

Lesson 12:

Spouse's Questions

"There is forgiveness but there are always thoughts in the back of my mind, i.e., what are you doing? But I'm trying not to do that because I'm trying to let her heal."

Terry, Spouse of Addict

There Are Many Questions

The road to true intimacy for a marriage that has been damaged by sexual addiction is bumpy at best. The trust that has been broken is a foundational piece needed in order for the relationship to reach God's model for marriage.

Figuring out how to rebuild that trust and what happens if trust continues to be broken are just two of the issues that every couple in this situation will have to face.

For those who are willing to try, please understand, you do not have to face these issues alone. Though you may have never been in this situation before, God has been there. He has led many through this dark valley to the mountain top. He knows the way and will also provide others to assist you on the journey.

Trained therapists, recovery groups/support groups, friends and family who understand, are all available to walk beside you and encourage you through this process. But they cannot help unless you are willing to ask and then accept their help.

Undoubtedly, both you and your spouse have many questions. Although there are commonalities between couples who have endured this experience, every couple is unique. Some things will work for one marriage that won't work for others. This is the reason seeking help from a trained therapist, with experience in these matters, is important.

Remember, sexual addiction is not about sex. There is much work to be done by both of you. It is not as easy as simply figuring out how to stop the unwanted behavior.

A therapist who is trained in addiction, trauma and family systems, and who is a Christian, is typically the best option to help you do your work.

For guidance and resources on how to find the right counselor contact the Center for Christian Broadcasting, Inc. through www.wefightporn.com.

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face these issues
alone.***

***For guidance and
resources contact
[www.wefightporn
.com](http://www.wefightporn.com)***

Questions for the Spouse of Addict:



1. From 1 to 10 – how willing are you to work on the marriage? Explain.

1 2 3 4 5 6 7 8 9 10

2. From 1 to 10 – how willing are you to work on yourself? Explain.

1 2 3 4 5 6 7 8 9 10

3. From 1 to 10 – how willing do you believe your spouse is to work on the marriage? Explain.

1 2 3 4 5 6 7 8 9 10

4. From 1 to 10 – how willing do you believe your spouse is to work on himself/herself? Explain.

1 2 3 4 5 6 7 8 9 10

5. Describe your current sex life.

6. What are your thoughts on formulating (with therapist help) a 90-day sexual abstinence contract?

7. What do you believe your spouse's thoughts are on formulating (with therapist help) a 90-day sexual abstinence contract?

8. What are the pros/cons of having a 90-day abstinence contract with your spouse?

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9. What is it like to try trusting someone who has lied or hidden things from you?



10. Do you believe you have received all the appropriate information from your spouse about his or her acting out behaviors? Explain.



11. What is your spouse doing currently that continues to hurt your trust?

12. What is your spouse doing currently that is helping to rebuild trust?

13. What are some specific things your spouse can do to start rebuilding trust?

14. Have you at any point thought of separation or divorce? Explain.

15. Is there a point where you might consider a separation or divorce? Explain.

16. If you have already separated, what do you believe needs to happen in order for there to be reconciliation?

17. What role do you play in your spouse's recovery efforts?

18. What types of recovery information do you want your spouse to share with you?

19. What things would you like to do, to hold your spouse accountable?



20. What things do you not want to do to hold your spouse accountable?



21. How supportive are you of your spouse attending recovery meetings? Explain.

22. How important is attending a support group for yourself? Explain.

23. How confident are you that God can walk you and your spouse through this process and find true intimacy? Explain.

Questions for addict:

24. From 1 to 10 – how willing are you to work on the marriage? Explain.

1 2 3 4 5 6 7 8 9 10

25. From 1 to 10 – how willing are you to work on yourself? Explain.

1 2 3 4 5 6 7 8 9 10

26. From 1 to 10 – how willing do you believe your spouse is to work on the marriage? Explain.

1 2 3 4 5 6 7 8 9 10

27. From 1 to 10 – how willing do you believe your spouse is to work on himself/herself? Explain.

1 2 3 4 5 6 7 8 9 10

28. Describe your current sex life.

29. What are your thoughts on formulating (with therapist help) a 90-day sexual abstinence contract?



30. What do you believe your spouse's thoughts are on formulating (with therapist help) a 90-day sexual abstinence contract?



31. What are the pros/cons of having a 90-day abstinence contract with your spouse?

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32. What is it like to try trusting someone who has lied or hidden things from you?

33. Have you disclosed all the appropriate information to your spouse about your acting out behaviors? Explain.

34. What things are you doing currently that continues to hurt the trust with your spouse?

35. What things are you doing in an attempt to rebuild trust?

36. Have you or your spouse at any point thought of separation or divorce? Explain.

37. Is there a point where you or your spouse might consider a separation or divorce? Explain.

38. If you have already separated, what do you believe needs to happen in order for there to be reconciliation?

39. What role does your spouse play in your recovery efforts?



40. What types of recovery information do you want to share with your spouse?



41. What things do you want your spouse to do to hold you accountable?

42. What things don't you want your spouse to do to hold you accountable?

43. How supportive are you of your spouse attending support groups? Explain.

44. How important do you believe it is for you to attend recovery meetings? Explain.

45. How confident are you that God can walk you and your spouse through this process and find true intimacy? Explain.
