

Now place each of the events above on the timeline below:

Timeline:

|-----|

To review, respond to the following prompt in your journal: Now that you have identified key life events from the past, what sticks out to you the most? Identify any common themes throughout the timeline as well as the events that had the biggest impact on your life.

Appendix B:

Sharing Your Story

“For years I hide from the reality of what my partner was doing. I knew something was wrong, but who could I tell? The children would be devastated. My parent’s and family would turn against my husband. Our neighbors would judge us. Who, who could I possibly tell?” I receive comments or hear stories like this all of the time. Unfortunately, many who feel trapped by sexual betrayal don’t realize that by holding in all of the hurt, pain, shame, embarrassment, and anger the issue doesn’t go away. In fact, it often manifests itself in physical symptoms (e.g. headaches, IBS--irritable bowel syndrome, muscle tension. When trauma is buried we often develop physical ailments and emotional issues like depression and anxiety. Conversely, healing begins to occur when your difficult feelings and emotions can be shared in a safe place.

Furthermore, what you are feeling and thinking about matters. Your story truly matters and it is an important part of your recovery. This assignment is designed to help you give voice to your experience. While the focus of recovery can easily be turned to your partner, we want to validate your story. This is your story, your experience, your pain, and your hurt.

Each of the questions below are designed to help you think about your story.

Please describe how you found out about your spouse’s behavior. Where were you? What time of the year was it? Describe what happened.

The day you discovered what happened, how did you respond? Please write down what you were feeling and thinking. Next, focus on how you felt physically.

Knowing what you do now is there anything you wish you would have said or done differently that day?

If you could go back in time and give yourself any advice, what advice would you give yourself?

As you reflect on your story, are you able to feel compassion for self or are you negative and critical toward yourself? Please write down your response and why you are responding the way you are.

As you reflect on these questions, there is a good chance that you will remember some of the hurt and pain associated with discovering your partner's addiction. However, as you write down your experiences and thoughts associated with what has been happening, your mind will begin to make sense of what you have been through. Hopefully, you will see areas that you have grown in and also find areas that you still need some healing.

Appendix C:

Support Resources for Couples Disclosures

Due to the difficult process of disclosures I encourage you to carefully review the following content. The information below is provided to help you understand the value of disclosures when done properly. However, because of the significant hardship of the disclosure process and the potential for harm when done improperly, this information should be used as a guideline. The best outcomes of disclosures usually occur in the context of a therapeutic process facilitated by a professional mental health counselor.

Disclosures Can Help You Heal

A disclosure done the right way can help you begin the healing process in earnest. Researchers who have studied couple disclosures have found that when done the right way can help individuals and couples heal. According to researchers Corley and Schneider, in their interviews with 80 self-reported sex addicts and their partners, 60% of addicts initially felt that disclosure was the proper course and in retrospect, 96% felt that disclosure was the proper course. In contrast, despite the pain of experiencing disclosure, 81% of partners initially felt that disclosure was the proper course and in retrospect, 96% felt that disclosure was the proper course. (1)

In additional research Dr. Schneider and her colleagues discovered the following in their work with couples trying to heal after sexual betrayal.

Key Findings on Disclosures:

1. Disclosure is often a process, not a one-time event, even in the absence of relapse; withholding of information is common.

2. Initial disclosure usually is most conducive to healing the relationship in the long-run when it includes all the major elements of the acting-out behaviors but avoids the “gory details”.
3. Over half the partners threatened to leave the relationship after disclosure, but only one-quarter of couples actually separated.
4. Half the sex addicts reported one or more major slips or relapses, which necessitated additional decisions about disclosure.
5. Neither disclosure nor threats to leave prevent relapse.
6. With time, 96% of addicts and 93% of partners come to believe that disclosure had been the right thing to do.
7. Partners need more support from professionals and peers during the process of disclosure.
8. Honesty is a crucial healing characteristic.
9. The most helpful tools for coping with the consequences of sexual addiction are counseling and the 12-step programs.

I would strongly recommend reading the full article on this topic which can be found at:

www.jenniferschneider.com/article/surviving_disclosure.html

I would also recommend reading Dr. Schneider’s book *Back from Betrayal: Recovering From the Trauma of Infidelity*.

Smart Ideas for Planning a Disclosure:

There are important principles behind an effective disclosure. They include:

- Self-disclosure is best done after deep self-evaluation and reflection by the offending party because it requires complete openness and honesty. This can stop staggered disclosures which has been associated with higher levels of trauma.
- Disclosures are more effective when the offending party has a period of sobriety.
- The spouse who was hurt needs to know how their partner acted out, for what length of time, and where it occurred (i.e. On the computer, while at work)
- While discussing the sexual betrayal, most couples are not prepared for the

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pain and intensity of the information being shared. As a result, fighting, yelling, and screaming are common. If you are at risk for high conflict, have a third party present (e.g. Religious leader, therapist).

What to Expect After a Disclosure

As a therapist trained in treating sexual betrayal I tell my clients who are doing a disclosure in my office that they need to: a) drive separate cars, b) have babysitters who can watch the children for an extended period of time--perhaps overnight, and c) they need to have an agreement on who will sleep where.

I also share that after disclosure it is not uncommon for there to be a worsening in the couple relationship. Additional challenges include: decreased ability to focus at work, feelings of shame and guilt, physical illness, and lack of sexual desire. (2) However, even after all of the challenges associated with disclosure, "Research confirms the benefits of going to counseling, having honest communication about the affairs and other sexual behaviors, and working on rebuilding the relationship. Disclosure of the addict's sexual acting-out behaviors is an important part of couple's counseling. (3)

Resources for this Appendix:

1. Schenider, J. P., Corley, M. D. (2002). Disclosing secrets: Guidelines for therapists working with sex addicts and coaddicts. *Sexual Addiction and Compulsivity* 9: 43-67.
2. Surviving Disclosure: A Partner's Guide for Healing From the Betrayal of Intimate Trust. By Jennifer P. Schneider and M. Deborah Corley. Recovery Resources Press, 2012.
3. Ibid

Appendix D:

Using Assessments to Guide Treatment

At Addo Recovery when a new client calls our center seeking help once we have identified their reason for seeking our help we invite them to take a battery of assessments. This information is very helpful and provides a good starting point for therapy. Early in my career I didn't have access to assessments that dealt with sexual addiction and sexual betrayal. As a result, I made mistakes because I didn't fully understand the extent of my client's problems.

Assessing Sexual Betrayal

At our center individuals who are experiencing sexual betrayal are asked to take the Inventory for Partner Attachment, Stress, and Trauma (IPAST). This battery of assessments includes the following:

- Trauma Inventory for Partner's of Sex Addicts (TIPSA)
- Depression, Anxiety, and Stress Scale (DASS-21)
- Partner Sexuality Survey
- Experience in Close Relationships
- And more

The IPAST can be administered by certified sexual addiction therapists (CSAT's). The value of the information gained in this assessment cannot be emphasized enough. It save hours of asking questions and provides valuable information to areas that need to be addressed in therapy.

Appendix D:

Assessing Sexual Addiction

When we work with individuals seeking help for their sexual behaviors we begin by administering two validated assessments (Hypersexual Behavior Inventory--HBI-19 and Sexual Addiction Screening Tool-Revised--SAST-R). If their scores are elevated on these two measures we then administer the Sexual Dependency Inventory (SDI) which is a two hour assessment that has proven very valuable in helping us understand the depth of our clients sexually acting out behaviors. The SDI explores countless areas of sexually acting out behaviors (e.g. Phone sex, paying for sex, exhibitionism, etc.)

One of the most helpful aspects of the SDI is that it provides a look not only into the behaviors but it also offers insight into amount of sexual thoughts going on in the mind. This is referred to as Preoccupation in the inventory. The value of understanding the fantasy thoughts and mental aspect of what is happening in our client's mind is very helpful. By understanding our client's sexual behaviors and fantasy thoughts we gain a deeper understanding of their true challenges. This is essential for effective treatment.

Appendix E:

Assessing the Climate of Your Relationship

Here's a short quiz you can take to assess the climate of your relationship.

Please answer each question based on a Likert scale ranging from 1 (Never) to 7 (Always). Answer each question twice. Once for your behavior and once for your spouse.

Relationship Tension Scale

Question	Never	Rarely	Some-times	About half the time	Often	Very often	Always
I am critical of my partner.	1	2	3	4	5	6	7
My partner is critical of me.	1	2	3	4	5	6	7
I blame my partner for my behaviors.	1	2	3	4	5	6	7
My partner blames me for his/her behaviors.	1	2	3	4	5	6	7

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I have lied to my partner to cover up my behavior.	1	2	3	4	5	6	7
My partner has lied to me to cover up his/her behavior.	1	2	3	4	5	6	7

Add your scores up for this section by summing the 1st, 3rd, and 5th questions together. This will give you personal score. Next sum the scores from the 2nd, 4th, and 6th questions together. This is your partner's score. Lower scores indicate less toxicity in your relationship while higher scores indicate that the climate of your relationship is difficult.

Scores below 7 generally indicate lower levels of conflict in relationships. Scores between 8-16 have some unhealthy behaviors, while scores above 18 are usually very toxic.

Relationship Attunement Scale

Question	Never	Rarely	Sometimes	About half the time	Often	Very often	Always
I feel my spouse is aware of my hurt and pain.	1	2	3	4	5	6	7
I am aware of the hurt and pain my partner is feeling.	1	2	3	4	5	6	7
My spouse cares deeply about me.	1	2	3	4	5	6	7

I care deeply about my spouse.	1	2	3	4	5	6	7
My spouse makes it easy to love him/her.	1	2	3	4	5	6	7
I make it easy to love me.	1	2	3	4	5	6	7

Add your scores up for this section by summing the 1st, 3rd, and 5th questions together. This will provide you a personal relationship attunement score. Next sum the scores from the 2nd, 4th, and 6th questions together. This is your partner's score. Lower scores indicate less connection while higher levels suggest better levels of relationship closeness. Generally speaking individuals who score higher indicate that the climate of their relationship is caring, supportive, and likely safe.

If you or your partner's scores are below 9 your relationship is quite difficult at this time as there is very little closeness and connection. If you or your partner scored between 10-16 your relationship is not bad nor is it great. If you or your partner scored 17 or higher the more likely you will feel attuned to each other in your relationship.

Appendix F:

Questions to Help You Prepare for Change

As you prepare to make changes in your life it is valuable to take the time and reflect on the changes that you would like to make. The idea comes from the quote by the head of the Industrial Engineering Department of Yale University who said, “If I had only one hour to solve a problem, I would spend up to two-thirds of that hour in attempting to define what the problem is.” (1)

Here’s a list of questions for you to journal about as you prepare for making changes:

Getting to the Root of Your Problems

1. What is the root of the problem we are dealing with in our relationship?
2. Is my spouse showing addictive behaviors? (Compulsive behaviors, taking risks without thought, out of control behaviors?)
3. How have I changed as a result of what is happening in our relationship?

Self-Identity

4. How do I view myself now in contrast to how I viewed myself before marriage?
5. Am I taking my spouse’s behaviors upon myself and blaming myself?
6. What has my spouse’s sexual behaviors done to my perception of myself?

Boundaries

7. Have I tried to create boundaries with my spouse in the past? If so, what has been the outcome?

8. Am I comfortable creating boundaries with my spouse? If not, what is my biggest fear in creating boundaries with my spouse?
9. How has my spouse responded to my boundaries in the past?

Reference:

1. 1966, *The Manufacturing Man and His Job* by Robert E. Finley and Henry R. Ziobro, "The Manufacturing Manager's Skills" by William H. Markle (Vice President, Stainless Processing Company, Chicago, Illinois), Start Page 15, Quote Page 18, Published by American Management Association, Inc., New York.

Appendix G:

Self-Soothing Strategies

One of the most important things you can do for yourself if you are dealing with trauma is create a safe/calm place. This allows you to have a place to turn when you need to calm yourself down. One method to begin this process is to listen to the audio at www.discoverandchange.com/audio (see safe calm place.) Once you have created your safe/calm place, the next step comes from Dr. Francine Shapiro the author of *Getting Past Your Past*. In her book she offers a simple yet effective strategy for self-soothing. She suggests doing the butterfly hug, a technique developed in Mexico to help children following a hurricane. (1)

Here's a way for you to do it on your own.

Begin by crossing your arms in front of you with your right hand on your left shoulder and your left hand on your right shoulder. Then tap your hands alternately on each shoulder slowly four to six times. As you tap bring up the image you created in the safe/calm place audio. Allow your mind to connect with your safe/calm place. When you feel you are there and have the physical sensation inside continue tapping your shoulders an additional four to six times. Then stop and take a breath and see how it feels. Repeat this exercise at least one more time.

Reference:

Shapiro, F. (2012). *Getting past your past: take control of your life with self-help techniques from EMDR therapy*. Emmaus, PA: Rodale Books.

Appendix H:

5 Whys Exercise

This exercise is based on the model used by Toyota Motor Corporation to identify the root cause of problems encountered during manufacturing cars. Today more than 60 years after this model was created it is being applied to help individuals in various settings identify why problems occur.

This exercise can be used to understand many personal and relationship issues. While the process is basic, the awarenesses gained can be very valuable. You begin by identifying a problem that you are encountering in your life. The issue could be a personal problem, a relationship issue, a challenge with your child, a work problem, or something else you are dealing with.

Example of a problem:

I can't stop my mind from thinking about what my spouse did to me.

Now it is your turn. Identify a personal issue that you would like to understand better.

Issue I want to address: _____

Begin by asking yourself why that issue is bothering you.

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Why #1--Example: I feel betrayed. Like he only cares about himself. I am so angry at him.

Your turn:

Why #1: _____

Next, ask yourself why you are feeling the way you are based on your answer to “Why #1. Based on the example above the question would be, “Why am I so angry at him?”

Why #2--Example: He only cares about himself.

Your turn:

Why #2: _____

Why #3--Example: He promised me I was his all. He lied to me

Your turn:

Why #3: _____

Why #4--Example: I don't matter to him

Your turn:

Why #4: _____

Why #5--Example: I'm not important

Your turn:

Why #5: _____

Appendix I:

Mindful Breathing Exercise

In this short mindful exercise the goal is to help you focus on your breathing.

Step #1: Please begin by doing a quick body scan. Notice any tension, tightness, or unusual sensation in your body. Just observe the sensation in that region of your body.

Step #2: Next turn your attention to you breathing. Your focus now should shift to your breathing. Notice your breathing as you inhale and exhale. Are your breaths shallow or are you getting deep breaths? Throughout this exercise one of the main goals is to help you establish deeper breathing patterns.

Step #3: Now begin focus on deep breathing as you inhale for about 4-6 seconds. Hold it for two seconds and then let out a powerful exhalation for about 6-8 second. Continue your breathing like this for three minutes. During the three minute period try to maintain your focus on your breathing. Don't worry if your mind wanders just notice that your mind has gone to another thought and bring your attention back to your breathing. Notice how your diaphragm moves as you breath.

Step #4: After completing the three minute exercise come back to your body sensations and again notice the sensations throughout your body. What are you feeling? Make note of how your body feels after this three minute exercise.

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This simple breathing exercise is used by many people as they work through their stress and life challenges. It is recommended that you practice doing this breathing exercise three times a day. The more you practice this breathing exercise the stronger your capacity will be to calm yourself when you are feeling overwhelmed or stressed.

Appendix J:

Creating Your Emergency Self-Calming Kit

One way to help you establish more compassion for yourself is to find and do things that you enjoy. This exercise is designed to help you use your senses to calm down in difficult times. Below you will be asked to identify things around you that you enjoy. This exercise is designed to help you have compassion for self by doing things that lift your mood. This assignment will step you through creating your emergency self-calming kit.

When we are in crisis we often lose ourselves and behave in ways we didn't know were possible. In order to regulate our emotions and gain control of our lives, we need to access the solutions from within.

This assignment will assist you in creating a self-calming kit depending on your own unique likes, dislikes, and comfort level.

To create your kit, complete the following three steps:

Step 1: Make a list of items you enjoy from each of the 7 senses.

Here are some examples to help you begin thinking about what you enjoy:

Smell

- A favorite lotion or perfume
- A nostalgic smell
- Essential Oils

Taste

- Dark chocolate

- Honey sticks
- Gum

Sight

- Photos of family
- Post cards of places you have been or want to go
- Inspiring quotes

Touch

- Soft blanket
- Smooth stone

Sound

- Mix CD of inspiring music
- CD of nature sounds
- Audio recording of positive self-talk

Kinesthetic

- Package of play-dough or clay
- Pen and paper for doodling
- Oils, markers, paints

Internal

- Crisis journal
- Scriptures/Quote

Step 2: Now, create your list:

Smell

Taste

Appendix J:

Sight

Touch

Sound

Kinesthetic

Internal

Step 3: Find pictures that represent your self-calming kit and put them in a collage to remind you of each of these seven areas. This is a way to help you remember the importance of taking care of yourself.