

## PARTNER QUESTIONS

1. Why is just going to regroup and doing counseling not enough to make me feel safe and believe he is changing anything?
2. What can we do as wives to support recovery?
3. How can we get our man to have empathy and ownership over the pain they have caused besides reminding them and bringing it up constantly?
4. What do regroup guys and Dr. Dave recommend wives do when husbands are manipulating the recovery process? FOR EXAMPLE...
  - bringing a different version of reality to the regroup guys than what's really happening.
  - playing the role of recovery rock star, while gaslighting the wife
  - DARVO-ing wife at home about how awesome she should think he is because the guys see him, get him, know him.

**DARVO** is a cycle of *Deny – Attack – Reverse – Victim – Offender* role (an acronym). The concept was first introduced by Dr. Jennifer Freyd in 1990 and was conceptualized as a technique used by sex offenders to deflect blame. It was also adopted in Dr. Sheri Keffer's book, *Intimate Deception*.

5. How do you handle your man claiming 100s of days sobriety that should be reset b/c he's doing lots of stuff to "sniff the beer", but not owning that with the guys & not resetting sobriety days, then telling wife how awesome the guys think he is and playing the victim and making her out to be the villain in the relationship for questioning his days of sobriety in the first place?
6. How do I love my husband through the triggers - his and mine?
7. How do I help my husband through all this hard stuff?
8. Will the past pain ever stop hurting?
9. Why do I still doubt my husband's recovery even though he is working so hard and actually doing the work?
10. Is recovery a series of choices..... choose to do the recovery work, choose to forgive, choose to move out of victim mode? Or is it a one big one-time choice?
11. How do you see your wives as the "enemy"?
12. Do you think wives are obligated to stay in the marriage?
13. What do we tell the kids if the marriage does not make it?

14. Why is the 12-step plan for the men not more encouraged in the men's group? That that is something that is very important to be able to stay clean. Check ins regarding that etc.
15. Why are some men seem irritable and withdrawn after physical intimacy? Why do they seem to push you away the next day?
16. What is the link between SA and lack of empathy/understanding?
17. Can you explain enmeshment as it relates to a wife intuitively sensing something is "up" with her husband, and her husband not being able to communicate what he is feeling?
18. My husband and I disagree about this so we would like you to weigh in. can a husband lust after his spouse? I say he can because porn can pervert the mind and that can transferred onto the wife even if the husband is in recovery. But my husband says his sexual attention should be completely focused on the wife and that isn't lust it's biblical. What are your thoughts?
19. - One of my husband's struggles is looking at women/girls. When I point it out, he always says no. To me he clearly was looking. My question is should I say anything, or should I not point it out?
20. What is the benefit of abstaining from sex/making love for 3 months?
21. Is it possible some of my husband's SA behavior is because he lost some interest in me? If no why?
22. - Why do you say it takes three years for a difference to be made? Does that mean my visuals and random things I've seen of my husband's SA things will go away? I'd like it to go now not in three years, seems to long!
23. Do you have any examples or tips on managing boundaries and recovery with a person with IA. So often my betrayal trauma wants me to pull away because of pain or fear yet I know with IA, they enjoy the distance and that is not helping us recover.