



Female partners of Sex addicts information sheet and support group

He “caused” our problems and yet once again the focus and everyone’s attention is on him. The family income is being used by him again for his benefit, on top of the spend he has already enjoyed on his addiction. It’s just not fair. I am left here with his stuff and don’t know where to go or turn for help for me. That just is not right and is not fair. I feel so.....

This is an understandable reframe don’t you think? It it right? Well - mostly - yes! But there is help for female partners of sex addicts.

What is on offer from Gary McFarlane, Relationship Counsellor, Mediator, Sex Therapist & Sex Addiction Therapist?

There is as yet only a handful of women’s support group for partners of sex addicts in a few parts of the country. Gary has developed such a support Group for Female partners who can attend in the Bristol region. Subject to need and numbers, he can develop a group in surrounding regions. If no group is running, why not email and register your name so that I can host one when I have 4 or 5 names.

What does such a Group do and look like?

- Highly confidential
- Numbers of between 5 to 8 women
- An 8 week programme; 1 1/2hour per session; £30 per session

What does the programme look like?

- Teaching and discussion on the following:
- Definition of sex addiction and Love addiction
- Common understandable error patterns which partners fall into and battles you will lose
- The role of the addiction
- Partners absolute “No No’s”
- What can we learn about “Adult/Parent/Child” ego state interactions
- Family of Origin, contributors and what set up the addiction
- You are not alone
- Effect on the stars - Hollywood, Professionals, the good and the great, across the board - all are susceptible
- Evolution of the sexual template and map
- Cycle of addiction
- Boundaries
- How much should I ask about his past behaviours?
- Trust, money, healthy sexuality
- Self responsibility & self care
- Own support groups
- Attachment, Shame, Narcissism, Co-dependency
- Grief cycle
- Questions women ask; hope, fears and reservations
- Disclosure: family and the children