



Facing Your Partner's Losses

An Assessment of the Critical Factors of Grief and Hurt of the Spouse of a Sexual Addict

Instructions: Circle the level of pain you think your spouse has experienced or is still carrying because of your selfish behaviour. The losses are many and hugely overwhelming. But how well do you “get it”? Score high for their greatest losses – low for what you feel may be the less significant ones. Factors of Loss are listed randomly. Return this for discussion with your counsellor and spouse. You will take this Assessment a 2nd time to measure your empathy as you see her walking through the hurt you caused.

Name _____	Date 1 _____	Date 2 _____				
Factors of Loss		Low Pain			High Pain	
1. Loss of life as she once knew it – everything seems upside down.	1	2	3	4	5	
2. Loss of your faithfulness to her in your marital relationship.	1	2	3	4	5	
3. Loss of emotional safety – broken vows, shattered relationship.	1	2	3	4	5	
4. Loss of trust through your constant lies, secrets and betrayal.	1	2	3	4	5	
5. Loss of the beauty and sanctity of marriage as God intended.	1	2	3	4	5	
6. Loss of sexual freedom without trauma, memories or comparison.	1	2	3	4	5	
7. Loss of the sacredness and being sexually unique to each other.	1	2	3	4	5	
8. Loss of respect for you and your choices is transferred to all men.	1	2	3	4	5	
9. Loss of self-respect through of shame/humiliation of your problem.	1	2	3	4	5	
10. Loss of her innocence/naiveté over your dark sexual, secret world.	1	2	3	4	5	
11. Loss of financial security – job loss, wasted money or other debt.	1	2	3	4	5	
12. Loss of a secret-free life having to carry your sexual failures privately.	1	2	3	4	5	
13. Loss of the hope/dream of marriage as she had hoped it would be.	1	2	3	4	5	
14. Loss of extended family respect as they hear about your addiction.	1	2	3	4	5	
15. Loss of daily freedom as multiple triggers of your acting out rob her.	1	2	3	4	5	
16. Loss of worth through self-blame re: not good, pretty or sexy enough.	1	2	3	4	5	
17. Loss of a pain-free life as stress, anxiety and disunity is a huge issue.	1	2	3	4	5	
18. Loss of dignity through testing and retesting for STDs and the like.	1	2	3	4	5	
19. Loss of family innocence and fear of the need to protect children.	1	2	3	4	5	
20. Loss of faith in God. Did He allow this? What have I done wrong?	1	2	3	4	5	

Scoring of the Loss Assessment: Add your scores to get a total for numbers circled. The weight of her loss will be out of 100. The higher the total number, the greater the impact your addiction is having on her. Talk through your results with your spouse and your counsellor.