Spouse:

When you find out your spouse has been using pornography, [you are likely to feel a wide array of emotions](https://www.covenanteyes.com/marriage-advice-my-husband-watches-porn/): anger, disbelief, shock, betrayal, and self-doubt, just to name a few.

It's important to know in this moment that:

1. **You are not alone.**
2. **This is not your fault.**
3. **You have a right to every feeling you're experiencing.**

It's also crucial to know that, despite how you're feeling **right now,** your [marriage isn't necessarily doomed](https://www.covenanteyes.com/hope-after-porn-how-their-marriages-were-saved/). There are resources and tools out there that can help you get past the betrayal and help your spouse overcome their porn use.

One such tool is Covenant Eyes. A software that you can put on your spouses' devices, Covenant Eyes sends a [regularly scheduled report](https://www.covenanteyes.com/support-articles/screen-accountability-report/) to a person of your choosing, giving insight into their internet activity and highlighting anything concerning. When used correctly and willingly, Covenant Eyes can offer a couple dealing with the pain of porn use transparency and shed light on a dark situation.

Finding hope and healing after you discover your spouse's porn use is a long, difficult journey. We will be there to help you in any way we are able, and if you choose to use Covenant Eyes, they will be as well.