

These men feed on insecure women

1 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=AHB2NP33HBG](https://www.youtube.com/watch?v=AHB2NP33HBG)
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SUMMARY

The speaker reflects on their experiences as a Playboy and the negative societal perceptions of promiscuity, particularly from right-wing men. They discuss the personal toll this lifestyle took on their mental health, leading to a journey of sobriety, rediscovery of faith, and the importance of genuine intimacy in healing.

- *The speaker acknowledges the dark language used by right-wing men regarding promiscuous women.*
- *They reflect on the emotional damage caused by their past lifestyle choices.*
- *Sobriety and finding religion were crucial steps in their healing process.*
- *They emphasize the importance of being in a loving relationship for true intimacy.*
- *The speaker discusses the shame spiral associated with addiction and sexuality.*
- *They highlight the misconception of empowerment in behaviors that ultimately lead to self-hatred.*
- *Forgiveness and self-worth are key themes in their journey towards healing.*

being a Playboy all those years and seeing the way that um [music] right-wing men in particular spoke about women who were promiscuous or [music] or like like used up and all this like like language around it. It does get dark. [music] It gets very dark and I I [music] can reflect on how I damaged my soul in ways. It took me getting sober. It took me [music] finding religion again. It took me being in a loving relationship, [music] having true intimacy, something I couldn't even have because of a lot of things that were out of my control [music] and upbringing and whatnot. and then decisions I made on top of that to learn how to kind of forgive myself [music] and feel that I was worthy of love and that I deserve to be in a loving relationship because [music] I think it's almost like drug addiction and the shame spiral is so real in [music] any kind of addiction and the sexuality stuff you can start spiraling down where you keep tricking yourself into thinking that it's empowering doing something that makes you feel bad about yourself doing something that will try and give you that high again. feeling bad about yourself and then feeling ashamed. [music]