

Lesson 10:

Spouse's Hurt

"It was very painful. I just remember shaking, my body shaking all over.
I guess I was at a point where I felt hopeless."

Alison, Spouse of Addict

Spouses Are Often overlooked.

Spouses of sex addicts are often overlooked, their anger unacknowledged, their hurt left unhealed. They have been betrayed and they have been lied to. Their world has been turned upside down and...

...the hurt they experience as a result of their spouses actions is often every bit as painful for them as hitting rock bottom is for the addict.

This pain, although experienced to some degree throughout the time their spouse was in active addiction, often becomes more acute at the time of disclosure or catching the spouse "red handed." Ironically, the addict often feels relief when the secret is out and they no longer have the stress and anxiety of being exposed.

The spouses of addicts will almost always feel some type of responsibility for the addict's behavior and have feelings that they were inadequate or not enough.

It may be that the addict or another unknowledgeable individual has actually made the accusation. It is important for both the addict and spouse to understand that one hundred percent (100%) of the responsibility of the choices made to act out sexually and/or lie to cover them up falls on the spouse who carried out the behavior. That's right 100%!

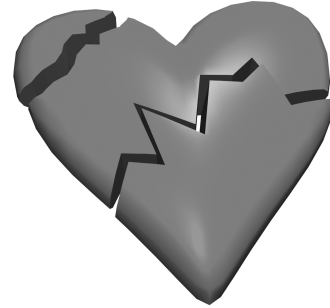
Although it is true that many marriages have not survived the damage caused by sexual addiction, the opportunity for the relationship to reach a point of true intimacy is not possible until the addiction is fully known.

It may very well be that the marriage which seems hopeless and dead can now, with God's help, resurrect to become the embodiment of true intimacy.

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Notes

Questions for the Spouse of the Addict.



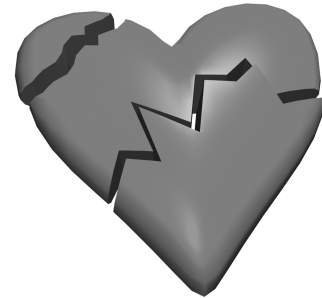
1. What has your marital relationship been like over the years?

2. How do you think pornography (or other sexual acting out behaviors) has impacted your marriage?

3. How do you think pornography has changed your spouse?

4. How has your spouse's viewing of pornography changed you?

5. Describe the **experience of finding out** about your spouse's sexual behavior.



6. How would you **describe the hurt** you have endured as a result of your spouse's behavior?

7. Were you always aware when your spouse acted out? Explain.

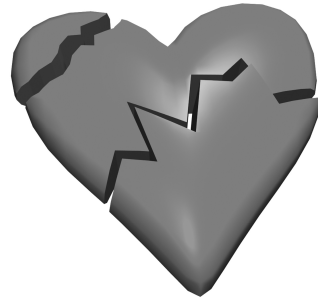
8. What attempts did your spouse make to cover up his/her behavior?

9. What things make more sense about your spouse or marriage after the addiction was in the open?

10. What part of this betrayal has been the most difficult for you?

11. What thoughts about yourself have come about as a result of your spouse's behavior?

12. Describe the emotions you have felt since finding out about the betrayals.

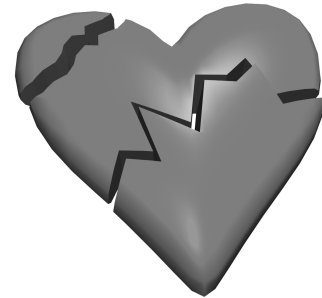


13. Have you struggled with believing that you were the “one to blame” for your spouses’ behavior? Explain.

14. Describe any times when your spouse told you or inferred that their sexual behavior was your fault?

15. Describe any times when a minister, therapist, friend, or other individual told you or inferred that your spouses’ sexual behavior was your fault?

16. Are you currently in marriage counseling? Why or why not?



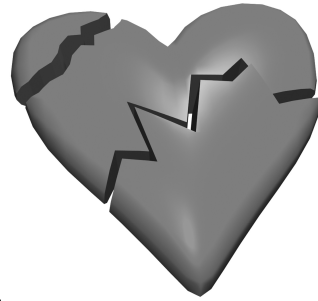
17. What has your sex life been like since you became aware of your spouse's addiction?

18. In what ways is your sex life different than before you became aware of your spouse's addiction?

19. Who have you shared your hurt and experiences with other than your spouse?

20. What do you want your spouse to understand about how you feel?

21. What are the major issues still needing to be addressed in your marriage?



22. What unanswered questions do you have for your spouse?

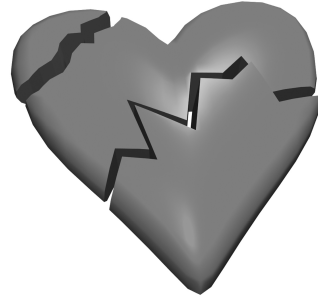
23. Are you hopeful for the future of your marriage? Why or why not?

24. How has God comforted you during this difficult time?

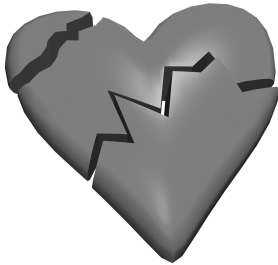
25. What do you currently believe is God's desire for your marriage?

26. Do you believe God will provide the strength and wisdom you and your spouse will need to turn your marriage into the honest and true intimate relationship it should be? Explain.

27. Homework: Ask a married couple who is living in recovery from sexual addiction, how their marriage is presently and what they did to get to that point.



Questions for the Addict:

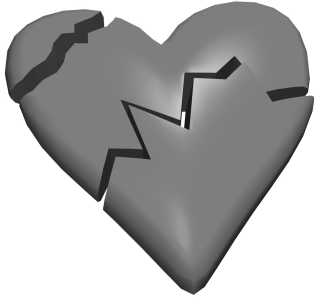


28. What has your marital relationship been like over the years?

29. How do you think pornography (or other sexual acting out behaviors) has impacted your marriage?

30. How did pornography change your view of your spouse?

31. How has your viewing of pornography changed you?



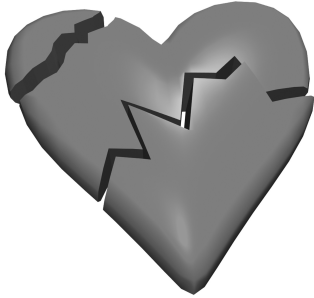
32. Describe the experience of your spouse finding out about your sexual behaviors.

33. How would you describe the hurt your spouse has experienced as a result of your behavior?

34. Was your spouse aware when you acted out? Explain.

35. What attempts did you make to cover up your behavior?

36. What part of this experience has been the most difficult for you?



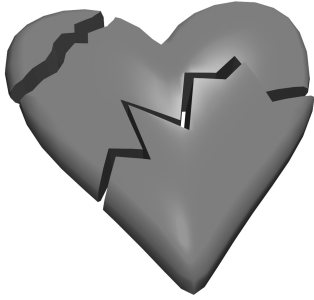
37. Describe the emotions you have felt since your spouse found out about your addiction?

38. Has your spouse struggled with believing that he/she is the "one to blame" for your addictive behaviors? Explain.

39. Describe any times when you said or inferred that your sexual behavior was your spouse's fault?

40. Describe any times you know of when a minister, therapist, friend, or other individual told your spouse or inferred that your sexual behavior was his/her fault?

41. Are you currently in marriage counseling? Why or why not?



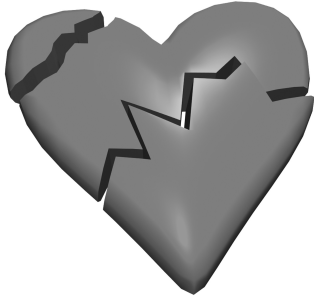
42. What has your sex life been like since your spouse became aware of your addiction?

43. In what ways is your sex life different than before you became aware of your spouse's addiction?

44. Who else knows about your addiction?

45. Who else do you need to talk to specifically about your addiction?

46. What are the major issues still needing to be addressed in your marriage?



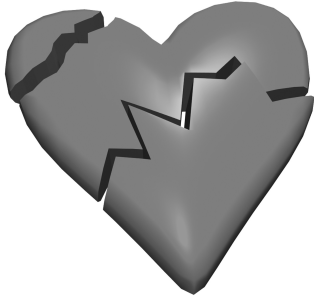
47. What are the major issues still needing to be addressed in your marriage?

48. What unanswered questions do you have for your spouse?

49. Are you hopeful for the future of your marriage? Why or why not?

50. How has God comforted you during this difficult time?

51. What do you currently believe is God's desire for your marriage?



52. Do you believe God will provide the strength and wisdom you and your spouse will need to turn your marriage into the honest and true intimate relationship it should be? Explain.

53. **Homework:** Ask a married couple who is now living in recovery from sexual addiction how their marriage is presently and what they did to get to that point.

Additional Notes

Notes
