

# Rationalizations for Pornography Use

Taken from "What's the Bid Deal about Pornography? A Guide for the Internet Generation," pg. 96, Jill C. Manning



Teacher Notes

1. "I can stop anytime I want to."
2. "One more time won't hurt."
3. "It feels good, so how bad can it be?"
4. "I will stop when I get a girlfriend/start college/have less stress in my life."
5. "This is natural and normal behavior."
6. "Everybody is doing it."
7. "At least I am not into drugs."
8. "I will keep it a secret. No one will need to know."
9. "I am very sexual."
10. "I deserve a break"
11. "I am lonely."
12. "If my girlfriend hadn't broken up with me, I wouldn't need to look at pornography—it's her fault."

I encourage people to identify the rationalization they use to make them feel better about their pornography use, and then help them to be honest with themselves about how those thoughts are affecting their life. This is a difficult thing to do, because we can become so convinced that our rationalizations are true that we don't see them as lies.