WRONG CHOICES CREATE UNHEALTHY ROLES

Because of fear or lack of education about sexual addiction we may take on unhealthy roles in our marriage.

All of these roles will leave us feeling empty.

DETECTIVE - A compulsive need or desire to monitor his actions.



WARDEN - Trying to control the addict



CARETAKER/EDUCATOR - Taking responsibility for the addict's recovery

SEX TOY - Trying to be or act out his fantasies



ACCOMPLICE - Covering up for him/making excuses/keeping his secrets



PUNISHER - Taking on the job of making him pay for his sins



As we heal our own wounds, we will be more able to make choices based on our strengths rather than fear.

We can learn to trust our own opinions and reality and make decisions and set boundaries that will augment our own health and well-being.