

## How the Reward System Works When Pornography is Used

So, we left off talking about the fact that pornography is very similar to taking a drug. It also affects the pleasure center of the brain. So, somebody looks at a picture and it's releasing dopamine. Which by the way, you can look at a picture of something good. Like maybe somebody likes to garden, you look at pictures of a healthy garden things growing. You can get that same rush from different things. You've got to train your mind to go to the good stuff. We talked about dopamine primarily. I'm going to introduce Norepinephrine again, but in a different way, because it is like a paperclip. That's kind of how I want you to think about it when it comes to pornography. So, dopamine is stimulating your pleasure center. It's firing into the Nucleus Accumbens. At the same time Norepinephrine is actually storing that image in your mind. It's basically taking it, putting it on a paper clip and hang it right in here. It takes .7 seconds for that image to be grabbed and paper clip to your brain.