

Satan's Shameful Tool to Keep You in Bondage to Sexual Sin

Shame is one of the most powerful bonds that keeps men from breaking free of their pornography usage.

Shame is not to be confused with guilt—it can be much more destructive to a man's self-esteem and feeling of self-worth.

Guilt says, "I did something bad," but shame says, "I am bad." Guilt focuses on an action, but shame focuses on the person.

Shame causes you to feel like your mistakes and flaws make you unworthy of love, you're not a good person and you are a loser. Its roots may go back to your childhood when you were abused, belittled or neglected.

But you are not the only one who has experienced shame—most people have at some point in their lives. In fact, the first two humans knew the feeling of shame.

After Adam and Eve had eaten the forbidden fruit and realized they were naked, they tried to hide from God. Their shame made them think that they would no longer be accepted and loved by God. Your porn usage may make you feel unworthy of God's love and grace, but that will never be true.

In Romans 8:1a, Paul assures us that, "There is therefore now no condemnation for those who are in Christ Jesus."

The Shame Cycle

Like most addictions, pornography addiction tends to repeat a cycle.

Porn addicts use sexual images to manage their feelings of being unworthy of love and acceptance, low self-esteem and medicating their past abusive experiences.

Then, after they have used pornography, they feel shame for their actions.

Their shame creates anxiety and more self-condemnation, so they watch more porn to try to relieve this stress. So they create a cycle of acting out, then feeling shame and needing more porn to try to ease the anxiety and feelings of being a “bad person.”

Unfortunately, the person progresses to needing more explicit materials to overcome his pain.

As Robert Weiss, LCSW, CSAT-S and author of *Sex Addiction 101*, explained, “