

My husband's porn watching

Dear Annie: I know this is a subject that has come up many times, but I would like my husband and his cronies to read it at their local breakfast group. We have been married for over 40 years, but this problem only started about a year ago. He loves to watch porn on TV. It may not seem like much of a problem, but it is; it is hurtful. When I come into the room, he quickly changes channels. All the "Recommended for You" programs have naked women on them. I am not a prude in any way, but I am a 60-plus woman. I have tried to talk to him in a nonjudgmental way to let him know how much it hurts; he may not be cheating physically, but the idea is there.

DEAR ANNIE



Annie Lane
Creators
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This does not nearly cover how fed up and hurt I am. It's as if I am married to a different man. We have survived all the ups and downs of a longtime marriage, but this is really straining it for me. Please don't suggest counseling. That is not going to happen. — *Just About Had It in Washington*

Dear Just About Had It: I commend you for trying to have

an open and honest conversation with your husband about this issue. I'm sorry to hear that he won't hear you out. You are not overreacting. I've heard from many readers who are recovering from porn or sex addictions who tell me that this habit, which some might pooh-pooh as being normal and not a big deal, can quickly become a full-blown addiction. And in that regard, your husband's behavior — the daily usage, the lying and the refusing to talk about it — indeed sounds troubling.

Instead of trying to get through to him via this column, try talking to him directly (again). Highlight the ways this behavior is impacting you and your relationship. I'd also encourage you to attend a local S-Anon meeting, for family members of people with sex addictions (<https://saa-recovery.org>). Though it's impossible to control anyone besides ourselves, we can control what we will and won't accept from others. A support group could help you set and maintain boundaries.

Dear Annie: My girlfriend says she has lost trust in me, that I have lied too many times. That is not true. I am so depressed; the tears keep coming. We met three years ago, and she's the love of my life. It took me 45 years to find her. I never want to lose her. I am at the point that if she leaves me again, I think I'll leave the earth. I have lost my appetite and just don't know what to do. I'm waiting on my disability payment. I have serious mental issues. I also have physical pains from my head to my toes. I am very good-looking, just very depressed, not interested in doing anything at all. I may check myself in to a psychiatric care facility. What do you think I should do? — T

Dear T: First of all, I am so sorry that you're going through this. Please seek professional help immediately. If you're considering hurting yourself, dial 911. If you're looking to talk to someone about what you're feeling, call the National Suicide Prevention Lifeline any time of day, at 800-273-8255. The people there can also refer you to more resources. Though I know it might be impossible to believe at the moment, things will get better eventually.

TOMORROW'S HOROSCOPE

By Holiday Mathis, Creators Syndicate Inc.

ARIES (March 21-April 19). Maintaining a positive attitude is often a matter of putting things in the right scale. Some things cannot be measured on their own. They need to be assessed in the greater scheme of things.

TAURUS (April 20-May 20). If you find yourself spending a lot of time convincing yourself that you're right, chances are you're not, at least not completely. There's good fortune in this chance to be thorough, retracing your steps to find the one you missed.

GEMINI (May 21-June 21). While people around you are trying to find their edge, play their advantage and determine the opportunity, you'll be focused on mutually fulfilling exchanges. Success will be yours over and over.

CANCER (June 22-July 22). Trying out a slightly different personality can be as easy as poking your head into one of those cardboard cutouts at tourist spots. You duck in to try it out and maybe get a bit silly, getting a smile out of those around you.

LEO (July 23-Aug. 22). You'll pick up the burden that's already there, but you're careful not to create anything new to carry. You don't want to require help with your load. You want to keep your independence, and that means keeping it light.

VIRGO (Aug. 23-Sept. 22). Most voting doesn't happen on a ballot. It happens with body language — a smile, a frown, a nod — or the attention you give others or, most commonly, your money. You'll vote many times today.

LIBRA (Sept. 23-Oct. 23). Adults often continue parenting themselves in their head in the way they were parented as children. But you can also customize your inner-parenting style

to suit the life you have now and the person you want to become.

SCORPIO (Oct. 24-Nov. 21). In real time, action prevails where words fail. But when it's about the past or the future, the words win. The story that's told can overwrite the story that happened and shape tomorrow's story, too.

SAGITTARIUS (Nov. 22-Dec. 21). Your opinion matters — not only to you but also to those who watch you. You're a thought leader, whether you realize it or not. You're really careful to be fair and also discreet if that's what seems right.

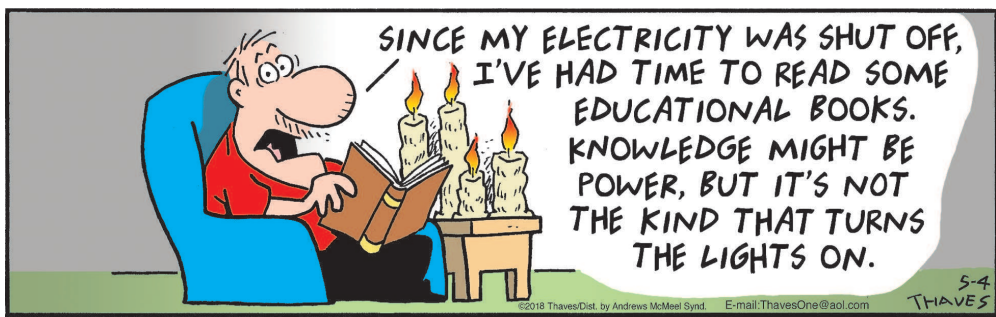
CAPRICORN (Dec. 22-Jan. 19). Finally, you'll hear the words you've been waiting for. Now you can move forward. The work is really just beginning, but early results will show up to encourage you along these first stages.

AQUARIUS (Jan. 20-Feb. 18). Today represents a quick perspective shift. You really will see things as your loved one does (at least as much as it is humanly possible to do that), and your relationship will improve because of it.

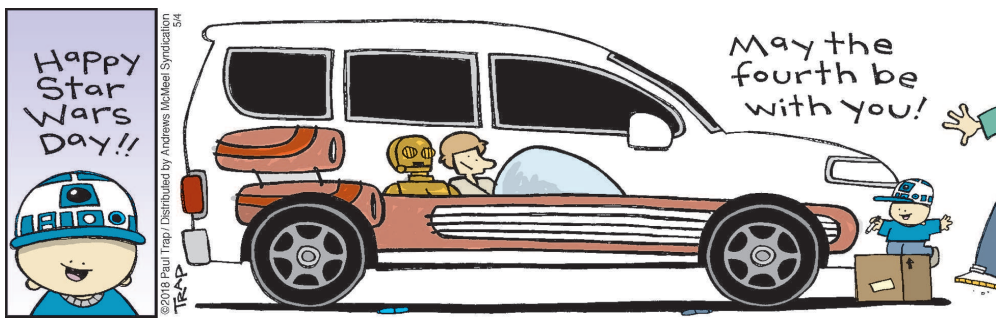
PISCES (Feb. 19-March 20). You are not motivated by money alone, though you may be highly motivated by a challenge involving a monetary prize. It's the other factors that make the goal so juicy to you.

TOMORROW'S BIRTHDAY (May 5). You're a principled person, and your belief about what things mean will add dimension to this year's passions and quests. Loved ones will accept your help and act on your advice. You'll trade in an old habit for a more energetic existence. Someone will travel far to see you. In 2019 it's you who will be going the distance. Virgo and Aquarius adore you. Your lucky numbers are: 7, 30, 41, 12 and 44.

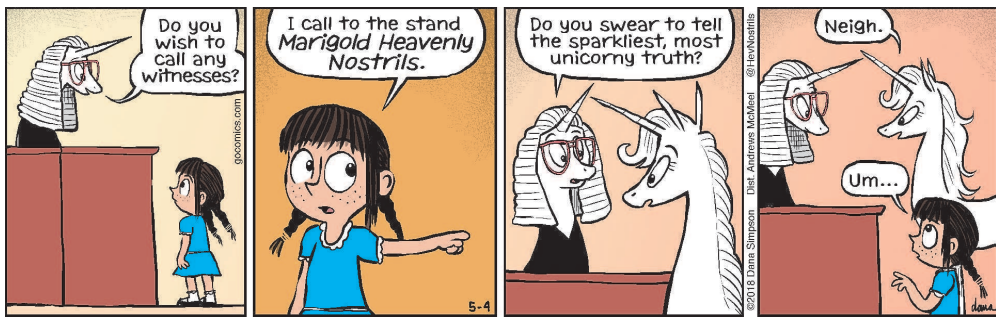
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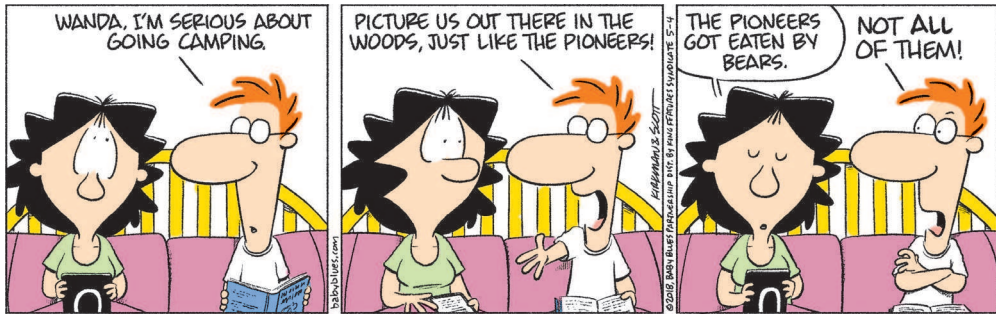
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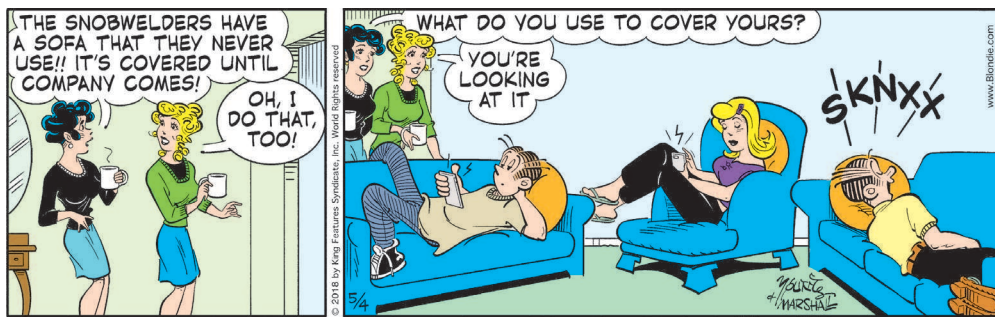
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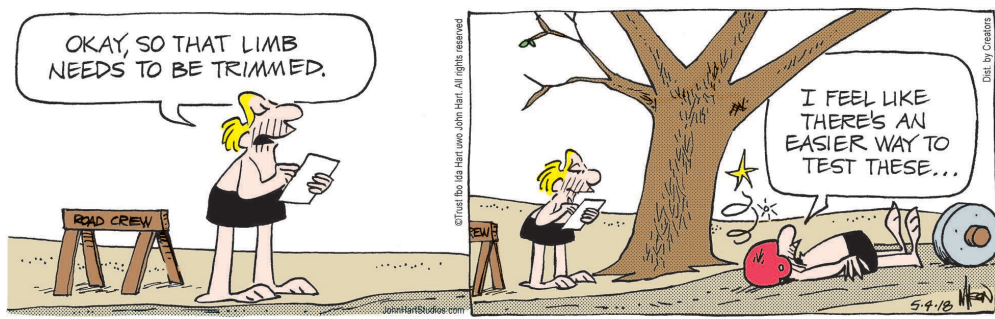
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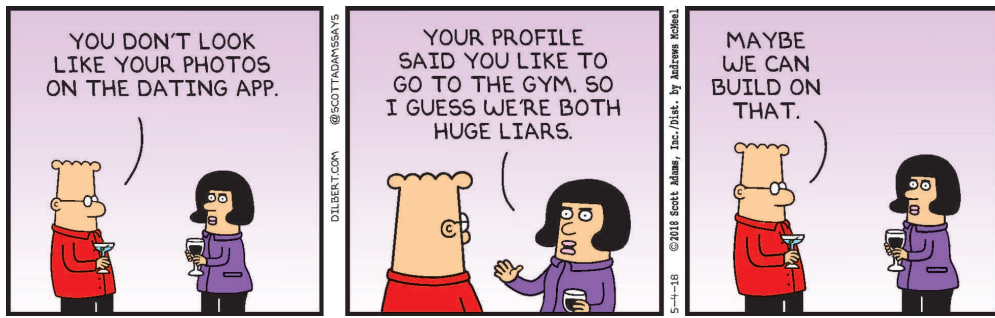
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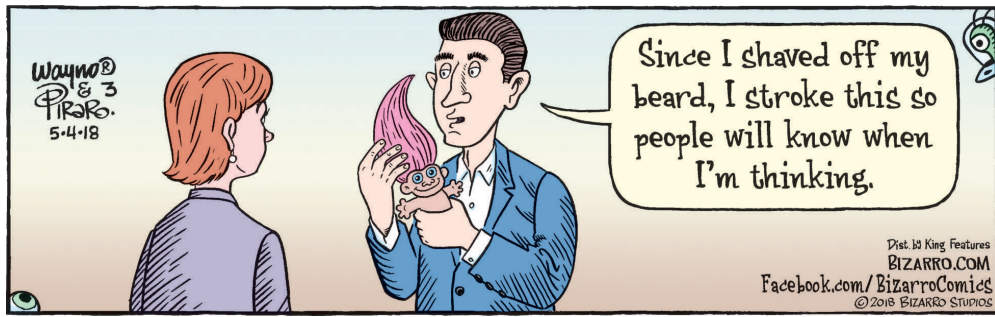
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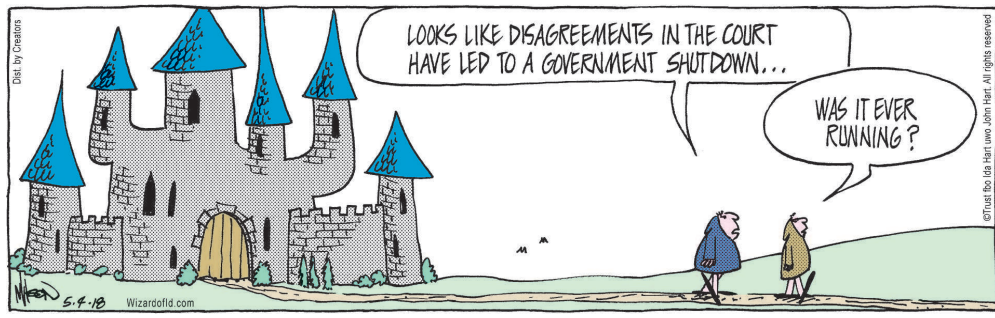
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