F1st Step to Recovery

It all started being a curious kid around the ages of 8 or 9, I was nosy and rambling through my parent’s room when they weren’t home. My older brother and I went into their closet, and we always noticed a magical box that said, “Warning 18 or Older”. We just knew we had to get into that box especially, with that label not knowing what was going to be in there, gave me a thrill and this was the start of my porn addition. While my parents were away, we always heading straight for the box, which contained DVDs and a toy wrapped in a towel. My brother and I used to watch the DVD, and not knowing about sex we were amazed by the videos we watched. I was more amazed and entertained than my brother because I would take the DVDs, I liked the most and hide them in my room so that I could watch them later when everyone else was sleeping.

Not until the seventh grade around the age of 12 was when I masturbated for the first time. I remember being in the bathroom about to get ready to shower. Then I started touching myself and I just felt pleasure throughout my body and then suddenly, I climaxed and noticed how good it felt, not knowing I could ever do that I just felt relived and satisfied. I didn’t do it a lot probably once or twice a week. I remember being in school and touching the female students inappropriately. They would get mad and furious, but I didn’t care because of the excitement it brought me. When I got home, I would masturbate and fantasize about their bodies

I remember when I first started adding porn to my acting out. I would take the DVDs and put them into the family computer and watch it while everyone would be sleep, while masturbating at the kitchen table. Looking at the DVDs made me want more and then, I discovered the internet. The internet was like a goody bag filled with all different types of videos and pictures, which didn’t do anything but add onto my problem. Then the school handed out laptops for the first time ever in middle school, which didn’t help. I would take a flash drive and download inappropriate pictures of women and then place the flash drive on my school computer. A couple years later my masturbation became more frequent. I would hog the iPad that my family used, and I would get on porn sites. I would then find a quiet place like the living room or my room and masturbate. I don’t know if my parents knew or if anybody knew, but I didn’t care, or give it a second thought I continued to masturbate anytime that I felt like it.

While continuing to hide my porn use, my mom and dad started to not get along and argued and fought often. Some nights I would wake up because they were arguing and fighting. My dad cheated on my mom with one of his coworkers and eventually move out to live with her, I was 15 at the time. I was upset when he moved out. I was more connected to him than my mom and I felt alone when he moved, so I would watch and masturbate to porn to keep my mind off his absence. While he was away, I didn’t see or talk to him for three months and this caused feelings of sadness and abandonment.

When I was 16, he moved back in, because my mom couldn’t pay the bills on her own. When he moved back, they were sleeping in the same room until my mom found out he was still talking to the other woman. When she found out he was still cheating he moved into my room. During this time, my mom found a new boyfriend and he would come over when my dad was at work. I resented her new boyfriend because I felt that he was taking my dad’s place. When I was 17, during the summer my father passed due to a heart attack while at work. We didn’t have the greatest relationship, but it still hurt me to a great extent. I couldn’t eat or hear his name without crying. I didn’t feel like being around anyone or anybody and just wanted to be in bed all the time. This caused me to isolate myself from my family. I was upset that he passed and while he was alive no one tried to help him even though he was suffering physically and mentally. I felt guilt and anger that he passed, and I wasn’t there to help him.

I started college at the age of 18 and this is when I started to smoke marijuana. I was two hours away from home and I was happy that I could be free and do the things that I wanted to do. Every Thursday night my friends and I would get drunk and then go to the club, even though I was very intoxicated I still managed to get into the club. I would grind and touch on the women without ever being told to stop, I also kissed some women that I didn’t even know. I wanted to have sex with them, but I was shy and scared of rejection that I didn’t even ask for a phone number. I would party with them until the club closed then, I would go to my dorm alone. At first, I was doing good not masturbating in college, but I just started realizing that I would never find a girl to be my first, so I would masturbate to porn with the volume all the way down so my roommate wouldn’t hear, I thought he was sleeping but he wasn’t. One day he called me out on it while we were with a group of friends, I just ignored it, but I was embarrassed. I continued to masturbate when I thought he was sleeping. One time at a gathering my friends and I were playing truth or dare, and one girl was dared to perform a sexual act on me. She stopped before I could finish but later, I walked her to her dorm. I was too afraid and insecure with myself that I never made a move, and I went back to my dorm. Instead of doing my schoolwork I was preoccupied with drugs, drinking, masturbating and women, I started to fall behind on my schoolwork. This caused me to drop out due to bad grades and no finical support.

When I was 19, I returned home and got a job at Walmart working nightshift. This Is when I met the woman, I would lose my virginity to. Before we had sex and a friendship I started to masturbate heavily. I would masturbate almost daily maybe even multiple times a day. I did it to escape my depression, to keep busy and I also loved the feeling. I also started smoking marijuana more. Marijuana and masturbate went hand and hand, I would get off work smoke, eat, masturbate, sleep then go into work, and I would repeat this routine daily. I got to the point where I wanted to keep track of porn videos, so I started downloading videos onto my computer. This caused viruses for my computer, but I didn’t care as long as I was able to masturbate. To download videos, I had to make an account and that did nothing to help my addiction, because I would make playlist, and favorite videos. I downloaded over 700+ videos onto my computer. I would also be looking at live models, and I would just sit and watch them and porn for hours. I would also rewatch movies for the sex scenes and masturbate to them also. During this time, I joined a website, and I would mutually masturbate with live people, I got banned from this website for showing nudity and I didn’t make any more accounts.

Due to my depressed state I also a lot of weight in a span of a year. I went from 247 to 170 pounds. I barely ate and sometimes I didn’t have an appetite. The smoking also contributed to my weight lost.

The woman at Walmart and I started off as friends, which lead to us being very connected, and we spend a lot of time together outside of work. I felt like she was my best friend, and I could be open and myself around her. We always smoked and occasionally drink together. I always had a crush on her, but I never told her because she had a boyfriend, and I thought I would never get a chance with her because of him. Every time we were together there was just something telling me maybe she feels the same way. Then one day out of nowhere she asked me If I wanted to have sex with her and our other female friend. Filled with excitement I immediately said yes. I called out of work and went to her house that same night. With it being my first time, I couldn’t get an erection because I was excited and nervous but looking back it could have been from my constant masturbation. We started off with a condom but soon took it off, not thinking of the consequences. I didn’t have sex with my other female friend, but we engaged in sexual acts because my best friend said that we should. I never got a full erection while we were having sex and I ended up masturbating just to make myself finish. After, I felt like I wasn’t good enough and I felt that I rushed losing my virginity because I was a 21-year-old virgin, but even with all these thoughts I still wanted to do it again. A week later I asked if she wanted to do it again, and she responds with I have a boyfriend, which made me really feel like I wasn’t good at all, and that I messed up my chances with her. Later on, I discovered that she only had sex with me because she was upset with her boyfriend and wanted to get back at him. This made me feel like I was being used our whole friendship, for drugs and car rides. After that our friendship slowly started to decline, and we were no longer were friends, but I remained friends with the other female who we had sexual relations with. When our friendship ended, I turned to Xanax and took them almost 3 times a week, so on top of porn and weed, I added Xanax on top of that. Some days I would mix the marijuana and Xanax together so that I could get high faster and fall asleep. During this time, I was drinking once a week.

When I was 21, I met my first and current girlfriend, I was still using porn and drugs, but she wasn’t aware about the porn. She was caring, kind, understanding, kindhearted, and beautiful all in one. I immediately wanted her to be mine. We talked for a few months then started dating. She helped me realize I didn’t need drugs, because when I’m with her it feels like a weight has been lifted off my shoulders. Drugs were holding me back and she didn’t know about my problem with porn and masturbation until we started having sex. When we first started dating, she told me about how her last boyfriend cheated on her, and how that made her insecure about herself. I was lying to her from the beginning. I lied about me having sex with my friend saying I used a condom, and I also said I didn’t do anything with my other friend who I engaged in sexual acts. This started the trust issues within our relationship, but I reassured her that I would be honest moving forward. When we first started having sex, I was having trouble climaxing, and could never climax unless I did it myself. The more we had sex the more she noticed It. She thought she was the problem and that she wasn’t good enough when, I was the problem due to my excessive masturbation. Having trouble climaxing she asked me questions like how much do I masturbate, and how often do I watch porn? I lied and said 2 times a week knowing it was probably daily. I finally came clean about my porn use, and she was okay with it, as long as I wasn’t doing it every day. She just didn’t like me looking at live models because she felt it was too intimate, and I agreed that I wouldn’t watch live videos anymore and that I would cut down on watching porn.

I remember one time she didn’t want to have sex, so I turned the other way searched up porn and started masturbating, it took little time for her to wake up and notice what I was doing so she turned around and immediately told me how inconsiderate I was to watch porn and masturbate while she is sleeping. During this time, I also was following over 200 models that would show their body parts off. Later, in our relationship to help her self-esteem and insecurities I unfollowed all the Instagram models that showed off their body. Even though I didn’t like their photos I would follow a new model every other day. She found out that I didn’t slow down on watching porn then, she said one thing that would be the hardest challenge of my life, stop watching porn. It wasn’t like she forced me to stop, we came to an agreement that I would stop. I was supposed to stop watching porn and slow down on masturbating, but I continued to watch porn and never slowed down on masturbating. I was trying to hide it in incognito tabs thinking that she will never discover me, but I was wrong one day she discovered I was on incognito and started to question me. It took me about 2 hours of lying to come clean about my porn usage. She was crying and didn’t understand why she couldn’t be good enough, and the only girl in my life I look at that way. I just keep saying I was sorry, and I’ll never do it again. She forgave me and she trusted me that I wouldn’t act out again, but that was all a lie because months later she looked at my social media account and noticed I was looking up models and clicking on their link that led to an explicit platform. Then again for hours I lied, and we went back and forth for hours until I said okay, I was clicking on links and looking them up. I just kept saying sorry, and that the models didn’t mean anything to me, and she forgave me, and when we had sex after she would cry because she would think of the hurt, I caused her and how she was foolish to have sex with me.

The next time I got caught I was watching videos on social media, and she went through my recent apps and found a video of another woman dancing inappropriately. I lied to her and told her I wasn’t on the woman’s page, after an hour of lying I told her the truth that I was on her page. When she found out I was still watching other women and lying about it she wanted to leave me. She felt like she wasn’t good enough and that I wasn’t attracted to her, when that wasn’t the truth. I just had a problem that I didn’t even know I had. Around this time, she told me that she thought I had a porn addiction because I wouldn’t stop watching porn and sexual videos on social media even though we had agreed to stop.

One day I was on social media and looked up a girl I knew from college that was on a platform where you could post your naked pictures, being curious I wanted to know if she had it in her bio or changed it since this platform was going to soon become strict about their policies. Later that day we went to a friend's house, and we were having a nice time and then, she wanted to get on my phone to show me a funny video she found. When she was on my phone, she found that I had a woman’s profile pulled and she seen the link in her bio. She found out from my link history that I clicked the link, and we quickly left the party. We sat outside talking about who she was and why I was looking up her profile. I told her I was just curious, and I wasn’t going to look at her platform I just wanted to see if she still had the platform in her bio, but I was lying about how I got to her profile. I lied about searching her up and deleting my searches, which made the situation even worse. I finally came clean about everything, and she was shocked that I looked up this other woman and she was furious that It was someone I knew.

The last time I got caught was in January, this is when I noticed I needed help. It was almost a full year of me not looking at porn. Our relationship was doing so much better, we were happy, traveling, laughing every day, and having sex regularly. Then I saw an advertisement that popped up for an app where you can go live and see other people go live. I clicked on the ad, and it took me too the app store, and there I could see it was a rated M+ app. That could only mean one thing, there was adult content on it. I downloaded the app. On the app you could see women promote themselves, where they would try to get you to join their private rooms where they would twerk and show their butts. I tried to hide the app the best way that I could. I would have to buy the coins, and then go to my email to delete the email that said I purchased the coins. Not only that, when I knew my girlfriend would come around, I would delete and reinstall the app so if she happened to be on my phone, she wouldn’t see the app. In a month span I spent over $40 on this app, and I was on the app around 4 to 5 times a week even when I was at work. When I was sleeping, she looked through my phone and noticed I deleted an email, and looked through my history to find the website to the app. She woke me up and questioned me about it. I denied it from the start and said I didn’t know what the app was, and then almost an hour pasted and then I finally came clean. She was clam at first because she knew I had a serious problem, but then she came across a message I sent to another female, which was crossing the line**. I cheated**. I cheated on my girlfriend by texting another woman wanting nudes from her and not only I was cheating, but I was also paying to watch other women. She was ready to leave me, and then I said I’ll get help, no matter what it takes I’m going to get help and find a way to heal myself, and she agreed not to break up with me if I was serious about getting help. This time was the hardest because I went to the full extent of cheating on someone that loves me so much, and always wants the best for me and I did her dirty. She was truly broken at this point, because in the past I would always say “I’m not going to cheat on you I’m not like your other boyfriend”, but in fact I was worse because of my lies on top on lies, but I wanted to fix that and fix everything. I wanted to better myself, not only as a man but also as a boyfriend.

I knew it was time to stop and that I needed to better myself. I didn’t need the fantasy of porn or other women, so I sought help on varies of websites and called multiple numbers. I had a couple of conversations about my porn addiction, and the one that caught my attention the most was Sex Addicts Anonymous. When I talked on the phone the man described it was a self-pace program, and that they have meetings throughout the day, and men’s meetings caught my attention. It was very encouraging for me to see that there were people like me that also had a sex addiction. I started attending meetings every day. I try to go to 2 meeting a day if I can. In the meeting I take what I learn while recovering and apply that to my life. I keep a notebook of tips and ideas for inspiration and to keep me positive to keep out of my inner circle. I am also going to Therapy twice a month with my girlfriend to help heal my thoughts and our relationship. After a while I got a sponsor that has been great, guiding me through steps and supporting me when I have questions, and thoughts. My girlfriend is also big help with my recovery she someone I can be open with and talk to when I have urges.

Currently being 24, I am progressing every day and I understand it’s not an instant change, but I still lied since I started recovery. I lied and tried to hide a website my going in a private browser. The only thing about this website is it was surrounded by porn. I wasn’t on the website for porn I was on it for fighting videos and compilation of fails. I hid it so that she wouldn’t think I was watching it, but that just led us to going back to square one when she found out. We we’re progressing in our relationship, and then 2 weeks later I went on incognito. I was on it to use text to speech to listen instead of reading a paper, so she wouldn’t think I was lazy. Hiding that didn’t do anything but make the situation worse, because she thought I could have been hiding something else. I could tell I’m progressing because instead of lying for hours about it took me a minute to come clean about it when she discovered it. Through all of this she is still with me and still supports and believe in me. What I learn is that I must be open and communicate with her, and express my feels, so that way I won’t be scared to talk to her and tell her my feelings. I understand that my change is not going to happen overnight and that no matter stick to my routine. I also need to find another way to handle my stress and boredom. I am grateful for the things I have like my health, family, girlfriend, job, food, and music. I need to stay away from my inner circles and focus on my outer circle. I need to reach out to those who will be there and listen to me to keep me on track.

Thank you for listening to my story!!!