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## PHYSICAL • ADDICTION

# Porn Addiction

It can kill your career.



by George Collins

AS A SEX ADDICTION COUNSELOR, I've met with many men who betray their wives and work bosses by becoming addicted to an alternate boss—porn. They often deceive themselves by saying, "I'm not hurting anyone." As a former sex addict myself, I know the emptiness of those words. Porn addicts hurt themselves, their spouses, children, companies, and co-workers.

*The scope and costs of porn addiction are alarming.* Many thousands of people, mostly men, are investigated, reprimanded and fired for downloading porn. Many admit to watching erotic videos on company computers or mobile devices, and even to viewing hard-core porn when they could. And porn addiction often leads to extensive online video streaming, putting an added strain—and cost—on a company's network connection by the use of added bandwidth (even a 90-second video clip is 700 times larger than a typical email).

*So pervasive is the problem that I view porn addiction as the new alcoholism.* Thankfully, more people today express concern about a co-worker's alcoholism—since the alcoholic's tardiness, excuses for missed deadlines, absences, and careless work are behaviors that negatively impact the workplace. One alcoholic can severely damage an entire organization. Now, it is also more acceptable to note the signs of porn addiction and point out that such behavior is hurting many people—and the company's image and bottom line.



*You can better detect an Internet Porn Addict by noticing the signs.* If a co-worker becomes increasingly isolated, spends more time alone in an office, says he'll stay in rather than go with others to lunch, seems preoccupied, and participates less in activities with others, these could be signs of internet porn addiction. Many porn addicts are often accomplished men who have let their work ethic slide into a ditch of self-destructive behaviors. If they were in sales, for example, their numbers typically decline, and they set up their days not to increase sales, but to watch more internet porn.

### Steps for Decreasing Porn

*You can overcome a porn addiction by compassionately confronting addictive patterns and by taking four steps to make it difficult to access it.*

#### 1. Set internet usage rules.

Have a policy and rules against viewing non-work-related videos and websites, including pornography sites.

**2. Monitor internet access.** An IT department can set up web filters that monitor internet usage. If you know you're being monitored, you'll be much less likely to access internet porn.

**3. Create awareness.** Make people aware of the huge costs associated with inappropriate behavior (alcoholism, sexual harassment, and internet porn addiction)—costs that include legal liabilities, low morale, and high turnover.

**4. Act on your awareness.** Once you are aware that porn addiction is wasting resources in your workplace, seek to address the problem and resolve it to the benefit of all concerned. PE

George N. Collins is CEO of Compulsion Solutions, a counseling practice for sexual addicts, and author of *Breaking the Cycle*. Email [deb@mediamuscle.com](mailto:deb@mediamuscle.com).

**ACTION:** Overcome destructive addictions.

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