



# WHAT'S FAIR FOR HER TO EXPECT OF YOU IN RECOVERY

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Use this guide sheet to talk through your recovery plan and what she feels she needs from you. You should be displaying your level of commitment to this recovery. Show the 'whatever it takes' attitude.

*Emotional Adolescents (Little children), let us stop just saying we love our wives (people); let us really love them, and show it by our actions. (1 John 3:18)*

1. **Sincere Effort:** Hard work shows you want to rebuild trust and be free.
2. **Raw Honesty:** With any sexual relapse, you tell her and your SAP within 24 hours.
3. **Seek Counselling:** Go together for help for your addiction & effects on marriage.
4. **Software Installed:** Filtering and accountability software operating - apps limited.
5. **Avoiding Triggers:** You need to run from temptation. No compromise. No excuses.
6. **Get Accountable:** She should know and trust your SAP. You should meet regularly.
7. **Explain Recovery:** You should outline in detail your steps toward sexual integrity.
8. **Program Buy-In:** Stay in recovery group until 12-Steps fully done and 1 year clean.
9. **Spiritual Growth:** Faithful Bible reading/prayer and church need to change you.
10. **Intimacy Patience:** Don't push sexually early in recovery. Talk and go her pace.
11. **Voluntary Update:** Weekly share how you're doing and answers any questions.
12. **Pursuing You:** Your love and care for her should grow. "US" times show warmth.

## GOING DEEPER QUESTIONS:

1. Score yourself out of 12. Where do you need more effort? /12
2. Ask HER to score YOU on the list. Have a discussion about your views.
3. Make a commitment to **show your love by your ACTIONS!**

**Boys make Excuses – Men make Changes!**