

The general counseling plan for sexual addiction

Before we begin to discuss the process of reconciliation between a husband and wife because of sexual addiction and the healing of the person/marriage with the addiction let us first give recognition that this kind of betrayal is one of the most difficult circumstances that any couple will experience and while it is possible to successfully reconcile it will take time, patience, professional counseling, and lots of prayer. Sexual addiction is as difficult to overcome as is addiction to heroin.

We should also recognize that while there are similarities in the pain and recovery process from such a betrayal each individual/couple is also unique and may need additional care or change in the general plan outlined below.

Sexual Addiction counseling works best when both husband and wife participate in the counseling process and they both are:

- willing to listen.
- able and willing to admit when they are wrong.
- are more interested in improving the relationship than in being right.
- are still in love, or have a strong desire to be.
- can accept change, and are open and willing to change.
- welcome advice and is open to therapy and change.
- mean what they say, and are open and honest.

Establish a therapeutic relationship:

Dr. Rivest is invested in your healing and restoration of your marital relationship and the sexual addiction. It will be important that you are honest and open. He knows that counseling takes a lot of effort and he respects and appreciates all that you give to it.

The beginning of healing and reestablishment of trust:

All ties to the sources of the sexual addiction are to be severed, passwords changed and given to the spouse. The spouse is to have complete access to all electronics/ phones etc. The addict spouse is to report all his behaviors and whereabouts to the spouse and to willingly answer all the spouse's questions.

Next they look at the video and answer the questions regarding the video, "Man Caught in Pornography" found at www.vimeo.com/Rivest.

Face and discuss the betrayal and the sexual addiction.

What have you done so far?

Discuss how the betrayal and sexual addiction has affected each individual.

Expression of sorrow and genuine desire to reconcile and be freed from the addiction is given by both spouses.

There will be a discussion on the above in the counseling sessions with Dr. Rivest.

Mostly likely Dr. Rivest will recommend that both spouses suspend all personal and couple sexual activities.

This will help to reestablish the trust and the couple will better have the opportunity to live in peace while beginning to learn more about each other particularly that sexual addiction is NOT about sex but rather the inability of both partners to develop mature emotional relationships.

What went wrong?

Take the Arno Profile System questionnaire. Look at each spouse's temperament needs, strengths, and weaknesses

Discuss marital history, each individual's sexual history with a focus on its deterioration and communication failures..

Make a good effort at discovering the root causes of the sexual addiction including faulty belief systems.

Dr. Rivest may ask you to complete other questionnaires to help him get a clearer picture of your unique circumstances.

Discussion of other concerns that hinder reconciliation and freedom from the addiction..

It will be extremely important to look at the marriage as a whole and how both individuals contributed to the betrayal and sexual addiction not just put the addict on trial. Extensive marriage counseling is essential to the success of this program.

Having said that, it is also important to determine whether the addict has any character or psychological problems that have contributed to the addiction. This will be accomplished throughout the counseling process. The Arno Profile System will contribute a lot of information to help in this process.

Building a new and better marriage heals and corrects the weakness of the former marriage and the character of the addict:

Communication skills development.

- Provides a safe, methodology for both partners to work out their differences, voice their unhappiness, and express how they are feeling.
- Learn to argue fairly, in a less combative manner without name calling/hitting below the belt.
- Learn to communicate your needs, avoid arguments, and avoid blaming each other.
- Learn to negotiate solutions, develop "win-win" situations and reach a compromise both partners can accept.
- Learn to work through unresolved issues, and know when to bring up the past and when not to.
- Learn how to resolve conflicts in a manner that is healthier for the relationship.
- Learn more deeply who you are.
- Give you a deeper understanding of your spouse.

Learning to love each other better than before:

We will study important areas of Love, personal belief systems, forgiveness from God, and forgiving others.

Additionally there will be an in depth study of the addicts and co-addicts erroneous belief systems and the installation/integration of healthier beliefs.

Dr. Rivest may have you do other various other exercises to help in your unique needs.

Another look at effective communications to make sure there are no lingering concerns.

Development of a personal and corporate life of prayer.

Building a faithful marriage that will last.

The creation of a marriage vision that will sustain the marriage and prevent the reoccurrence of the addictive behaviors.

Review of strengths and weaknesses that will help or hinder the success of the vision. Make appropriate corrections.