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Imagine, if you will...

You are an addict. Let's start with alcohol. Now, imagine that your index finger is a tap from which you can dispense alcohol simply by squeezing your thumb against your knuckle. And, like Emeril, you would say, "BAM!" And there you would have your liquid of choice: wine, beer, whiskey, tequila, vodka, gin, whatever. It's right there in your finger. Now, imagine you're an addict who's trying to recover. You have that tap right there. It's. Right. There. It's attached to your body. You can't cut it off. Well, you could, but...

Now, imagine that your addiction is drugs. Heroin. Cocaine. Crack. Speed. Downers. Opiates. Marijuana. Inhalants. And that same finger can dispense whatever pill, powder, vapor, or herb you need. BAM! It's right there. You can't cut it off. Well, you could, but...

Or, let's imagine you're a food addict. You'll need something bigger than a finger, so let's imagine that you can just close your fist, and pop it open - BAM! There's your perfectly prepared and seasoned food. Steaks. Chops. Burgers. Pizza. An entire Red Lobster menu. Ice cream. (ooo!) It's right there. You can't

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Cut it off. Well, you could, but...

Okay, let's imagine you're a gambler. Hoo boy! Let's use the "fist-popping" trick again. BAM! BAM! BAM! Freshly minted Bens flyin' everywhere. The only thing is: each one debits your own personal finances. Bank accounts. Retirement funds. Payroll. Investment portfolios. Kids' piggy banks. But - wow! BAM! BAM! BAM! Those Bens keep flyin' around, and you keep slidin' 'em in to the one-armed bandit, or the Poker machine, or on the tables. Or, the horses. Or, sports. Sports! You can't cut off your hand. Well, you could, but...

You get the idea.

Now, pretend you're an addict living with this kind of power in your body. Your brain thinks up all the great Stuff you can do by simply squeezing your thumb against your knuckle, or popping open your fist, and BAM! There's your Stuff. It's all right there in your brain. Then, imagine you're an addict and you're trying to beat this thing. You go to treatment.

You go to Counseling. You go to meetings. You're in and out of Rehab. But - it's always right there with you! It's in your brain, with all the great things that go with giving in (and maybe some of the stuff that's not so good, but your brain overrides that). So, you can use your thumb-finger and/or fist-pumping trick to satisfy your jonesing. For awhile, anyway.

Now. Imagine that your addiction is pornography. It's in your brain. The Strip joints. The pictures. The magazines. The videos. The Internet. Oh, man! The Internet! And - imagine that your finger/hand trick can dispense those images. But - instead of drinking, drugging, eating or spending - the way you satisfy your jonesing is... Hey! It's attached to your body, right? It's right there. You touch it everyday. You know where I'm going with this, don't you? You can't cut it off. Well, you can, but...

That is the difference between an addiction to pornography, in which you can satisfy your jonesing from an inside source, and the other addictions, where you satisfy your jonesing from an

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outside Source. With porn, you satisfy your jonesing with a Source that's attached to your body, you can't outrun it. You can't hide from it, you can't avoid it. It's. Right. There. A drink? Avoid the bottle. A snort? Get rid of the mirror. A pill? Throw 'em down the toilet. A needle? Get rid of your Kit. A pork chop? C'mon! A bet? Walk away. But, as a porn addict, you carry "it" around with you all day.

Please understand, I am in no way minimizing the difficulty people have in dealing with all forms of addiction. My point is that those who are addicted to pornography must often employ an additional measure of Self-Control and Self-discipline in order to maintain Sobriety.

Sure, you can think about booze, or drugs, or food, or money. But, in all of those addictions, your brain is full of the thoughts that press you to use, to break your Sobriety. You can Control the outside influences, with treatment and rehabilitation. Yes, with porn, you can avoid magazines, Videos, the Internet, etc. Sure you can. But - those images (which often lead to fantasies)

are still in your brain. And, you can still satisfy your
jonesing without any outside sources. That's why porn addiction
is different. Your penis is attached. It's. Right. There. (And,
while this is primarily directed to men, women can be just as
susceptible. And, yes, theirs is attached as well.) The brain
goes into overdrive, and before you know it - BAM! You've
broken Sobriety. Again.

That's how it is for many of us who suffer from addiction to
pornography. A wicked, vicious cycle that seems impossible to
break. Persons dealing with pornography addiction are people who
deserve the same chance at viable, progressive, and safe
rehabilitation, counseling, and treatment as anyone who wishes
to break the cycle of addiction.

Many of us who are dealing with this addiction have run afoul of the
various sex offense laws, and are in prison. We will become "Registered
Citizens" upon release. My goal is to bring attention to the unique
difficulty of pornography addiction, and to advocate for just
treatment in and by society. We want to heal.