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What was behind my collection of CP?\*

\*TMI (to much information) alert. For those not totally desensitized by reality TV this might be more than you want to know about someone else.

At some level I am not sure I will ever have the complete answer to the source of my behavior, because I tend to believe our behavior is not totally reduced to rational analysis. But to the extent that I can parse my drives I will be better off. Where western and Buddhist psychology both agree, by facing my fears they lose their control over me. I can then chose to act more consciously and less reactively.

Why did I collect cp? I certainly did not use porn the way most other guys use porn. I almost always close my eyes and do my own visualization. I did occasionally use it (it was there), but found that I could easily do without both cp and porn in general (for the year I was out waiting my sentencing). My first desire for pleasure was erotic stories. I liked the language of sex more than the visual. The topic was always about the initial interaction between two people. Frequently both were strangers to each other. I preferred the female point of view.

From reading erotica I began exploring erotic chat. The thrill of interacting live online with an anonymous person. I preferred not seeing the other. I could imagine who I wanted. The cam sites did not interest me because the other real person lost its appeal when they were "there" for real. The I started collecting pictures to trade with the chats. First regular porn. Then as my chats moved into taboo/illegal topics the pics did too.

By this time, I was totally hooked on erotic chat. I had to have it and could not stop once i started. Once I was addicted, I upped the tension by crossing over and starting to seeking out younger and younger partners. First college age, then younger. First starting with their ages, then even pushing them to imagine themselves when they were beginning to feel sexual.

So what was behind my obsession with sexual initiation? Why from the female point of view? Why underage? Was I obsessed with underage girls and it just too me along time to admit it. That was a real concern the first year or so after my arrest. Was a pedophile in waiting... in preparation?

The initiation is pretty easy to figure out. my fear of initiating from the beginning of attempts to reach out to girls. The repetitions was a way of desensitizing myself to the fear. Chat allowed me to practice approaching another and initiating in a safe way. The anonymity protected me from the embarrassment.

Why the female point of view? I think my relationship with R solidified sex was about the other. I had sex for him. I almost always went back to my bed and masturbated for me after sex with R. So to think about arousal from her point of view was natural.

Why underage? Well since my stories were about the initial sexual experience, almost everyone (70% is an accepted number) has sex prior to legal age. But probably more important is that it is taboo or forbidden.

But all the above really tells my why I chose the path I chose. It does not say much why I was on the journey to begin with. Like most other addictions, it is about not the addictions themselves (why just say no doesn't provide enough of a reason to quit - it does not speak to the existential). I escaped into this addiction - online sex- because I was escaping the drive to address why I did not love myself. Why did I hate myself so much that I would not leave a relationship that was hurting me? Why could I not reach out and take the love offered by others that I desired?

Why did I not seek help in more acceptable ways - therapy? Why did I escape into internet and internet sex which fed only the loneliness that I was escaping. Instead of seeking help, I destroyed my relationship with a woman who cared about me. Who would have stood by me, if I said, I am hurting and need help. I chose to hurt her rather than help myself. I destroyed my own self. My reputation will be always tied to SO.

With this all on the table, what seems clear is that I have to redress the existential issues of self hatred first. As long as self hatred exists, I will find destructive means to hurt me and those around me. I need to contemplate that for a while. Not look away. Not escape. Not run. Not hide. But face the self hate.

Mindful prisoner