



HOW TO TALK ABOUT PORN

[FTND.ORG/BLUEPRINT](https://ftnd.org/blueprint)

Whether you're planning on disclosing your own porn habit, setting healthy boundaries surrounding porn in your relationship, or just wanting to start a general conversation about porn, here are a few key tips that will help you navigate the conversation successfully.

FOR TIPS SPECIFIC TO YOUR SITUATION, VISIT:

[FTND.ORG/BLUEPRINT](https://ftnd.org/blueprint)

MAKE IT A DIALOGUE— NOT A MONOLOGUE.

While it's important to express your thoughts, feelings, and personal boundaries, don't forget that the other person's perspective matters, too.

Ask questions, listen, and remember that this isn't a one-time conversation. Be curious, not judgmental.

VALIDATE

EMOTIONS

Acknowledge that this can be a difficult conversation for the other person, and validate their vulnerability. It's important that both parties know they are valued and accepted by the other person in order to have a successful conversation. **Express love and foster an environment of trust.**

AVOID SHAME

Research confirms that shame actually drives people to unhealthy behaviors rather than motivating real change. So while you may be feeling hurt or frustrated during the conversation, remember that shaming the other person (i.e. using statements like “you’re just insecure” or “you’re ignorant”) doesn’t help.

(GILLILAND, SOUTH, CARPENTER, & HARDY, 2011)

BE HONEST

While striving to be understanding of the other person and their perspective, be honest about your feelings and boundaries.

Frame things using “I” statements, such as, “I feel hurt when...” or “I think that...”. **Being honest is essential in building trust and having productive conversations.**

RECOGNIZE WHAT'S BEST FOR YOU

Don't ignore your needs, don't tear yourself down, and remember that your well-being matters.

Take a break from the conversation if needed, and **take the time you need to evaluate what is best for your own emotional health,** both presently and in the long run.

RECOGNIZE THAT CHANGE ISN'T ALWAYS AUTOMATIC

Whether you're trying to quit porn, develop better communication, or become more educated on the topic of porn and its harms, change takes time and practice—and that's okay.

Be patient with yourself and others, and keep trying.

No matter your circumstances, please know that there is hope. Communication is a key part of any relationship—especially when it comes to difficult-to-discuss topics like porn.

We applaud you for being open, honest, and caring in your conversations.

FOR TIPS SPECIFIC TO YOUR SITUATION, VISIT:

[FTND.ORG/BLUEPRINT](https://ftnd.org/blueprint)