

PORNFREE RADIO

024 Creativity and Recovery with Ben Fraser, Creator of *Brick House*

Welcome to Pornfree Radio, I'm Matt Dobschuetz. This is the podcast for people who want to live 100% porn free. In this episode we're talking about the relationship between creativity and recovery with Ben Fraser, the creator of the *Brick House* web series about quitting porn.

[Music plays. Webisode clip begins.
Having trouble sleeping?

Yeah.

I know what will help you sleep.

What?

Hmm, maybe some nice pics to get off to. Let's see what Amanda's up to, see if she posted anything new.

I, ah...

Or how about Lisa from that magazine you used to look at when you were a kid?
When was that? 1992?

1993. It was a good year.

Uh huh. Sure was. You know Lisa's pics are online right now. Just a few keystrokes away. Don't you want to see if she's still as hot as you remember?

I, ah... No! Leave me alone. I'm trying to sleep.

Sure, Neil. No problem.

End of webisode clip. Music plays.]

Matt: Hey, welcome to Pornfree Radio, Ben.

Ben: Thanks, Matt. It's great to be here.

Matt: Yeah. We just listened to a clip from the web series the [Brick House](#). Maybe you can just give us just a 30 second description of the *Brick House* web series.

Ben: Yeah. So, there's this guy Neil who's around 30 and he's talking to a therapist and the therapist has been listening to him for a while and the therapist says, you know, maybe your life would be better if you quit porn. Neil says what? And then the therapist starts to suggest that maybe Neil might be addicted to porn and that might be the thing that's getting in the way of having the life that he wants. So that's basically what the series is kind of exploring. But what I'm not saying is that – it's also it's a comedy and it's a musical and it has puppets.

Matt: I know. I mean, I was describing that to someone today. I was telling them about it and I was like yeah, there's a wolf puppet, there's singing, there's dancing, and he was totally intrigued by it. So it's definitely something to check out.

Ben: Yeah, well, the thing is, I mean, if you talk about this topic a lot of people kind of don't want to hear it. I want people to watch it. I wanted something that would be kind of be light and fun and at the same time really talk seriously about the topic because I want people to enjoy it.

Matt: I'd like to get into a little more about what got you to this making this film series, this web series about porn. But I'd love to go back a little bit just about your history. Tell me a little bit about your own relationship with porn growing up and I know that you just got to 1 year of being porn free and masturbation free just in the last month. Bring us up to date where you're at in your own sort of recovery.

Ben: Porn was kind of always a factor in my life, really. My dad had magazines around the house from as long as I can remember really. Before I kind of knew what – before I knew – before porn meant anything to me, the magazines were around. So it was kind of always in my life. At some point I kind of started to notice that there were pictures of naked women in these magazines and that's kind of weird.

As I got older, I kind of learned about masturbation and started learning about the connection between porn and masturbation. In fact, my first experience with masturbation was looking at one of these magazines. So the connection in my mind was pretty strong and pretty powerful. There's

kind of a whole habit that developed early and this experience of sneaking these magazines around because even though the magazines were in full view, they would come in the mail which always amazes me. It amazes me now that my dad was getting these magazines in the mail. My brother and I, he's a little younger than I would like, we would get the mail.

It seems so strange to have that kind of attitude. But at the same time it wasn't really talked about in any way. So I was kind of sneaking them, going to the garage and sneaking the magazines back to my room, and keeping a few and trying to kind of hide them from my parents and my family. That was kind of my early experience.

Matt: Yeah, you know it's interesting you mention that. I mean, yeah, I can't imagine getting a magazine sent to my house today like as let's say I just decided I wanted to subscribe to a porn magazine. It's just, I don't know if it was just a different time. It just seems so strange. I guess, though, with the Internet, I mean, the same people who are sort of blindly not paying attention to what their children are doing on the Internet, maybe it's a similar kind of blindness that they have.

Ben: Yeah, or it might just be kind of like having the family computer with porn kind of bookmarked on it or something like that. Maybe that would be the modern equivalent. I don't know. It just seems crazy to me.

Matt: Yeah, definitely. Here's a question for you. I've thought about this myself. I, when I came across magazines or if I found magazines, I like most teenage boys hid them, masturbated to them, looked at them. But when did you realize as an adult that this was like a habit that wasn't just a childhood or kind of adolescent curiosity? But this was like an addiction or something that was really controlling you life.

Ben: I do remember when I got to be, probably my late teens, at least my 20's I went to college and I remember coming home from college on a break one time and just kind of like sneaking the magazines and masturbating again. Then I kind of made a decision. OK, I'm going to quit now. I'm really done with this now. I remember burning some of these centerfolds in the fireplace. That was like my little ritual. Of course, that didn't last very long. But I do remember just feeling ashamed and wanting to stop. So that was kind of my first memory of really trying to quit.

Matt: Was there a real turning point? I know you mentioned 2002 and was maybe a time when you really started to focus on quitting. Was there

something that happened then that—

Ben: Yeah, well there were a few things that happened when I was in my 30s I guess. At that point, I'd kind of established a pattern of porn was just a regular part of my life. It was just like... basically every night before I went to bed I'd look at magazines and masturbate. Sometimes in the morning, sometimes more. But it was a kind of regular routine like brushing my teeth, honestly. It was kind of like not... it didn't seem to take up a lot of time but it felt like a regular part of my life.

One thing that changed is I went to this workshop, this weekend retreat and there were people talking about what healthy sexuality means and the idea came up that porn can be an addiction and compulsive masturbation is not really very healthy. I just started thinking that this is not so great for me. The kind of strategy that they had was to talk about it, be able to express your feelings about it, and kind of move through the emotions that kind of kept you in your addictive behavior. That weekend was kind of a pretty big deal for me.

At that point I actually quit. I just stopped looking at porn for a few months. But then there was this other major event that happened that ended up bringing me back to porn. That was that my dad had a heart attack. He almost died. I'm not quite... that event really affected me. I think what happened was I just a lot of feelings came up about it but I didn't really know what to do with those feelings. Just kind of feelings of like possible loss and my relationship with my dad which was not very satisfying but I just felt this real strong pull to look and porn and masturbate. So here's the story that I told myself. I told myself that my problem was magazines so but not the Internet. So it'd probably be OK if I just looked at porn on the Internet and that probably wouldn't affect me as much as the porn I was looking at in magazines. So, that's one of the rationalizations that the porn voice can tell you.

Matt: That's a big jump. (Laughter.) It's a challenging rationalization there.

Ben: (Laughs.) Yeah, well you can kind of make yourself believe stuff when you really want to, you know.

Matt: I love, not to give too much away, but you have a kind of foil character who is tempting the protagonist in your web series and his logic and the way he rationalizes things is so dead on to how we really think internally.

Ben: No, those are like direct quotes. We could talk about that more in a little

while. It's just kind of funny to... I mean, there's the part when you're in the porn addiction and you really want to act out and the things that this voice kind of tells you and it's kind of sounds OK at the time. But later you think how could I have believed that? How could I have believed that?

Matt: Yeah, definitely.

Ben: So that's how I started looking at Internet porn and as probably most psychologists can tell you, Internet porn is a lot more addictive than magazines. At least it seemed that way to me. I kind of went into this week long porn binge and during that binge I kind of like quite three times, probably more, might have quit every day, but I just found myself unable to quit. I started to kind of get scared. I'd do this and then I'd have this porn and masturbation that lasts like an hour or two and then I said, OK, I'm done. I'm not going to do that anymore and then like the next day or that night or something I'm back at it again. It's just like, oh my God, I can't, how can I... what's happened here? I'm completely out of control and I started to get scared. I have to do something. What I did was I searched online for some kind of help and I came across this support board called NoPorn.org or NoPorn.com? I should look that up. I think it's no dash porn dot com. [It's the [No-Porn Forum](http://www.no-porn.com/) at <http://www.no-porn.com/>.]

Matt: Yeah, we'll link to the exact link because you shouldn't search for it or try to type it into your URL. (Laughs.)

Ben: I know, that's the... searching for some porn addiction help you can get some porn sites if you're not careful.

Matt: Yeah. It was funny I was looking in my email today to just ratings and correspondence between you and me and Yahoo! must have sniffed some of the words of my email and there was just this really kind of sexually explicit ad for some sort of feminine something. I don't know what it was. I couldn't figure out how to turn it off. I was like, gosh, Yahoo! I don't really want to see a woman in her thong while I'm reading your email. So...

Ben: No, that could be a little distracting. (Laughter.)

Matt: Yeah, so you and I know what it's like to be in the world of the Internet and have a topic of porn recovery and then we're in the midst of everything else that's just—

Ben: Yep. So I have a thought about that I want to tell you later. I want to tell you about the ads that come up on your computer. Anyway, getting back to my story. So I found this support board which I don't think is very active at the moment. I think it kind of... I think [NoFap](#) on reddit has kind of taken its place in terms of like that's where people go. But it was a very similar kind of forum.

What was really helpful for me at the time there was people on there who had a year or two of sobriety and they seemed to understand exactly what I was going through and they could give me help and advice and suggestions. Just the fact that there was somebody that had that much sobriety was a huge encouragement to me. So I kind of found this online community. And then I kind of started to quit in an organized way and count my days and things shifted for me. I also learned to kind of connect with other humans, real humans in real time as opposed to the cyber connections. The cyber connections are great in terms of getting help for porn addiction but I think they don't, they aren't really as good as a real person in real time. So that's been helpful. Then I started to learn lots of strategies to quit porn.

Matt: Yeah, so I was just reading some of your comments about getting to one year. You mentioned that you're able to be much more present with people. Describe what that's like.

Ben: Yeah, that's something that is hard to tell when you're in the midst of your addiction. When you're in that addictive behavior, I've found for myself I'm kind of always trying to think about when can I look at porn again? When's my chance to look at porn? Or I'm recovering from something. I feel really lousy 'cause I stayed up 'til 3 am looking at porn. Or I'm looking at somebody, maybe it's just like a business associate, or a business connection or something and I'm like checking it out, checking out her body or something and trying to see how she rates on an attractiveness scale. It's hard to go about your daily life when your mind is... people have used the word hijacked, when porn has kind of hijacked your brain. If you can stop looking at porn and reset your brain then I think we can kind of start looking at people as people instead of like possible sexual connections or things to get off to or whatever.

Matt: I think your comment – it's true. You're either coming at people with full on porn think where you're I know a word that always popped into my head and I don't even want to say it because it's very graphic, but you know, kind of like, would I sleep with this person but you know, fill in a

more graphic word. I actually got it down to like almost an adverb. It would just go through my head, and I'm like that is so porn think it's like distilling someone down to the most crude way of looking at them. So you're either coming at someone like that kind of with this porn think or you've acted out last night, you feel like crap, and you just feel shameful and you're looking down. You can't even really be upright in front of a woman or even another guy. You're kind of shifty—

Ben: Yeah, I think that's true. The other thing is you have this secret. You know you have this secret you're carrying around and you're trying to hide. I think it's just heavy to try to carry around this feeling about yourself that you're not a worthy human being or something. For me it's also about being accountable to yourself. It's like having... that was one of the things that was hardest when I had that initial binge... I wasn't able to keep any promises to myself. The promise of stopping porn. I just kind of felt ashamed about not even being able to do what I promised I would do to myself.

Matt: Right. It really undermines your confidence because you feel like you have no confidence which we've talked about this on the podcast about being lovable or finding your worth. So there's this sense of I'm worthless. I can't do this so I'm worthless so I'm unlovable so let me find more porn to try to meet that need.

Ben: Yeah, and then you get into that cycle where you feel really bad about yourself so the thing that you want to do to kind of numb your bad feelings is look at more porn but that just makes you feel worse again. You just never get out of that. Or it's hard to break that cycle.

Matt: Here's a phrase that caught my eye. You said that you could say I'm becoming more human and less like a robot.

Ben: Right. I think that being human has to do with being able to have emotions and express emotions and I have this sense that people who are more susceptible to addictive behaviors are sensitive. We've been hurt and our feelings are kind of overwhelming. So we use the addiction to numb our feelings because we don't know what to do with them. Then the feelings kind of get buried and we kind of aren't able to act in a human way towards other people. I feel like it's a process of recovering my own emotions and be able to focus sadness or anger or grief or anxiety or whatever and instead of numbing it down. Also being able to make real connections with real people.

Matt: Yeah, that's powerful. I have a memory probably about 4 or 5 years after recovery and not all let me say it this way not 4 or 5 years of sobriety but 4 or 5 years of working on stuff. I was driving around one day and a friend called me and he said how are you doing? And I was really down that day. And I said, man I am really down and was real aware of some sadness that was coming up. He immediately went in this rescue mode where he—

Ben: Problem solving.

Matt: Problem solving and trying to help me and I go no. You don't understand. It's OK that I'm feeling the sadness because I'm not acting out. I'm not numbing. I'm just feeling it and I'm just telling you that I'm feeling this. I remember that call. I even remember what street I was driving on when I said that 'cause it was that awareness, that personal awareness that I am sad and I'm not doing anything to numb the sadness right now.

Ben: Yeah, and that's pretty huge because for me anyway I kind of feel like I trained my brain and my body to go towards porn and masturbation whenever there's any feeling that I can't handle. That's where I wanted to go. Trying to like... Oh, and instead of going towards that numbing behavior, what if you just feel it? What if you just live with it? Feel uncomfortable?

Matt: You really know you're out of control, when you go... no matter what the feeling it is. You have a bad day at work and you come home and you act out. You have a great day at work, you get a raise and a promotion and you want to tap it off. (Laughs.)

Ben: That's exactly right. It's an all purpose drug for any feeling. Yes.

Matt: That's totally when you know. So you... One other quote that jumped out at me and I wanted to ask you this before we get into the web series specifically. You wrote: Another way to say it is that I'm moving towards the person I want to become. Describe what that means to you.

Ben: It kind of has to do with the shame part we were talking about a little while earlier. But yeah, it's like I... and it also has to do with my goals as a person for my life. I don't like... one difference between me and you is that I'm single. I have a girlfriend that we've been together for 5 years. I want to be married and I want to have a family. I want to have a successful career. I don't want to be the guy in front of his computer with

his pants around his ankles looking at porn. That's not who I want to be.

Matt: I think that's in the web series.

Ben: I think it is, too.

Matt: It's specifically a guy who's in his 70's.

Ben: Right.

Matt: You say the age. You don't want to be this 70 year old guy with his pants around his ankles and that's powerful.

Ben: Somebody asked me, this counselor I was working with one time said, asked me this question, well how old do you want to be when you stop looking at porn? Something like that. How old do you want to be when you don't want to have porn be a factor in your life? Is it like 60, like 70, when do you want to stop? My answer was like... how about now? Trying to think it's like what kind of a vision of the future do you have for yourself? It's kind of hard sometimes to get out of that addictive behavior to even notice that or think that it's possible.

Matt: I've been thinking about this and maybe it's 'cause I'm just on the other side of 40 now and 43. I start thinking about legacy, like what kind of a legacy do I want to leave my children and my friends and my family? What am I doing to build a legacy? If I'm acting out 'til the day I die, I'm never building in any of the good things.

Ben: Right. Exactly.

Matt: I was looking up, I was trying to look up this quote that I shared in one of the episodes about the idea of becoming and it was an A.W. Tozer quote and I can't figure out where it is, what show I shared it on. But he just to paraphrase he says this one thing. The idea that we're becoming something is a fact. That it's not the fact of whether we're becoming or not. We're moving towards something.

[A.W. Tozer was in [Episode 6](#):

“We are all in the process of becoming. We have already moved from what we were to what we are, and we are now moving toward what we shall be. The perturbing thought is not that we are becoming, but what we are becoming; not that we are moving; but toward what we are moving. We are becoming what we love. Loving wrong objects is fatal... It is only as we love right objects that we become right.”]

Ben: But what is it we're moving towards?

Matt: Yeah, what are moving towards? His thing was move towards... you're moving towards what you love. So if you're investing time in porn, if you're investing the time in the narcissistic addictive masturbation and all those kinds of things then that's what you're becoming. You're becoming what you love. Kind of an isolated, inward focused porn addict. If your goal is to be married, if your goal is to be a good dad, if your goal is to have a satisfying career and leave a legacy, if you're not moving towards those things then you're moving away from those things.

Ben: Yeah. Exactly.

Matt: So let's get into the web series. What, when did you go from just a guy who was working on this on his own and getting some help, seeing a counselor and maybe seeing some other people who are struggling... How did you bring it to the next level and bring creativity into your recovery?

Ben: Right. So, I am a filmmaker. I've... short films, music videos, and things like that. And I work for other people kind of helping them do like promotional web videos and so on. This friend of mine also does that sort of thing and he told me that he was working on a short film and it kind of just made me think, oh, maybe I could do a short film. That would be more fun than trying to help somebody else promote their business. What do I want to do? So that got me going and I started writing. Also I had this idea of writing a screenplay for a feature film. So I started writing this screenplay and it really evolved.

At first it was kind of a history of my dating life. Then I started to notice that porn started appearing in this screenplay. Then I started thinking, you know that seems to be a theme here. There's been lots of movies about dating and so on and those are great, but there haven't been that many things about porn and this is something I actually know a lot about. I know a lot about the process of quitting. So that kind of took over and became the central theme. I did write an entire feature film and then I didn't know what to do with it after.

Well, I'd love to produce this whole thing but producing it on my own seems really daunting and expensive and it would take like a year of my life without getting paid and how would I do that? But then I got the idea, what if I instead of doing a whole 90 minute film, what if I just break it up into short little pieces and do it as a web series? That seemed much

more doable. So then I started, then I took the script and broke it down into... I wrote... I took the first three episodes. The one thing about doing something short like that is I kind of had to think. Let's say I have 6 minutes, what's the most important thing I want to say in that 6 minutes? Or what do I want to do with my 6 minutes? In the feature film there was about 10 minutes of set up before we got to the main question. But I have to skip all that. We have to get right to it. What do I want to say? What's the central struggle here? Let's get right to it. That's kind of how the series was born. You mentioned earlier about a voice, I think. I don't know if you mentioned the wolf...

Matt: Yeah, definitely. Jerry, the Wolf.

Ben: Thinking about porn is like... a lot of it seems to be an internal struggle. I'm kind of struggling with myself. But that's not very interesting as a film. You know somebody talking to himself. So I wanted to externalize that voice to make it more dramatic. I came up with this idea of a wolf being the voice. As soon as the wolf came into the story, I started having a lot of fun. The nice thing about the wolf is he gets to say anything. He's got no filters. He's basically just like I want to have sex, I want to have an orgasm, and you need to do that. I'm going to try to convince you to look at porn any way I can. It's a very fun character to write, actually. That changed the tenor of the thing. But then of course since I wanted people who struggle with porn addiction to watch it, I did have to tone it down a little bit and think about... is this going to trigger people? So I had to try to be authentic to that voice but at the same time, not be explicit and trigger people.

Matt: I think you did a pretty good job. What I liked about it was I felt like the voice and even the other guys in the pieces that I saw talk like the way you think on the inside. So it's close enough that I think you get the point across. I think one thing that I've even thought about on this show is that yeah, I don't want this to be a trigger point for people. But I also realize that this is in iTunes living next to podcasts that celebrate erotic stories or celebrate certain fetishes. The same way that your YouTube web series sits alongside some other stuff. I think probably I've seen in the You Also Might Like at the end of the *Brick House* are some stuff that I probably wouldn't like. So I think that's just the nature of the environment that we're in. It's hard to talk about these subjects honestly without possibly having something that's triggering.

Ben: Right. The thing is, too, almost anything is going to be triggering to somebody. It's almost impossible to do something that has no trigger at

all. But I think for instance, us talking about sexual things on this podcast is really different than, even if we say some of the same words, it's really different than the context of porn. I think it's helpful to talk about stuff and get it out in the open. At least that's what I've found for myself because it's so much of it is secret. I've been isolated with my own thoughts. It's kind of nice to know, oh, somebody else is thinking about the same thing. So there's something about sharing it with somebody.

Matt: I think it's definitely true. The stories and the way we talk about it when we're in an environment like this there is something freeing about that. I was thinking about one of the groups I lead. I got an email from someone who was describing what it was like to be in group. They just said that it was kind of messy. But there was a hopefulness in the messiness that felt so much more real than other groups that she would go to at church or other places she would find herself where people were putting up a front or not really being honest. That somehow the honesty actually trumps even some of the messy things.

Ben: I think you're right. I think it's totally about being... yeah, about being real. This is who I am, this is what I think about, this is what I struggle with. It's very liberating to hear somebody tell their story.

Matt: Tell me a little bit about how has this been a creative outlet for you in your own recovery? Like what are some benefits?

Ben: It's kind of similar to the idea of you doing this podcast or you leading a group because I had to kind of think about what's been helpful in my recovery? What are the things that I want to say to other people who are struggling with porn addiction and articulate them and figure out how to say them in the context of this story and then kind of get a crew together, actors have them say the lines. It's very good for my recovery to put this out there. It's also I think that I'm kind of setting myself up here as a leader in this way. I want to make sure that I keep sober so that I can continue to be a leader and help other people with this struggle.

Matt: It helps reinforce integrity.

Ben: Yeah, but then there's this other piece. If you take porn out of your life when you're spending a lot of time looking at porn for me anyway, I had a lot more time. This relates a little bit to something that Craig Perra said in one episode [\[Episode 16\]](#): we can spend our time quitting porn and thinking about quitting porn but we also need to spend time aggressively going after the life we want.

Matt: Yeah.

Ben: So for me, I'm a creative person, I'm a writer, I'm a musician spending time doing creative, doing music and writing and going towards this goal of being a filmmaker is aggressively pursuing the life that I want. So it feels very satisfying to... every time I write something or write a new song I feel like I'm making steps towards being the person I want to be and having the life that I want. So there's that piece. And I think there's another thing too is that I have this idea that people who are addicted to porn have good imaginations because I think porn at least for me it's imagining. It's imagining this picture wants to have sex with me. I have a great imagination. I think I need to at least that's my idea. But I have this great imagination. What if I use it to tell stories that serve people or are positive instead of to get off to. It feels like a way to use my time and my energy that feels really good.

Matt: Yeah, that's great. I love hearing you say it just like that. I think I mentioned this in one of the podcasts I need to make notes about every one because there's just so many now. This idea about being a wolf or being a shepherd. [It's there somewhere.] Do you want to help lead people or kind of help people guide people or do you want to be a wolf? Who is a predator? When we're looking at porn and when we're in it for ourselves we're feeding the wolf. When we step out and lead and create and want to help others and that's our motivation we're functioning much more like the shepherd. That's awesome. I think it's been great what you've come up with so far.

Ben: Thanks. I've got 4 more episodes that I've written that are... I'm getting ready to start pre production on those.

Matt: We're getting to the end of our time. This is long for me. I got a couple of questions for you. One, when you approach the actors to recruit them to be a part of a singing, musical, comedy about pornography addiction, what's their reaction?

Ben: That's interesting. That was really hard for me actually. I'd say, I want to make a short film and I'm looking for actors. They'd go what's it about? It's like ah, um, it's about a, it's about a, porn. Oh, really? It was challenging for me but it's actually I think you know it's kind of good to talk about it with people. It helped with you know... if you get through that embarrassment and shame it's really going to be very powerful. I think the actors and the crew, they were actually more int— mostly interested

in being part of a film crew and being part of a film. They weren't all that interested in the content. I think I have this perception that it would have been OK if it would have been a horror film. They didn't really... the content didn't really register so much to them. Although when we were doing this one scene with a support group, over and over people are talking about porn and stuff, the room did have a bit of a heavy tone to it. I was feeling like oh my God, I'm talking... you know, just hearing these lines over and over and over because that's what you do when you're making a film is you shoot the same scene over and over and over. It was a little hard. I mean I guess the real answer is I didn't get... I was hoping that the actors and the crews would be more like yes, this is a great thing you're doing. I'm so glad to be part of this. But unfortunately that didn't happen as much as I would have liked.

That's kind of one of my goals as we come in to the next episodes is to get more of a cast and a crew who is more excited about the message about the struggle. But my hope, too, when I was making this is even though it is about porn addiction specifically, I have this idea like some of the things can apply to other addictive behaviors whether it's alcohol or drugs or even food or whatever. That one addiction is very similar to another addiction. So I have a hope that... my best response so far has been from NoFap on reddit. I think as soon as I posted there I had a huge number of views which was great. But I kind of am hoping to create something that will appeal more to the general population, not just people who are struggling with porn. That other people will appreciate it and enjoy it.

Matt: NoFap definitely got out there and looked at it and that kind of stuff. What other responses have you had from doing it?

Ben: They were really the strongest. I've had I did get attacked by one person which surprised me. But I guess it's good that only one person attacked me. It was just basically saying this is... I think the person was kind of felt like porn addiction wasn't real and was feeling like he was kind of tricked and that it wasn't... I think he just didn't agree with the message I was putting across. But mainly it's been pretty positive. I'm hoping that more people will watch it and enjoy it and share it and it'll just keep on going.

Matt: Yeah, well, I'm excited to see these next couple of episodes and your... I just you kind of gave me a spoiler that Jerry, the Wolf might get a song in an upcoming episode.

Ben: Yeah, that's right. One of the actors suggested that Jerry might be doing

some singing. It's like, oh, yes, that's so obvious. He needs to have his own place to really shine because he's so fun. He has like a hip hop song that he's going to be singing.

Matt: That's awesome.

Ben: Yeah. But I'm also kind of decided to I'm going to be dealing with the theme that you referred to on one of the podcasts about one of the guys his girlfriend discovers porn on his computer. How does he navigate that or not and then her own thoughts and feelings about what that was like for her. So getting a different side of the struggle.

Matt: That totally sounds cool. So you wanted circle back on something you were going to talk about the Yahoo! ad challenge that I had.

Ben: Oh, yeah, yeah. Just a simple thing that I have [AdBlock Plus](#) on my computer. Have you heard of that?

Matt: No.

Ben: It's just a free plugin, I use Chrome, but the Chrome web browser and it basically blocks all your ads, just blocks all the ads that you have on Facebook and YouTube. It even blocks YouTube ads. You know how they play a little commercial before songs sometimes? It even blocks those which is... I have no idea how they do it. It's just a free plugin. So if you're looking at your email on your computer, I think that would probably block everything.

Matt: Oh, yeah, that's awesome. That's a good tip. So I'll definitely do a little research on that and link to that in the show notes. For this show, the show notes will be at [pornfreeradio.com/24](#). Like the Episode 24, just like the TV show. Easy to remember. Man, Ben, this has been great. I love your story and I love kind of what you're doing with the web series the *Brick House*. We'll definitely link to that and probably embed [Episode 1 of the Brick House](#) on my show notes. I've seen you on Twitter popping around. Following, retweeting, and so definitely to find out more about the *Brick House*... what's the website by the way?

Ben: It's just [brickhousewebseries.com](#).

Matt: I don't want to give away what the brick house stands for. You gotta get to Episode 3 to figure that out. But when I figured it out, I was like it totally made sense and I was like, that is awesome. I could not figure out

how you were going to tie that in. So if you're curious why it's called the *Brick House*, especially for you older listeners who know exactly the song the brick house refers to, it's a great kind of surprise when you discover what the brick house refers to. I love it and really had fun watching it and can't wait to see more.

Ben: Thanks so much. It's been a great pleasure being here. It's so much fun to talk about this actually.

Matt: Let's do it again sometimes. Thanks again, Ben.

Ben: All right.