

More Than 100 Lies We Tell Ourselves

Suggested activity to do at home:

Mark the lies that you have made

Draft a related counter statement you know to be the truth

Example:

Lie: "I will only peek for five minutes"

Truth: Every time I've said to myself, I've stayed hooked up for longer, sometimes many hours.

If you cannot come with a counter statement, ask your sponsor or a trusted SPAA fellow.

Lies based on Blame (“Someone else is at fault”)

1. I do not enjoy sex with my spouse, but I do enjoy porn.
 2. If my spouse would agree to do (insert sexual act) in the bedroom, I would not have to look at porn.
 3. If my spouse would lose a few pounds, I would not have to look at porn.
 4. My spouse only wants to have sex on the weekends, so I have to watch porn Monday to Friday.
 5. My spouse is over-reacting.
 6. My spouse just wants to control me.
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Lies based on Justification (“I deserve this”)

7. If other people can watch porn, why can't I?
8. I can't live without porn.
9. I don't care about the long-term consequences of porn. I just need to get through the day.
10. This is the only way I can reach an orgasm.
11. I'm under a lot of stress — it's ok to watch some porn and relax a bit.
12. I don't find a date. Porn is my only option to relieve myself.
13. What's wrong with looking at good looking men/women on the street? Everybody does it.
14. It's really the only way I can enjoy sex.
15. Women/men don't want me in real life. I feel sexual only through porn.
16. I haven't had sex in 3 months. I gotta go to porn.
17. I saw a suggestive image on TV and of course got triggered and had to go to porn.
18. I was bored and porn is interesting.
19. I deserve to have some fun!
20. I'm the only bread-winner in my family. I deserve a reward.
21. If I walk down the street and a woman/man is dressed provocatively, how can I not look?

Lies based on Minimization (“At least it's not that bad”)

22. I will only peek for 5 minutes.
23. I only do it for an hour a day.
24. I will only do it one more time.

25. I will stop tomorrow.
 26. I'm not as bad as (insert name).
 27. I'm not spending any money because I'm only looking at free stuff.
 28. I'm spending on porn less than (insert dollar amount), so it's ok.
 29. Porn is not that bad. At least I'm not having an affair or going to sex workers.
 30. Well, at least porn does not harm or exploit porn actors. It's just a job and they are being well paid.
 31. I'm employed, so my behavior is not that bad.
 32. It's just social media. It's not really porn.
 33. If I watch porn without touching myself, I'm not breaking my sobriety.
 34. If I watch porn without having an orgasm, I'm not breaking my sobriety.
 35. I made a phone call to a fellow and got an answering machine. We'll, at least I tried. That's enough for this week.
 36. At least I'm not looking at minors.
 37. Soft porn is ok. As long as I don't look at anything hard core, it's ok.
 38. I only do it when I travel for business.
 39. If my spouse asks me about it, and I tell only half the truth, that's not lying, so that's ok.
 40. At least watching porn will not give me a venereal disease.
 41. Well, it is better than drinking or doing drugs.
 42. As long as I don't do it from my work laptop, it's ok.
 43. I only do it when my spouse travels out of town.
 44. I'm lying to my spouse, but at least I'm not lying to myself.
 45. At least I'm not doing drugs or drinking alcohol.
 46. At least I'm not wasting money like gambling addicts.
 47. I can expose myself naked online on a porn site. At least I'm not an exhibitionist in public.
 48. At least I'm not having an affair behind my spouse's back in real life.
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Lies based on Rationalization

(“Logically, it makes sense”)

49. I can stop whenever I want.
50. This is the last time, really.
51. Looking at porn is not cheating on my spouse.
52. I don't have an addiction.
53. This is not the right time to get sober.
54. I already had a slip, so fuck it, let's have a relapse.
55. Looking at porn has not affected me at all.
56. Going to recovery meetings is boring.
57. 12-steps is a cult.
58. I cannot do 12-steps without believing in god.
59. What my spouse doesn't know, will not hurt him/her/them.
60. I can hide well. My spouse will never find out.
61. Porn does not affect my brain.
62. Porn does not affect my sexuality.
63. A 12 step sponsor will control my life.
64. People that go to 12 steps are all weirdos.
65. If I go to meetings, and watch porn secretly on the side, my spouse will believe I'm really in recovery.
66. I'm not hurting anyone.
67. I don't have to be honest in order to recover.
68. I can get sober all by myself.
69. If I go to meetings just to listen and never share, I'm still getting the most out of meetings.
70. I'm single. I will stop once I get in a relationship.
71. I always erase my browsing history, so nobody will find out.
72. The person I'm chatting with in a porn site really is into me. One day we will be together in person.
73. It would hurt my spouse more if I told her/him/them the whole truth.
74. I think my therapist said it was ok to watch some porn.

75. Being in recovery (going to meetings, making phone calls, working the steps, etc.) takes too much time.
 76. This is my last rock bottom.
 77. I never lie.
 78. As long as I use a secret account, nobody will find out.
 79. The people that say 'don't watch porn' are just a bunch of moralistic conservatives. Why should they impose their values on me?
 80. As long as I don't download any porn files on my computer, nobody will find out.
 81. It's too hard to get a sponsor, so why try.
 82. If I keep a secret account, internet companies cannot track what I do online.
 83. If I go to meetings, and don't tell them I had a slip, I'm still sober.
 84. I cannot go to meetings because they are not confidential.
 85. I cannot delete my online porn stash after all the time it took me collect so many files!
 86. I heard sex offenders go to meetings. I don't want to go; I'm not one of them.
 87. What's the difference between dating apps and porn?
 88. Damn the internet. Where it not for the internet, I would not be watching porn.
 89. I hide my porn usage so well that my children will never find out.
 90. I feel that my life is out of control. Porn makes me feel in control.
 91. I will never get caught watching porn at work, so my job is safe.
 92. Everyone wants so much from me. I just feel overwhelmed. Porn is my only relief.
 93. I've got a lot of medical issues. Porn gives me some relief from pain and worry.
 94. My sex fantasies are such that they cannot be executed in real life. Porn is my only option.
 95. Online porn filters have sites they cannot catch, so I can go through these loopholes.
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Lies based on Victimization
(“Look what was done to me”)

- 96. I was exposed to porn at a young age, so I can't help it when I watch porn now.
- 97. I was sexually abused as a kid, so this behavior is to be expected.

Lies based on Low self esteem
(“I feel poorly about myself”)

- 98. I'm different and unique from other addicts at meetings.
- 99. I'm a lost cause. I will never be able to keep sober.
- 100. I'm worthless. Porn makes me feel important.
- 101. At meetings, people will judge and disapprove with what I have to share.
- 102. I have never gotten more than 1 week of sobriety, so why try?
- 103. I'm too introverted to share at meetings or make phone calls.
- 104. I cannot tell anyone about my addiction because they will realize how awful I am.
- 105. (For men) I have a small penis, so my only outlet is porn.
- 106. I'm too ugly to get a real life partner.
- 107. I'm so ashamed of myself. When I watch porn nobody judges me.

Credit: Sydney from CA. (Sex and Porn Addicts Anonymous, S.P.A.A.)
Additional formatting by Stan in Recovery