

SESSION 4: THE AMYGDALA, SURVIVAL & THE BRAIN

SUGGESTED DISCUSSION QUESTIONS

- What is something you learned that you were not aware of before?
- Why is sex a basic survival need?
- Why is it so easy for a child to become confused about their sexuality and potentially feel shame after viewing pornography?
- Why is it easy to become addicted to pornography?
- Andy described a survival response known as 'submit'. What is the difference between consenting and submitting?
- Can you describe why a child would believe they are somehow at fault for being abused?
- How does pornography force a child to participate and watch?
- What did Andy say is the role of the amygdala?
- Brain scans show a similarity between porn addiction and addiction to which drug?
- How is it harmful to a child when they see a pornographic image or video?
- Can you describe a time when your parents freaked out when a pornographic image was seen? What emotions did you feel because of the way they reacted?
- Thinking of the clip from the video, how did the way the father responded to his son help to restore their relationship?

TAKE AWAYS

None of us woke up with the intention to be addicted to pornography. If you realize you overreacted to situations with your children or are recognizing you or your child have wounds that need healing from being exposed to pornography, this is your opportunity to:

- Stay calm. Your brain is malleable and can be fully restored. Let go of any shame and find a support group or therapist that can put you on the path to healing.
- Get the appropriate help for your child. Depending on age there are many helpful resources for "porn-proofing" your kids or getting them into support groups.
- Go to your child and admit that the way you reacted was wrong and share with them how you wish you would have reacted. Ask them if they want to share with you how it made them feel, then apologize.
- Forgive yourself.