



My Partner Watches Porn – Help and Advice for Women

Some first reactions that a woman can have, when she finds out that her partner watches porn are:

- ☐ Shock
- ☐ Betrayal
- ☐ Disgust
- ☐ Anger
- ☐ Existential fear
- ☐ My world is falling apart
- ☐ Concern for the children
- ☐ Tendency to blame yourself
- ☐ Self-doubt
- ☐ Shame

One possible first reaction is self-doubt or partly blaming yourself. Possible thoughts could be:

- ☐ Am I not good enough?
- ☐ Am I not attractive enough?
- ☐ Am I not sexy enough?
- ☐ Am I just not enough?

However, you must know: these are all the wrong thoughts and questions. It is absolutely and 100% the responsibility of the one who consumes porn.

First Steps:

- 1) Know that it is not your fault!
- 2) Do not stay alone in this situation. You need help!
 - a) Look for people you can trust and share with them. Also, it is very helpful if you can pray with one another.
 - b) One of the greatest resources is God himself, who knows and loves you and stands behind you and your family. You are unbelievably valuable in his eyes. Speak with him about your situation.
- 3) Learn more about the subject of "leaving pornography behind". Knowledge is power. You will see more ways to act.

The three keys

- A) Knowing: it is not my fault
- B) Help from others and fellowship with them
- C) Knowledge about the subject

can bring about the change from a sometimes-overpowering feeling of being a victim accompanied by justified fear to a growing sense of comfort and competence.

Support Groups for Women

Support groups are very helpful for women who know that their partners are watching porn.

These support groups want to:

- Offer a confidential setting to share with trusted others in a supporting environment and to discover: I am not alone.
- Encourage personal growth.
- Help to grow in wisdom and to acquire the ability to see what love means in this challenging situation.
- Provide literature on the subject that will help with ideas to widen your horizon and get new insights and inspiration.

Quotes from some attendants of support groups:

“The support group is a place of honesty for me. “

“The support group is important for me because I can speak openly about my husband's addiction, without shame and fear, without holding back, I can get everything off my chest.”

“For me it is important to attend a support group because there are women there that have gone through similar things and suffering shared is only half as painful.”

“The support group gives me strength and hope.”

“I meet Jesus in the other women who encourage me.”

Here are some ways to find a support group:

- Look online for information on groups near you (or groups that offer online meetings).
- Ask local churches if they have a group offer support in any way.
- There is also the possibility to start a group yourself.

The most important thing is not staying alone with this situation. If you cannot find a support group, find a trustworthy friend who you can talk to confidentially and who will support you in prayer.

How do I speak with my Partner about it?

“Speaking the truth in love” (Ephesians 4,15)

It is good if you have already started with steps A – C (above). These will help you to achieve an inner calmness and knowledge. The final goal is to do the truth in love and to love in truth. Love can - and sometimes must - be tough, e.g. when confronting another person with the truth.

What is the tough truth?

- “I know that you are watching porn.”
- “This is 100% not acceptable to me.”
- “This has the potential to destroy our marriage/our family.”
 - “It could destroy your role modelling and influence on the children.”
 - “It could destroy everything that we love and that is important to us.”
 - “It could destroy your reputation.”
- “It destroys the life of other women (who could be your sister or children) because you abuse them for your own purpose.”
- “All that for a few kicks?”
- “You must make a decision.”

Additionally, there is the following message:

- “We can have a fulfilled life. We can have a happy family.”
- “I know that you can get through this, that we can get through this.”
- “You need help. We need help.”
- “I love you and am committed to you, but I do not accept this behaviour.”
- “You have to make a decision.”

Both go together. Truth and Love. What should happen and how and when? That depends on the situation and on the attitude of your partner. It would be best to get the help of a good counsellor.

Here is a piece of down-to-earth wisdom from the New Testament. It shows that different things should happen at different times: if somebody is repentant and determined to do everything to solve the problem, then our attitude and words should be affirmative and supportive.

But if he is neither repentant nor determined to look for help and to take steps to solve the problem, you would react differently. Then the situation demands clear words, admonition and "brotherly correction" as well as special attention to possible consequences. If someone is desperate, discouraged and hopeless, our attitude and words can give comfort and hope.

- *"We urge you, brethren, admonish the unruly*
- *Encourage the fainthearted*
- *Help the weak*
- *Be patient with everyone*
- *See that no one repays another with evil for evil*
- *But always seek after that which is good for one another and for all people!"*

1. Thessalonians 5,12-15

The tough truth comes out of love with clarity and gives hope. That is a challenging attitude and approach and we honour each other with it. We can help each other to reach great and wonderful things.