

[Note to readers: This boundary document is very comprehensive and came about as a result of a serious relapse. Boundaries and recovery were not new ideas to my spouse. This was his last chance to save our marriage and two parent family. I left nothing to chance. I hit the addiction hard and heavy with minute details. This was sink or swim. If he couldn't stick to consistent recovery, I had to be out.]

I regret not having a detailed, comprehensive boundary document like this, the first time I verified physical infidelity. I regret that I let go of enforcement of many of these boundaries the first time.

My spouse thanks me for setting these boundaries, because as a result, he finally took his recovery seriously, knowing that if he didn't honor them, I was going to extend the separation in consideration of divorce.

These boundaries are very personal to me, my values, and my husband's typical MO in the addiction. You can add/delete/change to fit your situation, your fears, and your needs for what means "safety" to you.]

BOUNDARIES:

- My boundaries are how I protect myself and my relationship rights when you choose not to protect me or those rights.
- My boundaries are not a wall against you – they are a description for you of how to access the best parts of me – my emotional and physical intimacy.
- The boundary tells you what I need, and what I will do if you don't provide it.
- When I enforce a boundary, it's in place until I feel safe again by you initiating a repair (see repair document).
- I can create a new boundary at any time I feel unsafe.

My values include:

God, my mental and emotional health, protecting marriage purity, family, fidelity, honestly, openness, emotional vulnerability, respect, healthy communication,

honoring boundaries, fostering positive mindset of acceptance, forgiveness, worthiness, faithfulness, hope, surrender, gratitude and diligence against self-defeating behaviors, healthy, safe and comfortable, organized living spaces.

I will actively engage in activities, relationships, and communities that support and encourage those values. For me, speaking them alone is not truth. I need to act on them. My hope is that you'll join me in this effort and in recovery.

When you refuse to actively seek legitimate, medically recognized recovery efforts for your addictions, working towards full therapeutic disclosure, preparing to hear my losses letter after and then preparing to respond to me with an amends letter and your relapse prevention plan,

I feel scared, hurt, demoralized, less-than, pushed aside, not seen as a human, not seen as a partner with rights to fidelity and emotional safety and connection and I don't feel safe.

If you don't seek recovery, or relapse,

I will not be in relationship with you and request a therapeutic separation for the purposes of recovery and then reconciliation.

I will ask you to leave this home.

If you cannot leave this home,

I will

- request that you sleep in another room
- not provide you with relationship comforts such as sex, physical touch, emotional conversation, you are not allowed to see me unclothed
- not provide you with task favors such as shopping, cooking, cleaning, laundry, errands, make phone calls for you
- only discuss housing, shared financial responsibility and co-parenting.

This will be in effect while I consider my options regarding my future participation in, and the future of this relationship.

During this separation, we are still married, and you are still expected to remain faithful.

Meanwhile, I will seek counseling with a qualified trauma therapist, and seek support groups for spouses of sex addicts.

My hope is that you will seek recovery, so we can create a new relationship, a new normal based on shared values of relationship solidarity, good mental health and work towards a healthy future together. I strongly believe that full recovery is possible. I strongly believe that you are fully capable of recovery and will support your efforts to do so. I love you, and want you to be healthy, and have healthy coping tools at your disposal.

SEPARATION:

This separation is to allow me space to get grounded in reality (not the reality you claimed) allow me to safely release my anger at the situation and reestablish and enforce my boundaries.

This is what I need, to feel safe:

While we are emotionally separated:

- This is a therapeutic separation; this is NOT a separation in anticipation of divorce.
- NO CONTACT WITH OTHER WOMEN. This does not mean you or I are free to “date”.
- Talk of divorce is off the table for 12 months, until I can decide what I want to do, based on watching your recovery behavior (not your words).
- **The goal is take some space from each other, while we each get our heads together and attempt to heal from the consequences of your actions.**
- We’ll only discuss [our son], the house, finances, and recovery.
- It’s your responsibility during separation and after, into perpetuity, to make a regular, weekly check-in (with a specific start and end time; for example, every Sunday night from 6:00 – 6:20 pm or every Tuesday morning from 7:00 – 7:20 am.) with me on your recovery.
- Please share: Recovery activities since last check-in (for example, any forward movement from 12-step meetings, group therapy, individual and/or couples’ therapy, reading, sponsor work, homework, step-work).

- Do not share specific details of triggers. Share that with your sponsor or accountability partner/men's group members. Do share if you "struggled" and what you did to respond to it.
- I will not initiate the check-in if you forget.
- I will listen without interruption. When you're done, I might ask questions, and will make every attempt to do so mindfully and while respecting your boundaries. If you respond in a defensive manner, I will end the conversation.
- You don't have to wait until the "check-in" if there's something you want to share with me about recovery.

Update: We now use FANOS as a check-in. [More info on FANOS](#)

- Confirm that I have received your text or call any time before you come over. Don't just text and come over. Make sure I received it and confirmed you can come over.
- Only use [our son's] bathroom. Do not use the laundry or showers.
- Any purchases provide receipts in basket on breakfast bar
- No cash withdrawals
- We both will spend on only living expenses during this separation (food, gas, utilities, personal hygiene, taking [our son] out to eat/activities/normal house expenses) Any other purchases, we will check with each other.
- You are welcome and encouraged to attend Saturday night Church service with me (I will encourage [our son] to come with me, but not force [our son] to go) at [church name], so we can attend as a family.

DEAL BREAKERS:

WHEN YOU **[acted out and did the following things]**

I FELT unsafe, threatened, panicked, invisible, pushed aside, unseen, unheard, not important, ashamed, angry, abandoned, etc.

WHAT I VALUE in order to feel safe

IF YOU BREAK A BOUNDARY

I WILL separate from you emotionally and physically as much as possible, to consider the future of this relationship.

NO PHYSICALLY OR EMOTIONALLY INTIMATE RELATIONSHIPS WITH FEMALES

Because you have claimed the exact specifics on this marriage boundary were unclear to you, I'm going to spell it out:

- Cut all communications or connections with past acting out partners. Never allow communications with past acting out partners. If they try to reach out to you, do not respond, block them. Nor you out to them. No exceptions. This is an invitation to relapse.
- No cheating behaviors of any kind with anyone.
- NO pornography in our home or on any of your devices.
- Don't have emotionally intimate conversation with females (for example, the text conversation where you told a female co-worker, "take care of yourself first") that's an expression of care and concern, and support and nurturing, not required for your job or any other reason.
- Don't discuss the details of our marriage with a female. Get a male buddy to vent to.
- No conversations with women you would have to hide from me, no matter how innocent.
- Don't get in cars with women.
- Don't go out to establishments with women.

THINGS I'LL BE PATIENT WITH

CONSISTANT RECOVERY

- Session with qualified, experienced SA Therapist (CSAT: Certified Sex Addiction Therapist) once a week at first, frequency can be discussed as time goes on, if you're building trust with me.
- Therapist must be "trauma informed" and understand that your behaviors have caused me betrayal trauma, and must be companionate towards my recovery needs from you
- Full Therapeutic Disclosure for me, with both therapists present.
- Must be a plan in place to work through root causes, alternative methods to deal with root causes, relapse prevention. In other words, a plan, (as opposed to what [a former SA counselor – my husband was able to manipulate and control those sessions around his "work" issues]did.)
- SA meetings, minimum 1x a week
- SA Sponsor who works the steps with you
- Men's sex addiction recovery group program, (he did 7 Pillars) at [local counseling office with specialists in SA) , 100% completion
- Actively work the accountability program from the Men's Group
- Celebrate Recovery at [Our church]
- Do ALL Homework given by experts – reading, writing, meditating, checking in with other men in recovery
- Don't ever get angry if I ask if you're sober, or how your recovery is going. This would be a red flag to me that you are not in recovery but have relapsed. I have to be in recovery lifelong as well, and I should be able to ask the question, out of the blue without fear of negativity.
- Recovery will not be tied to "marriage counseling". Recovery for us as a couple should include rebuilding trust, building emotional and physical intimacy. There is some overlap, but I don't want to feel that these recovery efforts suggest that the marriage was to blame in any way.
- Commitment to, "lifelong recovery lifestyle" of psychological and health, honesty, openness, acceptance, and always doing "the next right thing."

COMPLETE TRANSPARENCY

- Rigorous honesty about your past behavior in Formal Therapeutic Disclosure. If I decide that I want it to be followed by polygraph, be willing to do so. Include how you "gamed the system" lied to me and therapists, and faked recovery in 2010 and on, and faked recovery efforts and sobriety.
- Rigorous honesty about what your feelings are about any issue.

- Rigorous honesty. No “controlling the narrative”
- No secret life, no secret fantasy life. No secret phones or devices, no secret email addresses.
- All logins and passwords shared with me – email, work computer, work email, phone, LinkedIn, Facebook, Twitter, RV forums, anything you sign up for that allows communications. **I will, “trust, but verify” and not constantly checkup on you, but might do so randomly.**
- Blocking software on phone and computers, block craigslist, porn sites, adult, dating
- Office door open at all times (exceptions can be made but tell me why) * (we both work from home and would close his door to act out)
- Location tracking on phones on at all times, don’t turn off history.
- Honesty about where you’re going when you leave the house. If you get delayed, call me.
- I will keep a copy of the Safe Key
- Password to car console safe is [9999] – don’t change it

GENERAL

- No locked doors (office, bathroom)
- No competitive driving
- No angry outbursts, no gaslighting, no blaming me or accusing me of “wanting to argue” when I express my emotions.
- Develop the ability to listen to my emotions and develop empathy.
- No uncontrolled chaos/mess/clutter in garage, cars, in your office our closet or bedroom. I will honor that boundary as well.
- Family counseling for how to best support and guide and provide consequences for our son and co-parent, so we both feel our parenting concerns and goals are met.