

Re-threading Madness Transcript: Porn Addiction with Joshua Shea

Host: Bernadine Fox

April 2022

Transcript

0:00

[Music] you're listening to vancouver coop radio cfro 100.5 fm we're coming to you from
0:07

the unseated traditional territory of the xʷməθkʷəyəm (Musqueam), Sḵwx̱wú7mesh
(Squamish), and səliłwətał (Tseil-Waututh) Nations

0:12

i'm your host Bernadine Fox and this is the show that dares to change how we think
about mental health welcome to

0:20

re-threading madness [Music]

0:42

it's all you're listening to rethreading madness on vancouver co-op radio cfro 100.5 fm
0:51

i'm your host Bernadine fox and today i have an interesting guy on to talk with about an
interesting topic that i

0:57

confess i know nothing about porn addiction so if you're like me join us as i learn about
what this is

1:04

and why we need to know about it and if you know about it all too well join us to see if
there's something you

1:09

need to do about it and what that might be i do want to warn you that we will be talking
about child sexual abuse so

1:16

please do what you need to do to keep yourself safe and stay tuned

1:22

it's estimated that one in two canadians will be diagnosed with cancer in their lifetime
for many the physical emotional

1:29

and financial burdens are heavy the volunteer cancer driver society ensures they never
have to worry about a

1:35

ride to and from treatment offering safe reliable and free transportation for all

1:41

patients now they're expanding their service across the mainland and they need more volunteer drivers to join their fleet

1:48

if you have a vehicle a valid driver's license with at least five years of experience and a passion for helping

1:55

those in need the volunteer cancer driver society would love to have you

2:00

visit volunteercancerdrivers.ca to learn more

2:07

you're listening to rethreading madness on vancouver co-op radio cfro 100.5 fm

2:12

i'm your host bernadine fox and my guest today is a porn addiction expert Joshua Shea

2:17

Joshua used to be a magazine publisher an award-winning journalist a

2:22

film festival founder and a politician in central maine and then well

2:28

let's let Joshua tell you the rest so what happened after that Joshua well it's not just what happened after

2:34

that it's that everything that happened leading up to that is that i had a 24

2:41

year addiction to pornography um i was very textbook when you look at

2:48

how that how that begins uh especially for men i'm now 46

2:54

who did not grow up on the internet um i had a very rough time at a babysitter's

3:02

house between the ages of two and seven where there was both uh sexual and

3:07

emotional abuse and uh like a lot of people i

3:13

didn't have the coping skills as a little kid to deal with it all i had were survival skills you know get to the

3:19

next day so i kind of stamped everything down and pushed it down inside of me and that

3:24

became repressed trauma when i was 12 years old i was uh shown hardcore

3:31

pornography magazines by a cousin and uh something came over me when i saw it

3:38

i can't tell you the magazine name i can't tell you what was on the page i just remember this feeling of like

3:44

warmth washing over me i remember this feeling that i had discovered something that was

3:52

going to help me the rest of my life and i'll tell you the only time i have ever felt that same way the first time i did

3:59

something was about two years later when i was at a wedding and i got drunk for 4:05

the first time uh i bet i battled with both uh alcohol and pornography uh 24 years pornography

4:13

22 years alcohol and the the thing that i think a lot of people

4:19

don't understand is that these were the constants in my life and they were the

4:24

constants that could make me feel better they could bring me back from the edge of anxiety from the edge of stress from

4:31

the edge of a panic attack and whether i was in high school or college

4:36

or just starting my career whether i was alone or dating or even married it

4:43

didn't really matter where i was in life for those 20-plus years because i always

4:50

had pornography and alcohol to count on to i knew that

4:55

they were there to make me feel better and they really became ultimately my two priorities in life

5:02

ahead of everything else because they were the only things that i could count on to make me feel better

5:08

and uh eventually like a lot of people's stories with addiction you know

5:14

addiction either leads to a place where it's completely unmanageable um or you

5:19

die or you go get better i got to the place where it was unmanageable

5:24

i had family and friends and others intervene and say

5:30

ultimately they said you need to go to rehab for alcoholism right when i went to rehab for alcoholism in early 2014

5:39

that's where i was introduced to the concept of porn addiction which

5:44

i had never even heard of before this was 2014 so it wasn't as out there as it is now and social media wasn't as big as

5:51

it is now so um my case worker at the rehab had me meet

5:57

with a certified sex addiction therapist off campus uh for several weeks almost every day

6:04

and i was able to or he was able to rather show me

6:10

finally that addiction in general is truly a disease that porn addiction is absolutely real

6:17

and that the porn addiction predated my alcoholism and probably caused more

6:24

problems in my life ultimately uh once i accepted that it was a separate

6:29

addiction and not just a bad decision i made when i was drunk which was how i explained it away to

6:36

myself for so many years can i ask you a question i just want to go back a bit before we as we move away

6:42

from it completely um you talked about being sexually abused as a child i think you said a

6:47

babysitter yeah it was the point that my parents left me with while they were at work during right oh so it was it every day

6:54

then i was there five days a week between the ages of two and six or two and seven

7:00

and was porn part of the abuse that you went through uh no they had they had no problem

7:08

having and keeping keeping in mind this was very late 70s early 80s they had hbo that was the one thing you

7:15

could have and uh they had no problem uh

7:20

having nudity or or sexual shows on whatsoever um it was more uh sexual abuse that was

7:28

you know specifically done to me and there were also situations where i had to do things to other people right

7:34

so uh no it really didn't have to do with porn back then

7:40

and uh and the the mental and emotional abuse was just as bad you know it was

7:45

the kind of place where if it was a nice day she would put me outside with my brother

7:51

or if there were any other kids at 9 30 in the morning and then i didn't see anybody else until my parents picked me

7:57

up at 4 30 in the afternoon wow it was just it was very neglectful when

8:03

it wasn't neglectful it was very uh negative very toxic

8:09

very dysfunctional and you know i grinned and bared it and didn't realize

8:14

really what was happening to me at the time but i can look back now and recognize with the exception of right

8:20

before i hit rock bottom and went off to rehab that first time uh that was probably the most unmanageable my life

8:28

ever was and i believe i promised to myself as a kid that i wouldn't let anybody ever have that control over me

8:35

again [Music] and you do not your survival skills your

8:41

coping skills do not uh evolve when you form them so much in

8:46

that kind of trauma as a kid so the important skills i had yeah the coping skills i had as a

8:52

six-year-old did not work for me at 26 or 36.

8:59

damn yeah but thankfully i i now i i in uh late march

9:05

um i passed eight years sober i have not used pornography i have not had a drink of alcohol

9:11

um i am healthier happier more well-adjusted uh than i have ever been

9:17

in my life if you look at pictures of me at 36 and pictures of me at 46 and you would think they're reversed because i

9:23

just looked so bad at the end wow well congratulations eight years is wonderful

9:29

that is wonderful so um so porn gave you this sort of sense of warm washing over you that was

9:35

a very interesting description and i do i do know people who have um alcohol issues and

9:43

are alcoholics and um they talk about having that first drink and i think how

9:49

they described it was feeling normal for the first time in their lives and so i remember i remember this

9:56

wedding and all of a sudden it's like i and i don't know what

10:01

you know great great problems i had at 14 but i felt like a good

10:08

capable version of myself for the first time

10:14

and is that when you started looking at porn at 14. no it was it was i well i

10:19

saw i i saw it for the first time at 12. and then i would try to see it where i

10:26

could you know my my dad was a schoolteacher he had national geographics back to the 1950s so you go

10:32

and you find the you know stuff with the tribal people in africa and then when um when i'm 14 or

10:40

15 the cable package expands and then playboy is

10:45

and i would sit there and watch the scrambled playboy and around 15 years old i found a and keep in mind we're

10:52

talking now uh early 90s mid 90s i found an independent video store that would rent

10:59

porno movies to me and just down the street from that i found a convenience store that would sell me beer so i would

11:06

literally ride my bike home in 9th grade when i was 15 years old stop off but

11:12

rant a couple of porn movies stop off and pick up four beers it was always

11:17

four and uh then i'd go home watch one movie drink two beers my parents would come home we'd live our

11:24

life then when everybody went to bed i had a tv and vcr in my room and i would watch the other porno movie and then i'd

11:31

drink two warm beers because they stayed in my backpack and that was my life for

11:36

a very very long time wow that's uh that's i i had no idea 15 year

11:43

olds were able to access that kind of um stuff and we were talking 1970s no not early mid 90s mid 90s

11:52

i graduated high school in 94. so this probably would have been about 90 91

11:58

when i was doing this so what does a porn addiction look like

12:03

um as a young adult what does that look like for you i i can i hear what you're saying about being a teenager and what

12:10

it looked like but once you're out of the house and you don't have to hide in the same way and you can get booze

12:16

wherever you want and there's probably way more access to pornography what does it look

12:22

like as a young adult well absolutely i was the first person i knew to get on the internet when i was

12:28

18 in 1994 and while you know that was all dial-up

12:34

so porn wasn't great i made the transition to porn online right around then or shortly thereafter

12:41

once speeds got faster um and it was i knew by that point there

12:47

was a there was an incident in high school where i realized how i used porn

12:52

very differently than everybody else and then i just and i knew that i was different with that so i just hit it

12:59

and i hid it from girlfriends i hit it from my regular friends i hit it from

13:05

everybody i could and because what was the difference i'm sorry i'm interrupting you but what was the

13:10

difference Joshua that's very interesting to me yeah well uh i was on the soccer team one day i think it was

13:16

junior year uh a bunch of us all went to one of my friend's houses after practice

13:21

and somebody had a porno video in their backpack and they put it in the vcr and we were

13:29

sitting around five or six of us and they were laughing and cracking jokes like it was mystery science theater 3000

13:37

and i felt so different than they clearly did i wasn't laughing i wasn't making

13:43

jokes i felt like oh my god you've discovered a secret i have i didn't want to be in

13:50

the room with them i i didn't watch porn with other people and just the way that they were carrying on and

13:56

acting like this was all a big joke made me realize i view this very very

14:03

differently and i better not tell them and i better not tell anybody because

14:08

one of the big things is while i was at this babysitter's house and it was very very

14:14

liberal sexually i never felt safe there however my parents house my parents were

14:19

very very religious so while i i couldn't see anything like

14:24

that on television or anything like that when i was uh at home but i felt very

14:30

safe there so i had this juxtapositioning because the sexuality was kind of interesting at times but it

14:37

was bad for my parents but i didn't feel safe around the sexuality or being in that home yet i felt safe around my

14:44

parents so there was always this juxtapositioning of porn with everything else in my life

14:52

i carried it around as a secret from early on because my parents made me think that you know the human

14:57

body and sexuality and all this stuff was kind of wrong and something we don't talk about something

15:03

we don't look at so i just kind of clammed up and hid it from people and uh only let people know that i liked

15:12

porn if i absolutely absolutely had to do you think that you hid just the porn

15:18

stuff but you also hid probably the sexual abuse that you went through as well absolutely absolutely tied up

15:25

yeah everybody asked me at one point why didn't you tell your parents what was going on and the reality was i didn't

15:32

think they'd believe me and there was one time where my mother expressed some displeasure

15:39

with the babysitter over something i'd mentioned at home and the babysitter absolutely freaked out on

15:46

me and locked me in one of the back bedrooms that was completely black for four or five hours oh my god and i

15:52

didn't want to go through i didn't want to go through that again so i shut my mouth um it's just yeah it was it was i was

15:59

living i don't say i was living two lives but i knew that there was a big chunk of my life i had to hide from

16:06

everybody we have to stop um just for a moment so folks don't go away we're going to come back with Joshua shea and

16:12

talk a little bit more about porn addiction and um what it is and what to do about it so

16:18

don't go away question authority demand accountability the job of the journalist is more

16:24

important than ever democracy depends on a free press and reliable trustworthy reporting is at a

16:31

premium speaking up for those who have long been silenced is what journalists do every day

16:36

at langara journalism students hit the ground running reporting on issues in their communities right away wherever

16:42

they are around the world this fall semester instructions will be entirely online that means students will be

16:48

reporting on the issues that matter in the communities where they live wherever you are whatever your beliefs journalism

16:54

has always been telling the stories that demand to be heard we welcome your voice in the chorus for a change

17:01

languera dot ca forward slash journalism [Music] re-threading madness on vancouver co-op

17:08

radio cfro 100.5 fm dares to change how we think about mental health this is

17:14

bernadine fox inviting you to join us every tuesday from 5 to 6 p.m as we

17:19

broadcast from the unseated traditional territory of the squamish muscolum and sly way tooth nations that's

17:26

re-threading madness on vancouver co-op radio cfro 100.5 fm every tuesday 5 to 6

17:33

pm [Music] no billy i haven't done that dance since

17:39

my wife died [Music]

17:44

there's a whole crowd of people out there who need to learn how to do the scar don't ask questions

17:58

[Music]

18:03

[Music]

18:10

is [Music]

18:26

my strange [Music]

18:38

i'm really really sorry i think i was just relieved to see that michael scott got his confidence back yeah michael the movie's

18:44

amazing it's like one of the best movies i've ever seen in my life

18:49

please don't forget cause i don't self medicate

18:56

and it burns like a chin and i like it put your lips on my skin and you might ignite it hurts
but i know how to hide

19:03

it [Music]

19:14

just add some friction [Music]

19:31

[Music] addiction

19:36

[Music]

19:49

tell me [Music]

19:59

you should enter it in festivals or carnivals thoughts pretty good reaction pretty cool

20:08

right

20:14

[Music]

20:33
you're listening to rethreading madness on vancouver cop radio cfro 100.5 fm i'm
bernadine fox and today i'm talking with

20:40

Joshua shea about porn addiction so Joshua are all addicts men

20:46

oh absolutely not absolutely not it was predominantly men for a very long time

20:52

but that's because the porn industry was geared basically towards straight white

20:58

men until the internet came around or until at least the home video market uh

21:04

came around and now you know back then in the 1980s it was

21:09

you had to produce a real movie you had to get it into movie theaters you had to sell
tickets it was a very big

21:17

production to make money off of creation of porn now

21:22

you can make a porn and have it up on one of the major websites in a couple hours
making money off of it and so not

21:30

only is porn easier to make that means that you can target an audience better but the distribution is so much easier

21:38

where you know i couldn't blame any woman for not wanting to go into a adult theater back

21:44

in the 80s or 90s with a bunch of men doing god knows what in there that's not safe but now you know hey it turns out

21:52

that women have working you know sex parts as well and if they can get it through the internet straight to their

21:58

house and they don't have to be seen going into one of these places or they can see something that's geared towards

22:04

more towards their tastes than what a typical man might like um you know

22:10

they'll watch it and if you look at statistics at least pre-pandemic because not much has come out since that

22:16

happened but pre-pandemic one of the fastest growing demographics of porn

22:22

addicts was women because they are now consuming porn

22:27

at almost the same rate as men and that wasn't true when it was magazines and videotapes but now that the internet

22:34

delivers everything to your home very privately you see a lot more women and a

22:39

lot of other groups whether it's religious or whether they are

22:44

from different parts of the world that otherwise didn't really look in the past or didn't have access to it in the past

22:51

now have it and that's why we're seeing this explosion of porn use and porn

22:56

addiction in the world and do you think that's partly because of kobed because people are at home or

23:02

do you just think that that's the online impact of access to porn yeah it was happening

23:09

before the uh the pandemic um and i i had written my first two books before

23:15

the pandemic and it was already a big deal but the first couple months of the pandemic i think that the online porn

23:22

world every month was like two years this the porn world could not have grown as fast

23:28

as it did in the first half of 2020 at any other time because when you think about it you've got people stuck at home

23:35

you've got people who can't go out you've got people who you know are isolated you get people who

23:41

do have problems with this stuff who have support networks that suddenly are

23:46

gone so there was an absolute explosion in online pornography uh in the pandemic

23:54

but i don't think that the legacy of the pandemic is going to be

24:00

how many more people started watching porn i actually think it's going to be

24:05

how many more people started making porn interesting there are websites out there the big one

24:12

is called only fans that most people know but there are a million different camera sites where

24:19

you take a look at where what did we lock down we locked down the restaurant we walked down the retail these are

24:25

people who usually younger people gregarious people people who care about

24:30

their looks people who are good at schmoozing and suddenly they don't have a job and the other factor is that this

24:38

youngest generation or the youngest generation of adults right now they don't know a world before the

24:44

internet so when i was in high school if the if the sexy cheerleader and the buff

24:50

football player if the two of them had a picture of them taken at the beach and you can see his abs and she's in a

24:55

bikini people would have passed that around like it was money but today

25:01

every 15 and 16 year old kid in high school is basically expected to have these half naked pictures on instagram

25:07

of themselves so how much of a stretch is it if you're growing up thinking that that's acceptable how much

25:14

of a stretch is it to just take off those shorts or take off that bikini top and then how much of a

25:20

stretch of it is when okay well i can get 500 men to pay me 20 each to do this

25:27

right and we saw the very beginning of the pandemic if you go back to january 1st

25:34

2020 uh this site only fans had about 300 000

25:40

content creators worldwide wow the the ceo recently said that there

25:46

are now two million people making content so this website has grown by

25:51

more than six six hundred percent and now and i use the term porn star very

25:57

lightly but we now have over two million porn stars new porn stars in this world

26:04

the third book i wrote was called the porn in the pandemic and i actually interviewed a lot of these people both

26:10

who were veterans in this sex industry and those who just came to it

26:16

uh at the beginning of the pandemic and what really scared me was that when i

26:22

interviewed a lot of the new people who came to it because of the pandemic what i heard especially from some of the

26:28

young ladies was that you know in real life i can't get a date and now i have men wanting to talk to me all the time

26:35

or you know this is what makes me feel special i like the money i started this for the money but this makes me feel so

26:42

special and so pretty and what i really heard from them having you

26:47

know been an addict myself and having done a ton of study and research on it these people

26:53

sounded exactly like addicts they weren't doing it for the money they were doing it for the feeling of acceptance for the dopamine

27:01

hit and that's that's like i said that's what i think that the legacy of the

27:07

pandemic will be is not that we learned more about porn addiction on the produce or the consumer side i think that give

27:15

it 10 20 years we are going to see a new class of porn addiction

27:20

from the producing side because listening to some of these people who are making porn online it sounded

27:27

exactly like me years earlier or a lot of the people that i've worked with as a coach

27:32

who talked about looking at it and i think porn addiction whether it's producing or consuming

27:39

it's just different sides of the same coin [Music]

27:44

it is it is fascinating and i do know that there are young adults who look at you know half

27:52

naked or even naked pictures of themselves is a very different thing than i did as a youngster or probably

27:57

you did as a youngster and i'm never quite sure whether i'm just being an old fuddy-duddy or

28:05

or not very well maybe yeah they're not kidding i just outed

28:11

myself um or if i'm just you know not you know i'm not keeping up or whether i'm rightly worried about what's

28:17

happening i i actually i don't have the answer to that so um i wish more people would keep up because

28:25

it is a tale of two worlds right to me right now the age line is about 33 years

28:32

old people above 33 have no idea what's going on

28:38

and people below 33 this is a bigger deal than the opiate crisis this is a

28:43

bigger deal than anything else you know if you on on my tick tock the amount of high school and college kids and young

28:50

adults who are begging for help because they don't know what to do and they're embarrassed it's just tragic and

28:57

you know i i there was a speaking agent who was very interested in hiring me but

29:02

the other people at that office were so scared to death about talking about porn

29:07

addiction meanwhile they talk about sex assault they talk about hazing on campus they talk about all kinds of negative

29:14

things but there is still such a stigma around pornography

29:20

despite the fact that if you look at people under 50 years old 80 percent of men under 50 years old look at

29:26

pornography at least once a month 60 percent of women under 50 years old look

29:32

at pornography once a month you are more uncommon if you're under 50 years old

29:38

and don't look at pornography but if you bring that down to 30 and younger it's

29:44

about 80 for women and it's like 98 for men

29:50

and the scariest statistic that i share with people again this is pretty pandemic i imagine it's only got worse

29:57

is that there's a group there's an organization called the barna group out of texas uh they're a statistics

30:04

organization they were commissioned to do a study and in interviewing north american men

30:11

between the ages of 18 to 30 so men up to the age of 30

30:16

over 32 percent said that they either had a problem with pornography they knew

30:22

they watched too much pornography or they had a full-blown addiction that's one out of three men under 30

30:30

but if you bump if you jumped up 10 years to 40 you wouldn't find that number to probably be in the single

30:37

digits that's what the difference of high-speed internet made to this issue

30:43

in the world so what's the difference between watching porn and having a porn addiction because i'm sure there are

30:49

lots of people who watch porn absolutely but don't have an addiction to it well it's just like you know i tell

30:56

people that well i can't drink either but i can go to a casino i can win 50

31:01

bucks i can lose 50 bucks and then i walk away just fine um i don't get any you know charge out

31:08

of it um everybody is everybody is different and

31:13

the people who are not addicted who use pornography generally use it as a sexual

31:19

release or use it as a substitute for the real thing those people who are addicts are not

31:26

really using it just for the sexual thrill i mean i can personally tell you

31:32

that it didn't really matter what was on that screen as long as i got my dopamine

31:38

hit as long as you know the the chemicals in my mind were screaming for

31:44

me to look at it or screaming at me to drink and that's that's the difference you know i

31:49

explain to people that food addiction doesn't take place in your stomach cocaine addiction doesn't take place in

31:55

your nose and porn addiction doesn't take place between your legs all addiction takes place in your brain and

32:02

it's it's a little ironic i do coach a lot of women who are partners of porn

32:07

addicts and i tell them that in a weird way i almost think it's better if your

32:14

partner is an addict because they were not using porn as they substitute for you

32:19

they were using porn to escape stuff that happened to them when they were a little kid most likely this is a coping

32:27

mechanism a survival thing and it's while it's not excusable while if

32:33

they lie to their partner if they cheat on their partner that's not excusable it is at least in my view a little bit

32:41

more understandable if somebody actually has an illness versus they just don't

32:47

want to be with you that night they'd rather just be with themselves so when somebody is a porn addiction how

32:52

much porn are they watching say a day or a week it doesn't really matter what matters is

32:59

what matters is that it is affecting their life in some negative way and they understand that

33:06

there are negative consequences but the compulsive feelings that they had to toward using is just so much that they

33:14

can't stay away from it and one of the big litmus tests that i always tell my new clients is

33:21

how often do you make promises to yourself that you are not going to use or you're going to use

33:28

less and how often are you able to keep those promises to yourself

33:33

how often do you pick pornography over something else you know your friends are going out on a

33:39

friday night but it's been a long week and you just want to stay home and look at porn or

33:44

you know things that you used to do you used to binge watch netflix now you're just

33:49

sitting in front of a computer looking at porn at all all the time it's replacing the things that you used to

33:55

enjoy in your life and there are there are 11 different symptoms of porn addiction usually most people need four

34:02

or more to be considered an addict um

34:08

can you rattle them off for us uh yeah i wish i had that in front of me that's okay you know what we can do that

34:14

another question when we come back from the break so um yeah um

34:20

does a porn's addiction subside as you get older i mean we all have this i i mean it's a
34:26

stupid question right but we all have this idea that and it's probably wrong that as
people get older they have less

34:32

sex um does that ring true about a porn addiction too do as people get older does it
wane does it go away or

34:40

uh well i mean there is the fact that your libido does drop i mean we do know

34:45

that that happens uh testosterone or estrogen less is produced um so you if

34:52

most people need to be triggered and most people are triggered by a sexual thought or
sexual vision so you know

34:59

somebody may be watching television or looking at social media and see a

35:05

good-looking person you know like i said see see one of these girls on tick-tock dancing
around wearing a sports bra that

35:11

may be the trigger that gets them going and it's a sexual thought that gets them going
but once they start using the porn

35:19

it's more about satiating the need for the dopamine and oxytocin and serotonin

35:25

and all the pleasure chemicals in your head okay we need to take a little break

35:30

Joshua i'm sorry but we'll be right back folks

35:37

[Music]

35:59

dark places i would play watch the night turn in the day

36:06

screaming voices in my mind leave me cold and so hard

36:12

[Music]

36:24

there's no suicide like the lie that you tell yourself and believe in vastly decent faces
weeping underneath

36:31

self-hate feasting on your deepest darkest secrets warning signs of greed help need it
too ashamed to seek it

36:38

seems so easily deleted when you're browsing you can't erase the history of what your eyes allowed in the intimately

36:45

profound ecstasy that gives life stripped of all it's mean until it eats you from the inside the big lie we'll

36:52

just do this to get you through the slim times one click at a time till you prefer the counterfeit kind seen so many

36:58

scenes and it would seem you desensitized just to get your fix you begin dipping into the sick side seeking

37:04

to feed a demon that you no longer recognize if you swam it off you'll never find a place you can hide inside

37:11

your pocket lies a portal to your inner battle children of adam still crapping with that bitten apple dark places i

37:18

would play watch [Music]

37:33

dealing with the wreckage

37:41

don't get it twisted there's no innocence existing in this biggest business you create specific demands

37:47

whenever you click it whatever it is you're into someone's got to feel it have the lowest moments frozen to be

37:54

shown infinite you watch the point saviour box office movies nastier the tv

37:59

getting trashier school girls are flashing the camera profile picture just like the next amateur babies get exposed

38:06

no one's controlling how it damage them you find yourself detaching retreating reacting deep anger decrease passion and

38:14

you keep lashing out your sweet family reminds you of your weak habits you have no mercy for yourself and so you

38:21

relapsing your sweet attraction used to drive you to that deep connection you're feeling so cold and lonely when you

38:27

least expect it i tap your desk set support until you're in inner battle children of adam still grappling with

38:34

that bitten apple dark places i would play watch the night turn in the day

38:41

screaming voices in my mind

38:47

[Music]

38:59

i'm trying to keep it [Music]

39:08

[Music]

39:26

this year co-op radio turns 40. here's one of our stories

39:31

i i got involved with vancouver cooperative radio in

39:37

1989 i left my country because of

39:42

due to holistic political reasons my activities in the university and as a

39:48

student and as a musician in the arts and i came to canada with

39:55

with a music band king lalat that was

40:00

in exile they were all also from my native country guatemala

40:06

when we came here i mean from the latin american radio shows or our newspapers you know the

40:13

latin american media they they contacted us to do interviews and things like that

40:20

one of the shows that contacted us was america latina aldia which it is

40:27

one of the oldest shows here on vancouver cooperative radio it started at the same time as uh as co-op radio i

40:34

was a guest because of the of the the music that i was playing it was music

40:39

that is committed to social justice music and resistance i went to the interview

40:46

and and i said well you know i i like radio i did i was coming from a radio

40:52

and tv a background as well back in my country so

40:57

i asked them if they needed any support because it was volunteer based and while i was here

41:02

on the tour with king lalat i started right away the following week

41:08

and it was obvious to me then what the mandate of cooperation was

41:14

so there was it was a perfect match for me i worked in a community radio back in my

41:21

country i worked also in a commercial radio as well but my place

41:27

is it's definitely in the community radio and radio

41:32

that is not compromising with other things but it is committed to social justice so

41:38

there wasn't a question for me that's the place where i wanted to be [Music]

41:47

[Music] you're listening to rethreading madness on vancouver co-op radio cfro 100.5 fm

41:54

i'm bernadine fox and we're going to continue this conversation with Joshua shea on porn addiction

41:59

so Joshua i had a question oh i wanted to get back to the list how does somebody know what

42:05

is what are the characteristics of somebody who has a porn addiction what do we know yeah i'll run through them quick for you

42:11

first thing is difficulty in not thinking about pornography you know if you are planning your day around it

42:17

if you are preoccupied with it um that can be a red flag a huge red flag is

42:23

masturbating in inappropriate locations the amount of people who do this at work

42:28

or restaurants or other places uh to get to that dopamine hit is so much more

42:34

than you would actually think uh another one is you know questioning if you have a problem or addiction you know nobody

42:40

questions themselves if they vacuum too much or if they brush their teeth too much or you know do you have a do you have an

42:46

addiction to riding on fire trucks of course not if you're questioning if you have a problem you probably do um a big

42:53

big indicator losing track of time when you're engaged with pornography you tell yourself you're going to look for a few

42:59

minutes suddenly two minutes are gone or two hours are gone like i mentioned replacing other

43:05

activities with pornography a lot of people who are addicts they use

43:10

or they go on a binge they feel better but then the negative retail uh feelings return even if they are using so not

43:18

only do you have negative feelings you also have a porn addiction now um there are people another uh instance is

43:24

physical uh injury people can pleasure themselves to the point of physical

43:31

injury both men and women um there's also the indication of when

43:37

somebody believes they need to search for the perfect porn to finish when they're using in a session that's

43:43

something that a lot of addicts all feel like they have to have the perfect piece to finish um

43:49

and ironically another big sign is a lowered sex drive and if you look across

43:54

all addiction whether it's heroin or gambling or anything almost everybody has a lower libido who is an addict you

44:02

know ask somebody who is a meth user how much sex they want to have they don't want to have sex and this is also true

44:08

with intercourse addicts they may not want to have sex with a partner who they like what's an intercourse addict oh a

44:15

sex addict as opposed to a porno i don't like the term sex i don't like the term sex acts okay because i think that needs

44:21

to be more of a umbrella term like we say drug addict um but there's a big difference between

44:27

being a marijuana addict and a meth addict yes so i say sex i say sex addict

44:33

as the overall family i say intercourse addict for people who okay like to do

44:38

that so but there are people who are people who are intercourse addicts who have incredibly low libidos yet are out

44:45

having dangerous sex every night because that's what they get that's how they get

44:51

those chemicals going for themselves um as i mentioned an inability to keep promises to oneself uh you know and

44:59

finally one of the bigger uh things that you hear with almost everybody is escalation of the content um not

45:07

necessarily going into illegal places but just going into extreme places where

45:13

you know they would not be interested in anything like that in their real life but

45:19

it's it's like any other addiction if you're an alcoholic you know you can't drink

45:24

two two bottles of beer uh all the time sometimes you need to go to three or four or five or you have to move on to

45:31

the hard stuff because you need a higher alcohol content well with pornography

45:37

you often need a higher content of extremeness whether that's multiple people or people doing strange things

45:45

that you know that that isn't true of 98 of our sex lives as normal people uh and

45:52

that's the only way you can get to the chemicals and get the release of the dopamine that you need so you see that

45:58

escalation into frankly weirder stuff so those are the 11.

46:04

so you talk about how uh porn just destroyed one of your relationships how

46:10

does it i mean i mean it seems obvious that it can destroy the relationship because you're not having sex with that

46:16

person and you're keeping something that's secret and and and are there other ways that that

46:21

the destruction of the relationship happens because of the porn addiction well it's it very rarely has to do with

46:29

the actual sex it does drop but my assumption

46:34

yeah but but uh when people when the partners who i've worked with come to understand addiction and understand why

46:42

the sex dropped it's not as big a deal to them the biggest deal is the lying

46:47

and that's when you get the what's called betrayal trauma it's a very specific kind of trauma it

46:53

can happen to anybody but in my world it's either infidelity or somebody being

46:58

so anti-porn and then finding out that their partner uses porn because what

47:03

happens then is okay if this guy or this girl has been hiding their porn

47:09

use from me for say seven or eight years what else have they been hiding do i even know this person how do i

47:17

trust this person how can i be intimate with this person anymore if they actively hid this addiction in this

47:24

secret from me that's where you really see uh relationships fall apart when it

47:30

comes to porn addiction so um i know i wanna talk about your books and

47:36

we're gonna get there soon but uh um if somebody realizes listening to this

47:41

show or has always known that they have a porn addiction where do they go for help

47:47

there are so many different ways that you can get help these days you can go into an inpatient rehabilitation center

47:55

you can go to one-on-one therapy with an addictions counselor or depending on

48:00

where you are with a certified sex addiction therapist there are 12 sec 12

48:05

step groups uh sexaholics anonymous is a big one for people with porn issues as

48:11

is sex addiction anonymous there's been some attempts to get a porn addiction

48:16

anonymous going but i think that the pandemic derailed them one of the ways that i did a lot of my

48:22

work because of who i am and my personality was just reading about it in research uh i always want to do no more

48:30

so i read everything i could get my hands on about it um and then you know

48:36

it's there was uh group therapy as well i i belonged to a men's group that was run by a facilitator that was wonderful

48:43

um there are online forums online communities about this you can listen to

48:48

podcasts uh radio shows there are a lot of ways out there and i can tell you

48:53

that most people who are successful at finally leaving this behind do a lot of mixing and matching and kind

49:01

of create their own program of what works and what doesn't work the 12 steps

49:06

didn't ultimately work for me but i know people that they do work for and some people will never read you know

49:14

a study i i'm the kind of geek that i can read the new england journal of medicine and i find it interesting

49:20

but you know i can't read shakespeare and tell you what the hell nobody can read shakespeare really exactly

49:26

maybe there's probably be people who can read shakespeare but i don't give away they all taught me in high school

49:32

apparently um and but um i know there are a lot of people who aren't going to read studies

49:37

where i i did that and that made me feel better to really understand the science of what

49:43

was going on and then it was just a matter of myself also writing as a writer

49:49

i write all the time whether it's journaling or whether it's writing books or or ghost writing or writing articles

49:57

um writing has always been a very therapeutic thing for me even though it's also professional it's been very therapeutic so the first thing i started

50:05

writing ended up being my first book i ended up writing 200 000 words wow with

50:11

a with a with pencil and notebooks and finally i let somebody read it and they were like you need to publish this

50:18

i showed it to a publisher i had no plans on publishing a book about it showed it to a publisher and they were

50:23

like you need to cut this in half but this is this is something that needs to get out there um so that's that's how

50:30

the professional side happened tell us about your books Joshua well the first book was called the addiction nobody

50:37

will talk about um how my pornography addiction uh destroyed relationships and

50:43

hurt others that's kind of a memoir autobiography especially looking at the last few years

50:50

of my addiction while also going back and talking about it to genesis my second book is for partners that one is

50:58

called he's a porn addict now what i wrote that with a marriage and family

51:03

therapist and what we basically did was answer questions from uh females who

51:11

just found out that their partner was a porn addict and he answers them from the clinical point of view i answer them

51:18

from the been there done that point of view that's the one that's been the best seller to this point

51:24

the third book i mentioned is more of the journalistic look at pornography during the pandemic um that allowed me

51:31

to you know go back and be that that reporter that i always liked and then my latest book just recently came out and

51:37

it's actually my first self-help book for the addicts it's called i am reading this book about pornography addiction

51:44

for a friend [Laughter] what we do is we we look i i explain the

51:50

symptoms i tell stories from many of the people who have been my clients in my
51:57
coaching practice different ages different genders different places in the world they're
from just because i
52:03
think people need to be able to identify with someone else and then i also talk about a
few things you can do in the
52:09
beginning to start addressing your issue and there are a bunch of assessments at
52:15
the end so you can personalize the experience of reading the book i wrote the book to
basically act as like the
52:22
first two sessions you have with me in coaching so if someone can't afford it if they
52:28
are too scared whatever it might be to talk to me about it uh they can pick up this book
uh
52:34
available through amazon and they can at least get the beginning of the kind of uh
treatment and work i do with people
52:41
right and you are a trauma betrayal i have it written down here some certified betrayal
trauma
52:48
coach i don't even know what that is maybe you could tell us what that is well like i said
betrayal trauma is it's
52:54
a certain type of trauma where you have found the truth about something or you
53:02
or what you expect is totally different now there are people of betrayal trauma
53:08
who get it as kids because their parents died you know if your parent tells you i'm never
going to leave i'm never going
53:14
to get away from me and then they die some kids actually feel betrayed yeah you know
if your parents told you well we're
53:21
going to go to disneyland when you turn 10. and seven years old you wait eight years
old
53:26
you wait nine years old you wait and then at 10 your parents say no we decided we're
going we're not going to go to disney world that can be betrayal
53:34
betrayal can be when you expect betrayal is when you expect one thing you have it

53:39

100 percent in granite you would bet your life that this is the way things

53:45

are and then you find out they are absolutely 180 degrees different and you

53:52

have to basically reframe your world view and when it's something as big enough as a partner who

54:00

has been hiding a sexual addiction for you for years you know that really can

54:06

do not just do a number on your marriage but do a number on you as a person yeah absolutely you can pull the rug out

54:13

from underneath you so um your books where are your books available

54:18

uh the first few if you can find a bookstore around anymore they're sometimes in them but i always tell

54:24

people just you know go to amazon safest place in the world you'll find them all there there are links to them on my

54:30

website as well my website is paddictrecovery.com my website does have a lot of resources for anybody who is

54:37

trying to figure out how to get help as well um but just go to am go to amazon

54:42

and type in my name Joshua shea svg and you will see all the books that i have

54:48

available there both in soft cover and uh kindle and you do you are a coach you work with

54:55

people online i'm assuming yep i work with people almost every day okay so if somebody wants to reach out

55:01

and work with you and look at the possibility of working with you they can do that as well that's great thank you

55:06

josh well this has been an eye-opener for me and uh i appreciate it and i appreciate the work you're doing thank

55:12

you thank you so much for giving me this uh this forum like i mentioned earlier

55:18

there are still so many squeamish people we need to grow up and learn that we can talk about pornography because we have

55:25

to if we're going to talk about pornography addiction and it doesn't have to be graphic nothing we talked about today was graphic no we understand

55:32

what porn is let's grow up and let's talk about it because our youngest generation is suffering mightily from it

55:39

yeah well then that's all the reason right there to do it and you're right there is no reason to be squeamish about

55:45

it it's not like you're being forced to sit down and watch it if that's not what you want to be doing so or should not be doing so okay thank you

55:52

Joshua that was great thank you and we'll be right back folks hey did you know red eye has a podcast

56:00

you can tune in to red-eye every saturday morning from 10 a.m to noon and now you can catch our interviews anytime

56:07

look for the red eye podcast on itunes tune in radio or a host of other podcast

56:12

apps or you can check out our latest episode right on our website co-opradio.org redevye you're listening

56:19

to rethreading madness on vancouver co-op radio cfro 100.5 fm i'm your host

56:24

Bernadine fox and that's our show my thanks to Joshua shea for coming and

56:30

chatting with me about porn addiction and also to billy eilish brother ali and

56:35

sherry ulrich for the gift of their music but as always our thanks goes out to you for joining us today stay safe

56:41

out there [Music] if you have questions or feedback about

56:46

this program or want to share your story or have something to say to us we want to hear from you you can reach us by

56:53

email rethreading madness at coopradio.org this is bernadine fox we'll be back next

57:00

week until then [Music]

57:24

it's [Music]

57:37

everything's gonna be all right [Music]

57:48

why don't i wonder how you know surely you don't have all of the

57:55

facts you could be just

58:00

making it up why don't i ever think of that

58:08

it's some kind of magic in the words that you breathe

58:14

saying baby take it from me it's all right [Music]

58:20

it's all right [Music]

58:33

everything's gonna [Music]

58:46

it's such a cliché just words people say to be nice

58:56

[Music]

59:24

when i'm wearing so tired when i'm worn out and done

59:34

when i fall off the wire again with no more strength to get back on

59:44

there [Music]

59:56

it's all right [Music]

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