

Why do you watch Porn?

42 questions for self-reflection

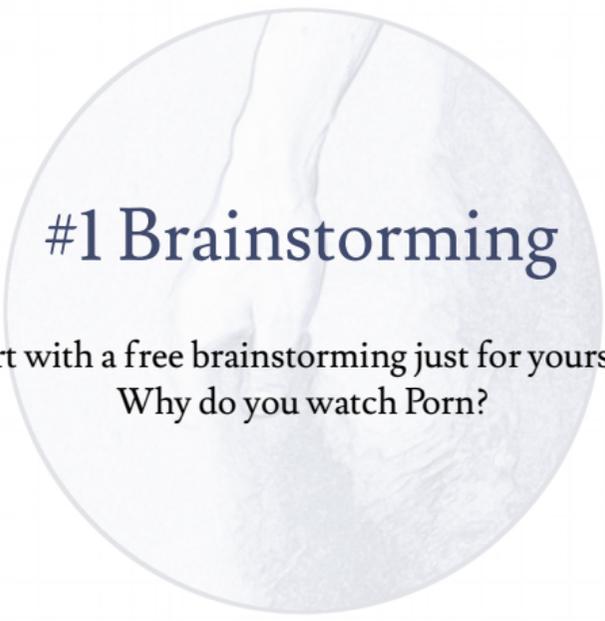
In this document you find 42 questions in 11 columns to spur your thoughts: Why do you watch Porn? By understanding what draws you towards porn, you will gain freedom of action. You will be able to:

- Gain more clarity with your sexual needs.
- Recognize and appreciate your needs; disengage from shame and insecurities.
- Make a self-determined and differentiated decision, whether Porn does fit into your life or not.
- If desired, direct your perception towards how you can fulfill your needs without Porn.

Take your time to read the questions step by step and to reflect about the answers. You can also take these questions into your everyday life and watch out for answers right in the moment.

Perhaps you will notice that you feel ashamed for some of your answers or that you judge yourself. Let go of this for a moment and find a curious and appreciative attitude of „Oh, so this is what's pulling me!“.

Warning: Some of these questions could connect you with your craving for Porn. In case you are currently on any kind of withdrawal program and do not want to experience this craving, you should not continue to read.



#1 Brainstorming

Start with a free brainstorming just for yourself:
Why do you watch Porn?

#2 Everyday Life

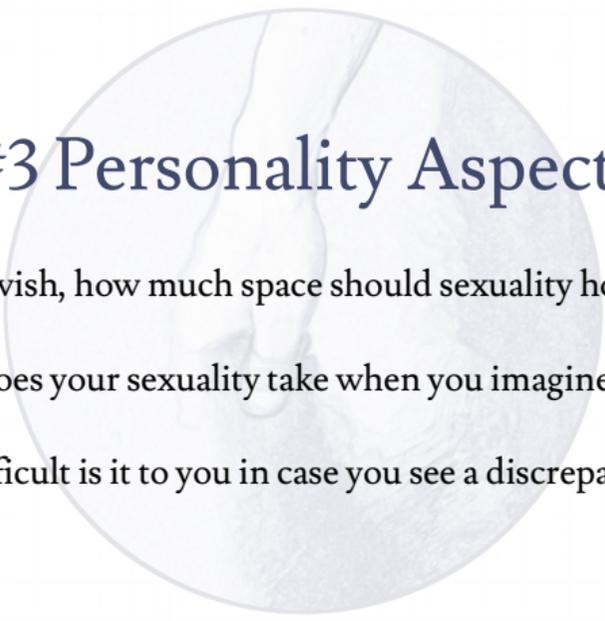
In which situations of your everyday life do you feel an particular strong Yes towards watching Porn?

From which feeling states do impulses for Porn typically come up for you?

What happens within you in the time span from first impulse to action?

How do you feel after watching Porn?

Would you yourself call your consumption as a habit/addiction?

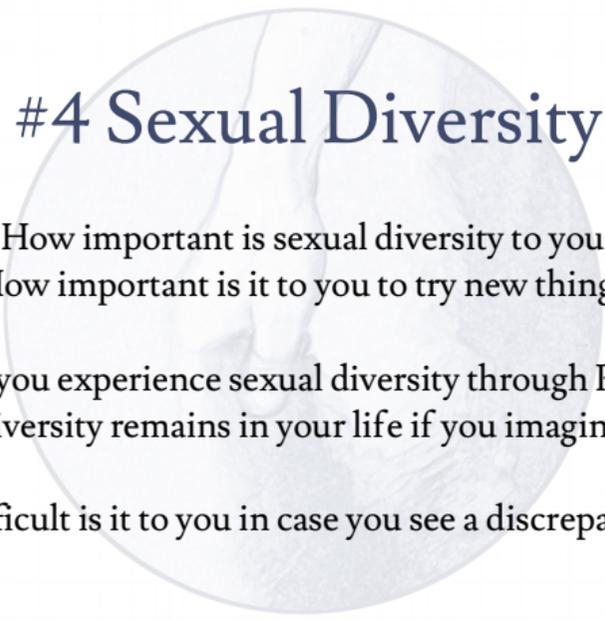


#3 Personality Aspects

What do you wish, how much space should sexuality hold in your life?

How much space does your sexuality take when you imagine pornography gone?

How difficult is it to you in case you see a discrepancy here?



#4 Sexual Diversity

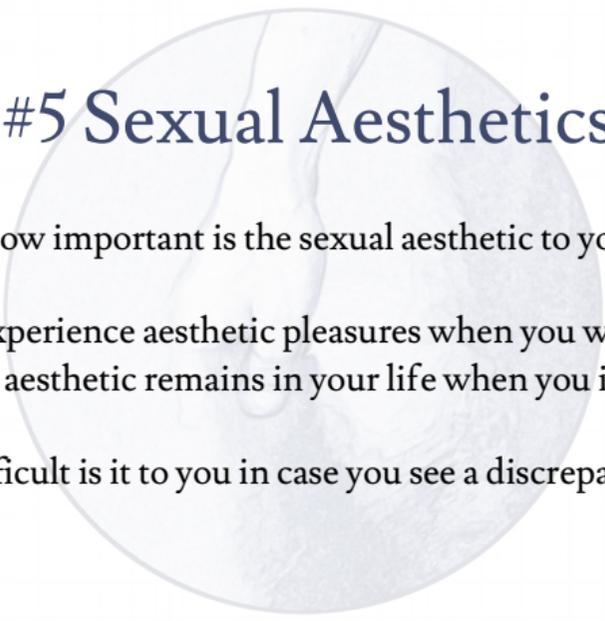
How important is sexual diversity to you?

How important is it to you to try new things?

Do you experience sexual diversity through Porn?

How much sexual diversity remains in your life if you imagine pornography gone?

How difficult is it to you in case you see a discrepancy here?



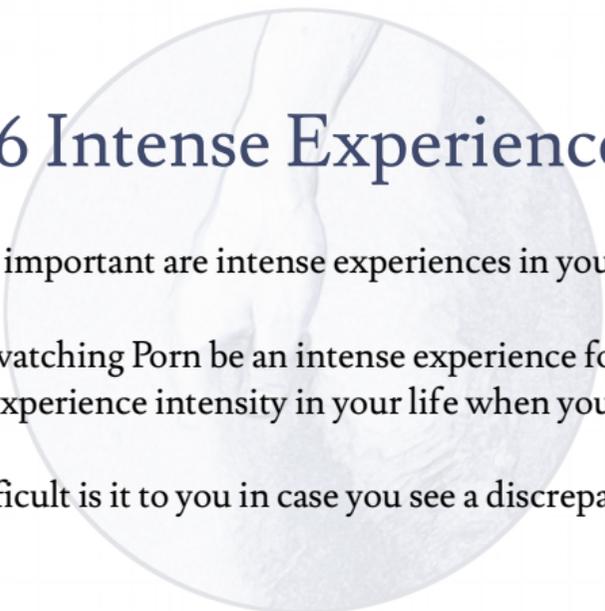
#5 Sexual Aesthetics

How important is the sexual aesthetic to you?

Do you experience aesthetic pleasures when you watch Porn?

How much sexual aesthetic remains in your life when you imagine Porn gone?

How difficult is it to you in case you see a discrepancy here?



#6 Intense Experiences

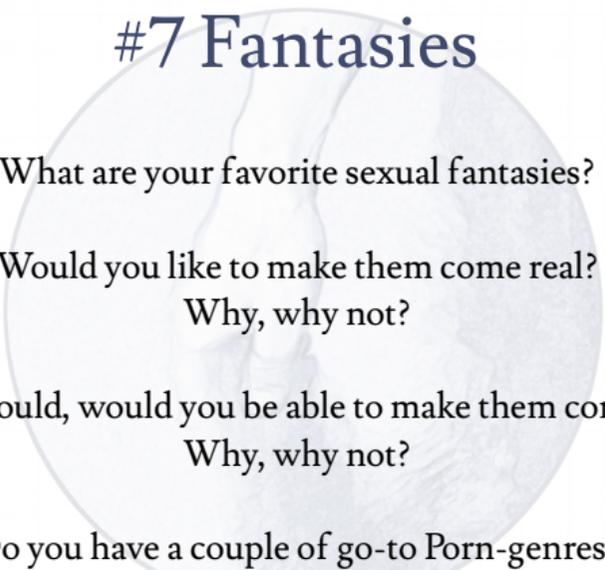
How important are intense experiences in your life?

Can watching Porn be an intense experience for you?

How often do you experience intensity in your life when you imagine Porn gone?

How difficult is it to you in case you see a discrepancy here?

#7 Fantasies



What are your favorite sexual fantasies?

Would you like to make them come real?

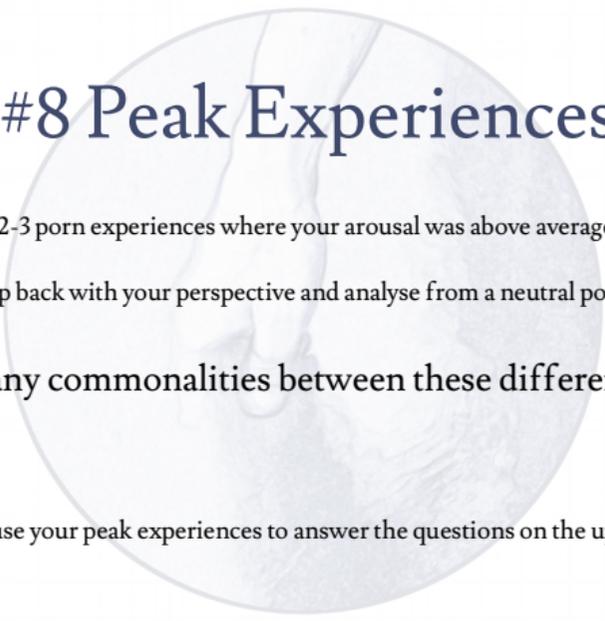
Why, why not?

If you would, would you be able to make them come real?

Why, why not?

Do you have a couple of go-to Porn-genres?

Do you have an idea why you are drawn to these exact genres and not to others?



#8 Peak Experiences

Take your time and remember 2-3 porn experiences where your arousal was above average and that stuck to your memory.

Take a step back with your perspective and analyse from a neutral point of view:

Can you find any commonalities between these different experiences?

You will also use your peak experiences to answer the questions on the upcoming slides.

#9 Emotions

With your peak experiences in mind...

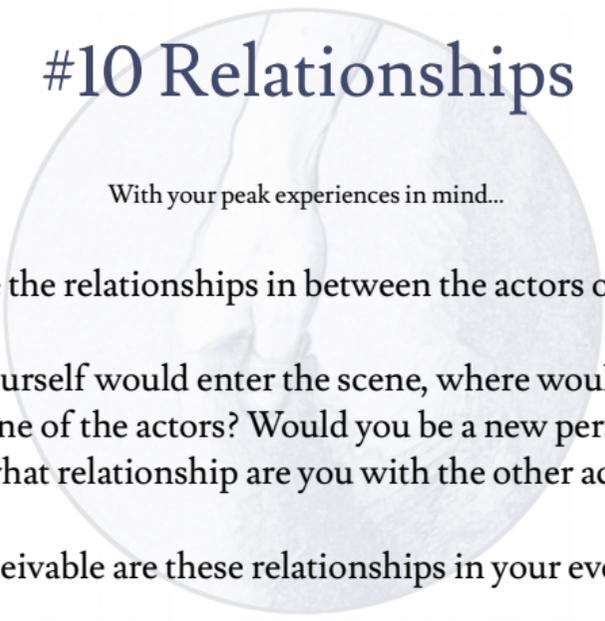
What behaviors or traits of the actors have spurred your arousal?

Can you tell why?

Was there something about the emotional setting of the scene that spurred your arousal
(e.g. intimacy, unlawfulness, randomness, ...)?

Can you tell why?

What is your everyday relationship to these behaviors and emotions?



#10 Relationships

With your peak experiences in mind...

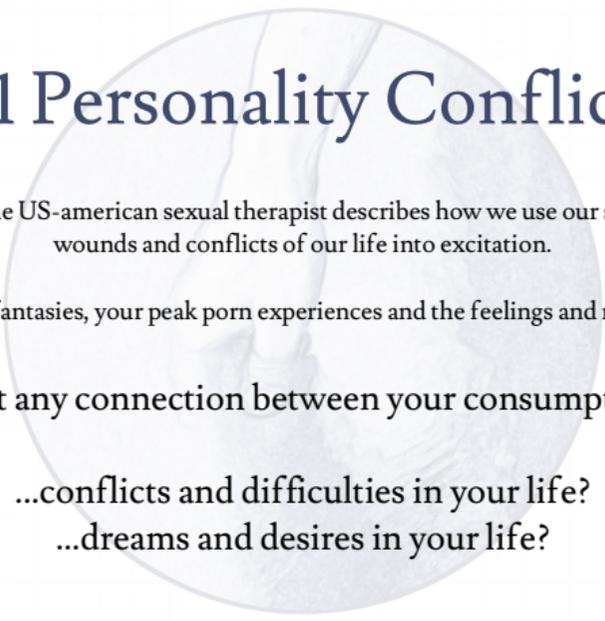
What were the relationships in between the actors of the scene?

If you yourself would enter the scene, where would you be?

Would you be one of the actors? Would you be a new person in the scene?

In what relationship are you with the other actors?

How conceivable are these relationships in your everyday life?



#11 Personality Conflicts

In his book *The Erotic Mind*, the US-american sexual therapist describes how we use our sexual pleasure to transform old wounds and conflicts of our life into excitation.

By looking at your sexual fantasies, your peak porn experiences and the feelings and relationships within them:

Can you make out any connection between your consumption of Porn and...

...conflicts and difficulties in your life?

...dreams and desires in your life?