

# EX PORN DISCLOSURE

Dear Emily,

This is one of the most difficult things I have ever had to do. I must admit that I have struggled with viewing pornography during our marriage. I have been actively deceiving you regarding my secret sin, as you have asked me about it on multiple occasions. I must confess to you I broke the fidelity of our marriage by viewing other women. My sin is against God, you, our family and friends. There is no excuse for my actions and I am fully responsible for their impact. It is important, as part of my confession, that I actively engage in giving you the details of my actions. While this is a painful process, it is necessary, as any real healing is built on a foundation of truthfulness. This letter will serve as a clear outline of my infidelity, allowing a difficult and ambiguous situation to be made very clear. You are welcome to ask me any questions needed, and my job is to answer you fully with patience and honesty.

I first saw pornography at the age of 12. I was over at a friend's house and he told me he wanted to show me some magazines his dad had. His parents were not home from work and we snuck into the garage and found a spot where pornographic magazines were hidden. We looked at them together and laughed. Inside I felt excited but also really guilty. No one and ever talked to me about sex or nudity, but still something seemed off. It only happened once, we never looked again, although sometimes we would laugh and joke about what we saw.

I remember telling you I would spend weeks during the summer visiting my cousins. My older cousin, Jeff, and I have always been good friends and we would spend those summer weeks hanging out. This particular summer I was 14 years old. While Jeff and I were looking for something to do, he told me he found some videos his dad had and that we should watch them. I agreed and we started watching what turned out to be porn. I was shocked, as his father seemed like a guy who would never look at these kinds of things. We watched for about 10-15 minutes and then it got too awkward. That night, I snuck into the downstairs television room and watched more. This was also the first time I masturbated. For the rest of the time I was visiting them, I found time to sneak out and look at them. I remember feeling guilty and ashamed, but also excited. I would tell myself I wasn't going to go back to look again but couldn't seem to stop myself. I thought this was maybe just something men do but don't talk about. The problem continued throughout my teenage years. I had friends at school who had magazines they were willing to share with me. It became a dirty little secret I kept, while feeling guilty about it all the time. My parents and other adults in my life never knew. I felt so much shame and would promise myself and God I would stop. On occasions I would stop for a month or two, but would then find my way back to pornography. I was incredibly discouraged and felt so alone. I was also confused because if so many guys I knew were doing this I thought maybe it was something you were not supposed to do but actually all guys did in secret.

Upon leaving for college, I found a new outlet for myself. The internet was really catching on at that point and one evening in my dorm room I had the idea to search for nudity online. I had heard other guys talking about it. Initially, I kept telling myself I would not try to look at porn online. I prayed about it and committed to God I would not go down this path. However, there was no one else who I was relying on to help me stay pure. The results of my online search were profound. I had discovered a new way of accessing more pornography than imaginable from the privacy of my room. I felt a mix of excitement and utter hopelessness.

You and I met in our second year of college at the campus Christian organization. At this time, I was viewing porn 2-3 times per week and masturbating. Of course, this was not something I shared with you. Instead, I tried to present as if I had everything together, to impress you and show you that I was the kind of guy you were looking for. I also lied to myself at this point, telling myself I did not need to tell you. I reasoned that we were not married and if we did get married, I would no longer have this problem. After all, we would be able to be sexually active, so I surely wouldn't be tempted. I was also afraid to tell anyone about the struggle. I was alone, repenting one day and struggling the next.

Once our relationship became more serious, I struggled again with the need to tell you. However, I chose to deceive myself that I would quit if we were going to get married, and as a result, deceived you once more. Once, while we were sitting together in the park we liked to go to together, I remember you asking me point blank if I had ever struggled with porn. I exploited your trust in me by lying and telling you I had briefly struggled with it in high school but no longer did. Your trust in me was a gift, one that I have heard you refer to lately as stupidity. I wish you could see your trusting was not foolish, it was my deception of you that was wrong.

I must also confess that within a month prior to us getting engaged, I began viewing porn and masturbating on a nearly daily basis. Previous to this, I had been pushing physical boundaries in our relationship relentlessly. You complained about it and we had several conversations, but I was not exercising self-control away from you in my private life, so I had no character to draw from when I was with you. I upped my porn use and convinced myself that this would be a temporary solution for trying to get you to go too far physically in our relationship. Rather than being the man God had called me to be, I doubled down in my sin. As a result, I did refrain from pushing you, but it was because I was becoming more committed to porn. I continued porn used nearly every day until our wedding.

At my bachelor party, some of my friends made jokes about preparing for marriage by going to an adult store. I joked about doing this, underneath hoping we would all go while telling ourselves it was just a joke. Unfortunately, my friends did use this as an excuse to take me, and we went. I entered the store and pretended I thought this place was a joke, but the truth was, inside I was completely giving myself to lust. We bought a few items, the ones I showed you and we joked about on our honeymoon. You didn't realize the whole time the dark side of what had happened. In the initial three months of our marriage, I

did not look at porn, as we were in our honeymoon phase and sex with you was consuming and amazing. I was praising God at this time, thinking that I had been delivered and the trial was over.

However, after that first three months, I began accessing porn on our newly acquired smart phones. They provided me the privacy I needed to operate. Initially, it was once every few weeks, but within 2 months, I was looking 4 to 5 times per week and masturbating. I obviously could not perform sexually in our marriage, and you asked me about this several times. I pretended to be as shocked as you and after a few months, I went to the doctor. Once again, I deceived you and exploited your trust for me by carrying on as if this must be some medical issue. Of course, the results came back from the doctor and he told me I was fine medically. What I did not tell you was upon giving me my test results, he asked me about how much porn I was watching. He didn't even ask if I was, he just asked how much. I didn't answer, and he told me that would need to be addressed and recommended that I be honest with you. I lied later about the appointment, telling you they would be getting back with me later about the results and considering testosterone treatment.

My porn use continued at that rate, hidden, until September this year when we went to that marriage conference. During the conference they spoke about the issue of sexual integrity and the way porn destroys marriages. I was broken inside and could not hold it in any longer. I confessed to you, and the retreat leaders suggested seeing a counselor. The last time I viewed porn was the night prior to us leaving for the retreat. This brings us to the present.

I have now shared the complete story of all my actions. They are fully my responsibility. I committed the sin of adultery via pornography and am completely responsible for my actions. I actively deceived you on a regular basis, doing great damage to the trust in our relationship. I have heard you say things like perhaps you were too trusting or not wise enough. You should not ask those questions. The truth is, I exploited your

love and trust to my advantage. Those were precious gifts of yours you shared with me and I am deeply saddened to hear you question them as being wrong. I was wrong. I manipulated you and robbed our family. I abandoned you sexually, as well, leaving you feeling insecure and unsure of yourself. I am connecting to my emotions now, and the pain I feel at what I have done is overwhelming. I am not saying this for any sympathy, but for you to know what I have done and it's impact matter to me. I am devastated inside. My sin has no excuse. I am writing this confession, to offer the truth, as a beginning step to reconciling our relationship and my relationship with God. I am giving my word, which I understand will have little value to you at this time, that I am committed to changing and walking with you, allowing God to heal us and our relationship. Right now, it is not reasonable or loving for me to ask you to make a decision on our relationship or to forgive me. Instead, I am going to show-up, day after day, in our marriage as the man God has for me to be. I am going to allow Him to grow me and restore me. This is a commitment I am making to God even if you choose not to reconcile with me. I have hurt you terribly, and you deserved none of it. However, I am saying today that I am going to change and ask for the chance to demonstrate my surrender to God's will.

With All My Love & Sincerity,

Blake