

# PORNFREE RADIO

## 002 Unlovable

Welcome to Pornfree Radio, I'm Matt Dobschuetz. This is a new podcast aimed at creating meaningful connections with people who want to get free from porn addiction. This weekly podcast will provide strategies and tools to live 100% porn free. This week we continue to talk about coming clean and the emotional benefits of getting started.

In [Episode 1](#) I talked about the first time that I came clean I wrote a letter to a woman who worked in a ministry in town and essentially exposed myself to her and told her about my problem and actually included a \$10 bill that I was planning on buying porn with. And it was a way to keep myself safe. It was sort of my first step in telling someone. As I hinted in Episode 1, it wasn't my last step. It took many more years of sort of coming to the end of myself, coming to rock bottom, and really bringing others in to my struggle.

Now no conversations or confessions were harder than those with my future wife. Probably 10-12 years after I first reached out to that speaker, I found myself in a marriage and I was still struggling with pornography. Every time I told my wife about a struggle or a fall, it definitely was a really hard conversation.

One conversation I remember in particular was I had been unemployed for a few months and I was doing a job search. And you know what it's like when you're unemployed. There's kind of this loneliness factor there's a lot of rejection. You have to really continue to affirm yourself that you're worthy of love, that you are a good employee, that you have good skills to sell because as you're home alone, you just are really susceptible to that lie that you're worthless or that you're not hireable. So I was really feeling that, some days were better than others.

I had tried to keep myself safe, I had a plan. I was not using my computer at home. I didn't have Internet access at home. I was going to my parents' house at the time and doing job searches. So I'd go and search and send emails and all that type of stuff during the day and then I'd come back to my house in the evening.

Well, as it was still the first couple years of my recovery, temptation was really setting in especially related to all the loneliness and rejection I was feeling with

my job search. So I conceived of a way to act out. I actually downloaded a short video and burned it to back then it was a VCD, it was like a CD-ROM that could play on a DVD player. I know – I was always good at coming up with new technology sources to act out with. So this essentially this was me burning a CD-ROM that could play on a DVD player. So even though I had good protection at home with my TV, my VCR, my computer at home. This was before smartphones. I still found a way.

So I acted out, I watched this video and probably masturbated and immediately felt the shame and lost my sobriety. So I had to tell my wife. She was the first person that I would tell. I had some other people in my life who were helping me and supporting me but she was the first person. So I sat her down and I said I have something to tell you. Right then she knew where we were going with this conversation and she started to cry a little bit. And I started to explain what had happened. I was pretty clear, I didn't make a lot of excuses with the whole unemployment, I just told the facts of what had happened.

She was very upset and there was a lot of hurt in her face. That's one thing that helped me start to go longer and longer without acting out. It was partly seeing the hurt, the actual consequences of my choices and how they affected her. That was one thing that really helped me and motivated me in the beginning.

But as she was sort of asking questions and she was sort of revealing her hurt to me, I started feeling this sorrow well up in me. It kind of came from a deep place, like literally like in my gut, and it just started coming out. As she was talking, I started sort of turning away from her. I literally turned away from her I was so ashamed and I kind of curled up almost into, not a fetal position, but sort of like, I started bending into myself. I just started crying at a really deep level. As I was crying, this question came to me and I just started saying, why, why, why, why?

And at this point, this was so dramatic that my wife, even though she was upset and hurt, she had some compassion for me. She really saw me in pain and looked at me and said what are you asking? What are you saying? And I started to say why, why, but between the sobs and I finally got it out. Why do you love me? And her response at the point was just she just started affirming me. She started just telling me the ways that she loved me and she started just sort of caring for me right then.

But what I had gotten in touch as I was crying and sobbing was at my core I felt unlovable. I felt damaged and disqualified. I felt worthless. And those were feelings that I had deep down before the pornography, before the habit loop, before the acting out. That was sort of a core lie that I had believed about myself, that I was unlovable. Don't be surprised if below your behaviors, your habits, your acting out, your pornography, your masturbation. Don't be surprised if below all that is a core lie or a wound that just under the surface propels you to stay in that

habit loop; propels you to stay in that habitual addiction. For me – that meaning of unlovable – I don't know where it got in.

I know that when I was a child, my family had a tragedy. My baby brother died about a week after his birth. And I know that my dad and my mom both were hit really hard by that and I was an only child at this point. It was young; I think I was three, into 4 and 5. Somewhere in there maybe, that's when that message got in. Maybe there was a sense of mourning or loss that I felt in my parents and I interpreted it as something wrong with me. That's something to keep in mind.

There could have been something that happened when you were a kid and children are really bad at perceiving what's real and what's not real. They're very bad interpreters of what's going on around them. Maybe I interpreted that I was unlovable from that period when my parents were sad and mourning the loss of my brother. But somewhere it got in there and it had been in there long before I had discovered pornography.

If anything, when I discovered pornography at age 7, like I mentioned in episode 1, perhaps pornography provided that escape and that numbing to that pain and that core wound of being unlovable. Now that's my theory. And you might find a theory too for yourself. What are maybe some of the things that contributed to where you're at now? Fighting to get out of a habit, an addiction formed around pornography, masturbation. But no matter what it is, you might not totally get to the source.

But the good news is you can start to walk out of it even if you haven't figured out all the things that contributed to your addiction that contributed to where you've gotten yourself to. And just like that day I was talking to my wife, and all those feelings of being unlovable came up the moment that I said it, that I asked the question why do you love me, the moment that I basically exposed this core belief that I was unlovable to my wife, she was able to respond. She was able to counteract the lie. As today we're talking about the emotional benefits of coming clean – that's one of the strongest emotional benefits.

Sure, it's embarrassing to confess pornography addiction or to air our dirty laundry with our dirty secrets these things that we've been doing in secret in hiding. But as we do that, we're able to also start to expose what's going on inside us. So it just came out that day, that sense of unlovableness. And my wife was able to respond to me in a new way. She was able to counteract that lie. And as I told other friends about that feeling about being unlovable, they were able to really respond to me.

So as you open yourself up to both the shame and the humiliation of sort of exposing your habits and your behaviors, the other things that get exposed are the lies and the core beliefs that might be underneath the acting out. What's great is the true self that part of you that really needs to be affirmed, that part of you

that's deep down that really needs to be loved and to feel accepted, that part gets exposed too in the coming clean process.

It's counterintuitive. I think we think of weakness we think of humiliation or sort of the shame of being caught or exposing our acting out as sort of a like a deficit like something's taken away from us. But what actually happens is all the ways that we hide all the coverings that we have are sort of stripped away and what's left is the true self. That part of us at our core that's our true identity. People aren't seeing anymore the false identity that you put out when you're hiding, when you're sort of pretending like everything's OK, when you're lying about your addiction, when you're covering up.

You know I found myself last night. I was talking to my wife and I had gone to something that had gone really late. I called her on the way home, we do that sometimes on the way home we might call and check in. I hadn't eaten dinner and it was maybe 11 o'clock and there was a restaurant, a falafel restaurant on the way home and it was still open. I couldn't believe it, it was 11 o'clock and the falafel stand was still open. I popped in and I got this falafel sandwich and it took me about 5 minutes to eat it and I was driving home.

But my wife, knowing how far I was driving, realized that I was 10 or 15 minutes later than she expected. And her first question was, "Did you stop anywhere?" And I don't know why I did this but I just said no and I guess in my head I rationalized it well I didn't stop to get a beer, I didn't stop at a restaurant and sit down to eat, I wasn't that much later than I intended and so I said no. A few minutes later I said, hey you know how I said I didn't stop? I did stop and I got a sandwich.

There was absolutely nothing wrong with me getting a sandwich. There was absolutely no reason. But for some reason when she asked me, I felt defensive and I immediately sort of covered up. Maybe it was shame maybe it was an old defense that came up. So I had to say, you know I lied. I just I have to own that I just sort of responded to you with a lie.

When we're in our addiction that becomes almost a second nature. We're constantly covering up. We're constantly hiding. As we do that, we create a false self. We create this sort of person on the outside who doesn't match the person on the inside. As we walk out to recovery, one of the emotional benefits is that inside person and the outside person start coming together. You're becoming the same on the inside as on the outside. The person that people see on the outside is the same as the person on the inside.

And the great benefit for us when we come out from the hiding, the lying, the sort of putting on the false self, when we come out of that, when someone affirms us, when someone shows us love we're able to receive it. Because when we're hiding internally what we say is if they really knew me, if they really knew the

deep stuff underneath, they wouldn't love me. They wouldn't be saying what they're saying. But as we are more honest, as we are more pulled together as a person, when someone affirms and loves you, you can receive it at the core of your being because you're the same on the inside as on the outside.

I want to share with you a video that I came across in researching for the podcast. It's a video called [Overcoming Pornography](#). It's just about a 1 minute clip of a woman named Audrey Assad who is a Christian musician and she talks briefly about coming clean about her pornography addiction at age 19:

When I first came out about my pornography addiction at 19 or 18 I think the only thing I knew to do was to tell friends and tell my parents. And that's what I did. It was so weirdly healing to just say it out loud to somebody and have them look me in the face and say like it's OK, I still love you or you know they would react poorly and that's tough to deal with but confessing it out loud is absolutely the first step toward healing and towards actually progressing into recovery. Unfortunately there aren't a ton of ministries out there that are easy to find because if you go on the Internet and type in pornography with anything it can bring up all kinds of... so it's actually kind of difficult to Google help. But the best and first thing is to confess it to God and confess it someone in real life. And say the word pornography. Say the word masturbation. Say it out loud. Because once you name it, it has less power over you I really believe that.

I really love that phrase: It's weirdly healing starting to tell people about pornography and masturbation. It's a chance to really hear back from the people in your life that it's OK and they still love you. And even if you don't hear back, even if you have some awkward conversations, that it's still a benefit to tell people to really be honest that as we're continually honest we start to just form a habit of being known and that's really helpful. She mentioned specifically too about just saying the words of masturbation and pornography. I think that that's just another great thing of just being really honest about what's going on because our goal is to be the same on the outside as on the inside.

What happens as we start to hide and start to get progressively deeper into our fantasy and our pornography and our masturbation what we have to do to hide is to create a false self. Create sort of an acceptable image that we can show people. And this can play out in all sorts of ways. We can look like a really good person or a helper you know sometimes we can be a leader. We can sort of present this image that we want people to see. But on the inside we know that we're going towards these dark sources for pleasure for care for affirmation. So there's this real disconnect with the outside of us and the inside.

So the healing part about telling someone, the weirdly healing part is that it starts to expose what's going on under the surface. It also starts to break down the

false self, the image that we show people and we start becoming more transparent and real and honest.

Why that's great emotionally for us is as we're honest as we're transparent when people say they love us when they affirm us when they try to encourage us we can really begin to receive it at a core level. We can really start to feel that we're lovable because when we're hiding, no matter what someone says that's good to us, no matter how they affirm us we have this thing that we say to ourselves. If they really knew me, if they really knew what was going on in the inside, if they knew what I have done, they wouldn't love me, they wouldn't be saying this. So as long as we're caught in this pattern of hiding and acting out we can never on the inside on the true parts of ourselves receive love.

So think about that this week. What are ways that you are hiding still? What are ways that you're minimizing or covering up? What are ways that you can be more honest? Even if you've come clean, what are ways that you can be more transparent, where you can sort of bring people in?

Just like last night when I had to look bad before my wife by just being honest. When I said that thing about not stopping, I wasn't true. I wasn't being truthful. Because as you start to do that, as you start to tell on yourself, as you start to integrate that habit of being honest and transparent you provide yourself the opportunity to receive love, to receive good things at a core level and you start learning to live integrated where the outside and the inside match. I don't think I could have gone more than an hour without coming clean to my wife about that – even that lie because I've created a habit of continually being honest and transparent with her.

So the longer I go the more discomfort I feel with the hiding. That's the goal and it's counterintuitive because when we do something wrong, we want to hide. When we feel shame, we want to hide. So it's completely counterintuitive to want to tell on yourself to be honest. But as you develop the habit, it actually becomes life giving. So think about that this week.

I just want to end this show by playing a song by Audrey Assad. Audrey has a new EP coming out at the end of this month but this is a song that she released earlier this year. I heard it and for whatever reason, I don't know if it's about coming clean or coming sort of to the end of ourselves this song just spoke to me this week and I want to leave you with it. It's called [I Shall Not Want](#).

For more information just about Pornfree Radio and about this week's show you can go to [pornfreeradio.com](http://pornfreeradio.com) and see the show notes. You can also connect with me [there](#), on [Twitter](#), on [email](#) or voicemail. So thanks again for listening.

["I Shall Not Want"

From the love of my own comfort  
From the fear of having nothing  
From a life of worldly passions  
Deliver me O God

From the need to be understood  
From the need to be accepted  
From the fear of being lonely  
Deliver me O God  
Deliver me O God

And I shall not want, no I shall not want  
When I taste Your goodness I shall not want  
When I taste Your goodness I shall not want

From the fear of serving others  
From the fear of death or trial  
From the fear of humility  
Deliver me O God  
Deliver me O God

And I shall not want, no I shall not want  
When I taste Your goodness I shall not want

No, I shall not want, no I shall not want  
When I taste Your goodness I shall not want

When I taste Your goodness I shall not want]