

**Just broke up with a porn sick man. Thanks FDS for helping me assert my boundaries and hold my own.**

March 17, 2021 | 889 upvotes | by [luccario](#)

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## Comments

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AutoModerator[M] [score hidden] 17 March, 2021 11:52 AM stickied comment

**NOTE:** This sub does **NOT** support the commercial porn industry, as it is an institution that promotes and normalizes sexual aggression, incest, pedophilia, violence, racism, degradation, low sexual satisfaction, and objectification of women and girls, many of whom have been drugged, raped, misled, trafficked and otherwise coerced to appear on film.

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[deleted] • 124 points • 17 March, 2021 02:32 PM

So happy for you! I saw you post on AskFDS, its amazing how fast you moved on and you're so lucky! Congrats queen!

Pahapan • 206 points • 17 March, 2021 02:28 PM

Bravo! This is a great boundary to have for so many reasons and it really acts as an automatic litmus test. If a man watches porn, an incredibly exploitative industry rife with human trafficking, rape, and abuse, he's automatically a LVM. Studies have shown that porn usage correlates with reduced grey matter in key areas of the brain. It's detrimental to their own mental health and is linked to all sorts of relationship problems (the girlfriends/wives of men who watch porn having higher rates of body image issues and disordered eating being just one of many). And the way they react if you suggest they stop watching it is so telling, like heroin addicts who refuse to even admit they have a problem. It's disturbing how much they value their empty orgasms devoid of emotion and intimacy. They'll really pick images of women over their own flesh and blood girlfriend/wife.

SayNad • 70 points • 17 March, 2021 04:56 PM

Yep, even if he is caring and loving NOW, he might not be the same man a year from now. Porn is a form of drug and just like any drug addict - his mental and emotional level will slowly become unstable - one minute he will be all loving and caring, but the second something small and petty irks him, he will throw the tantrum of the century.

DrildoBagurren • 55 points • 17 March, 2021 05:27 PM

That's what I was thinking. Porn use only gets worse with time and he'll still be jerking it to 18 year olds - possibly even dressed up to look younger - when he's 50. It's messed up and does no good for you.

SayNad • 50 points • 17 March, 2021 05:31 PM

Got a relative of mine like this, in his 50-60s. He is mad all.the.bloody.time. Like you can't even sit near him, you can *feel* the anger. Maybe it is a mixture of the addiction and his already bad temper, but those who are addicted to stuff including porn, are emotionally highly unstable. You can't form a normal healthy relationship with these people.

File-Own • 33 points • 17 March, 2021 07:05 PM

Pre-FDS, I dated a guy around my age (20s) I met off OLD, who was clearly pornsick. Couldn't get it up, was unable to text without making it sexual, emotionally all over the place and kept whining about how much he wanted sex just before I ended it. Never actually had sex with him (ironically due to his porn addiction/ED!)

SayNad • 11 points • 17 March, 2021 11:05 PM

emotionally all over the place

Yep, that's the words. A lot of men now are emotionally all over the place - which they ironically project on women, as usual. Can't remember the last time I meet a truly calm and collected man - if they are calm at work, they'll turn into another person entirely when driving ect.

Emergency-Feed8216 • 41 points • 17 March, 2021 06:13 PM

I wouldn't call it an addiction per se but I agree it's progressive.

I don't know what to call it but equating it to, say, alcoholism, doesn't cut it. Bottles and pills don't cry out in pain when consumed but people do. Bottles and pills don't commit suicide but exploited people do. Therefore I think "compulsive sexuality" is leagues darker than the generally agreed upon definition of addiction. It requires submerging empathy in order to act on it rather than just leading eventually to impaired empathy as with substance addiction.

In another post I likened it to calling battering a "punching addiction." If that were so, why aren't these guys spending their lives at the gym compulsively punching leather bags? Why don't they all progress to randomly punching their bosses and armed cops?

I think of these forms of selective aggression more as "man eating bear" syndrome: that something primal, aggressive and heinous-- something also tied to our species' history of cannibalism and infanticide-- has been "awakened" that was better off left dormant. It's kind of like petroleum and mercury: yeah it's in the ground, but let's leave it there.

If Freud was right about only one thing it's that everyone carries this primal capacity for destruction equally (men more than women obviously), that there's no such thing as "moral evolution" of the species or "transcendent castes" and that each person, without exception, is responsible for keeping their own beastliness in check.

To the extent that men are told they're "exempt" in certain ways due to superior status or biological imperative or whatever, then the flagrant unleashing of destructive impulses is political. Toxic masculinity is a cult in the sense that cults, by definition, propose the existence of transcendent caste/superior race to whom the social contract and humanist rules do not equally apply.

Anyway, I'm sick of the addiction defense. It's a euphemism and negates victims.

luceario[S] • 33 points • 17 March, 2021 06:59 PM

I love this. This resonates so much with my own views. Viewing porn is not only disgusting and disrespectful to a partner but requires ignoring the fact that you are potentially pleasuring yourself over someone's trauma and abuse. It's absolutely horrific.

Emergency-Feed8216 • 11 points • 17 March, 2021 11:39 PM

I read somewhere that a certain percentage of these performers are actually de.ad-- generally from violence, suicide and overdose-- by the time most view the streaming video. Add necrophilia to the list of what's wrong with porn zombies.

And by the way, you are brave and right and I wish you the best of everything moving forward.

\_differentmentality\_ • 71 points • 17 March, 2021 02:35 PM

What a badass! Very glad to see women refusing to tolerate behaviors they aren't comfortable with. I hope we see more and more of this!

Only\_Lime2520 • 97 points • 17 March, 2021 03:11 PM

I remembered who the fuck I am and I broke up with him.

This is beautiful!

You're my goals sis. The fact that you have a high sex drive just shows the masterful level of self-control & self-respect you have when you decide to leave.

[deleted] • 19 points • 17 March, 2021 09:35 PM

Lundy Bancroft on pornography. From Why does he do that.

THE ROLE OF PORNOGRAPHY In pornography that is geared toward heterosexual men, women are portrayed as very simple. They are always in the mood for sex, and they never say no. They have no sexual needs—or needs of any kind—of their own; all they seem to care about is the man's pleasure. They require no commitment, no sacrifice, and little money. When a man is finished with them, he turns off the video or closes the magazine, and they're gone. What could be easier? Most pornographic images regrettably fit well with the abusive mind-set. The woman is available and submissive. Reduced to a body, and usually further reduced to just her sexual organs, she is depersonalized. The man owns her, literally, because he owns the video or magazine or computer image. The woman is sometimes even depicted as being sexually excited by verbal abuse, roughness, violence, or even torture. Cartoons and jokes in pornography often insult or degrade women and their anatomy, or even make rape appear funny, feeding anti-female ways of thinking. For many abusive men, pornography has shaped their sexuality since they were teenagers or even younger. It has helped to form their view of what women are like and what they ought to be. When a graduate of what I call "The Pornography School of Sexuality" discovers, for example, that his partner does not find a slap in the face arousing, he thinks that's evidence of something wrong with her sexually, not him. His mind-set is: The women in the magazines and videos all like it, so why don't you? A large percentage of abused women report that they have been pressured one or more times to behave like the women in pornography, often to the point of acting out a specific scenario that the man finds enticing but that she experiences as repulsive, frightening, or violent. Abusers thus sometimes directly model their sexual interests on stories or images from pornography. Partners of my clients report to me on their efforts to set limits regarding the presence of pornography in the house, especially where children might get access to it. These women have good instincts. Abusive men absolutely need to be kept away from pornography, as it feeds the precise thinking that drives their abusiveness. Women who like to use pornography themselves should try to avoid doing so with an abusive partner. I have received numerous reports over the years from women who have told me that they were being pressured or required by their abusive partners to watch pornography. This seems largely to be a strategy to break down the woman's resistance to performing certain sexual acts the man wants, although the actual effect is often to increase her repulsion rather than to create desire. Pornography tends to be filled with abuse of women, so his drive to make her watch it can also come from wanting to prove to her that his degrading treatment is normal.

barbedwiredaisycrown • 47 points • 17 March, 2021 02:07 PM

All the power, love, and support to you Queen! ☐☐ we love to see it.

VigorousBeanFlicking • 29 points • 17 March, 2021 05:07 PM

Good for you! There absolutely are HVM out there who don't use pornography.

flowers4u • 10 points • 17 March, 2021 08:21 PM

Good job OP! From your history it seems like he was overall not caring about your needs during sex and getting lazy in the relationship too. Just curious if he knew porn was an issue for you?

lhatw • 16 points • 17 March, 2021 02:56 PM

Yay!! You go girl ☐☐☐

oceanstains • 6 points • 17 March, 2021 07:32 PM

Queen shit

chunkycasper • 5 points • 17 March, 2021 06:19 PM

Congrats ☐☐

KateJ1982 • 6 points • 17 March, 2021 11:50 PM

Yes! I wish more women would remember who the fuck they are!! Love to see it!

bodysnatcherz • 21 points • 17 March, 2021 04:22 PM

Genuinely curious - did he know you had this boundary? Like was it an ongoing issue in the relationship or something new?

lucario[S] • 43 points • 17 March, 2021 06:40 PM

He didn't know that I would leave him if I found him watching it, if that's what you mean. However, he did know that I have very strong opinions about it and that I find it horrific and actively campaign against it due to the objectification and degradation of women that is perpetuated by pornography. So, I'd have to hedge my bets that he definitely knew it would be extremely hurtful to me to find out that he had been watching it.

bodysnatcherz • 17 points • 17 March, 2021 06:51 PM

he did know that I have very strong opinions about it

This is what I was wondering ☐.

sassyheather • 45 points • 17 March, 2021 04:47 PM

10 bucks says he knew and was trying to give her the "But all men do it, it's normal" speech

DrildoBagurren • 44 points • 17 March, 2021 05:33 PM

Even if a woman doesn't bring it up, why do men feel that they are naturally ok to watch porn in a relationship. They genuinely count on women having zero boundaries when it comes to porn, and expect us to just accept it. Most of them don't even say that they watch it - a lot of them will deny it even if asked. A lot of women also have no idea what "watching porn" even means and would be disgusted if they actually saw what their partners got off to. Some women watch it with their partners and men think that, because these women exist, then it's ok to demand that all women put up with it.

sassyheather • 12 points • 17 March, 2021 05:56 PM

Exactly. To each its own and no judgement but to all women with that boundary - never settle, there are men who don't need porn ☐☐♀☐

abstractsadgurl • 5 points • 17 March, 2021 05:25 PM

Definitely entitlement

ENFP\_Canadian • 14 points • 17 March, 2021 03:07 PM

YES!! So happy for you.

Throwawayrightaway28 • 3 points • 17 March, 2021 06:51 PM

Hell YEA!

zombieeezzz • 3 points • 17 March, 2021 08:47 PM

□□□

You rock.

onions\_r\_evil • 11 points • 17 March, 2021 03:13 PM

Good for you sticking up for yourself!

4evaneva • 9 points • 17 March, 2021 04:29 PM

You are an inspiration!

Dexaroo5716 • 11 points • 17 March, 2021 03:45 PM

Woot!!! □□□□□□ it a win □

[deleted] • 10 points • 17 March, 2021 04:33 PM

So proud of you!!

AutoModerator[M] • 2 points • 17 March, 2021 11:52 AM

[1] - We Just Launched a Website: [www.TheFemaleDatingStrategy.com](http://www.TheFemaleDatingStrategy.com). Click here for registration information. Please also join our Twitter and Instagram Pages for updates!

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[5] - This sub is **FEMALE ONLY**. All comments from men will be removed and you will be banned. **DO NOT REPLY TO MALE TROLLS!!** Please **DOWNVOTE** and **REPORT** immediately.

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\_queeeen\_ • 2 points • 17 March, 2021 11:40 PM

Congrats. □

charizardine • 6 points • 17 March, 2021 04:04 PM

That was the right decision, queen! Wish you all the best. <3

[deleted] • 1 point • 18 March, 2021 12:17 PM

So proud of you □□ Imagine how we could change the world if we all stood up like this...