

# **IS MY PARTNER'S PORN HABIT HARMING OUR RELATIONSHIP?**

**Or Am I Just Insecure?**

**A Global Movement of Fighters  
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Although communicating needs and setting boundaries are normal parts of any healthy relationship, some partners who voice their concerns about porn in their relationships report being labelled as "insecure" or "crazy."

**BUT LET'S TAKE A LOOK AT THE RESEARCH—ARE THEIR WORRIES UNFOUNDED?**

**To start, research shows that even partners who say they're totally accepting of porn report experiencing psychological distress and negative effects on their relationship when their partner consumes porn.**

**In other words, this research suggests that distress over a partner's porn habit is not based on preexisting opinions about porn.**

**Porn can negatively affect any relationship, regardless of insecurity levels or opinions on porn.**

**According to a 2021 report based on  
a national sample of couples:**

**1 in 5 couples report conflict  
related to porn**

**1 in 4 men reported actively hiding  
their porn habits from their partner**

**1 in 3 dating women and 1 in 5 married  
people report worrying that their  
partner is more attracted to porn  
and/or that they think about porn  
while having sex**

**The majority of couples surveyed had  
not discussed or set boundaries  
around porn in their relationship**

**According to a study that kept track of couples over a six-year period, porn consumption was the second-strongest predictor that a relationship would suffer.**

**In fact, the relationships that were harmed the most were those of individuals who consumed porn the most.**

**Another study found that individuals who never viewed porn reported higher relationship quality—on every measure—compared with those who viewed the same explicit material on their own.**

Drs. John and Julie Gottman—world-renowned experts on marriage and relationships—shared an open letter on porn in which they said:

**"WE ARE LED TO UNCONDITIONALLY CONCLUDE THAT FOR MANY REASONS, PORNOGRAPHY POSES A SERIOUS THREAT TO COUPLE INTIMACY AND RELATIONSHIP HARMONY."**



The research is clear that porn negatively impacts relationships, regardless of a partner's stance on porn. If you've been hurt by a partner's porn habit, please know that you're not alone and feeling hurt or expressing concern doesn't make you "crazy."

**THERE IS HOPE AND HELP.**

To find resources or more info on how to navigate relational conflicts about porn, visit our conversation blueprint at [ftnd.org/blueprint](https://ftnd.org/blueprint).



FOLLOW



TURN ON  
NOTIFICATIONS



## **THANKS FOR READING ALL THE WAY THROUGH!**

**You can help more people  
learn about how porn can  
negatively impact intimacy  
and relationships by  
supporting our educational  
resources at  
[ftnd.org/donate.](https://ftnd.org/donate)**

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