**TRUST Index™**

**Tracking Recovery Using Sobriety & Transparency**

**A Clinical Guide to Assessing True Recovery vs. Surface Compliance**

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Your spouse will make mistakes as they work to make significant changes in their life of sobriety. Many of these adjustments don’t naturally come to someone recovering from addiction, so they’ll need time to learn. You’re looking for progress not perfection. They may become defensive or frustrated along the way. However, you can expect them to remain faithful (avoiding porn and inappropriate interactions), show genuine commitment to recovery, and treat you with respect. If you’re not seeing these efforts, it’s okay to set boundaries, making it clear that you need these behaviors to stay in the relationship.

Take some time to reflect on the statements below. Which ones do you see consistently improving and which ones need work specific to your relationship? Be open to communicating to your spouse your thankfulness for the ones you see progress on and your concerns with the ones you see a lack of progress on. Ask you spouse to think about how they would like to improve in these areas and give you a detailed plan of action (i.e., taking these concerns to their therapist and support group to work through and be held accountable for) so that you know they recognize the importance and take accountability for continued growth and healing.

**Mark how much progress (significant, moderate, none) you see in each area:**

Willing to take accountability without blaming you or anyone/thing else.  Significant Moderate None

Willing to sincerely apologize and remorsefully acknowledge the hurt  Significant Moderate None

caused by their actions.

Taking steps to help you feel safe. Examples of this are giving you free Significant Moderate None

access to their phone, all passwords, social media, and bank accounts,

as well as keeping their phone location services turned on.

Actively seek out a sponsor and accountability partners who they will Significant Moderate None

communicate with regularly. (This shouldn’t take longer than 1-2 months

and should communicate with them throughout the week.)

Actively attending group meetings (SA, AA, Therapeutic Groups, etc.) Significant Moderate None

preferably 2x a week, at least one meeting face-to-face.

Actively working the steps of their recovery with their sponsor. They Significant Moderate None

should be willing to share with you, in general terms, what step they are

on and how it is going.

Actively attends therapy at least once a week, preferably with a certified Significant Moderate None

sex addiction counselor who is betrayal trauma sensitive.

Willing to share with you general things discussed in therapy and Significant Moderate None

recovery plan steps.

Willing for you to go to a therapy session to insure they are fully Significant Moderate None

transparent with their therapist.

Willing to have weekly check-ins. Significant Moderate None

Willing to assume responsibility to make sure you feel safe. Significant Moderate None

To rebuild trust they allow their actions to be observed and verified, not Significant Moderate None

defending self or becoming upset if you have follow-up questions.

Understanding recovery and healing can take a few years, willingness to Significant Moderate None

commit to the process of rebuilding trust.

Willing to gain insight into the root cause of addiction/acting out and seeks Significant Moderate None

to heal.

Willing to inform you of a relapse or slip within 24 hours or before sexual Significant Moderate None

intimacy (which ever happens first).

Willing to inform you of what they did for themself and plans to do in Significant Moderate None

response to the relapse or slip.

Doesn’t hang around with program friends who are cynical or skeptical Significant Moderate None

about recovery and who also may be having trouble getting any traction.

Doesn’t avoid calling their sponsor when things are getting slippery. Significant Moderate None

Doesn’t ignore situations which predictably lead to “slips.” These are Significant Moderate None

usually things that they have the ability to change or control like getting

overloaded with work.

Doesn’t take the stance of victim by blaming someone or something else. Significant Moderate None

Respecting reasonable boundaries (without becoming angry or pouting) Significant Moderate None

that you put in place for your safety and healing.

Has written an apology letter for boundary violations and shared it with you Significant Moderate None

to make amends.

Initiates sharing their feelings and their recovery work without you having to Significant Moderate None

dig for it.

No longer asks or wants for sex daily or constantly, or makes you feel Significant Moderate None

guilty for saying “no.”

No longer blame shifts, denies, justifies or becomes defensive. Significant Moderate None

Their actions match their words consistently. Significant Moderate None

They are aware that if they have erectile dysfunction it could be related to Significant Moderate None

porn use and does not blame you for it.

Does not trickle disclosure (tells you of acting out behavior over a period Significant Moderate None

of time).

No longer minimizes their behavior by saying things like, “It was *only* porn.” Significant Moderate None

Identifies patterns of controlling behavior and is committed to stopping it. Significant Moderate None

Actively setting boundaries for themself such as not being alone with a Significant Moderate None

woman coworker or boundaries with parents, friends or work to prioritize

healing and you.

Willing to have time of abstinence if necessary for healing. Significant Moderate None

Willing to go as slow as needed towards reintegrating sexually and Significant Moderate None

committed to staying present during sexual intimacy.

Not pushing back on boundaries by calling them “restrictive” or Significant Moderate None

“controlling.”

Doesn’t rush you to forgive and forget and “get over it.” Significant Moderate None

Honors their commitments and has increased integrity. Significant Moderate None

Willing to write and share with you a recovery plan that includes how they Significant Moderate None

intend on maintaining sobriety and integrity, and how they plan to deal

with triggers, slips and relapses (usually done with their therapist).

Willing to have a full therapeutic disclosure with therapists and, if Significant Moderate None

necessary, a polygraph after.

Willing to watch the kids and care for the home in order for you to attend Significant Moderate None

counseling, support groups, and do other healthy self-care activities.

Willing to read or listen to your impact statement and write a restitution Significant Moderate None

letter acknowledging the harm they caused you in response to it.

Aware of their shame and does not use it to take the focus off of your pain. Significant Moderate None

Able and willing to hold space for your anger or any difficult emotions. Significant Moderate None

Becoming more empathetic toward you. Significant Moderate None

Increased patience with you and the kids. Significant Moderate None

Making you a priority over others, such as parents, colleagues, or peers. Significant Moderate None

Not pressuring you to be their accountability partner. Significant Moderate None

No longer withholding information, open and transparent. Significant Moderate None

No more lying about anything. Significant Moderate None

Willing to go to couples counseling once they are sober. Significant Moderate None

Greater development of respectful, kind and supportive behavior. Significant Moderate None

Actively carries their weight in the relationship and at home/with kids. Significant Moderate None

Communicates honestly and respectfully. Significant Moderate None

Increasing in vulnerability and sharing life authentically. Significant Moderate None

Aware of possible addiction switching (switching one addiction to another) Significant Moderate None

and willingness to correct this.

Seeing women in a healthier way, not objectifying them. Significant Moderate None

Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Significant Moderate None

The reality is that addiction recovery is heavily focused on action. It requires the person recovering to put in consistent effort. **A well-structured recovery plan should include the understanding that if they continue to have "slips" or relapses, it’s a sign that the plan needs to be adjusted and made more rigorous**. This might mean tightening certain aspects or even moving to a more intensive level of treatment. They need to be fully committed to this process, and only they can make it happen. It is not your job to be their accountability partner. If you need further help exploring what boundaries you need to feel safe and how to gain healing during this process, please reach out!

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