

THE FAMILY MAN'S GUIDE:
THE SIX REASONS
YOUR **SEX** LIFE IS NOT WORKING
AND HOW TO **FIX** IT FAST

Why This Will Change Your Life When You Implement It

I am going to get straight to the point with this and not sidestep the issue like most people do...

In a world where the rules about sex have suddenly, dramatically changed, and at the same time, where guys have sexy images all up in their face, I think it is fair to say that men are more and more confused about how to navigate today's sexual landscape. Once you understand where you are going wrong with your current strategies for trying to cope with our modern day culture, then you will instantly be able to correct and alter your actions and create the fulfilling sex life that you really want.

The truth is, a vast majority of men today are seriously missing out on sex with a real person (whether single OR married), leaving them lonely, isolated and increasingly anxious. **Your ability to manage your sexual energy and expression in a way that makes you and your partner happy is the**

ticket to your freedom. After reading this guide, and when you take the necessary steps to correct your mistakes and misunderstandings, you will not have to worry about sex problems getting worse or potentially leading to a terrible outcome down the road...IF you are willing to implement the actions and do what it takes.

Why listen to me?

My name is Kelly Cadell and I have been dedicated to discovering solutions to sex and relationship problems for over thirty years and have been working with individual and couple clients as a Sexual Wellness Coach for more than a decade.

1. I have created a signature program specifically for men that takes a holistic, mind-body-spirit approach to heal from the effects of current social and sexual trends to access your sexual energy and expression in a whole new way. My clients

experience a fresh start in the area of love, sex & intimacy.

2. I give you valuable first-hand insight from a woman's perspective about the difficult dynamic between men and women today. I was a typical wife and mother with a secret grudge - a resentment towards men! That was until I had a PROFOUND realization about how much men are actually suffering through the conditioning they receive, which is *no fault of their own*. A compassion-based, restorative approach naturally emerged in my work. I have committed myself to supporting and promoting men's sexual and emotional wellbeing in service of healing individuals, families and society. I am deeply dedicated to your wellbeing and success.

3. I address the reality of pornography from a health perspective, and WITHOUT shame because I have discovered it is not fitting to address this modern issue through a moral lens, like so many people do. The reality is, pornography is a global SOCIAL

EPIDEMIC and HEALTH CRISIS. By removing shame, a SPACE gets created. A space where people can support one another, have an opportunity to re-do their sex ed, and reclaim their mind & heart to restore themselves to confidence and connection.

*

The main reason you are going to love this Guide is because I am a master at simplifying complex topics so you can clearly see your path forward. I am obsessed with YOU having personal breakthroughs! My intention is to have you be very clear about the problems that have held you back when it comes to having true sexual satisfaction and emotional wellbeing. Having personally spent thousands of hours studying the complexities of human sexuality and listening to the same problems over and over again from people just like you, I can tell you there is a consistent pattern as to why you are so unsatisfied and stuck right now.

In a world full of sex therapists giving the wrong advice, my aim in this guide is to not only prove that I know what I am talking about, but for you to prove.to.yourself. how EASY it could be to make a radical shift in your current situation TODAY. If that seems impossible, I invite you to pay even closer attention.

As I mentioned, I am the creator of a breakthrough men's program called "Everyday Hero" which enables you to have a sex ed re-do, restore yourself to the confident guy you want to be, without further shame and before you risk losing everything (we have all heard stories about the guy who lost it all due to his hidden on-line life being discovered).

Like I said, I'm going to be really straight with you about this, because the stakes are very high and your happiness matters! And to be honest, you sorting out your sex life has a big impact on the world (Yes! In order to sort this social mess out, we need guys who are willing to take the lead in tackling these problems, so that current and future

generations can be happy and healthy in their personal lives).

As you read this Guide, you might be someone who tells yourself that you aren't personally affected by porn's messaging, or you might be a guy who's mind and body were clearly hijacked by porn... but whatever group you are in, keep reading...my intention is to help you address the reasons your sex life is not working, and I can tell you that our porn culture is at the heart of it.

That being said, let's get into the *6 Reasons Your Sex Life is Not Working*. (Counting down from 6 -1, just for fun ;)

REASON NO. 6



**YOU ARE BLAMING
OTHER FACTORS FOR YOUR
(NO) SEX LIFE**

The truth is, sex problems tend to be one of those areas that are hard to address and tackle, never mind fix! So it makes sense that people look for reasons outside of themselves for their lack of sex, so what ends up happening is.....nothing. Things stay the same and people get into a sexless rut *for years* because they become resigned that things “are just this way” and secretly are kind of relieved that factors like having the baby crib in the bedroom is a good excuse to ignore the problem.

Having young kids or teens, a wife who may be overwhelmed and sexually shut down, working long hours, being your own boss, dealing with aging parents, are all very “good” reasons that you tell yourself that you are better off “just taking care of yourself” with porn and masturbation, or perhaps other means of getting your sexual and intimacy needs met.

One of my clients, before he realized what his own avoidance behaviour was actually doing to his marriage, was convinced he was being *considerate*

of his wife by not asking her for sex, since she had clearly expressed her lack of desire and never initiated sex with him. He mistakenly thought that by avoiding sex with his wife he was *benefitting* the marriage by not making demands of her or getting into arguments about it. They ended up in a sexless marriage and their emotional connection became highly strained.

Once he recognized that he was definitely **avoiding addressing the topic of sex** altogether, and was also being passive by putting up with the loneliness he actually felt, then he was able to admit to himself that he was not happy with the way things were and that he, in fact, did want more sexual connection with his wife. He just didn't know where to start!

It's actually OK to not know how to fix this at the start.... Just getting *honest with yourself* about *how things really are* and *begin to acknowledge* that the way things are, are **NOT WORKING** is the first and necessary step that opens the door to new possibilities in the future.

The process I recommend is really simple: just **begin to notice how you are avoiding the issue of sex and pay attention to the excuses, reasons and justifications you are using to avoid dealing with the pain** of the lack of intimacy and true sexual satisfaction in your life. This will awaken you to realities you may have been unconsciously avoiding and will begin to open the door for addressing and dealing with your sexual problems.

A WORD OF CAUTION: Be careful NOT to jump ahead to having-a-better-sex-life type advise *before* dealing with the underlying issue of how the culture has impacted both of you and how most people are actually shame-loaded about sex. Much education out there ignores the elephant in the living room, or even encourages porn and fantasy to spice things up in the bedroom. I can tell you, for sure, that this is not the path to a sustainable, mutually satisfying fantastic sex life that both you and your partner can rely on. You need to do the uncomfortable thing first - getting honest and clear with how today's culture that you are immersed in has impacted you and your relationships.

REASON NO. 5



THE MAN-CAVE IS COMFORTABLE

The truth is, the COVID era has made most of us very comfortable being comfortable in front of our screens. Collectively, over the past two years of our lives, we have developed habits and patterns of living that revolve around our technology and screens, spending vast amounts of time engaged in consuming and scrolling social media, and on-demand movies, gaming, and for countless men and women, porn.

The problem is, entire families are engaging in this “tuned out” lifestyle and it’s easy to find ourselves distant from each other and avoiding talking about problems when everyone is distracted and indulging in the comfort and safety that our screens afford us.

I will admit that about a year ago I personally found myself completely consumed with my screens- podcasts, movies, news and music, games on my phone - where I found myself **CONSTANTLY** *plugged in to something*. I found myself experiencing unexpected and alarming symptoms of depression, lack of motivation, and chaos in my days due to

trying to squeeze life into the small amount of time leftover. It was only when I educated myself that I realized that I was experiencing symptoms of media addiction, which resulted in massive amounts of time indulging in the news and other forms of media. I got completely hooked and distracted from the rest of my life through the power of algorithms and my brain chemistry!

I ended up participating in an intensive media detox, which for me, was a 90 day journey, which altered my relationship with media and screens. I can attest that doing the hard and very uncomfortable thing - taking time off your screens - is essential for any hope of discovering what actually works for you in relation to technology in your life.

The method I suggest to regain balance, reclaim time, energy and sleep back from your screens is to **take a one, two or three day media fast/detox** - basically a break from any *unnecessary* media. Committing to doing so will allow you to clearly see

just how reliant and attached you are to your screens, and allow you space to actually hear yourself think more clearly and rediscover enjoyable things you may be neglecting, like reading, music or art, quality time with people, exercise, taking a class or lesson, or taking action towards your dreams.

You now have, like most people, the challenge of reintegrating back into your social life and breaking those habits of distraction created during COVID - just know that while the comfort of your “man cave” may be highly appealing and safe from the risks associated with relationships, your couch/screen combo is likely a major factor keeping you from living your best life, including being sexually satisfied.

REASON NO. 4



**YOU CAN'T TELL ANYONE ABOUT
YOUR PORN PROBLEMS**

Many women are both reactive as well as in denial when it comes to porn. Women boldly speak about their disdain or even disgust for porn and for men who use porn (which gives husbands and partners the evidence that they cannot tell her). Most non-porn users do not understand nor can they appreciate the distress of the man who can't stop and the disconnection and isolation it brings, never mind the annihilation of the self respect and esteem that happens on a personal level.

A wife of a couple I was coaching **was convinced** HER husband did NOT use porn, because her image of him was a guy *who would not do that*. Plus, the husband was so good at hiding it that she actually had no clue that he brought his porn habit into their marriage. The truth was, he had been secretly struggling to stop his escalating behaviour throughout the entire seven years of their relationship.

If you have a partner that you suspect would react badly to knowing the truth about your porn use and

sexual habits, then you find yourself truly with a problem - you cannot address / solve the problem with the one person in the world that this matters most for. Therefore, it is understandable that you would be avoiding addressing this in order to avoid conflict and to keep the peace. (You may be like a husband that I worked with who was convinced that his wife would instantly leave him if she knew the truth).

Or if you do have a partner who you could talk to, you are still stopped because you don't know how to go about addressing this subject in a way that is going to give you both the best outcome.

What is the solution? You need a safe strategy for talking to your partner. I can give you a valuable guideline to follow: revealing too much information or going into detail about what you have viewed is NOT a good idea. It makes a stressful and shocking situation far worse than it needs to be. So, what do you need?

To talk. To be heard. To be understood.

My method here is to **find someone in your environment, besides your partner, who you can confidentially confide in** - where you can reveal that you have been impacted by porn and share what you are dealing with in terms of the mental health/social/life problems that go along with it.

Sharing only as much as is comfortable for you is very important. Oversharing can leave you feeling highly vulnerable in that relationship, where you might avoid them and also put you at risk for a “shame backlash”, pushing you deeper back into the shadows. Sharing that you have a problem with a trusted person is a powerful step in breaking the isolation and shame related to problematic porn use. Time and time again, I hear from my male clients how relieved they feel JUST to be ABLE to TALK about this issue! **Talking and sharing in a truthful, but safe way alleviates the burden of shame** so that you can begin to look at and address

this issue in your life and truly decide what you want to do next.

When you take this approach to talk to a trusted person in your life who is not as up close and personal to the issue as your partner is, and *begin by taking care of yourself* in how you initially address this issue. Then, when you DO share with your partner, you are in a position where you already have some experience talking about it, can take responsibility for it, and assure her that you are creating support around you.

The truth is, in the porn equation of a user and non-user couple, the non-user (usually women although not always) are most certainly impacted by a partner's porn use. No question. However, I see a high degree of focus on helping the woman recover from what is often described as trauma, and an underemphasis on the needs of the guy. The fact is, the stage of revealing the reality of a secret life of porn combined with the early days of tackling any addiction (if that is the case) is a

HIGHLY sensitive and emotionally fragile period for that person. This is often not considered and when the man's pain and needs are ignored or side-stepped in service of the woman's needs, an imbalance is created in the healing dynamic that sets both partners up for missing the mark for **equal opportunity for healing**. I say this to let men who have been damaged by porn know, that your pain is just as valid as your partners, and that finding spaces that you can take care of yourself is going to be a great benefit to both of you.

REASON NO. 3



**YOU ARE PLACING YOURSELF ON
ONE END OF A “BAD” SPECTRUM**

Time and again, I see that men place themselves on one end or other of a “bad” spectrum when it comes to their sexual selves... either “not that bad” or “too bad”. The problem is, both positions **block** you from the possibility of things getting better.

NOT THAT BAD

On the one hand, you have become resigned to the way things are and don't do anything about improving your sex life because you think things like:

- “It's not great, but it's as good as it's going to get”.
- “Things aren't THAT bad. I could be in a lot worse shape. Like that guy over there”.
- “What's the problem? I'm not hurting anyone”.
- “I can figure this out on my own”.
- “If I was worse off, I might need help. But in my case, no one needs to know”.

- “Viewing porn is actually beneficial to my marriage, because I am taking care of my own needs and not making demands or putting pressure on my wife”.
- “My spouse and I get along on so many other levels, it’s ok if our sex life is waning right now. It will probably get better as the kids get older”.
- “I’m just like every other married guy...after the kids come along, sex goes by the wayside. I shouldn’t expect it to be different”.

From this position, if you are using porn & masturbation as your sexual expression, you likely have resistance to even letting yourself consider that you may be dealing with some level of addictive behaviour. Given the shaming social stigma towards the “sex addict” and “porn addict”, it is understandable why anyone would be reluctant to consider such a label for themselves. However, resistance to acknowledging that you may be dealing with addiction sets you up to minimize your problem and your pain.

My method is to use a holistic, growth approach and **separate the person from the behaviour**.

Instead of thinking of people as “addicts”, it is more accurate and helpful to think about “people dealing with addictive behaviors”. This perspective also allows for the person to see themselves in a holistic way - that their problems do not define them and that they have praiseworthy, positive attributes and characteristics (which can be forgotten about when problems become the focus and when shame takes center stage), as well as having areas requiring growth and development, just like everyone.

TOO BAD

On the other end of the spectrum, you don't seek help because things are “too bad” and you think things like:

- “I’m too far gone”.
- “I’m afraid I’ve messed myself up too badly”.

- “How could I possibly get back to any normal functioning?”
- “I don’t really believe there is help out there for someone like me”.
- “There’s no hope for me”.
- “Where could I even go to get help?”

The “things are too bad” position is ALSO one of resignation - just from the other side. Deep down, you don’t believe a “healthy you” is even possible, so you have given up on yourself. In this case, I believe that a profound sense of shame- feeling like you can’t reveal yourself to anyone - combined with a lack of knowledge about recovery is what is keeping you isolated and stuck.

The method I recommend to restore hope and possibility is to **seek out stories of addiction recovery - stories of transformation** where people have overcome their darkest days - and to **join in community**. The truth is, shame separates us from others (including separation from yourself as well as

spiritual separation) and blocks us from allowing ourselves to experience connection, love or belonging. Finding people who are dealing with the same issues you are has a profound calming effect and feeling understood and knowing you are not alone is a powerful healer of shame. In the men's Everyday Hero group I run, they express how relieved they feel to be with others and to discuss subjects that had previously been such a source of shame and secrecy in their lives - in a way that doesn't further shame, but rather, restores dignity.

REASON NO. 2



YOUR SEX ED SET YOU UP TO FAIL

The truth is, in our modern world, most guys will tell you that a primary source of their sex education has been pornography, which, turns out, is highly impactful to those who view it.

OK, so how does porn, exactly, set you up to fail?

- 1) Fundamentally, porn trains you to be in your head, engaged with visual images, which, by default, makes you mentally distracted, which makes it impossible to *be present* with your sexual partner. The more porn a man watches, the more he needs to conjure images of porn to maintain arousal [1].
- 2) Porn makes sex a solo act, attaching you to masturbation, rather than a real person (which results in loneliness, disconnection, and an unhappy partner).
- 3) Porn negatively impacts how you engage with your sexual partner. You may have a partner who is joining you, because she too, has been

trained by porn (couples who consume porn experience brief, sexual excitement but long-term effects most often result in sexual dissatisfaction [2]), OR you have a partner who is in resistance to the energy she experiences with you and the demands you may be making of her. Many women who find porn distasteful have unconsciously “shut down” their sexual energy in an attempt to protect themselves, which results in a wide gap of “sexual incompatibility” and contributes to what is called a “sexless marriage”.

4) Porn does a number on men’s self esteem and shapes their expectations that they have of themselves and their partner. Many men who view porn have concerns over their sexual performance and body image, become highly orgasm-focused, and also often find their attraction to physical features to be narrow and specific, which is restrictive and limiting in the real world. These expectations can interfere with being able to experience enjoyment and

satisfaction in a real relationship, or allow room for your sex life to evolve and expand through the lifespan.

5) Porn has a very direct effect on men objectifying women and increases the belief that women secretly enjoy being raped and actually be sexually aggressive himself, in real life.[3]

One of my clients, before he increased his awareness on the effects of porn, was noticing how he automatically sexualized the women he saw out in day to day life and how he was becoming more and more aggressive in bed with his wife. This was very painful and disturbing to him, because he identified himself as an advocate of women's rights and did not consider himself a violent man. He said that it got to a point where "I did not recognize myself". It is alarming for a conscientious man like my client to automatically objectify women, but the problem is that the mind readily becomes conditioned to do so and even though the person is

aware of it happening, they can't stop, until they give their mind **time** to heal from the effects of watching porn.

The truth is, if you have consumed porn over time (especially over your sexually formative teen years) then you have been set up to fail in your sexual relations because porn hijacks your natural instincts, displaces respect and intimacy and instead, leaves you with a shallow, materialistic view of sex, distorts your desires and sexual expectations and robs you of human connection and real intimacy. I actually consider it a form of “sexual interference”.

Once my client was clear on how porn had injured his mind, body and relationship, he made a life-altering decision to seek healing from the effect of porn. He was able to see an almost instant result because instead of looking to porn for sexual satisfaction, he turned towards his wife and declared that he was willing to work, alongside her, to create a new sex life together. By seeking

support, they have discovered a whole new way of engaging sexually with each other and he is now freed from the trap he had found himself in.

The process I recommend is really simple: **Educate yourself on the harmful impacts of pornography. Question what you have learned.** That way, you can immediately begin to understand why a man would choose the challenge of becoming free of porn. Being curious about how porn has impacted you personally is a great starting point, because as you educate yourself, it raises your awareness and allows for you to have new insights into why things are the way they are with you. It instantly begins the process of healing your mind.

REASON NO. 1



**YOU ARE CAUGHT IN AN
ADDICTIVE SHAME CYCLE**

As I mentioned earlier, one of the biggest social issues we are currently facing as a society is addiction to our screens. I think most adults are aware that there is an epidemic of being attached to our smartphones or pads and the power of distraction, pleasure and “numbing” effect that the images on the screens provide is an obviously perfect addictive “substance”.

Now, addiction to porn is not only the issue of media/screen addiction, it is *intensified and fueled* by another addictive behaviour - masturbation. Viewing porn and masturbation are typically intertwined as one activity... so, you have kind of a double - whammy set of behaviors that you are compelled to act on, both of which also become mental obsessions in the addiction process.

Folks who are trapped in an addictive cycle with porn and masturbation can tell you that:

- It creates an automatic mental hyper-focus on sex and fuels obsessive sexual and romantic fantasizing.

- Time is wasted and lost engaging in fantasy, viewing, masturbating, covering one's tracks and recovering from the emotional shame storm and depressed emotional state that often follows.
- Other areas of life and one's personal development get neglected and deprioritized.
- They experience social anxiety but may or may not recognize how their mental health could be affected by frequent porn use.
- They experience shame about their sexual behaviour, but to soothe themselves from feeling badly, they will seek out porn again. *And the cycle repeats.*
- In the majority of situations, sexually addictive behaviour and mental compulsion escalate slowly and become worse, not better with time. What started as a curiosity, porn use can end up progressing un-noticed, sneaking into one's life, usurping what you actually care about, until one day, you wonder, "What happened? How did things get like this?"

The truth is, sex and shame are **ALREADY** closely linked for the majority of the population. When you add the (increasingly dark and violent) world of porn, there is much for the user to be in shame about, and fearful to reveal what they are **actually** doing or the nature of the content they are viewing. So, the porn user who finds themselves in a *trap of body and mind* of addictive sexual behaviour, is very likely going to be dealing with their problem in **isolation and secrecy**. Next, the porn user begins to experience being on the “outside” - something that is very painful for us as human beings, and this can even begin to form one’s self identity, as someone who does not “fit in”. This is a **massively harmful** impact of pornography- where the person is blaming themselves for being socially lacking and disconnected, when it is the culture that surrounds them that is having the isolating effect on them.

What about the alarming reality of finding yourself in places you **NEVER** expected yourself to be on the internet? The further down the rabbit hole you go, the more extreme material you end up watching, and the more you become trapped in a shame cycle.

But why? Watching more and more extreme material isn't something most people want, you just got lured in and sunk by forces outside of you. So how does that happen?

Porn platforms, just like other social media platforms, are very, very good at what they do. They WANT you to stay on the platform as LONG AS POSSIBLE. That's how they make money! So they research and create proven methods for getting your attention and engage your most basic and fundamental instincts. They succeed in manipulating your mental focus, your sexual interest and desire - and they make it EASY for you to respond with a CLICK on that image or title. It is a TIRELESS persistent, mechanical force working very hard to keep you watching, literally enticing you to watch more intense and shocking material.

Secondly, there is another powerful force at work - your physiology - your body. You may or may not be aware that in order to maintain a dopamine hit, you must increase the level of intensity over time. AND

THE PORN COMPANIES KNOW THIS. So, not only is your body is actually driving you to more intense, violent, shocking or socially unacceptable content, the algorithm will suggest something more intense to get you to click and get a *greater* dopamine and sexual arousal rush. Bit by bit, your body is being hijacked. What chance did you have?

So then, you end up deep down the rabbit hole with all kinds of problems, physically, mentally, emotionally and spiritually - your body is becoming wired to the pixels on the screen instead of a real person, your mental health is in the toilet, you feel like crap and you are drowning in shame because of what you are being sexually aroused by and you live in fear of being found out.

The men I work with tell me again and again that they end up regularly watching things that used to disturb them. I can only imagine how painful the descent into that darkness is. And the decline is not only destructive to the individual, but to society at large. What I am witnessing with the modern male population, is they are secretly disturbed by the fact

they “don’t recognize myself any more” and begin to have a fear of being looked at by others as a “loser” or “creep”. Which is, of course, disturbing to them! Which leads to....feeling badly about self = diminished self-esteem = avoiding social activities = hiding = isolation = hopelessness = deeper down the rabbit hole = deeper shame = despair = further isolation = fear of being found out = desperation = losing hope for themselves = feeling suicidal = extreme desparation = then in some cases, eventually acting out in extreme and violent ways, ultimately destroying themselves in the process.

I know this is a very challenging subject to face and address. But if we don’t address it, guess what? The problem continues (and worsens), people continue to suffer and we collectively keep heading down this road where our capacity to relate and mate are massively messed with.

Listen, if you are a person who is deep down the rabbit hole, hanging out in dark spaces, ingesting material or behaving in ways that you know is having a harmful effect on you - or others - ...if you

are concerned for where you are and where you may be headed....please listen to me now.

You have a vital decision to make. To find a way out of the hole...or not. I know you may feel trapped and wonder how or if it is possible to ever get out....but I want to assure you that **you CAN get out**...one small step at a time. Just like the courageous people who choose to get clean from abusing drugs or alcohol, **you too can choose a path of regaining your health**. I already told you that addressing this stuff is not easy. But the method is simple. **All you need to start with is a willingness to get better.** THAT'S IT. Just a small dose of willingness is enough to open new doors and for you to take steps in the direction of "better health"....whatever that might look like for you.

Every moment of every day, we make **decisions**. Sometimes those **decisions** are small and inconsequential, and sometimes those **decisions** are life-altering. A personal decision to take on any addiction is one of those life-altering decisions.

Like a plane that simply alters its course by one degree, it lands **far** from the destination it was once headed for. **That** is the power and possibility you have. I invite you to make a declaration, today, that “I am no longer going to allow myself to coast. I am **willing** to move in a new direction in my life. I am **willing** to learn how other people get out of this rabbit hole and I am **willing** to get myself out, too”. For now, you don’t have to know HOW you will get free... you don’t need to do it perfectly (in fact, you will certainly have hits and misses, as everyone does). All you need as the first, small step in this new direction, **is to make a quiet, clear, decision, for the benefit of yourself and others, that you are willing to take a new road towards a healthier version of you.** Then let that door of willingness open wider as you go.

Your future self will thank you.

I will provide a WARNING at this point. The method I suggest is simple, but not for the faint of heart. It requires **courage** to seek solutions to sexual, emotional and relational problems in one’s life.

However, being willing to be uncomfortable though facing and dealing with these things head on and RE-EDUCATING yourself, is the ONLY way to experience the sexual satisfaction, partner compatibility, peace of mind and confidence you want.

Again, DO NOT waste your time with tips and strategies to have “hotter sex” before dealing with the underlying, deeper problems that you have. It is like putting whipped cream and a cherry on a mud pie.

I am now going to attempt to make this crystal clear why it is so important that you decide TODAY, to begin to address this issue of the pain and unworkability in your sexual life. My first and foremost objective with guys is to save them the absolute heartbreak and regret of losing the things in life that are most important to them. To do that, my friend, I need you to actually think for a few minutes about a very painful future if you choose to

keep doing what you are doing and don't choose to take action to solve this problem.

I don't want to be dramatic when I say this, but the dangers of using porn and the escalating behaviors that can follow are real. I learned by working with men just like you, that they live with constant anxiety about things getting worse than they already are, like dealing with the horror of erectile dysfunction with a real person, or worst of all, being found out and the risk that creates. They spend a lot of time and energy covering their tracks. Why are they so afraid of being found out? Well, because every aspect of their life and what is important to them is at stake.

If you are found out, you are at risk for **losing your reputation**. This anxiety is especially real for men who are respected leaders in their jobs and community, who have a clear set of values or religious beliefs, or have people who are looking up to them as a role model as a coach or mentor. Porn does not discriminate. As I mentioned at the

beginning, **porn is a social phenomenon and a mental/sexual health epidemic and crisis.** 1 in 5 youth pastors and 1 in 7 senior pastors use porn on a regular basis and are currently struggling. That's more than 50,000 U.S. church leaders [4].

If your **spouse discovers** things you have been hiding, it can put the marriage and family at risk. If it does not destroy the trust between you altogether, the relationship is damaged and more difficult to repair, than if you tackle this proactively.

If you are **discovered at work**, there can be significant far-reaching financial and reputational consequences.

And I dread to mention, if you end up doing something illegal or harming someone, **you can end up in jail** and your reputation damaged to a degree you could scarcely imagine.

The truth is, engaging with the dark world of porn and associated behaviors **puts average people in**

jeopardy of disgrace and dishonor and at risk of losing everything that is important in life. I am being this straightforward and speaking the unspeakable, because if we don't talk about it and address it and be real about it, and keep imagining that the "sick" ones and "freaks/creeps" are on the fringes of society, when in fact, it is "us" who have become distorted and in pain - then everyday people will go deeper into the shadows and will have no chance of getting help or turning things around.

If you have read to the end of this Guide, I want to thank you. You are the man I want to help. I care about you and your future. I care about your family, your current or future partner, your kids.

This program is not for everyone. I am looking for people who really want a chance at a new beginning and are ready and willing to do what it takes to

re-educate themselves, let go of old beliefs and begin to take new action in order to create a new future.

I would not be here today if I had not discovered an author named Charlotte Kasl. She wrote a book called *Women, Sex & Addiction* which turned my world view on it's head. Her book was my first encounter with the idea of sexual healing and then I went on to find other mentors as well, who could hold space for my healing. At that stage in my journey, these mentors showed me exactly how to recover from using sex addictively and actually get to a place of peace with myself and with my past.

You must do the more difficult but rewarding work of growing yourself into a sexually and emotionally mature person, who can lead yourself and your partner towards the kind of sex life that allows for real human connection and sexual satisfaction. As I said, I did not do that work alone. I surrounded myself with people and ideas that *challenged* my old ways of thinking. Where you put your mental

attention directly influences your thinking on a daily basis, which directly dictates your daily actions. To be frank, every time you are unconsciously acting from your crappy education, you solidify the crappy patterns.

The truth is, if you want an amazing relationship and emotional and mental freedom, then hang out with people, or get a person in your life, who has achieved exactly what you want and spend as much time with them to adopt their thinking patterns. If you lack clarity and healthy beliefs, then you must borrow someone else's until you start seeing it as a possibility in your life.

**The truth is MOST GUYS TODAY
ARE DEALING WITH
DISTORTIONS THAT AFFECT
THEM ON ALL LEVELS
and they don't even know it.
If you have been STRUGGLING for
a long time AROUND SEX and you
are TIRED of BEING STUCK and
HIDING YOURSELF
AND HAVEN'T FOUND A
DIGNIFIED WAY TO DEAL WITH
YOUR PROBLEMS AND TURN
THINGS AROUND.....
THIS IS FOR YOU.**

A word about hiding. It doesn't matter how badly you want to change your life, if you are stuck in your cave of isolation, you will never get where you want to go, when it comes to relationships. Most guys who have consumed a lot of porn are hiding, thinking that they cannot show themselves to others, whether a partner or potential partner. I can clearly see so many men are stuck and moving further in the wrong direction because they are so concerned about what might happen if they reveal themselves, while their situation is deteriorating even more, as time goes by.

I have literally spent years creating a clear process for those who want to have a quick way to gain recovery on ALL levels- mind, body and spirit - by following my method. I have made the process as painless as possible. In fact, clients claim that following the method brings immediate benefits and improvement to ALL areas of their life. So if you want to get a clear path and a jumpstart to a better you and a better life, this is for you.

DO NOT IGNORE THIS

USE my method and interject it into your life so you can start to turn things around.... PLUS.... Because I know how difficult it can be to get started, I am offering you a one-to-one session with me, to help you do exactly that!

You will get a FREE consultation call with me and I can show you exactly how to apply the principles of Everyday Hero into your life. As a result of the session, you will clearly understand the problems that are currently personally stopping you from being the guy you want to be, and how to fix them.

If you knew how to get out of the rabbit hole, stop your destructive habits, if you knew how to detox your mind for good, and relate with a partner in a way that allows both of you to thrive, then you would have done it already. The truth is you are very likely looking in the wrong places to solve your problems (like talking to friends who are dealing with the same thing you are!). You don't realize many of the "solutions" to a "better sex life" actually make things worse, rather than better.

Just a heads up the Consultation Call has a value of \$500 as that is what I charge at a consultancy level. However, because you have downloaded this guide, I am offering you one of the limited, FREE consultations. I don't know how long I will be doing them, so if you don't take this opportunity to book today, you may miss out on a free call with me.



Schedule the FREE call today so that you can end the pain of isolation & hiding, follow a reliable method to break free from the harmful patterns you are in, restore your self respect and dignity, so that you are better equipped to be a proud, loving partner, and able to create the kind of satisfying, intimate relationship you long for, without the fears and anxieties of being found out or never recovering.

[Book Your FREE Consultation Here \(Value \\$500\)](#)

**Book Your Free
Strategy Session
(\$500 Value)**



REFERENCE

[1] Sun. A., Bridges, A., Johnson, J. & Ezzell, M. (2014) “Pornography and the Male Sexual Script: An Analysis of Consumption and Sexual Relations.” *Archives of Sexual Behavior*.

[2] Consider Before Consuming
<https://considerbeforeconsumingpodcast.com/episodes/>

[3] Fight The New Drug (2022) “How Porn Can Promote Sexual Violence.”
<https://fightthenewdrug.org/how-porn-can-promote-sexual-violence/> more citation at bottom of their page.

[4] Covenant Eyes (2021) “Porn In The Church Stats” <https://www.covenanteyes.com/pornstats/>