

Ex-Porn Star: Is Watching Pornography Really Harmless?

Ex-porn star Brittni De La Mora is now on a mission to spread the Gospel and point people toward truth. She recently posed a poignant question: “Is it OK to watch porn when you’re married?”

De La Mora and her husband, Richard, often tackle tough questions surrounding sex, marriage and relationships, venturing into queries like this on their popular podcast, “Let’s Talk Purity.”

Brittni said this question about porn and marriage is one the couple is asked frequently, with some pondering whether pornography is a feasible alternative to adultery. Before getting into that question, though, Richard said it’s necessary to back up and look at porn itself.

“Let’s first talk about porn,” he said. “Is it just OK in general to watch pornography?”

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Richard and Brittni proceeded to dismantle the argument porn is harmless and doesn’t hurt anyone—views expressed by some proponents and others who seek to dismiss any dangers.

Brittni, who was an adult film star for seven years and knows the horrors and travesties raging within the industry, offered a candid and blatant rebuke of porn consumption.

“No, it’s not OK to watch porn,” she said. “Just because something’s available to you doesn’t mean you should utilize it.”

Britttni continued, "Porn is ... a gateway. It triggers in your brain ... the same dopamine receptors as cocaine. So, it's been proven to be addictive."

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