

Tips for Discussing Porn in Relationships

1. Set the Right Tone

You're navigating new territory, so it's completely normal that new emotions will arise. You don't have to have your feelings sorted out before you start talking to your partner about their sexual habits. But establishing your intentions before having the conversation is essential for a positive outcome.



2. Seek Understanding

Ask questions that will enable you to understand your partner's thoughts and feelings. The response may not always be easy to hear, but you're creating a safe space by being there for your loved one. Porn addiction destroys your ability to make connections, but you can develop real and lasting intimacy by showing up for your significant other.

3. Create Boundaries

When your loved one struggles with porn usage, you need to set boundaries. Your partner isn't the only one affected by their unhealthy sexual habits. Your feelings matter just as much. So for the relationship to work, you need to express yourself and create limits.



4. Expect Discomfort

Porn thrives in secrecy. When it's exposed, it's painful for both you and your significant other. The conversation will most likely be messy, so prepare yourself for tears, hard truths, and defensive reactions. Remember that your relationship can only move forward if you solve this problem together.

5. Respect Their Choices

Remember this phrase as your significant other begins their healing journey: "You can bring a horse to water, but you can't make it drink." You can encourage your partner to seek help, even find them porn addiction support groups, but at the end of the day, it's their choice whether or not they choose to heal.



6. Cultivate Honesty

One conversation will not solve your loved one's porn struggles. It is merely the beginning of a long road of recovery. That's why you need to integrate open conversations into your daily routine. By talking openly with them, you are proving the voice in their head wrong.

7. Stay Positive

Porn use doesn't have to destroy your relationship, but trying to sweep it under the rug will. You aren't trying to embarrass your partner, control them, or guilt-trip them. You care for them, so fight for your relationship. You believe they can overcome their porn struggles. So don't give up on them.

