

Written by an LDS wife seeking healing. She has graciously given permission for this document to be shared on The Hope and Healing Blog and Forum.

Rights/Boundaries

Dear _____,

These boundaries are not meant to be punishing to you, they are for my own emotional safety. I love you and I want to work through this and come out stronger on the other side. I have a vision of what is possible for us individually and together if we are both willing to work to unshackle ourselves from the binding ties of addictions and its consequences. I need to feel safe and in order to do that I have to set up boundaries for myself with consequences attached. This will be changing and fluid throughout our recovery and the rest of our lives most likely as our situations will change. I also reserve the right to institute an immediate boundary and consequence if I feel unsafe. If at any time I feel that my emotional/spiritual safety has been compromised, I will detach from the relationship and seek revelation. Consequences may include and in- or out-of-house separation for an appropriate amount of time for the relationship and home to become a safe place again.

I realize that some of these will take time and work to honor and as you work towards honoring them I will work on trusting you more. These are what I need to feel safe and able to be open and trusting. It will be work on both of our parts and I know that our Savior can help us both to find healing and rebuild a trusting, loving and deeply connected relationship.

- **I have a right to a relationship based on honesty and trust.**
 - I need to be informed of slips/relapses within 24 hours without me asking:
 - Sharing when bottom lines have been violated
 - Viewing pornography (images, movies, books, songs etc. that trigger lustful thoughts or feelings) intentionally or unintentionally
 - Masturbating
 - Watching inappropriate media
 - Engaging in secretive or isolating/addictive/escape behavior
 - I need complete honesty about everything (no half-truths, minimizing the truth to “protect me”, misrepresenting difficult emotions or feelings).
 - *If I feel that my husband has not been completely honest and transparent with me, or if my 24 hours disclosure boundary is broken: I will ask for a physical separation. This may mean no physical touch unless I ask for it, sleeping in separate beds or an actual physical separation where he will need to leave the house. This is dependent on the degree of trauma I am feeling because of the dishonesty.*
- **I have a right to transparency.**
 - I need access to login information for all e-mail addresses, twitter, Facebook, etc.
 - I reserve the right to check phone or computer history, text messages, phone logs, or check location as prompted by the Holy Ghost or if I feel I need to in order to feel safe.
 - Full disclosure by June 20 (see below for details).
 - *If my husband is not working on his inventory and does not actively prepare for a full disclosure or if he does not complete this inventory with complete honesty I may require an*

in- or out-of-house separation while I detach emotionally to determine what is best for our family.

- **I have the right to live with a husband who is in recovery.**
 - In order to feel safe I need a spouse who is actively involved in recovery (12-step meeting each week, actively working the steps with a sponsor, evidence of daily recovery activities from your plan of action, participating in Lifestar weekly with corresponding homework completed.)
 - **Signs I know my husband is in recovery:** working a recovery program; attending meetings regularly; talking regularly with his sponsor; being proactive; exercising; open communication about his addiction and recovery; being engaged in family scripture study, family prayer, and family home evening; being kind, patient, loving, helpful, and sensitive to family and individual needs; not playing on his phone too much; and following through with commitments
 - *If my husband is not actively engaged in recovery every day, I will detach from the relationship and seek revelation about what to do next. I may need emotional and/or physical separation. It also may include him not touching me until I give him permission and/or sleeping on the couch depending on duration of non-active recovery work and/or effort being evidenced.*

- **I have the right to open communication about your addiction and recovery.**
 - I need my husband to share his plan of action and what reasonable observable daily recovery efforts he will make by Sunday May 8, 2016. If any changes are made to this plan I need to be informed and helped to understand why.
 - FANOS each day (S-share what we are each doing to maintain sobriety)
 - I should not have to check in with you to see how you are doing. If I have to check in with you, it makes me feel like your mother. As your spouse, I expect you to check in with me regularly in order to create safety and connection.
 - *If I do not receive regular check-ins, I reserve the right to ask you to sleep in a separate space or residence until I feel safe and can see your recovery efforts and self-disclosures.*

- **I have the right to have sexual intimacy that is driven by connection and love, not lust and porn and I have the right to say yes or no to sex.**
 - If I am pressured to have sex or do not feel connected, I will take sex off the table until I feel that the home is a safe place and that I am loved because I am me, not because I have a body.
 - If I have the feeling that sex is driven by lust and porn or that I am being objectified, I will question my husband and expect an honest answer. I will create physical space and take sex off the table. I will prayerfully consider when to reinstate it.

- **I have the right to a pornography free home, marriage and life.**
 - If porn is being accessed on a computer in our home, I will create safety through password protection of the internet and filters. I will also ask my husband to find a place to work on the computer away from our home.
 - If porn is being accessed on my husband's telephone I will create safety through password protection, restrictions, and filters. If it continues to be misused he will need to get a phone without internet access.