

## Unhealthy Porn Habits

I have recently been inspired to create this Porn User Manual which includes the tips that I offer to my clients and their partners when it comes to unhealthy porn habits. Feel free to share this manual with anyone you feel could benefit from it.

Over the years I have spent researching and working in the field of sexuality I have encountered the problem of unhealthy usage of porn time and time again.

As I work almost exclusively with females it is more often than not that the partner's of my clients are the ones using porn in unhealthy ways, which affects not only their sex lives, but the sex lives of my clients also.

You may wonder, what are unhealthy porn habits and how do these unhealthy porn habits form?

Unfortunately access to porn is acquired by penis owners at a very young age without any guidance on how to use porn in a healthy way.

This results in young males creating some unhealthy habits when it comes to self pleasure, sexuality and of course porn usage, without them even realising it is happening.

These habits form neural pathways of pleasure for these penis owners, which in their teen and adult years can affect both their sexual satisfaction as well as the sexual satisfaction of their partners.

## **Just some of the unhealthy porn habits experienced by young males:**

- Ejaculating as quickly as possible before their parents walk into the bedroom.
- Gripping the penis hard without lubrication and jerking hard and fast in order to orgasm quickly
- Opening up multiple tabs on their phone or computer with various porn scenes and actors in order to access the most amount of dopamine

The common problem found with all of these above mentioned habits is that none of them represent what real sex looks and feels like as an adult.

- There is no danger of getting caught (besides creating a scene to intentionally have this experience).
- A yoni is lubricated (if making love with yoni owners) and does not grip as tight as the "death grip" (some yoni structures grip tighter than others though thats another topic entirely).
- It is impossible to sustain the hard and fast movement practiced with porn in order to ejaculate quickly for very long with a partner (the experience of which can feel blissful at times, while at other times can feel like one is being used as an object to masturbate into).
- Lastly, having sexual encounters with multiple people and scenes simultaneously is not possible in real life.

Porn can, however, be extremely useful in our sexuality and a beautiful tool to use in our self pleasure as well as our partnered pleasure, and healthy porn practices ensure sustainable and pleasure enhancing experiences with our usage of porn.

# Healthy Porn Manual

A user's guide

## **DIY PORN**

Create pornographic content of yourself, your lover, your sexual experiences. Always ask for consent before filming and make sure you are conscious with who you share your body on camera with, revenge porn is REAL!

## **SIMULATE NATURAL STROKES**

Include slow, sensual strokes of your penis, ones that are similar to those that you would experience during sex. Alternate between hard and fast and slow and rhythmic with a focus on what you feel will be naturally occurring in partnered pleasure (remember pornography does not represent what natural partnered pleasure will entail).

## **SIMULATE LUBRICATION**

Be sure to use lubrication while stroking your genitalia so that the sensations you feel are similar to the sensations you will feel while experiencing partnered pleasure. When in partnered pleasure there will either be saliva in the mouth, yoni secretions from the yoni or lubrication used in the anus, so get used to the feeling of slipperiness.

## **SIMULATE GRIP**

Hold and stroke your penis the same way the yoni will be gripping your penis- no death grip! Access pleasure with this kind of touch and pressure.

## **SIMULATE POTENTIAL SCENARIOS /VIEWS**

When watching pornography, try to find images that will be similar to those that you will see in real life, such as a person from behind, a person's face close up looking at the camera, first person view footage in general. There is a great website called Beautiful Agony that films people's faces while having real orgasms so that you can be more connected to what a real orgasm looks and sounds like, versus what actors and actresses create on film.

## **MOVE BETWEEN EYES OPEN AND EYES CLOSED**

Try to go internal as you are self pleasuring as much as you can. Recognise *your* pleasure, feel within *your* body, feel *your* hand, *your* penis, *your* anus, *your* skin.

## **HAVE A 2:1 RATIO (minimum)**

Explore self pleasure **without** porn on two successive occasions, and then explore self pleasure **with** porn on one occasion. aiming towards increasing the space between porn usage with more frequent self pleasure without porn.

## **INCLUDE YOUR PARTNER IN YOUR FANTASIES**

Create scenes and role play where your partner can act out some of your favourite fantasies and porn scenes. You may like to use lingerie, props and tools for this or simply your imagination.