

10 INDICATIONS

Your husband is addicted to Porn

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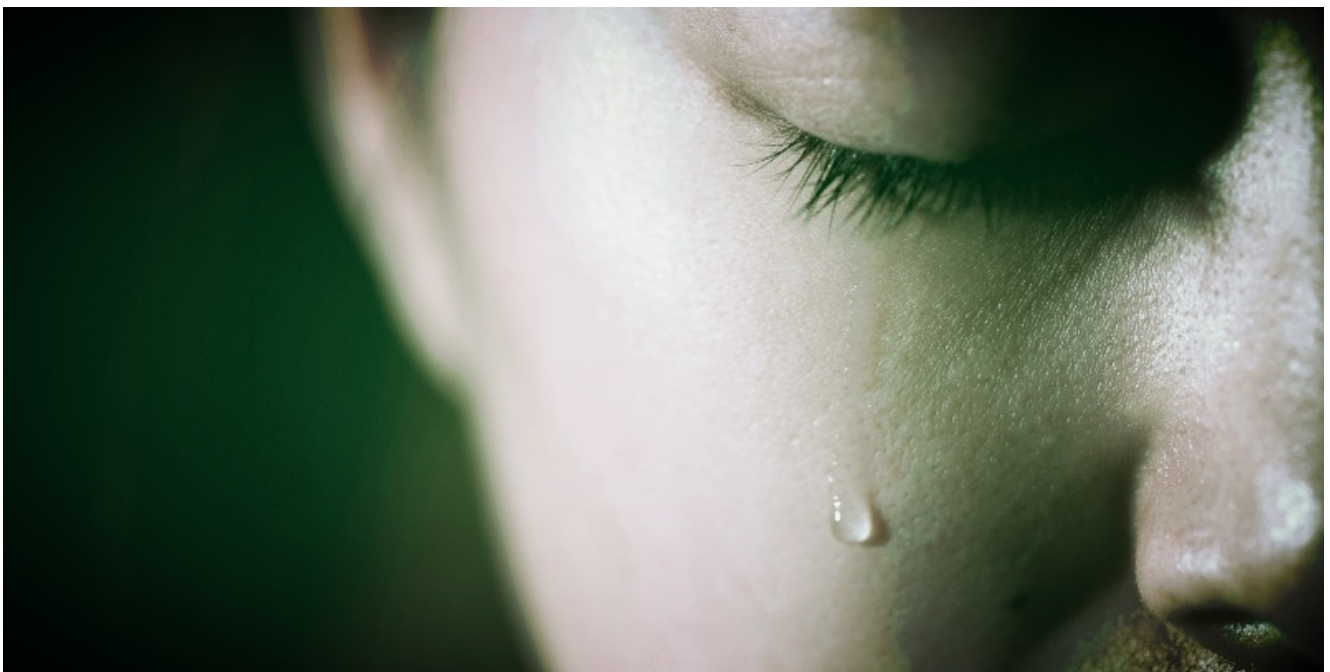
INTRODUCTION

Porn addiction is a real established fact and therefore, it should not be taken lightly anymore. Researchers have progressed in recognizing the dangers of Pornography consumption where their studies show, that the more porn a married man consumes, the greater the chances of his relationship with his wife to be weakened and shattered.

I have been receiving a lot of emails from wives that are asking, "*How can we tell if our husbands are addicted to porn?*". There are some that have not caught their husbands in the act, but they are doubting their online activities, due to their shift in behavior. There are also wives that have seen their husbands using porn, but they are not sure if they are really addicted to the act, or just doing it for fun! Therefore comes the question of how can you really tell if your husband is having a serious problem with pornography?

Here are 10 indications that your husband is probably hooked on porn: ↓

Please remember that these points may not be true for each and every man but they are common amongst many of them. So my advice would be to openly talk to your husband about your concerns before assuming that he is addicted to porn. Wait and see if he voluntarily opens and was willing to reach out for some help.



Don't worry much. Marriage itself could be the way of healing husbands from Porn addiction.

ONE - Change of sexual behavior.

Pornography is always associated with aggression and abuse towards women, that many men will try to act out their sexual fantasies with their wives, due to thinking that this is real intimacy. A husband may in result end up beating or slapping his wife during intercourse because of how his concept of intimacy has been twisted by porn. He might think that beating up women during sexual performances is a way to please them. This, of course is far from any truth.

He may at times get very angry if you did not perform as he demands, or he might ask you to do things that he never asked you to do before. There may also be times where there is violence and/or enactments of rape, foul language, or calling of names. All of these are signs of concern and my advice in this case is to speak to him both openly and lovingly to see if you could help him in regaining his control.



In another indication that he has been watching porn if he shows frustration or disappointment upon your request to stop the aggression and undesirable actions during intimacy since he has been trying to apply what he has been watching on you.

Porn does not enhance sexual relationships — it destroy them.

TWO - Loss of interest towards intimacy.

The satisfaction brought from porn and sex addiction does not remain the same in the long run, but rather it deteriorates in a way that men lose interest in sexual intimacy all together. This is due to the overwhelming novelty of porn which does not often happen in real life. The person thus favors the imaginary part of the sexual relationship over the real one.

There is the possibility that your husband has been into porn for sometime especially if you notice that he is now avoiding sexual intimacy with lame excuses.



"One of the biggest mistakes that wives do is following their husbands' suggestion of watching porn together"

THREE - Loss of erection during intimacy.

Very often your husband may not be able to maintain his erection during intimacy, and on the long run he may suffer what doctors describe as **Porn-induced Erectile Dysfunction**.

There are many reasons why Erectile Dysfunction happen, but for porn addicts it is related to how the brain was accustomed to masturbation, rather than the actual normal intimacy. There are many instances where these men may blame their wives for their inability to maintain a healthy sexual relationship.



This conditioned state could lead men to a very devastating level of depression, anxiety which could lead to continuous irritation.

"Education in this field is a great way to help your husband fight his addiction."

FOUR - Long hours spent online.



Is your husband spending an excessive amount of time on the Internet without valid excuse?, He may demand in many cases that he wishes to be left alone due to being 'busy'.

Not only that, but in most of the time, he will show signs of irritation if he does not get online. He may also get up in the middle of the night to sneak into another room with his laptop just to watch porn. So you may make note of these behavioral changes and discuss them with your husband gently.

You also may have probably noticed uncomfortable reaction of disruption whenever you entered the room that he was in. He may have acted nervously and instead of looking at you, he stared at the screen to hastily hide the pages that he was browsing. These are yet some of the signs which indicates his involvement in undesirable online activities.

Try and ask him once what is he doing, and you will notice that there's something fishy going on.

Please note that these are only indications. They could be right or even wrong. So do not be quick in your judgement.

"Establishing rules of using Internet at night is another key solution to prevent further addiction"

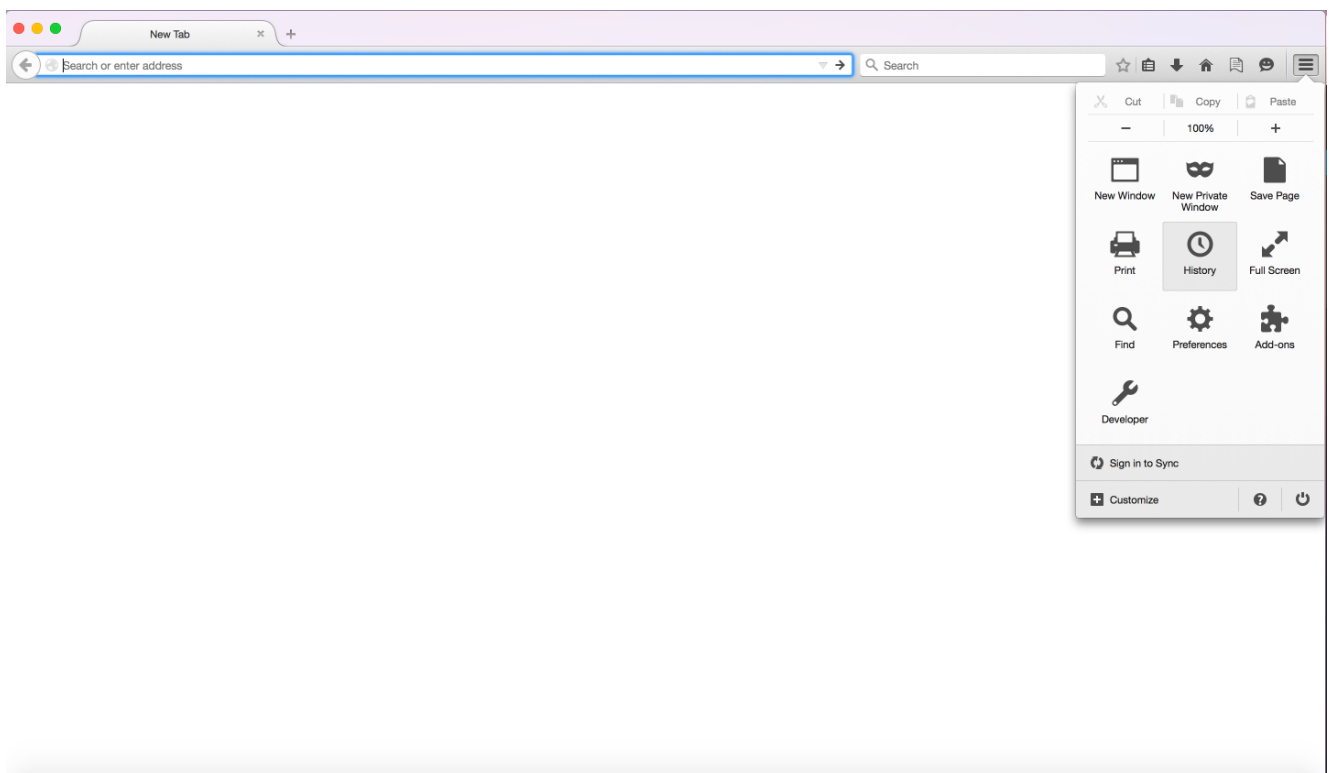
FIVE - History browser is always deleted.

We do not encourage spying on anyone even if it was your husband.

Your husband must have been doing something wrong if you by chance noticed that his history browser has been deleted regularly.

This is one of the surest indications that your husband do not want to show you what he has been doing. A porn user will always tend to delete his device's internet history after pleasuring himself due to the embarrassing nature of the addiction.

I am once again not encouraging spying on what he is doing, but rather stating if you just clicked on 'history' and found it empty several times, then it is a sure sign that he is addicted to porn.



The worst scenario for your husband would be forgetting to delete the history which has happened multiple of times with many men. If that happened, then there should be no denial of the fact anymore.

"Avoid negative remarks when talking to him about his behaviors, this may lead to further depression"

SIX - Emotionally distant.

The escalation of your husband's addiction may increasingly cause his disinterest for a real relationship with his family members, spouse and children. The relationships, therefore, becomes weaker and as a result you may see him emotionally distant from you and his kids. The constant irritation, shouting without reasons, and not being able to stand family time are but a few signs of his compulsive addiction. By your husband being alone it has become the only comfortable time where he could freely indulge in his self-pleasuring activities.



One of the solutions maybe is to fill his schedule with productive goals that he might like doing. This is the time for wives to learn about their husbands' interest and to engage them in healthier activities instead of seeing them glued on their screens all the time.

Learn about his favorite football team, hobby, work challenges, talents and so on. You will then have plenty of opportunities to engage him in more healthier and productive activities that he would also love.

SEVEN - Anti-social.

He does not want to go out, he is lazy, he is anxious all the time, and prefers to be alone. He in result may become more aggressive and gradually develop a lack of remorse of what he is doing. He may develop the habit of lying in order for him to get what he wants.

He will, therefore, start rejecting invitations where he will then push you to go visit relatives and friends on his behalf. He would not show any signs of interest to go out with you but at the same time he may spend unreasonable amount of time outside. This is in the case where he has been acting out his fantasies outside with someone else.



EIGHT - Financially different.

Now he may start lying about spending money or there appear strange names on his credit card statement that you do not understand. You also may have discovered a new credit card that you did not know about before. All these are indications of his secret spending which could be related to his addiction.

Pornographic materials today are mostly offered for free, however, when addiction escalates, people would often pay to get extra materials since the earlier doses are not pleasing to them anymore. These extra changes on your husband's credit card does not show any pornographic name because these companies want to protect their customers' secrecy. So if your husband did not talk about the strange unknown companies then it is a sure indication that he is somehow addicted to his online activities.

Do not be hesitant to talk to him about it if you have discovered some strange credit card statements that you were not aware of. Do not ever hesitate to express how you feel about any secretive spending which could be related to illegal activities. He maybe then could reason things out and reveal to you his secret.



"Your husband is still in love with you. He, however, is no longer in control of his desires. He needs you"

NINE - Being defensive and secretive.

Your husband will act defensively and maybe blame you for not being able to focus on his work if you happened to ask him to spend sometime with you instead of locking himself in his room.

So even the genuinely busy husbands should consider limiting their busy time on their computers and cellphones when they are home. Those who are carrying guilt within their hearts will, however, act defensively and in the most secretive manner in order not to be caught in the act.



"I am not saying don't be angry. I am saying do your best to save your family"

TEN - Openly criticizing your appearance.

Your husband is probably watching porn if he starts to complain about your weight, the type of clothes that you are wearing, or even your sexual performance. Porn causes the brain to become conditioned to the novelty that it provides. The more men watch porn the more they devalue their wives.

Pornography twists the original and innate belief about sexual intimacy. It makes people think that porn is equivalent to sex which is absolutely wrong. Sexual intimacy is meant to increase the connection between lawful spouses where pornography is meant to dehumanize women and treat them as sex objects that can be used whenever men desires.



The journey might be long, and this is what life is all about. Struggle and discomfort are required for attaining peace, happiness and fulfillments.

So if you happened to observe any or all of these signs then probably this is the right time for a conversation with your husband to help him out. He is not perverted nor it is your fault that he is addicted. So do your best to save your family by talking to him openly and calmly. God willing, he will admit his involvement with porn and reach out for some serious help.

THEY CAN CHANGE

Porn addicts **CAN CHANGE.** ►

Many people think that pornography addiction is an incurable disease that can never be fought against or overcome. **This is simply incorrect.**

There are many people that I have witnessed in the past 6 years who were able — through the support of their wives and loved ones — to beat up pornography addiction and reclaim back their lives. They did it and I believe many more victims can do the same. 😊

Purchase my book **CHANGE** that contains 30-day motivational plans and decisions that can **CHANGE** your life.

[**CLICK HERE TO PURCHASE THE BOOK**](#) ✓