to determine whether porn addiction is independent of the causes of some other sexual addictions. Those who come to her with a porn problem bristle at the suggestion that it may fit into the same category as other sexual compulsives.

"It's much easier for me to get my pedophiles to be in a group with my exhibitionists, with my foot fetishists," she said. "If you tell the Internet pornography guys that these guys have a different problem but it's the same treatment, there's a lot more resistance from that group."

Jack Encarnacao is at jencarnacao@ledger.com.

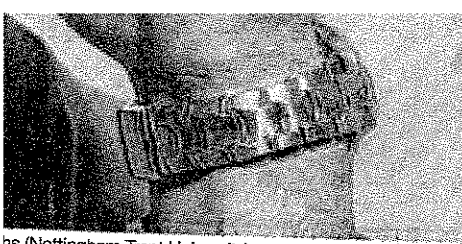
WHERE TO GET HELP

■ Institute for Sexual Wellness
instituteforsexualwellness.org

■ Sex Addicts Anonymous;
www.sexaa.org

■ The Society for Advancement of Sexual Health
www.sash.net

■ American Association for Marriage and Family Therapy



hs (Nottingham Trent University).

regardless of whether excessive porn use stems from true addiction, experts agree that Internet porn is contributing to financial problems and the loss of marriages and relationships. "Literally being one click away from losing your job, literally one click away from destroying

www.sash.net

American Association for Marriage and Family Therapy

www.aamft.org

Porn at work a longstanding problem

By JACK ENCARNACAO
THE PATRIOT LEDGER

There are stories of rushed resignations, hush-hush internal investigations and job terminations that take place behind closed doors. For as long as computers with Internet access have been in use in the workplace, companies have been losing employee time, money and productivity to porn sites.

Local examples abound.

A social studies teacher at Cohasset High School resigned in 2007 following allegations that he downloaded pornography onto a school computer. A town engineer in Stoughton resigned last year after an investigation found evidence that he kept child pornography on his office computer. Three years ago, reports emerged that an employee in the state treasurer's office was released because he was downloading porn. The dean of Harvard Divinity School resigned in 1999 after thousands of pornographic images were found on a university computer.

"As soon as it became prevalent on the Web, it became a problem and we started dealing with it," said Steve Schick, a spokesman for California-based Blue Coat Systems, a technology company that helps employers track workers' Internet behavior.

Seventy percent of online porn viewing occurs during typical workday hours — between 9 a.m. and 5 p.m. — says the book "In the Shadows of the Net: Breaking Free of Compulsive Online Sexual Behavior."

A CyberPsychology and Behavior journal survey of 10,000 adults who use the Internet for sexual purposes showed that 20 percent of respondents back in 2001 admitted to looking at porn at work.

Experts say those who unable to stay away from Internet porn at home also struggle in the workplace.

In 2004, IBM fired an employee for accessing sex chat rooms on the clock. The employee, James Pacenza of Montgomery, N.Y., sued the company, claiming he was disabled by Internet sex addiction and should therefore be



Seventy percent of online porn viewing occurs between 9 a.m. and 5 p.m., researchers say.

covered under the Americans with Disabilities Act.

Pacenza claimed he visited the site as a form of medication to escape traumatic thoughts of his time in Vietnam. A federal court in New York found in favor of IBM, but Pacenza's lawyer plans to appeal.

For large employers, the concern about porn sites often has more to do with potential harm to the computer network than judgment about the behavior.

"A lot of (porn) sites will carry malicious content," Schick said. "Not only is there the objectionable aspect, but there may be spyware and malicious code that's a part of that."

That's the main concern for the state of Massachusetts, which has about 30,000 computers in its network.

Firewall software on state computers is designed to block spam and spyware, but the state does not block employees from Web sites, said Ellen Wright, the state's director of information technology staffing.

"If there is any suspicion that somebody is abusing the policy, then we can monitor it for disciplinary reasons," Wright said.

Jack Encarnacao may be reached at jencarnacao@ledger.com.

WHAT IF SEXUAL ADDICTION WAS RECOGNIZED AS A DISEASE?

Sex and porn addicts, like people with other mental illness, would be eligible for disability compensation and state mental health services.

The addiction could be used as a basis for an insanity diminished capacity defense against sex crime charges in court.

More funding would be directed toward research and treatment for sex addicts.

Psychiatrists would have to assume more liability for sexually addicted patients; if an addict commits a sex crime, a psychiatrist could be found negligent if he or she failed to diagnose and treat the condition correctly.

Health insurers would more readily cover treatment.

Source: Dr. Renee Sorrentino, director, Institute for Sexual Wellness.

Sources: Tom Johansmeyer, Adult Video News, Alexa's List; "Sex Addiction on the Internet" by Mark Gri

Rich: 'The only way I'm going to figure it out is a day at a time.'

When it came to booze, drugs and pornography, Rich says he was full-throttle from the start, a teenage addict after his first taste of each.

But 25 years have passed since his last drink, and his last hit of marijuana was more than a decade ago.

Pornography's stranglehold turned out to be stronger.

Rich, a customer support professional in his late 40s, said he is a sex addict. Pornography is his ever-present vice – the "pot or beer" of sexual addiction.

"Sex is the highest a human being can get without drugs," the Cape Cod resident said. "It's very difficult to get sober from this."

Rich believes he was no older than 7 when he and friends first stole a glance at his father's Playboy magazine. The novelty faded for his friends, who went off to play baseball.

"Even at that age, I was torn. I didn't want to leave that magazine," he says.

Magazines became hardcore videos. As a teenager, Rich recalls masturbating "to the point of injury."

Childhood traumas, he now believes, were mutating into his future compulsions.

Rich said he was molested by a male babysitter at age 6 or 7, then later by a male cousin.

His parents divorced before his



RICH

■ Married. Customer support professional in his late 40s.

■ Dependence on porn began in childhood. Suffered sexual abuse.

■ Porn use escalated after he was married and got worse with Internet availability.

■ Had extramarital affairs.

■ Attends 12-step program.

12th birthday. Rich listened from the other room to heated arguments over his mother's infidelities.

A few years into his own marriage, in the mid-1980s, Rich was hiding crates of hardcore videos in the garage, which he snuck off to watch as his wife slept.

The Internet whipped his pornography use further into a frenzy. Some Saturdays, Rich lied about having to work in order to spend all day watching porn.

Urges for harder, more bizarre pornography grew. He treated women like sexual objects. Rich began a series of affairs – secret for years – that ultimately brought his marriage to the brink of collapse.

"In the year now since I told my wife the truth, my wife and I are closer than we have ever been," says Rich, who attends Sex and Love Addicts Anonymous meetings in Weymouth and Quincy. "The only way I'm going to figure it out is a day at a time."

Good Afternoon

The latest news from the South Shore and the world

NATION / WORLD REPORT: 35 MILLION HAVE DEMENTIA

More than 35 million people around the world are living with Alzheimer's disease or other types of dementia, says the most in-depth attempt yet to assess the brain-destroying illness. **PAGE 5**

STUDY: ASPIRIN CUTS THE RISK OF COLON CANCER

People with a genetic susceptibility to colon cancer could cut their chances of developing the disease in half by taking a daily dose of aspirin, researchers said today. **PAGE 25**

LOCAL

EX-HARBORMASTER ACCUSED OF LARCENY

Police accuse the former Plymouth harbormaster of using town money to buy a stereo for his own pickup truck and accessories for his motorcycle. **PAGE 2**

TOWN WAIVES FEES ON RENOVATION PROJECTS

Hoping to encourage renovations of Randolph's homes and commercial properties, the town will waive local permit fees on the work. **PAGE 9**

HINGHAM SKYDIVER TARGETS RECORD

Samantha Joseph of Hingham plans to join 179 of the world's top female skydivers in an attempt to set a women's world record in formation skydiving to raise money for breast cancer research. **PAGE 10**

SPORTS

WEYMOUTH ROLLS TO FOOTBALL VICTORY

Six consecutive scoring drives propel Weymouth High School's football team to its first victory of the season Sunday. **PAGE 16**

COMING TOMORROW



AFTER ABUSE, A NEW LIFE

Sandy Burrill's journey to independence shows what can happen when a woman who feels hopeless and helpless gets support and

WARNING: CONTENT MAY NOT BE APPROPRIATE FOR CHILDREN

SECRETS & SHAME

SEX AND PORN ADDICTS HAVE DARK STORIES TO TELL

HOOKED ON PORN

Second part of a three-part series

Brian spent \$20,000 on escorts in 14 months. He says it's disgusting and shameful, and he can't stop. James is trying to overcome his dependence on one Web site's fantasy prostitutes. Rich had as many as three mistresses at one time. Each battles his own form of obsession, but they and many other men say pornography was their gateway drug.

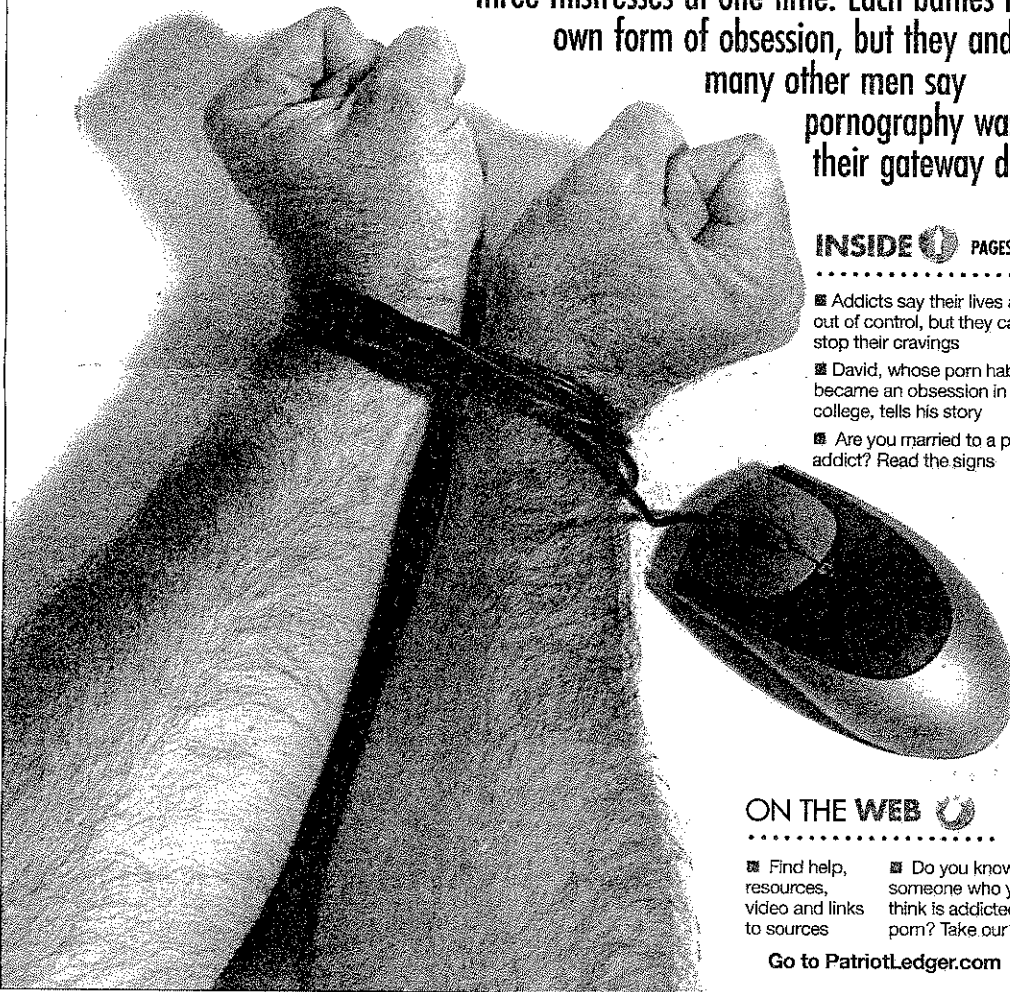
INSIDE PAGES: 7-8

- Addicts say their lives are out of control, but they can't stop their cravings
- David, whose porn habit became an obsession in college, tells his story
- Are you married to a porn addict? Read the signs

ON THE WEB

- Find help, resources, video and links to sources
- Do you know someone who you think is addicted to porn? Take our poll

Go to PatriotLedge.com



Two men shot outside party

Stunned witness the gunman then performs first aid

By BRAD KANE THE PATRIOT LEDGER

ABINGTON — Witnesses said they watched a man shoot two people, and then he performed first aid on them.

Two brothers were shot during a fight that erupted about 7:30 p.m. Monday at North Avenue Street, said Abington Chief John Weckbach.

Police have not identified the two victims and refused comment on the incident.

Neighbors in the residential area said all had been drinking late at a nearby home. A telephone call Monday from one of the party's hosts, Leanne Macdonald, said she had nothing to say.

Neighborhood residents who were stunned by the violence.

"That is the craziest I have ever seen," said LaPointe, who lives on North Avenue Street. "This is a quiet neighborhood. It is all families."

LaPointe said she was driving a green Subaru and shot one man in the head and the other in the leg.

Another witness, Kenneth Moore, who lives across from the shooting scene, said a fourth man came around the corner, wrestled with the shooter and took the ammunition.

Please see **SHOOTING**

NEW SPECIES OF DINOSAUR

Fossil find is one for the ages

South Shore man's

VOX BOX

THE VOICES OF OUR COMMUNITY TODAY

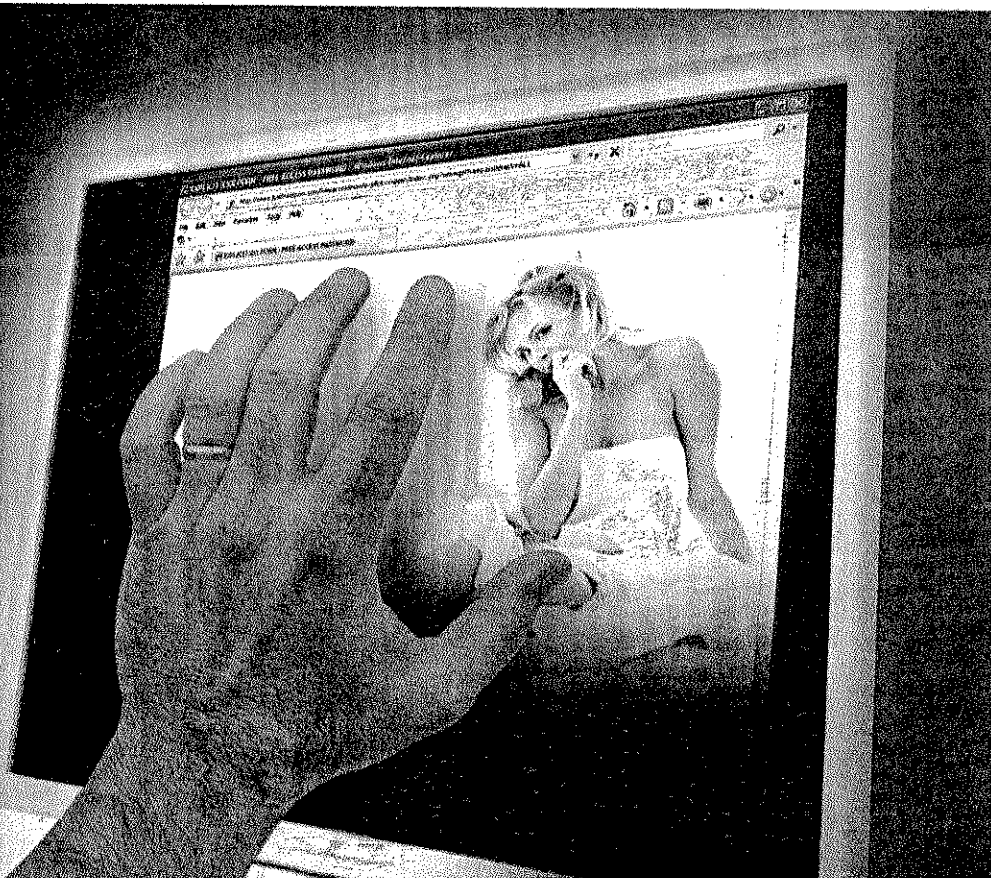
"Those who thumb their nose at the law should be forced to sell their house, pay off taxes and move to a more modest home."

LEDGERLAND

ARE YOU MARRIED TO A PORN ADDICT?

- Does he get irritated if asked to stop looking at porn?
- Does he try to hide porn use?
- Does his habit persist despite jeopardizing his job?
- Does he spend hours surfing for porn?
- Has he tried to stop but been unable to?

Source: These are some of the signs of a porn addict compiled by the Sexual Recovery Institute



Wives of porn addicts find company online

Internet message boards have become a place for wives of sex and porn addicts to vent frustrations, trade resources and dispense cold doses of advice. These were compiled from Everdayhealth.com.

"It seems that he has chosen porn over me, his wife. ...

— Sheba66

"I don't care how many stories you are hearing about addiction, disease, childhood traumas, 'a man's desire,' it is all a copout! It makes you feel like it is your

OUT OF CONTROL

WEN IN 12-STEP PROGRAM BATTLE THEIR OBSESSIONS

THE TRUTH ABOUT PORN

30th

The Web site Pornhub.com ranks 30th most popular of all Web sites on "Alexa's List," an Internet tracking site. It is the most visited porn site in the U.S.

Top 100

The top 100 Web sites on Alexa's List include 7 porn sites.

Divorce

In an American Academy of Matrimonial Lawyers survey last year, nearly four of five lawyers called Internet browser histories a main source of information in divorce cases in the past five years.

Sources: Tom Johansmeyer, Adult Video News; Alexa's List; "Sex Addiction on the Internet" by Mark Griffiths (Nottingham Trent University).

By JOHN P. KELLY
THE PATRIOT LEDGER

The room was a colorful place, with pastel couches packed tight against the bright yellow walls. Scrolls listing the 12 steps to recovery hung next to rainbow flags and messages of sobriety and strength.

But the men had dark stories to tell. More than one had cheated on his wife or lover.

Many said they drank too much alcohol or smoked too much marijuana. Pornography zapped hours from some of their days. All battled their own brand of obsession — including treating women like sexual objects, compulsive masturbation and phone sex.

Much like Alcoholics Anonymous, meetings of Sex and Love Addicts Anonymous take a 12-step approach to help addicts stop sexual habits that have spun their lives out of control.

Effectiveness varies widely from person to person, and clinicians disagree on whether sexual addiction is treatable at all.

But meetings have sprung up in church rooms and small rented spaces in Weymouth, Quincy, Boston and dozens of other places since Sex and Love Addicts Anonymous was founded in Boston in 1976.

Several members at the program's Weymouth meeting said the anonymous sessions, combined with therapy, have helped them control their urges. And attendance has crept up, which they attribute to the spread of Internet pornography abuse.

Most meetings are closed to the public, but a Thursday night group that meets in a small community room in Boston's Fenway neighborhood has an open-door policy and welcomed a reporter at a recent meeting.

There were a dozen men in their 30s and 40s who spent the first 10 minutes making lists of things they won't do or will try not to do.

A man in his 30s named Brian said he had spent \$20,000 on escorts in the past 14 months.

"It's disgusting; it's shameful," he said. "I am sick." Eduardo wrote that he would stop renting porn videos.

"But I do everything I said a thousand times I wouldn't do."

Eduardo is 35 and gay. He confided in his psychiatrist recently that he last dated eight years ago, and the admission overwhelmed him with sadness.

"This is supposed to be one

of the best slices of life."

For James, the goal is no more porn and having sex only with his wife. Paying for a Web site's fantasy prostitute must end, he said.

For another man, it's porn sites and strip clubs. He takes out his financial and other frustrations on "the mouse and some pictures — myself basically." He said he desperately wants to trade obsessive masturbation for spirituality, exercise, a little adventure and newfound romance.

Cravings of the men who meet Wednesday nights in

Please see **OBSESSIONS** — Page 8

HOOKED ON PORN

Second part of a three-part series

"They are never as clever as they think they are on the computer. You can always get the info."

— kcorley921

"Now, I did help him get into a treatment program, but I ultimately chose to get out of the marriage since I realized he'd likely suffer relapses, and I didn't want to be around to experience them. ... See, things like this continue to get worse rather than better if they are ignored."

— Dr. Diane

"Truthfully, I would be happier by myself, which I may choose to do soon. You would think that he would have appreciated what he had. Now I have gained quite a bit of weight due to all of the stress this issue has caused and feel that I deserves a 'fat' wife."

— DS54

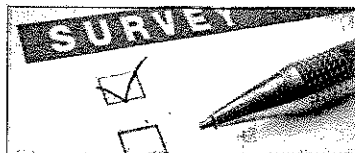
Editor's note

Sex addicts interviewed for this series and members who attended a Sex and Love Addicts Anonymous meeting are identified only by first name at their request.

ON THE WEB Go to PatriotLedger.com for links to these Web-only features



Are you addicted to porn? Find it with an online quiz.



Find links to some of the surveys and original material used in this report.



Listen to therapist Renee Sorrentino of Harvard Medical School talk about porn addiction and her Institute for Sexual Wellness.



Listen to Patriot Ledger staffers Jack Encarnacao and John Kelly talk about this special report.

who admits to once having three mistresses simultaneously. He said the group's collective past includes peeping, public exposure, child molesting and infidelity.

Compulsive pornography use is a shared urge among most, if not all, the members, he said.

"There is such a level of shame," Rich said. "People need to know (pornography addiction) is not shameful and there's help out there."

Rich and two fellow members said they plan to start a referral service and informational Web site called Men's Sexual Health Recovery to provide a roadmap to recovery options for people who want to overcome a sexual addiction.

For many men, their addiction starts and stops with pornography. However, many self-professed sex addicts say pornography was their gateway to other sexually addictive behavior.

Jill C. Manning, a Colorado sex therapist specializing in pornography addiction, said people with attention deficit disorder, obsessive compulsive disorder, depression or other mood disorders appear to be more vulnerable to turning obsessive over pornography.

"Did they grow up in a home environment where sex was taboo, and it was very shameful and secretive?" Manning said. "So that they had this habit breeding in the background that just grew and grew and grew."

In an interview, Rich said he was molested at an early age by a male baby-sitter and a male cousin.

Joe is a South Shore resident who attends local meetings. He said he was diagnosed with attention deficit disorder during treatment for his sexual behavior.

David, a software professional trying to end a pornography addiction of more than two decades, said he takes medication for depression.

Men seeking help for pornography or sexual addictive behavior, on average, are 38 years old, Manning, the Colorado therapist said. She pointed out that men of that age were in their early 20s when the Internet broadened pornography.

Manning said she fears that pornography's influence on the Internet generation could be significant.

"They're going through their sexual social development with this being a big player," she said.

John P. Kelly may be reached at jkelly@ledger.com.

WHERE TO GET HELP

- Institute for Sexual Wellness
www.instituteforsexualwellness.org
- Sex Addicts Anonymous
www.sexaa.org
- The Society for Advancement of Sexual Health
www.sash.net
- American Association for Marriage and Family Therapy
www.aamft.org

12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to sex and love addicts, and to practice these principles in all areas of our lives.

11. Sought through prayer and meditation to improve our conscious contact with a Power greater than ourselves, praying only for knowledge of God's will for us and the power to carry that out.

10. Continued to take personal inventory, and when we were wrong promptly admitted it.

9. Made direct amends to such people wherever possible, except when to do so would injure them or others.

8. Made a list of all persons we had harmed, and became willing to make amends to them all.

7. Humbly asked God to remove our shortcomings.

6. Were entirely ready to have God remove all these defects of character.

5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

4. Made a searching and fearless moral inventory of ourselves.

3. Made a decision to turn our will and our lives over to the care of God as we understood God.

2. Came to believe that a Power greater than ourselves could restore us to sanity.

1. We admitted we were powerless over sex and love addiction—that our lives had become unmanageable.

THE 12 STEPS TO RECOVERY

Source: Sex and Love Addicts Anonymous

Every second —
\$3,075.64

is spent worldwide on pornogra

Every second —
28,258

Internet users are viewing porno

Every second —
372

Internet users are typing adult s
terms into search engines

Every 39 minutes —
a new
pornograph
video

is being created in the United

Source: toptenreviews.com

ABOUT THE SER

Millions of Americans are addicted to porn, a \$13.3 billion industry boosted by the wild spread of the Internet. But if illness no one talks about.

Weekend

A \$13.3-billion-a-year poi
dustry is feeding the fantasi
million online porn addicts i
U.S. Are you one?

Today

For one man it's porn s
strip clubs. For another, it's
sex. Men fighting porn and
addiction have dark stories

Tomorrow

The American Psychiatri
ciation doesn't recognize s
diction as a disorder. So ho
addicts find help?

Men with sexi
and porn addic
find compar
online

These statements were
from the pornaddictionin
message board.

"The part I feel worst a
how my wife would fe
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- Sex Addicts Anonymous
www.sexaa.org.
- The Society for Advancement of
Sexual Health
www.sash.net.
- American Association for Marriage
and Family Therapy
www.aamft.org.

**2. Came to believe that a Power
greater than ourselves could restore
us to sanity.**

**1. We admitted we were
powerless over sex and love
addiction— that our lives had
become unmanageable.**

Source: Sex and Love Addicts Anonymous

Men with sexual and porn addiction find company online

These statements were taken
from the pornaddictioninfo.com
message board.

"The part I feel worst about is
how my wife would feel if I
were to reveal the extent of my
addiction..."

— Committed of South Florida

"I feel so guilty, and
disgusting. I can't even talk to
my closest friend about it for
fear of the stigma attached."

— artistinpain

"I've been struggling to stop
watching porn for years. I
can't seem to shake it I've
tried just about everything but
it's like a demon is riding me -
I need help bad."

— onesociety1638

"After a few years it began
gradually taking its toll on my
ability to consistently have rec
sex with the woman I love."

— Helphope

David: 'Having a relationship with someone takes effort. Using pornography doesn't.'

In many ways, years of isolated fantasizing over pornography prevented David's biggest fantasy: finding love. A computer software professional in his early 40s, David says his dependence on pornography began during his lonely high school years, when he had few friends and no girlfriends.

Today, David takes medication for depression, sees a therapist and attends Sex and Love Addicts Anonymous meetings. His last relapse — a weeklong porn binge — was a year ago.

David says using pornography to fantasize developed into a daily ritual for escaping his insecurities and unhappiness.

The habit became an obsession in college.

He memorized which day Penthouse would hit newsstands and which days his roommate had morning classes. He prized particular photo spreads.

"I'd count the number of pages and the number of pictures," David says. "I'd think, 'If I miss a month, I might miss the best one. ...'"

By his 13th birthday, he was spending hundreds of dollars in twice-a-year splurges on hardcore pornography videos. He turned to the Internet later.

He began dating a woman, but was disappointed

to find his first steady sexual relationship did not cure his obsession for pornography. Instead, he had trouble with intimacy and was distant.

"Having a relationship with someone takes effort," David said. "Using pornography ... doesn't."

His girlfriend ended the relationship seven months later after confronting him about his habit.

"She didn't discover pornography," he says. "She was just smart enough; my behaviors clued her in."

Things got worse.

At work, David planned which videos he would watch when he got home.

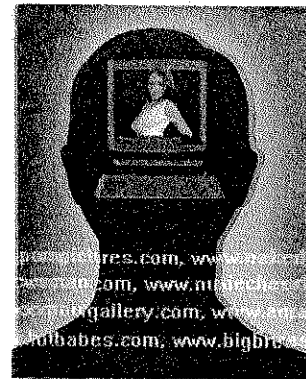
"I was never with my friends because this is what I was doing with my spare time," he said.

David's group therapy sponsor tracks his online movements using accountability software. Having someone to answer to helps.

After years of pornography addiction, even willpower isn't a cure-all.

"I still remember images in my brain, like it's been seared there," he says. "They're still there to fantasize about."

— JOHN P. KELLY



DAVID

- Single. Computer software professional in his 40s.
- Porn dependence began in high school, became an obsession in college.
- His habit started with magazines, then he turned to video, and finally, the Internet.
- Says addiction has played a role in his relationships.