

My BF Is Watching Porn?! – Video #2

Responding & Seeking Emotional Safety/Health

REC READING: Chapters 1-3 of “Living With My Husband’s Secret Wars” by Marsha Means

OPTIONAL READING: Start “Sex & The Soul Of A Woman” by Paula Rinehart

#1 – Validation of your grief, hurt, pain, betrayal, grief, anger, confusion & insecurity

Malachi 2:13 – The man who is unfaithful to his wife does violence to her heart

The danger in ignoring what you feel

Why unfaithfulness is painful, and why we must guard against it

#2 – Brief overview of difference between handling it within dating/marriage

Is pornography normal? Should I just expect him to watch it?

#3 – Your natural gut response: the unhealthy & the healthy.

NOT healthy: Doormat, Ignore it, Normalize It, Spiritualize It, Get Back, Emotional Shutdown, Deep Depression, Non-confrontational, Control it

Healthy: Admitting it, accepting it (not it’s permanent presence, but that it exists and action needs to be taken), healthy detaching, accepting that we cannot change him.

#4 – Re-framing the perspective & the ultimate goal

Perspective: Men & women are born broken, and our hearts are being assaulted in the places in which we are most vulnerable. A man’s use of pornography illuminates brokenness in both men AND women, and can be the crisis that motivates both to seek health & healing, independent of one another.

Goal: To be in a committed relationship (ultimately marriage) built on true trust, faithfulness, and sacrificial love.

#5 – Identifying the lies you believe (IE. “*This is my fault*” “*I’m not sexy enough*”)

What the lies are and what they mean

Understanding that your boyfriend’s struggle is wholly independent of you

What is the truth? Why is it important to know now and not later?

How they can be rooted in childhood incidents

#6 – Evaluating your personal health

How to tell what your co-dependent tendencies are

How to begin to fix it

Understanding emotional health / emotional independence

Battling the lie of co-dependency & taking responsibility for his use of porn

#7 – Community, Support & Confidant

How to find it & evaluate it

Why it’s necessary to the survival of your relationship

#8 – Coming to terms that you cannot change or save him

Motivator vs Fixer

Intro to your role in the battle

How you won’t be able to understand this or help him unless you are emotionally healthy

#9 – Beginning to evaluate the relationship & it’s potential

The two primary indicators of your relationship’s future success

Looking at aspects of your relationship other than pornography