

## REASONS TO STAY/LEAVE

STAY	GO
Keep intact family/kids	Too much damage
Financial - lifestyle	Chronic relapse
Companionship	Not in recovery
He/She has good character (outside of their addiction)	Denial
He/She is working a rigorous recovery program (and there is significant change)	Your own sanity
Values and beliefs about marriage	To stop enabling
He/She is honoring your boundaries (especially non-negotiables)	Stopping the cycle
He/She is displaying empathy (not defensive, willing to hear your pain)	Kids (modeling healthy boundaries)
Accountability	Unsafe (physical and/or emotional)
Remorse	Lack of accountability (remorse, empathy, commitment, action)
Honesty/Transparency	Defensive
You feel safe with them	Still upset
He/She is owning "I am a sex addict" - not in denial	Needs not being met
Family tradition	Still really emotionally reactive
History together	His/Her level of acuity - <i>emotional state</i>
Loyalty/duty	Broken vows
Practice boundaries	Still lying
	Being true to self