

# PORNFREE RADIO

## 018 Pornfree and Single

Hey, welcome to Pornfree Radio, I'm Matt Dobschuetz. Pornfree Radio is the podcast for people who want to live 100% porn free. On today's episode, we're talking about being porn free and being single.

Before we get started today, I want to thank everyone for listening. We're getting close to 10,000 downloads total for Pornfree Radio, which is just awesome. And I love just the emails, I love all the different ways in social media that you guys have reached out. And even some of you who are just listening that I know at church, or random people I know who kind of saddle up to me and say, oh by the way, I'm listening to your podcast... I really appreciate it.

You know this is such an important issue for so many people, it affects so many people, and so if you're have an inkling that you want to live porn free and you really want to break this habit, I'm really excited to try to help you and really dig in with you. So, thanks for your commitment to that. And continue to listen to the show and continue to dig in. It's really worth it. I keep saying that to people. Sometimes I get an email from someone who's just had a relapse or a reset and they're feeling bad about themselves. What I try to say almost every time is this is so worth it. You know, you're going to learn from your mistakes, you're going to learn from a reset or a relapse. But you really need to dig in and this is totally worth it. So you know a quote that I say a lot and I think I might have said it in [Episode 1](#) is: Anything worth doing is worth doing badly. And it's a quote from G. K. Chesterton. That was always helpful for me in the very beginning because I made a lot of mistakes. And so if you've made some mistakes, if you've had some relapses, even while we've been doing this show, just keep telling yourself that this is worth doing. This is where you really want to go, any mistakes that you make are lessons and things that you can learn and improve on.

Now, just for fun, I thought I would play the lost theme show to Pornfree Radio. Yes, that's right, you've probably if you've listened to any of the 17 episodes that came previous, preceding this episode, you probably realized I always start with a cold open. I just go, this is Matt Dobschuetz from Pornfree Radio and there's none of the normal podcast excitement that you would normally have like with a song or some cool beginning. And the reason for that is I took a podcasting class and I spent probably a good weekend working on what I thought was the world's

greatest podcast opening for a porn free radio show. I put this together and I posted it on our podcasting class site and my fellow podcasters were not as excited about this podcast theme as I was. I'll play it for you so you get a flavor for it. It's a little over the top in terms of, it's got a little bit of a hip hop beat and it's kind of a little modern. Now, my podcast class said that they thought a lot of the people listening to the show would be coming in feeling a little beat up from porn. That they'd be looking for help, and they'd be looking for support and comfort and empathy. And they thought this podcast theme was a little over the top. So, let me play it for you right now and let me know what you think.

[Theme song plays.]

So there you go, listen, I'm just rocking it out right now. Got my hands up, doing a little dance, porn free dance here, all right. So it's a little, a yeah, it's a little in your face and you know, I know how this show started. It may not always seem fun, this topic. So, anyway, I thought I would play that for you, just for fun. Now one of these days, I'm going to put together a real theme and make this legit.

But you know what it was that kind of got me going was my podcast teacher, he said, you know, it's really about the content. So, don't get hung up on the production. Don't get hung up on cleaning everything up and making it perfect. You really want to get your message out there. And so, in a way, I let that podcast theme go, because I really cared about the message. I really care about you getting to a place of being porn free. And it's not about the fluff, it's not about putting together a perfect show, it's about really getting the message out. So you know what, I didn't want to hold back, I did not want to wait any longer to try to get the perfect music or the perfect beginning and that's why I started the way I did. And to be honest, I haven't had a lot of energy to go back and figure something out. So, that's kind of why we start this way.

Anyway, we're talking in this episode about porn free and single. When I was first coming out of porn and I was working out some of the consequences of that with my wife, I used to have this fantasy that I wasn't married because it was so difficult dealing with the consequences and the pain that I caused my wife dealing with this issue that I found myself having this passive fantasy that if I was just single again, I could have my addiction and do whatever I wanted. And it would go something like this, I would think hey, the first thing I would do is call AT&T and get whatever porn package there was. Even the idea, even today, of having porn 24 hours a day just piped in to my TV just seems like the greatest thing possible. Even though I've been way out of the addiction for a long time, the idea of porn on demand on a 50 inch TV just is very enticing. So I think that's the first thing I would do. Obviously then, I would be free to download whatever I wanted, to go on bittorrent, to kind of just porn it up. And if I were single, I could just come home and no one would be in my apartment so I could just act out with no consequences, supposedly. So that was my fantasy.

I don't know how I'm single again, whether it's I'm a widower or I'm, God-forbid, I'm divorced, or something like that, but something, somehow I'm back to a single state. And I can just be with the porn. This is just a passive fantasy that would come to me every once in a while when it was really difficult.

I really had to start thinking through the question, is porn OK if I were single? For me. Is this... would I still be called, would I still be on the journey of being porn free? No matter what my marital status was. And what I came to the conclusion was that there isn't consequence free pornography. That as a single person, the same things that are motivating me to stay porn free now would still apply.

So I just wanted to talk about 4 reasons that someone who's single should still pursue being porn free.

And the first one is a very simple one:

**Porn does not satisfy.**

The illusion of porn is that somehow it will need this deeper need to connect with others. And it's an illusion because it's a solo act. It's you connecting and attaching to an image or to an object. And that's never going to meet a relational need. I had a quote by A.W. Tozer, that loving false objects is fatal. The only way that we can grow is if we love right objects. So the idea is that ultimately, porn is a false object. It's an illusion of relationship. It's an illusion of intimacy. And if we truly love porn, if we truly desire and try to attach to porn, it will never meet that relational need. It will actually be fatal to our spirit and to our soul. The only way you can be right is to love right objects. So Tozer calls the right, he really puts the right object as being Jesus in a Christian context. I think that's true. I think that ultimately our relationship with God is the thing that really meets our deepest needs. But I also think, too, that God created people and healthy relationship to also ease loneliness. To connect with another in a marriage or in a deep friendship is something that God created for us to ease our aloneness. If we're connecting with pixels and images we're still separated from what we really want, and that's intimacy and connection with others. So porn doesn't satisfy that need for intimacy and relationship.

Another thing that porn does that's not good for a single person is it **cues our body for unrealistic sexual expectations.**

So, we start cuing our minds to connect to certain sexual acts, to certain types of intensity. We start cuing our genitals to a certain type of stimulus through masturbating or through using some other type of vibration sex toy or something like that. We start to tease our body and tease our minds to be cued to certain types of stimulus. It's very solo based, it's very narcissistic. What happens is if we get in that healthy relationship that, with a partner, what happens is we have this whole internal harem of people who we've been acting out with. We have a whole bunch of ways that we tease our body to respond to sexual stimulus. So we're with that person all of a sudden and we don't know how to connect sexually. We don't know let's say we're on our wedding night with our spouse. We don't know

how to really connect with them. We're used to meeting our own needs in sex. We're used to pleasing ourselves, so there's no room for them. If you're really addicted to porn, if you really get into this habit, it's not uncommon when you get into a relationship, a marriage that you would actually prefer to act out with porn than to have intimacy with your spouse. And that's because you've gotten to the point where the habit has gotten so ingrained and the ways that you act out are so refined, that that other person has no room in your sexuality. That's not great. That's not a good thing. It's actually... it's really harmful.

Think of your singleness, if you are pursuing the idea of being in a relationship, ultimately, think of singleness as training. This is where you can train your body to be boundaried to sort of working on setting consequences, setting goals for yourself. This is a time of training. You can make some mistakes and not have the same type of consequences that I have as a married person. But ultimately, your goal should be to break these habits to cuing your body to this very refined powerful habit of masturbation with pornography as stimulus.

So porn doesn't satisfy, porn cues your body for unrealistic sexual expectations.

Now, the third one is **porn isolates, and is ultimately narcissistic.**

I think of the most extreme example I've ever heard of this is a friend of mine in college knew a guy who had a very big porn collection. And this was in the before the days of the Internet and so this was probably all DVDs or VCR tapes or whatever. And this guy just had hundreds of movies in his dorm room. My friend went to ask this guy to a party. He said, hey, why don't you come to this party with me? It'll be fun. You can get out and meet some people. And this guy really honestly, firstly, he had no shame about looking at porn, he was just kind of like, it is what I do. It's my thing. I like it. And he said, why would I want to go to a party if I could porn? And he said it just like that. Like, I don't want to party, I want to porn. Like he made a verb out of pornography. You know you're addicted when you make porn a verb. He just did that. He had gotten so isolated, so cut off, that the idea and the anxiety of connecting with others at a party was totally paled to him just staying in his room acting out with his porn and watching his porn movies.

You know, it's easy for us to judge that guy. But how many of us have made subtle choices to go home as a single person, or even as a married person, to go to our office, to go to our secret place to act out, to actually withdraw from people in our lives in order to pursue porn and masturbation. I've heard stories of guys who are married, who are avoiding their kids, avoiding their wives so that they can continue to go into the chat rooms and go into these video cam sites, or whatever. They're constantly trying to connect online and sexually with their porn instead of pressing into real relationships with people in their lives. And so that guy, we've all become little bit like that guy, I'd rather porn than go to a party. I'd rather porn than have a relationship with my kids or have a relationship with my girlfriend.

So as a single person, that's something that we just need to move away from. Because ultimately what that is, is it's about isolation. We're spending so much time trying to connect with our porn, that we become isolated from the people who are very meaningful to us. If you find yourself disconnecting from people, let's say that I used to notice that if I stopped going to my church housegroup for a couple of weeks that I would start to feel more isolated and would be more tempted to act out. It's really easy, once you get isolated to pursue porn and then that just gets continues to make you more isolated.

So porn doesn't satisfy, the shame that comes with porn still is with us when we're single. It cues our body for unrealistic expectations. It isolates us. It's ultimately narcissistic also. It's very self satisfying, self focused. It's really hard to be in relationship when you're so self focused.

The last thing, the last reason to stay porn free, it's something that we've talked about a lot in this podcast is... **What are you moving towards?**

Are you moving towards healthy, whole relationships? Are you moving towards full living? Craig Perra last week talked about, he recommends guys spend 50% in recovery work and 50% in kicking ass in life. What he was trying to get at was we really need to identify what we're going towards, not just what we're giving up.

So as a single person, what are you going towards? Do you want a good relationship one day? Do you want a healthy relationship? If you're not feeling like you're going to be in a relationship. Maybe you're a little older and you've decided that a relationship isn't for you. What other things are you going for? Are you starting a business? Do you want to be more productive? Do you want to volunteer or give more of your time to enriching and mentoring and coaching other people? Do you want to put others before yourself? Ultimately, those things, those goals will not be served by going to pixels and going to fantasy. You want to live rooted in reality. You want to serve people over pixels. And that's the biggest reason.

As a single person you need to identify what you're going for in life. What is your calling? What do you want to do? What are some of your goals? You have to ask yourself, does my porn, does my masturbation, does my habit around acting out sexually with this, does that serve that greater goal? Does that serve wanting to get into a healthy relationship? Does that serve wanting to get married? Does that serve growing in ministry or growing an entrepreneurial business? Does that serve my career? Does that serve my healthy friendships and relationships?

And I think the answer is no. I don't think there's a point where you go, hey, I want to be, I'm committed to full living, healthy relationships, getting married. Oh yeah, and I'm going to add porn in. I just don't think that works. I think that porn ultimately cuts our soul off from others and creates a barrier for us and isolates us. It probably feels more isolating as a single person when... Because I do have the benefit, not so much the sexual benefit of being married because that is a

benefit but a lot of times there's a lack of aloneness in the sense that I don't feel as lonely because my wife is with me. So I could see loneliness being more intense by the single person. But that doesn't make porn more of a solution for you. You have to find other ways to connect with others to meet that, to ease that aloneness.

So that's it for that topic. Porn just doesn't work for single people. If anything, it's just as harmful. As always, I thank you just for all your comments on [Google+](#), on [Twitter](#), I keep saying Google+, I don't think anyone uses Google+. But on Google+, Twitter, [reddit](#), love the likes on the new Facebook page and a couple of the messages I've gotten through Facebook. You can find us, [Pornfree Radio with Matt Dobschuetz](#) on Facebook. On Twitter, I'm [@MattDobschuetz](#), on reddit I'm PornfreeMattD. And the show notes for this show will be at [pornfreeradio.com/18](#).

Well, great. In the next episode, we are going to talk specifically to guys in relationships and marriages and the title of the podcast is My Wife Caught Me Looking at Porn, Now What? So join us next week for that episode. All right. Talk to you soon. See ya.