

IF/THEN JOURNAL EXERCISE

What if he looks at porn again, and it elevates to other “acting out” behaviors I find unacceptable?



I can create boundaries ahead of time that address my concern and share them with my partner knowing I must be willing to uphold the consequence with my partner if a boundary is broken.

I can do nothing and hope for the best.

I can end the relationship or separate from my partner for the time being.



What if I share my boundaries, and he refuses to honor them?



I can continue to be in the relationship knowing my partner chooses not to honor and respect my boundaries.

I can adjust my boundaries to make it easier for him/her to stay sober, but I need to recognize this is a codependent response.

Express the escalation of acting out behavior is concerning enough for you to create boundaries ensuring my safety in the relationship. I respect my partner can refuse to reject my boundaries, but I will have to make some different decisions about the



I can end the relationship or ask for a separation.

I can ask my partner to leave until he/she is able to honor my boundaries understanding I have no plans of changing them.

What if my partner agrees to honor my boundaries but ends up breaking them?



I can refer to the consequences I created that accompany my boundaries.

What if he agrees to honor my boundaries and consistently adheres to them including the consequences for breaking a boundary?



Continue to stay in the relationship as my partner honors my boundaries including consequences when he slips or relapses.



Make a different decision about the relationship because although my partner adheres to my boundaries; the numerous slips and relapses are becoming exhausting.



Continue to stay in the relationship as my partner honors my boundaries and his addiction hasn't escalated. I continue to see my partner's commitment to recovery and a change in his behavior which makes me feel safe.



Express my desire for my partner to make the necessary adjustments to his recovery program to decrease the number of slips or relapses.

Share my needs in the presence of a couple's therapist.

Seek separation until the change in behavior is satisfactory to me or end the relationship.

