

Excerpt from Shelley Lubben's upcoming book "The Truth Behind the Fantasy of Porn"

Porn actresses come from backgrounds of child sexual abuse.

Most strippers, prostitutes and porn actresses are adult survivors of child sexual abuse "acting out" their learned behavior from childhood. They will insist their childhood sexual abuse has nothing to do with their decision to work in the sex industry but it's just not true. Mary Anne Layden, Ph. D., Director for Women's Psychological Health in Philadelphia states in a powerful way:

Most strippers, as with other women who work in the sex industry, are adult survivors of childhood sexual abuse. Research indicates the number is between 60%-80%. One study found that 35% of strippers have Multiple Personality Disorder, 55% had Borderline Personality Disorder, and 60% had Major Depressive Episodes, These are severe psychiatric problems and many of them are connected to childhood sexual abuse. These are women who when they were little girls would get into their beds each night and roll themselves into a fetal position and every night he would come in and peel her open. The physical and visual invasion of little girl's bodies damages them psychologically and gives them a psychologically unhealthy view of sexuality. Often as adults they reenact their childhood trauma by working as strippers, Playboy models, and prostitutes. The men who, now as customers, physically and visually invade the adult women's bodies, reenact the role of the perpetrator. These women work in the sex industry because it feels like home.¹

It felt like home sweet home to me for many years. I felt so secure in the arms of the sex industry. The dark atmosphere helped me hide my awful secret, the money was quick and easy, drugs and alcohol were always available to soothe my pain and I got to dress up and play "goddess" while thousands of men worshipped me. What more could a sexually abused girl ask for? The special attention I received, the thousands of dollars

thrown at me, bouquets of flowers, expensive jewelry, and clinging glasses of Cristal champagne were all great distractions from my rotting heart.

It's been said that "*home is where the heart is*" and it's certainly proved true in the lives of sex industry workers. My black broken heart went into hiding in the sex industry for many years and made a nice comfortable home there.

But why do sexually abused women choose the sex industry to hide their sexual abuse? To answer this question it's important to first identify what sexual abuse is. The American Psychological Association defines sexual abuse:

*There is no universal definition of child sexual abuse. However, a central characteristic of any abuse is the dominant position of an adult that allows him or her to force or coerce a child into sexual activity. Child sexual abuse may include fondling a child's genitals, masturbation, oral-genital contact, digital penetration, and vaginal and anal intercourse. Child sexual abuse is not solely restricted to physical contact; such abuse could include noncontact abuse, such as exposure, voyeurism, and child pornography. Abuse by peers also occurs.*²

For me, I was first sexually abused at nine years old by a teenage boy and his sister. I spent the night at a classmate's house and her teenage brother introduced me to the world of skinny dipping. He pulled down my bathing suit and told me what he was about to do to me, I would really like. He was partly right. I loved the tingly feeling all over my body but hated the "dirty" feeling at the same time. To make matters worse, his sister got on top of me and rubbed her private parts against me. I was totally horrified and never told anyone. I tried to push the memory away but every time I saw my friend and her brother, even through high school years, I was reminded of the dirtiness that lived inside of me. I began to hate the person I saw in the mirror. I felt dirty and ashamed.

I began to act out the dirtiness with my peers and developed a strange attraction to older men. At age 9 I started masturbating and often fantasized about older men.

Though I didn't know what sexual intercourse was, I just knew it felt good to think about men rubbing up against me. I grew up without a close relationship with my father and believe this significantly contributed to my attraction to older men. As a teenager I began to search for attention and love from both boys *AND* girls in my high school. I practiced this behavior for the next seventeen years and acted out sexually with hundreds of men and women in exchange for attention and acceptance. I just kept playing out the same script I learned in childhood.

The American Psychological Association explains behavioral problems of sexually abused children:

*Children and adolescents who have been sexually abused can suffer a range of psychological and behavioral problems, from mild to severe, in both the short and long term. These problems typically include depression, anxiety, guilt, fear, sexual dysfunction, withdrawal, and **acting out**. Depending on the severity of the incident, victims of sexual abuse may also develop fear and anxiety regarding the opposite sex or sexual issues and may display inappropriate sexual behavior. However, the strongest indication that a child has been sexually abused is inappropriate sexual knowledge, sexual interest, and sexual acting out by that child.³*

The result of child sexual abuse is that victims confuse sex with love and act out inappropriately. This is why sexually abused girls usually choose occupations such as stripping, prostitution and pornography acting. It "feels like home" for them and they receive the attention and acceptance they crave while the sexual promiscuity helps them "act out" the dirtiness.

To learn more truth about porn stars and sexual abuse please visit www.shelleylubben.com

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