

Pre Recovery

Tasks for Addict

- Break denial
- Become willing to get help

Tasks for Spouse

- Become willing to break silence and get help
- Become willing to confront addicted spouse about his/her behavior

Early Recovery

Tasks for Addict

- Begin work on recovery, ideally with both counselor and Christ-centered 12 Step group
- Take full responsibility
- Stop all “acting out” behavior
- Experience withdrawal
- Surrender more completely to God
- Understand potential consequences of addictive behavior

Tasks for Spouse

- Survive “crazy time” – initial emotional upheaval
- Begin healing the pain, ideally with both individual counseling and a support group for partners of addicts
- Share story in safe environment
- Find hope for future in other spouse’s stories

Mid Recovery

Tasks for Addict

- Release self-pity; continue taking full responsibility
- Work with counselor to identify patterns in addict’s sexual history
- Work with counselor on underlying causes of addictive behavior, especially family of origin issues
- Identify triggers
- Identify character defects
- Grow spiritually
- Continue daily accountability

Tasks for Spouse

- Work with counselor to repair damaged self-esteem
- Grieve losses
- Deal with resentments and fears
- Boundaries:
- Stay strong in requirement that addicted spouse continue working hard on recovery
- For codependent spouses, develop stronger sense of self
- Work on own character defects
- Strengthen relationship with God

Later Recovery

Tasks for Addict

- Develop empathy for those he’s hurt
- Continue work on character defects
- Continue work with counselor on underlying wounds
- Make amends to spouse and others
- Continue daily accountability
- Help rebuild spouse’s trust with consistency in changed behavior, openness, honesty, and humility
- Deepen relationship with God

Tasks for Spouse

- Work toward authentic forgiveness
- Continue work on character defects
- Continue work on boundaries and codependency
- Continue to deepen relationship with God

Post Recovery

for Both Addict and Spouse

Work with counselor on marital restoration:

- Restoring trust
- Mutual submission and healthy decision making as a couple
- Conflict resolution skills
- Issues affecting children
- Work with marriage counselor on issues not related to sexual addiction
- Addict maintains on-going involvement with recovery program and mentor to insure long-term sobriety.