Help for Couples

Preparing for Recovery

Sexual Addiction Recovery

Thank you for taking a few minutes to complete this questionnaire before our first session. Recovery is about much more than stopping unwanted behaviors. It is about understanding yourself, rebuilding integrity, and becoming the person you want to be. There are no right or wrong answers. My hope is that this questionnaire helps me understand where you are today so we can make the most of our first conversation together.

About You

Name	
Preferred Name	
Date of Birth	
Phone	
Email	

Recovery Snapshot (1 = Very Low / Poor, 5 = Very High / Excellent)

Area	1	2	3	4	5
Recovery Motivation	■	■	■	■	■
Hope	■	■	■	■	■
Honesty with Yourself	■	■	■	■	■
Emotional Awareness	■	■	■	■	■
Managing Stress	■	■	■	■	■
Connection with Others	■	■	■	■	■
Spiritual Health (Optional)	■	■	■	■	■
Overall Recovery	■	■	■	■	■

Today I would describe myself as:

■ Ready to Change

■ Unsure

■ Feeling Discouraged

■ Hopeful

■ Just Trying to Stay Afloat

Why Now?

What brought you to counseling at this point in your life?

What concerns you most about your current situation?

What have you already tried?

What are you hoping will be different?

Understanding Your Recovery

When do you feel most disconnected from yourself?

What emotions are most difficult for you to sit with?

What usually happens before you find yourself acting out?

What has helped you stay healthier or in recovery in the past?

Who knows about your recovery?

Looking Forward

If recovery were going well six months from now, how would your life be different?

What kind of man do you hope to become?

What strengths do you already possess that will help you recover?

Is there anything else you would like me to know before we meet?

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