

Habitual Viewing of Internet Porn Changes Your Brain in These 3 Alarming Ways

Video Source: [TEDx Talks](#)

In this fascinating Ted Talk, Gary Wilson, the host of www.yourbrainonporn.com shares some alarming information about how our new digital age and its massive amounts of internet porn and unending sexual novelty – is affecting the brains of young men who watch a lot of porn on a regular basis.

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He outlines three big affects. These are:

1. Numbed Pleasure Response
2. Hyper-reactivity to Porn
3. Erosion of Willpower

And of course, there is another big side effect – the inability to get aroused enough to get an erection.

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One researcher asked 20 male students if they thought that internet porn was affecting them or their attitudes toward women, and they all replied that they didn't think it was. But according to Wilson, after men have been habituated to internet porn for a decade, “this is like asking a fish what it thinks about water.”

The bottom line?

Wilson concludes that Internet porn can easily become a physiological addiction that is as real as any drug addiction, and it can also negatively shift a man's ability to experience pleasure, find a monogamous partner desirable and exercise simple willpower.

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