

# **“Help! My Husband’s Addicted to Porn!”**

I am in a dilemma. I have been married for nineteen years. We have two beautiful children and what I thought was a ‘picture perfect’ marriage. Although I would have liked to make love more often, my husband never seemed interested – so I assumed he had a low level of sexual desire.

Recently I discovered to my horror that my husband has been masturbating to hard-core pornography. When I approached him about it, he was very angry at first, saying that “All husbands have secrets from their wives”, but then he was extremely sorry and promised that he would never touch himself again. He also stated his undying love for me and the family arrangement and I truly believed and forgave him. I was and still am deeply hurt because I also discovered that he has been doing this habitually almost every day for the duration of our marriage, waiting for me to leave the house before he “indulges.” We had a good discussion where he broke down and cried and said that life was not worth living without me in it. I slowly tried to pick up the pieces and began to think that, because he was coming to me for sex more regularly, that things had changed for the better. A few days ago, while doing the laundry, I discovered a semen stain on his underwear.

I approached my husband but he profusely denied it, saying that it was a “urine dribble stain.” I certainly know the difference! He then became extremely angry, stating that I was dredging up the past. He called me awful names for being so possessive. He also squeezed my arm so hard that it had bruises on it (something that has happened before). Once again, he eventually broke down crying saying that he loved me and that he felt like crashing his car into a tree. Please help me, because, other than all of this he IS a good man. He gives me flowers and gifts all the time, he constantly tells

me that I am beautiful and he says "I love you" every single day. He shows great attentiveness when we do make love and I truly enjoy being with him; he is a hard worker, a positive thinker and an emotional being who can show great depths of compassion and humility. He has done so much for so many people, including me and our children – but I am having trouble dealing with this "other side." It is killing me to think that he chooses to masturbate as soon as I leave the house – after having spent the entire day together. I am frightened of his blackmailing me to stay – because I honestly think that he WOULD kill himself if I left him. Other than this, our sex life together (when it happens) is wonderful and we spend a lot of quality time together as a family.

He will not attend counselling sessions, as he is in denial as to how hurt and shattered I am. I feel my whole married life has been based on betrayal. I now do not trust or respect my husband anymore and although I will always love him from the depths of my heart, I no longer find that I am in love with him. Please help me.

Bless your heart! I am so sorry for the horrible pain you're in!

I asked our good friend Henry Rogers, author of *The Silent War: Ministering to Those Trapped in the Deception of Pornography*, for help in answering your question. Here's his answer:

*I'm convinced this man has been a habitual masturbator (is that a word?) since childhood. I suspect he battled with guilt during his teen years and yet the guilt gets stronger after marriage. The reason is simple. It's after men are married that they finally realize how selfish masturbation is. Sex between a husband and a wife is giving yourself completely to your spouse. Masturbation is giving nothing. What a contrast between the two which causes feelings of guilt.*

Married men involved in habitual masturbation feel guilty because they have wives, yet at times they prefer masturbation. Masturbation can take a man into a fantasy world where he can be with anyone he wants and do anything he wants. It's selfish because the sex act that God designed for the husband and wife is taking place in the mind. Eyes can be closed to enjoy his imagination or they can be opened to enjoy pornography. Either way, it needs no one else...and it's selfish. And yes, masturbation is an addiction, too. Many men have told me they thought they would stop after marriage. Sadly, addictions don't stop at the altar.

A wife hates it when she finds out about her husband's masturbation because she knows that her husband is enjoying a sexual release alone. The oneness is absent. She feels unwanted, unneeded...and unloved. And it hurts. When pornography is involved the pain is worse because a wife cannot compete with the women in porn. How does she compete with the fantasy who is ready any time of the day and willing to do anything he wants?

I want this wife to know that she is not alone. There are many other wives who know the pain she is experiencing. The good news is that she can help. Here's how:

1. Pray for him daily...that he would flee from this temptation. He's done it for over 20 years, and unless God, by His grace, frees him from it, he has a tough road ahead. He needs prayer most of all.

2. Don't confront him with semen stained underwear with an "I gotcha" attitude. She'll get denial in return or names and bruises. She needs to be gentle in her confrontation. Gentle, yet firm...

3. Encourage accountability with another man. All men understand masturbation, yet we act like no one else has done it except us. (Sometimes we're not very smart...) It's OK to

*talk about. And it's OK to be accountable to another man. We need each other, especially if this is a problem.*

*4. I would also tell her that his masturbation is not because she is not desirable, or pretty or sexy enough for him. Again, he's done it from childhood...and he did it with porn before they were married. She does not need to own it as her fault...which many women do.*

*5. Encourage him to set boundaries for himself. When is he most prone to masturbation? When is he most likely to give in? Where does he masturbate? Does he stay up late after she goes to bed? Try to encourage him to answer these questions and then set up some boundaries or protective measures.*

*6. Finally, encourage him to pray, too. In fact, they can pray together! She knows his secret and she loves him. They can talk about it...*

I hope you find this as helpful as I did!

Sue Bohlin  
Probe Ministries

**See Also:**

**[Pornography](#) by Kerby Anderson**

**Probe Answers Our Email:**

- How Do I Handle My Husband's Porn Addiction?
  - [I Need Resources for My Porn Addiction](#)
  - [What's Wrong with Masturbation, Anyway?](#)
- [Men Have Always Looked at Porn—What's the Big Deal?](#)
  - [I'm a Compulsive Masturbator](#)