

PORNFREE RADIO

020 Celebrity Nudes: How to Avoid Powerful Triggers

Welcome to Pornfree Radio, I'm Matt Dobschuetz. Pornfree Radio is the podcast for people who want to live 100% porn free. In this episode we're talking about Celebrity Nudes: How to Avoid Powerful Triggers.

I just want to start by talking about some emails that I received this week. Email actually is a great way to get a hold of me. For a lot of you, it's seems that you're listening, week after week, and at some point, you want to share your story with me or connect. Email is a very private way to do that. I realize that on social media like Twitter and Facebook and all those kinds of things your stuff is kind of out there for the world to see. So, if you ever want to send me an email you can send me an email: matt@pornfreeradio.com. That will get to me, it's private; I'm the only one who checks it. So feel free to reach out and let me know how your journey's going, what's going on with you, and if you have any questions or if you want to dig into any topics on this show, I'm always interested in your feedback, your comments, and obviously answering your questions to help you.

A couple that I want to highlight this week. I'm going to just use the first initial of these names just in case someone's listening who could put together who this is. I didn't ask for permission to read some of this so... just going to keep it pretty anonymous. R wrote: for me, your show is really about what happens after the exposure to all this social promotion of porn and after the shame of getting caught, being addicted to it, happens.

I just thought this was really powerful thinking about this show. When I started this show, 19 episodes ago, I kind of had a brief vision of kind of creating community for people who want to live 100% porn free. I knew my experience. Obviously, I've talked to a lot of you about your experience with relapses and kind of a struggle, an up and down struggle with porn. But I do really think this... the key word in this sort of comment from listener R is "after," the word after.

This show is about getting past the shame, it's getting past the porn and all the acting out. It's getting past the getting caught and everything that's resulting around that. And it's about what are we going to do to go forward? What are we going for? What are we after? So the... I just love that. I love thinking about it like that. No matter if you just had a relapse this week or if you've been going at this

for a while, this show's really about living and moving forward. And not letting an addiction or a sort of compulsive masturbation porn habit define our lives. So I really want to encourage all of you in your struggle, no matter where you're at in your journey to continue to listen and to continue to think of ways that you can develop strategies and plans to go after the good things in life and leave porn behind.

H wrote: I think your podcast is really supportive and I've just started listening from [Episode 1](#) again for inspiration. This particular listener had mentioned that he had a relapse this last week. So as he was getting his plan together and getting things back, and kind of trying to get back to Day 1, and start to walk this out, he just started listening to Episode 1 again. Now, I haven't listened to Episode 1 in a while and it was my first podcast ever, so apologies if it's a little rough, but I think that's an excellent strategy.

If you're feeling kind of down, if you're feeling kind of hopeless, if you've had a relapse, go back and listen to some old episodes. Find a topic that maybe you listened to once and maybe you need a refresher on, listen to Episodes 1 and [2](#) again, those are really essentially my story. Pornfreeradio.com/1 is called Coming Clean. Pornfreeradio.com/2 is called Unlovable. And there's a lot about my story in there and I'm sure there's a lot of things that you might relate to. So if you've had a relapse, and you're new to this show, think about going back and listening to some of those old episodes.

Couple other comments came in on [iTunes](#). I love it; I love the iTunes stuff because that gets our podcast out to the rest of the world. Derrick87 wrote: Excellent podcast. Very helpful. And he wrote that it was a very helpful podcast, especially for those who've been at this fight for a while. Keep up the good work.

Thanks a lot, Derrick. I appreciate you and I appreciate the fact that you say that you've been in the fight for a while because I really want to be a resource for guys who are just discovering this challenge and wanting to find new tools and strategies for working for it. But for all of us who have been at this for a while, we need support still. The definition that I have of maturity is it's not an absence of struggle, but it's actually an awareness of our weakness. So sometimes we think if we get healthy and we get clean that we're not going to struggle anymore. That it's like an absence of struggle. But in actuality it's more of an awareness of our weaknesses. So, yeah, you might have had a good run, you might have had a great year with your porn recovery, but you can always use new tools, you can always use help and support, and you definitely still need to plan and be careful so you don't fall back into it.

All right, the last one that came in on iTunes was from StealthJones27. What an incredible tag. I don't know what StealthJones27 means, but it sounds totally cool. He or she writes: It's frank, earnest, healing. That was the three words he

described the podcast with. An exemplary support for those struggling with porn addiction.

So again, I really want to support you and I welcome your comments on iTunes. I welcome your emails: matt@pornfreeradio.com. So keep 'em coming.

Okay, I want to get into today's main topic. The first thing I'm going to say is I'm going to try really hard to not trigger you in this topic. I know this has been in the news recently, a story related to a celebrity hacking scandal. But I want to be very careful. I'm not going to use people's names. In terms of actresses or people affected by the scandal. I'm not going to talk about some of the specifics of it. And I encourage you to not, if you sort of were under a rock for the last two weeks, if you didn't hear about it, don't go on to Google trying to find out news about this. I'm going to briefly explain it, but I really want to dig into the topic.

So I'm not going to try to trigger you. Some of you were maybe already triggered and maybe you avoided it or more than likely maybe you weren't able to stay away from some of the content. I have some suggestions for those of you who the latter applies to. So hang with me, I'm going to try to walk this very carefully, I want to keep everyone safe who's listening, but I really want to talk about this subject specifically around celebrities and these powerful triggers in our culture and media.

I want to start with a story. I was driving to work, many years ago, and my wife had borrowed the car and she listens to a morning show that's aimed at women. It's popular music, they play like Katy Perry songs and they play P!nk songs, and... you know the kind of show... like Maroon5. And the hosts are really vanilla. They're just... I'll actually say their names, their names are Eric & Kathy, it's in the Chicago area. They're just... it's kind of like this mindless talk. They have this banter in the morning. I don't know why, but I was kind of mindlessly listening. Maybe a good song was on when I got in the car and I didn't turn it off. It's not a show that I would avoid or even would feel triggered by normally.

But on the show, they had a celebrity gossip segment. In it, they were kind of laughing about a red carpet thing that happened the night before. A famous actress was on the red carpet, and she had a kind of loose fitting dress. And she started taking pictures, and one of the flaps of her dress came untied and for several seconds, her entire breast was popped out. Not just sort of a nip slip or some sort of kind of shadowy image, but a full breast was exposed. Of course, some of the paparazzi got this shot and it went viral. They were just kind of joking about it. They weren't drawing that much attention to it, but they kind of joked about it.

I was early in my recovery at that point I maybe had a year of recovery, maybe a couple years at that point and I don't know how long I had gone since a relapse, but I had been doing pretty well. I got into work and I couldn't stop thinking about

it. I just got this stuck in my head and by the end of the day at work, I remember I just Googled the actress' name and within a couple of results, I saw the pictures. I lost my sobriety right there. I think it even led to a little bit of a binge, I think I might have gone home and looked at some other stuff. I had to go through the whole process of coming clean with my wife and my pastor and some other people in my life who are holding me accountable.

So what happened? I listened to something that was pretty innocuous and just found myself going down the rabbit hole. Kind of interested in this one celebrity. If I told you the celebrity's name, I don't even know if you would know their name. They weren't a particularly famous celebrity; I can't even name one or two movies that this person was in. So, there's no real reason for me to be obsessed with this but for some reason it triggered me.

I start with that story because what happened in the last couple of weeks was some hacker, a teenager I think, hacked into some iCloud accounts for photo storage and then just found a number of pictures of different celebrities and then leaked them on the Internet. I was really disturbed by this because I remember how this made me lose my sobriety, this very type of thing made me lose my sobriety many years ago so I was just thinking about this challenge that we have.

You know what's interesting is the culture's response to this. There's a little bit of outrage by the media of it. There was also a little bit of hypocrisy. I think the media was incensed by the violation of these women and I guess there was some men involved, but it's weird because I'm sure that some of these actresses have appeared nude in movies and other types of things. There's kind of this real blurred line between this sort of private nudity and this public nudity that's in our media, or in our movies, or in our television. For me, I feel like all of this falls into something that violates my understanding of people's images and people's personhood and their integrity.

This is the way I like to look at it. I believe we're all made in God's image. Whatever reason, for whatever the reason, whatever the motivation is, whenever we take another's image in our mind or on our computer in a movie or whatever and we start to objectify that image, and sexualizing that image, we're stealing from God. We're stealing the good of His image in that other person and using it for our own selfish sort of narcissism.

The way I like to think of it is we're like shoplifters. We're like walking through a store, we see something we like and we just decide to take it. There's a part of us that maybe feels like we have a right to this, especially with actresses, you know, or actors, we feel maybe a certain amount of they're in the public eye, or we sort of question their motives for certain movies they do or certain clothes they wear and we just assume, well, they're out there, we like it, we can take it. But we don't have a right to do that. We don't have a right to see them naked. They're not ours. Especially if we're in a committed relationship, we don't have the right to

partake in other people's nakedness, whether they're famous or not. We don't have a right to take their image and objectify them for our own sexual satisfaction.

What's interesting in this particular case, this is actually illegal. These images were acquired illegally. They weren't by consent. So it actually heightens the actual fact that if you're partaking of these images, you're actually stealing. You're actually contributing to a violation by viewing them. Now I think you contribute... you violate women in porn, you're violating men and women in porn when you watch them in porn. But legally, maybe you're not violating. But I think, in God's law and sort of the way I see human dignity, I think we're violating them. So in this case you're actually stealing.

One of the actresses who I think was involved in the scandal, I'm not sure, I read this on Wikipedia, pleaded on Twitter for people not to view the pictures saying that doing so violates these women over and over again. I totally agree with this. If you're downloading these pictures, or looking at them, especially these ones that are acquired illegally, you are violating the women. You're basically saying their personhood, their humanity, their image is something that you can just objectify and take with no consequence. You don't have a right to see them naked; when you do you violate their image by viewing it.

Another actress condemned the picture's release but also some comments on social media, saying that the comments showed a real lack of empathy. That's another thing we do. I saw this... this came up at my fantasy football draft. Not that anyone at my fantasy football draft was celebrating these pictures or anything like that or talking about the actresses, but particularly, we were talking very casually about it. It almost shows a lack of empathy in our culture that we don't even think this is that big of a deal.

I heard people saying things like if these women didn't want their images to get leaked out, why would they ever take these pictures with their iPhones? Why would they share them to their Cloud account? That's not really for us to judge. That also is not license for us to just forget them as persons. Whatever they do with their iPhone or whatever they do in their private relationship is up to them. When we feel like we have a right to see them naked, when we violate their image by viewing it, we show a lack of empathy and we show that we're basically forgetting them as persons.

The last thing I wanted to point out here just in terms of an awareness of what's going on and a pattern. You're not helpless. You can make choices. You can really make choices in how you talk about this scandal, how you talk about these women, how you talk about pornography in general, how you talk about how you attack and say no to different types of objectification in our culture. You're not helpless.

So I wanted to give you a couple tips, of things you can do, specifically around this celebrity trigger. This trigger it's a real trigger. I remember reading about a scandal that Marilyn Monroe kind of that happened in the 50's and 60's, she appeared in Playboy. And I can't imagine what it would have been like to be a Marilyn Monroe fan in the 50's and 60's as a man and not seek out those pictures. There's been things like this in movies and stuff. An actress appears nude in a movie. I remember in the 80's there was a famous actress that appeared nude in a movie and everyone got the videotape and freeze framed it that I knew. So this has been with us forever and it seems to be coming up more and more.

Just this week I was on Twitter and I saw a music artist who I liked was trending and I thought maybe they had a new album or maybe something was wrong with their health or something like that. And I clicked on it and the first thing that I saw was that there was a scandal about nude pictures of this person. I don't think it was related to the same leak. But, I wasn't clicking it out of some... I wasn't clicking the trending topic because of some curiosity or something that I wanted to do, I just happened to see it.

So here's a couple of tips, with the celebrity thing in particular. **First of all, flee all celebrity gossip.** Even though celebrity gossip seems like news and seems important now, it's really empty. What's interesting is it violates a lot of the things that I think this scandal kind of highlights. It treats celebrities with a lack of empathy, it forgets that they're people, it sort of feels like we have a right to know their private lives like it's just sort of news. It's just sort of we have a right to know. A lot of times we violate their privacy and their image and their families by participating in celebrity gossip.

So stay away from things like the TMZ show, the TMZ if you see any sort of tweets or things like that. You see it sometimes in BuzzFeed at the bottom of your web articles. Howard Stern Show can be a little bit like this. It can lead to this. Radio, obviously I mentioned that at the beginning of the show, can be a trigger. Perez Hilton, the blogger. Who by the way, posted some of these images and then retracted them and apologized. He totally got lost in this idea that this was somehow newsworthy or he was somehow helping his readers by posting these things. Just a complete lack of empathy. I think that guy in particular is awful. I think he is a narcissist, I think he just shows a tremendous amount of lack of empathy for just about everybody. Avoid anything like that. Avoid that kind of talk, too. I don't mean to sound overly religious; you know avoiding idle gossip that sounds like a verse or something. But this is what, this is where someone who's struggling as maybe someone who's triggered you just need to really steer clear of all that stuff.

Don't click on trending topics. As I said, I luckily didn't see any pictures or any sort of something scandalous when I clicked on that artist's name, but I could

have easily and that would have been a problem. So don't click on trending topics. If you don't know, just steer clear of that kind of stuff.

Set a boundary for yourself. **Don't search for an actress or an actor for any reason** especially if you're struggling with actresses or things like that. Don't kid yourself. Don't say that you're interested in their IMDb file or you have a sort of passing interest in their career. It can just really lead down the rabbit hole. So just right now, set a ground rule in your head that under no circumstances are you going to search out an actresses' name. You can end up getting search results back that lead you down the rabbit hole.

Read movie screeners. Whenever I contemplate going to a new movie, I try to read the parent reviews. There's a number of parent review sites that review for sexual content and other types of content. I always try to review them. The last time I didn't review a site, a movie... We went to this movie, I can't remember the name, and there was, I don't think there was any graphic nudity, but there was something very slimy that happened towards the end of the movie. It was kind of a relational plot twist and it just really affected me. I think if I would have read a screener of it, I would have probably avoided the movie. It was kind of a dark, sexual secret that came out.

So read those things. I've talked about this earlier on. Sometimes movies that are out there, I said this in [Episode 10](#), pornfreeradio.com/10, there's some things that are just off limits for you forever. So just content yourself if you read a review of a movie and it has certain content that you think is going to trigger you, steer clear of it and it's just going to be in the off limits category. Just give yourself that strong boundary.

So flee celebrity gossip, don't click on trending topics, don't search for actresses for any reason, read movie screeners, child parental kind of reviews of popular movies, and then the last one is **limit social media exposure**. I really think that social media really propelled this scandal. If you... you could easily just be looking at your timeline and be triggered. Really limit your social media exposure. And if you're really in the early stages of recovery or have just come through a relapse, I'd recommend even cutting off some of your access to certain social media.

Just for fun, I thought I'd come up with a letter grade, like an old school letter grade of the different social media platforms for triggers and porn triggers in particular:

Twitter I give a D. The reason I give it a D is I think there's trends and there's different types of picture posts that can easily get in your timeline that can lead right to a binge. If you're not careful about who you follow if you're not careful what trends you click on you can easily within a couple clicks end up in a trending topic or looking at tweet that has pornography in it. There's just not a lot

of safeguards. I've even noticed, because my account, @MattDobschuetz, talks about me hosting Pornfree Radio, I've been followed by different people that are either in the porn industry or some sort of Internet porn type thing and so I can't even follow my followers. There's some followers that I've seen that I question, I'm not sure what their motives are for following me. Some of the things they post would totally violate my boundaries. Twitter is very dangerous and that's why I give it a D.

Facebook is a little better, I give it a C. I think Facebook's... the main vulnerability with Facebook is a lot of people post sort of a false image of themselves, they project this good image of themselves and it's easy to sometimes, it's easy to sometimes go down the rabbit hole looking at friends of friends or getting into the habit of mindlessly looking at people's profiles. I think the hard core pornography and the links to pornography are a little harder to get to, but it's easy to get into a sort of a fantasy world where you stop looking at people as people and start looking at their images as something to objectify. I've seen this with friends of friends, you click and all of a sudden it's a photo album, a day at the beach. The next thing you know, you're looking at someone who you don't even know that well at the beach in a bikini or whatever and it just... you know. You can't necessarily control what your friends of friends post. So definitely Facebook, not much.

Google+ I give an A, maybe 'cause no one's on it. But I feel like I have not been triggered on Google+. I haven't seen a lot of danger on Google+. It'll maybe get there at some point if it gets more popular but right now, it seems super safe. So if you have to be on one platform, consider Google+.

reddit, I give a big F to. Gosh, reddit, it's just the Wild West. Yes, there's a couple of great subs called pornfree and NoFap and NoFap Christian, but gosh, some of the images in this scandal were leaked right onto reddit. It's easy, if you look at the front page of reddit, to see something right away that could trigger you. It's easy to get into subs that don't share your values about being porn free. If anything there's some subs that openly go after people who want to be porn free. Some of the subs that I follow, related to be porn free, commonly are spammed with posts by people who just think it's funny to make fun of people who don't want to look at porn. So they'll post an erotic post, or they'll post a link to something that's completely dangerous and triggering. So reddit is a big F. If you're not on reddit, be very careful about getting on it. If you're on it, really restrict the subs that you're subscribed to and I recommend not even going to the front page. I recommend only looking at the very safe subs that you've signed up for.

YouTube, big F to YouTube. Gosh. YouTube, I think I lost my sobriety on YouTube several times. I remember one time I was watching a clip that was kind of erotic and sexual and you know, a lot of times sexual clips on YouTube get blocked or banned or have a parental warning. And for some reason this clip

hadn't been called out as dangerous. So I started watching it and I was kind of edging a little bit. It was kind of sexual but it wasn't totally pornography and I was feeling like I wasn't crossing my boundary and all of a sudden the woman in the video got completely undressed and I immediately was 0 to 60 and triggered. Probably instantly acted out and masturbated. Just it was bad news. Here I thought I was sort of skirting the edge, kind of keeping safe, you know, it's never going to turn into porn it's never going to get too explicit and whatever. It wasn't flagged. It was a real new video. I don't know what the deal was. But it took me right over the edge. So F to YouTube. If you don't absolutely need something on YouTube, don't go there. This is really for people who are real vulnerable, but definitely YouTube F.

So Twitter: D, Facebook: C, Google+: big A, but no one's on it, reddit: F, and YouTube: F. That might be hard to hear, you might have gotten to a point where you're like I can't live without social media so what are you going to do? But if you really want to be porn free, you have to take a hard look at each platform, why you're on it, what your motivation is, and what the risk is. I think from a risk point of view, those are pretty good letter grades. I mean, I think that's accurate.

All right, I mentioned this earlier in the show. For those of you who may be... triggered or sought out some of this content from this recent scandal, I want to encourage you to do something. This is what I want to encourage you to do. Give yourself a consequence. You knowingly violated these people's boundaries. You stole their images. You sought it out. You might have done it because you felt you had a right to or maybe you felt entitled to look at this. But in actuality, you showed a lack of empathy, you forgot about them as people, and you were passive in this.

So I recommend to take some action. And the action is, give yourself a consequence. Give yourself a consequence for this particular thing. A couple ideas are maybe media related: no TV for 30 days, or no social media for 30 days. Maybe analyze what the trigger was, was it TV, was it a radio show, was it a friend on Twitter? And whatever that channel, whatever that access point was, cut that off for 30 days. Give yourself a little bit of penalty for crossing that boundary. And just practice that. Practice the feeling of fasting and cutting something off that caused you to go down the rabbit hole. If you do that enough, if you really take it serious when you cross boundaries, you're going to live...

Wow. I just paused, just for a second there. I'm back. I got interrupted by my kids in the Pornfree Radio studio here (laughs), that's the first time that's ever happened. But anyway, consider that consequence, figure out what the entry point was, and see if you can come up with a clever consequence that aims right at that vulnerable place. And again, this isn't about shame, this is about awareness. It's about looking at people as people with dignity, they're people made in God's image, and choosing not to objectify, choosing not to shoplift their image for our own pleasure.

Well, this is great. Thanks for listening. My kids are home, I can hear them upstairs, so I'm going to sign off now. As always, thanks for all the comments on [Google+](#), [Twitter](#), [reddit](#), on our [Facebook](#) page Pornfree Radio with Matt Dobschuetz. Please leave a rating and review at [iTunes](#). It helps us get the word out. And again, feel free to reach out to me at matt@pornfreeradio.com. You can email me direct; I'm the only one who checks that email box: matt@pornfreeradio.com.

We'll talk to you next week. For show notes on this show, go to pornfreeradio.com/20. That's pornfreeradio.com/20. Hey thanks for listening. It's been great and I can't believe we're at episode 20. I'm so excited I have plenty ideas for future episodes. I know this one's going a little long, but plenty more content to come. Thanks for listening.