

5

# Mistakes Guys Make When Talking to Their Wife or Girlfriend About Their Pornography Habit and Tips to Help



**MEN RESTORED**  
COACHING

**Talking to your wife or girlfriend about your pornography habit or addiction can be scary. This is especially true if it has never come up in conversation.**

I understand the power of shame preventing you from taking this important step. It was difficult for me to do it. I have helped many men plan for and get there successfully, which is why I created this resource.

When the time comes, there's a right way to do it and there's a wrong way. So, here are the top five mistakes guys make when sharing this is a problem with his wife or girlfriend.



**MISTAKE NUMBER ONE:**

## **This Is His First Time Speaking To Another Human About This.**

Please, please, please, men do **not** make this very important moment in your recovery and relationship with her the first time you have talked to anyone about this. It's the same exact idea as practicing a speech. By the time for the actual speech, it should be the 5th or 10th time having rehearsed.

This mistake includes not knowing what to say before telling her, and then saying the wrong thing. Going to her first without any plan could cause more hurt than healing. It's not a mistake to go to her first, but I strongly suggest going to one of your trusted friends first to figure out how to tell her.

When the moment does come, you're not searching for the right word. Hopefully you know her enough to know what **not** to say. That's hard to do impulsively and in the moment. Thinking ahead of time will help take care of this. Don't make the mistake of assuming you'll know exactly what to say and how to say it if you haven't given it a try first.

**MISTAKE NUMBER TWO:**

## **You Don't Trust Anyone To Hear Your Story.**



This is related to number one and it's just as important, because mistake number one cannot be avoided if you don't live into number two! This can be very hard to do, admitting to this habit or addiction. There can be a lot of shame involved.

But those who have risked sharing this part of their lives nearly always find the power of shame is diminished. So, find a trusted friend and get permission, make sure they're okay with you being vulnerable, then tell your story.

If you legitimately cannot find someone you trust enough for this critical task, that is one reason Men Restored Coaching exists. Reach out to me.

## MISTAKE NUMBER THREE:

# It's Done In A Private Setting.

This one may seem counter-intuitive, but it's not. The purpose of a public setting, like a restaurant or a park bench, is so that if she wants to have a strong reaction, she is more likely to do it more quietly. This can also help you avoid further embarrassment.

You do not want to inhibit her reaction in the sense she can't have feelings. This is about gaining some control over the environment in which a public outburst could happen. However, the reality is it could still happen!

The familiarity of a living room or bedroom lend themselves to unfiltered and uninhibited conversation – which is a good thing! And, be sure she knows the conversation isn't done here and that you can talk more about it at home. Make it a plan to continue the conversation.



#### MISTAKE NUMBER FOUR:

## Assuming you can control how she reacts.

If you do this right, you've planned the moment. You've rehearsed with a trusted friend. You picked the time and place in public. She's relaxed.

You have picked out the right words and know what to say and just as importantly, what not to say. You do your best not to trigger her emotionally, saying something you know will. You've done everything you can. How she reacts is in fact out of your hands.

With all the planning, it comes down to her absorbing what you just said. You leave it on her how she will react. Keep in mind there is no real right or wrong way to react. Aside from the obvious punch you in the face or pull out a pistol and shoot you – she owns her emotional reaction and there's really nothing you can do about it. If she decides to not talk to you for a few hours or even a few days, give her that space.

#### MISTAKE NUMBER FIVE:

## Forcing the conversation at the wrong time.

The timing for this moment is important. Don't do this impulsively or without planning. Know there are things you can control and things you cannot.

Plan but be flexible. If the first date doesn't work, be patient. If the day you plan to take that walk on the beach it's raining, reschedule. This should feel somewhat organic. Even if you aren't planning every detail, you are trying to create the moment where the best possible outcome is possible.



## HERE ARE FEW MORE TIPS TO HELP:

- Write out what you want to say, but be sure it's not too wordy
- If you are a believer, pray over what to say, pray for her and pray for the moment
- Reassure her you didn't do this impulsively or without thought or planning, because she means that much to you
- As best you can, be prepared to answer questions. Your trusted friend can be a great resource for this – ask him or her to think of all possible questions she might ask.

### **NOTE:**

If she thinks you going to someone else to figure out how to tell her in the right way was a betrayal of her trust, understand that you did what you thought was right and again, you can't control how she reacts.

I hope this quick resource is helpful so you can create the best possible moment to share your story with your wife or girlfriend. You are being incredibly vulnerable when you do this. If you are sincere, she will see that – perhaps not in the moment, but over time.

If you found this resource helpful, please feel free to share it, or point others to Men Restored Coaching. If when you think of this critical conversation you need to have, it's just too much and you do not have someone you trust in your world, you are welcome to work with me and together we will put a plan in place in your recovery to the better life without pornography.

All the best and in hope,

**Mike Hansen**

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