

## Am I Making Effective Changes to Deal with My Spouse's Addiction?

I am probably not making needed changes if:	I am making effective changes if:
I feel that in some way my spouse's addiction is my fault and blame myself for his behavior.	I recognize that pornography addiction is a serious problem and requires hard work to find recovery. However, I do not blame myself for my spouse's addiction.
I pretend there isn't a problem, it is already taken care of, or it isn't a big deal.	I require honesty and transparency from the addict and ask him directly when something is bothering me.
I believe whatever the addict tells me, even if my gut tells me something is wrong.	I take responsibility for making positive changes in my life.
I refuse to take responsibility for changing what I can and taking care of myself.	I find help and support from others in dealing with the betrayal and trauma I am experiencing and its impact on me.
I try to deal with my emotions on my own.	I openly share what I think, feel, and am experiencing with appropriate trusted people.
I keep the addiction a secret and fail to seek outside help.	I meet regularly with my ecclesiastical leader.
I think that only the addict needs counseling, not me; or, I fail to do homework and skip sessions.	I work with a therapist who is trained in sexual addiction—whether or not my spouse wants me to.
I make excuses for not attending 12-Step meetings for spouses or, quit going once I feel okay again.	I actively attend 12-Step meetings for spouses and work on my own recovery daily.
I rationalize that I don't really need any guidance.	I find a sponsor and work with her regularly.
I neglect or minimize my needs and wants.	I practice self-care daily.
I bury my emotions, or utilize other addictions such as food or drugs to avoid them.	I allow myself to feel natural emotions, hurt, and anger, and then surrender them to God.
I persist in believing that God doesn't care about me.	I seek to feel God's love for me.
I deny, minimize, rationalize, or blame others to avoid making changes or letting go of resentment.	I work towards forgiving and letting go of the resentment for the hurt which the addicted spouse has caused.
I criticize or blame the addict—rather than set boundaries or make changes to protect myself.	I set and follow boundaries to protect myself from my spouse's addictive behavior and from obsessing about his addiction.
I make a quick-fix deal: If the addict says he is sorry, I will just forget it and won't talk about it anymore.	I refuse to accept or enable addict behavior; I look for positive changes—not just promises.
I obsess about what the addict needs to do, rather than work on my own recovery.	I focus on the changes that I can make, rather than on what I think my spouse needs to change.
I choose how to act based on my fear of the addict's reaction, or I respond explosively.	I appropriately share my needs and feelings with the addict instead of worrying about how he might respond.
I set my level of affection based on what my spouse wants rather than on what I need.	I ask for the space, closeness, or help that I need.
I go along with addictive behavior, or tell myself that it is okay—or that it is not really that bad.	I work towards extending trust if my spouse is showing behavior that is deserving of trust.
I use demands, fear, guilt, manipulation, or threats to get what I want or need.	I take care of my personal and family needs.
I do it all myself—even if I'm overwhelmed, and constantly demand perfection from myself.	I set small measurable goals for myself and work for progress—not perfection.
I do not put in the time and effort to deal with the problem, or fail to set realistic expectations.	I accept that healing from the effects of my spouse's addiction is a long process that will take time and effort.