

WOMEN'S RECOVERY QUESTIONS

1. My question is when is someone classified as recovered? I see my addiction as a sin that continually calls me to "He must increase and I must decrease." Essentially aren't we in this race forever? In a spiritual sense at least.
2. When it comes to stopping the FMO cycle (Fantasy – Masturbation – Orgasm), is it ok to fantasize about your partner still or daydream about that intimate time you want with them?
3. When you and a spouse are recovering from sexual addiction at the same time, do you have tips about being supportive but also not feel like nags?
4. How do you navigate and talk with your children about the sexual addiction, the sexual betrayal and the sexual recovery?
5. At what stage of the relationship do you think it's important to be honest about your sensual addiction/struggles? (ex. before dating, first 2 months of dating, 6-12 months of dating, engaged, etc.)
6. With the desire to be a woman of integrity, where do you draw the line in honest disclosure and speaking truth, verses having wise boundaries in what's shared?
7. How do you balance loving each other in a healthy way and not out of addiction – even though addiction can look like healthy love at times.
8. How do you overcome feelings of discontentment even though you logically want to stay and fight?
9. If you struggle with allowing people to love you due to soul wounds, how can you practically change your mindset and allow people to love you?
10. Do you have to be open and honest about your addiction with close friends or family in order to have deep relationships?
11. How does one navigate church trauma? You mentioned the importance of community and not isolating in this addiction, yet too often, even more with female sexual addiction, the church community makes it harder to recover and sometimes even creates more trauma and pain. How do you get support and community in church and even feel like it's okay to speak-up about your addiction? How do we maintain recovery without community connections because it can't be recovery if we are still alone and isolated.
12. I was sexually and emotionally abused throughout my childhood. I see how this is one of the root causes of my addiction. How do I overcome this trauma?

13. Not really a specific question, I do wonder how we can move past shame with the whole purity culture. What really is a God-centered purity, and if you feel it's 'gone,' can you ever get it back? Maybe just a biblical perspective on the idea of purity?
14. We've heard you say, "don't let your dark days define you". When an addict shares openly about their addiction, well-meaning people can make inaccurate assumptions about the recovering person. This reinforces the belief that the addict is defined by his/her dark days. How do you overcome this?
15. When we become fully known, the fear is we will not be fully loved. It's hard to lean into being fully known because of the negative stereotype that comes with being a female sex/love addict. How should we process this fear?
16. When the addict stops giving in to their sexual/love addiction, other addictions tend to surface in their addictive cycle. How would you suggest managing this?
17. Women don't tend to talk about their sexual/love addiction struggles with other women, since it's not the social norm. As a result, isolation and struggling alone is common. How would you suggest the female addict connect in an authentic and honest way with others?
18. I understand that it's the addict's responsibility to take complete ownership of the addiction to rebuild the marriage. At what point in recovery is it fair to request my husband start working on his emotionally and physically abusive behaviours? How would you suggest approaching this?
19. When being sexually intimate with my husband, I have had intrusive thoughts and images in my mind and have been tempted to fantasize. What would you suggest to keep a pure mind during sexual intimacy?
20. I've heard two extremes. On one side, there's no kissing before you're engaged and the on the other side, everything except intercourse is okay prior to marriage. What is an appropriate sexual boundary prior to marriage?