



CLARITY. TRUTH. HEALING.  
THE QUESTIONS THAT BRING ANSWERS.

# 300+ QUESTIONS *to ask* AFTER DISCOVERY *of* his sex addiction



A GUIDE FOR CLARITY,  
HONESTY & HEALING



FOR PARTNERS SEEKING TRUTH,  
UNDERSTANDING & HOPE.



BECAUSE YOU DESERVE TRUTH. YOU DESERVE HEALING.



# Before You Begin

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These 310 questions exist because so many partners describe the same experience after discovery: knowing there's more to ask, but not knowing where to start, or freezing in the moment when it matters most. Having the questions written down in advance means you don't have to think them up under pressure — you can simply open this guide and choose what you need to ask, when you're ready to ask it.

A few honest notes before you use this:

- You do not have to ask all of these, or ask them in order. Pick what's relevant to your situation, and leave the rest.
- Some of these questions are direct and difficult on purpose — pace yourself. You don't need to get through this in one sitting.
- Consider having some of these conversations with a therapist present, especially the ones in Sections 6–16 — a neutral third party can help keep the conversation honest and safe for both people.
- His willingness to answer honestly, without defensiveness, tells you something important in itself. How he responds often matters as much as what he says.
- You are allowed to ask a question more than once, in a different way, if the first answer didn't sit right with you.

This mini-guide is a companion to *After the Discovery: A Self-Help Guide for Partners*, a full 88-page workbook covering the first year after discovery — trackers, boundaries, nervous system tools, and space to process everything these questions bring up. If that would help, you can find it wherever you found this guide.

*You are not alone, and there is a way through.*

## SECTION 1

# Understanding the Addiction

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1. When did this first begin?
2. How old were you?
3. What was happening in your life at that time?
4. What did you first become addicted to?
5. How did the addiction progress?
6. Did it gradually escalate?
7. When did you realise it was becoming a problem?
8. Did you ever try to stop?
9. How long could you stop for?
10. What usually caused you to relapse?
11. Did you believe you could control it?
12. What did acting out do for you emotionally?
13. What feelings were you trying to escape?
14. Did you see yourself as addicted?
15. When did you first use the word “addiction” to describe your behaviour?
16. What lies did you tell yourself?
17. What needs were you trying to meet?
18. How much of your life revolved around this?
19. What was your typical cycle?
20. Did it become more frequent over time?
21. Did anyone in your family struggle with addiction?
22. Did you ever try to get help before I found out?
23. Was alcohol or another substance ever involved alongside this?
24. Did you understand the risks you were taking at the time?
25. What role did shame play in keeping it hidden?

## SECTION 2

# Pornography

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26. When did pornography become regular?
27. How often were you using it?
28. What types did you seek out?
29. Did your interests escalate?
30. Did you spend money?
31. Did you use interactive sites?
32. Did you chat with people?
33. Did you save images or videos?
34. Did you delete your history?
35. Did you hide accounts?
36. Did pornography affect our intimacy?
37. Did you prefer pornography over real intimacy?
38. Were there times you chose pornography instead of me?
39. How much time was spent each week?
40. Did you watch at work?
41. Did you watch while travelling?
42. Did you use multiple devices?
43. Did you use private browsing?
44. Did pornography become less satisfying over time?
45. Did you need increasingly extreme material?

### SECTION 3

## Physical Acting Out

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46. When did physical acting out begin?
47. How many people were involved?
48. Were they escorts?
49. Were they massage parlours?
50. Were there casual encounters?
51. Were there affairs?
52. Were there anonymous encounters?
53. Were there repeat partners?
54. Did you know any personally?
55. How frequently did this happen?
56. Did you travel specifically to act out?
57. Did work trips provide opportunities?
58. Did you plan ahead?
59. Was it impulsive or planned?
60. How did you choose people?
61. Did alcohol play a role?
62. Did drugs play a role?
63. Did you ever cancel family plans to act out?
64. Were birthdays or anniversaries affected?
65. Were holidays affected?
66. Where did these encounters typically take place?
67. Did you use apps or websites to arrange them?
68. Did you use protection?
69. Did you ever bring anyone into our home?
70. How did you pay for these encounters?
71. Did you keep any of this hidden through separate accounts or cash?
72. Were you ever in a situation that felt dangerous?
73. Did any of this happen during significant events in our life together — a pregnancy, an illness, a wedding?
74. Was there ever a time you were almost caught, before this?
75. Did you think about the health risks to me?

## SECTION 4

# The Double Life

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76. How did you keep this separate from family life?
77. What did you tell yourself about me?
78. Did you feel guilty before acting out?
79. Did you feel guilty afterwards?
80. How quickly did guilt disappear?
81. Could you return home and act normally?
82. Did you rehearse lies?
83. Were there code words?
84. Did anyone else know?
85. Did friends cover for you?
86. Did coworkers know?
87. Did you create fake stories?
88. Did you use multiple phones?
89. Did you hide receipts?
90. Did you hide financial transactions?
91. Did you worry about being caught?
92. What would you have done if I never found out?
93. Would you ever have told me?
94. Why or why not?
95. What did the secret life mean to you?

## SECTION 5

# Marriage and Family

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96. Did you ever think about leaving?
97. Did you ever stop loving me?
98. What role did I play in your life?
99. Did you see me as your safe place?
100. Were you emotionally connected to me?
101. What prevented honesty?
102. Did you ever think about my feelings?
103. How did you justify hurting me?
104. Did you separate me from your addiction mentally?
105. Did you believe I deserved honesty?
106. Did you ever fear losing me?
107. Did you believe I would stay?
108. What impact do you now understand this has had?
109. How do you think this affected our children?
110. What memories do you now see differently?
111. Were there family events overshadowed by acting out?
112. Did you ever lie while looking me in the eyes?
113. What promises did you knowingly break?
114. What regrets do you carry?
115. What do you wish you had done differently?

## SECTION 6

# Discovery Day

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116. What were you feeling when everything came out?
117. What was your first instinct?
118. Why did you minimise?
119. Why didn't you tell the whole truth immediately?
120. Were there things you deliberately withheld?
121. Did you hope I wouldn't ask more questions?
122. Did you think partial honesty was enough?
123. What were you afraid would happen?
124. Why should I believe you now?
125. What has changed since then?
126. What was the moment like right before I found out, from your side?
127. Did you notice any change in me that made you suspect I knew?
128. What did you think I already knew, at first?
129. How did you decide what to admit to first?
130. Did you rehearse what you'd say if this day ever came?
131. What surprised you about my reaction?
132. Did you feel any relief, even briefly, once it was out?
133. What did you want from me in those first few hours?
134. Looking back, what would you have done differently that day?
135. What do you remember most vividly about that day?

## SECTION 7

# Recovery

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136. Why do you want recovery?
137. Are you pursuing recovery for yourself or to save the relationship?
138. What are you willing to change?
139. What accountability are you willing to accept?
140. Are you willing to be fully transparent?
141. Will you attend therapy consistently?
142. Will you attend support groups?
143. Are you willing to have a sponsor or accountability partner?
144. How will you respond to relapse?
145. What does sobriety mean to you?
146. What does a typical week of your recovery work actually look like?
147. What triggers do you now recognize in yourself?
148. What has been the hardest part of recovery so far?
149. How do you measure your own progress?
150. What would make you stop doing the work?
151. Who holds you accountable day to day?
152. What have you learned about yourself through this process?
153. What does relapse prevention actually look like for you?
154. How has your understanding of the addiction changed since starting recovery?
155. What do you still struggle with the most?

## SECTION 8

# Honesty

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- 156. What truths are you still afraid to tell me?
- 157. Have I heard the whole story?
- 158. Is there anything that would change my understanding if I knew it?
- 159. Are you protecting yourself from my reaction?
- 160. Are you protecting someone else?
- 161. Have you told your therapist everything?
- 162. Have you told yourself everything?
- 163. What lies became automatic?
- 164. What does honesty look like now?
- 165. How will you rebuild credibility?
- 166. Is there anyone else who knows something I don't?
- 167. Have you ever told a partial truth to make yourself look better?
- 168. What's the hardest truth you've had to tell me so far?
- 169. Do you still minimize anything, even now?
- 170. What would make it easier for you to be fully honest?
- 171. Have you been completely honest about the timeline?
- 172. Is there a version of events you're still protecting?
- 173. What stops you from telling me something, even now?
- 174. How do you know when you're being defensive instead of honest?
- 175. What would it mean for you to be radically honest, starting today?

## SECTION 9

# Empathy

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176. What do you think I've lost because of this?
177. What do you think I question every day?
178. What fears do you think I carry?
179. What do you think I need from you?
180. What do you imagine triggers me?
181. How has my identity changed?
182. What has happened to my confidence?
183. What has happened to my sense of safety?
184. What would you say to someone experiencing what I have?
185. What responsibility do you take for my pain?
186. What do you imagine it's like to relive this every time something reminds me of it?
187. How do you think this has affected the way I see relationships in general?
188. What do you think I need to hear from you that I haven't heard yet?
189. What would it feel like to be in my position right now?
190. What do you think I'm most afraid of, going forward?
191. How do you think this has changed the way I see myself?
192. What do you imagine my hardest moments look like, when you're not there?
193. What do you think I've had to give up to survive this?
194. How do you think this affects my ability to trust, even outside of us?
195. What do you wish you could take back the most, for my sake?

## SECTION 10

# The Future

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196. What does a healthy future look like?
197. How will you earn trust?
198. What habits will you develop?
199. What boundaries do you need?
200. How will you respond when shame appears?
201. What support network will you maintain?
202. How will you show consistency?
203. What does integrity mean now?
204. What kind of husband do you want to become?
205. What would success in recovery look like five years from now?
206. What does a normal day look like in the future you're working toward?
207. How will you show me you're still committed, on ordinary days?
208. What will you do differently the next time life gets stressful?
209. How do you think we should rebuild intimacy?
210. What role do you want me to play in your recovery, if any?
211. What role should I not have to play?
212. How will you handle triggers or old urges when they come back?
213. What does forgiveness mean to you, in this context?
214. What do you hope our relationship looks like in one year?
215. What are you doing today that you weren't doing a month ago?
216. How will you make sure this never happens again?
217. What would tell you that you've truly changed, not just stopped?
218. What do you want our children to understand about this, if anything, someday?
219. How will you continue to grow, even after trust is rebuilt?
220. What do you most want me to know about your commitment to this future?

## SECTION 11

# Questions to Ask Further Into Recovery

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- 221. How would you describe your recovery today compared to six months ago?
- 222. Are you still working with a therapist or sponsor regularly?
- 223. Have you noticed any new triggers since we last talked about this?
- 224. What does a slip or near-relapse look like for you now, if it's happened?
- 225. How do you handle stress differently than you used to?
- 226. What continues to be the hardest part of staying accountable?
- 227. Has your understanding of why you did this changed with more time and distance?
- 228. What have you done recently that you're genuinely proud of, in your recovery?
- 229. Do you still feel shame about this, and how does it show up now?
- 230. How has your relationship with honesty changed since the early days?
- 231. What parts of your recovery still take conscious effort, and what's become more natural?
- 232. Have you expanded your support system since we started this process?
- 233. What have you learned about intimacy that's different from before?
- 234. How do you define commitment now, compared to how you defined it then?
- 235. What would you tell yourself, back on the day I found out, if you could?
- 236. What does your relapse prevention plan actually look like today?
- 237. How do you celebrate progress in your recovery, if at all?
- 238. What's different about how you handle conflict with me now?
- 239. Are there anniversaries or dates that are still hard for you?
- 240. What have you had to grieve about your old life or identity?
- 241. How do you stay motivated when recovery feels routine rather than urgent?
- 242. What would tell you that you were starting to slip, before it became a full relapse?
- 243. How do you talk about your recovery with people who don't know the full story?
- 244. What has surprised you most about yourself through this process?
- 245. How has your view of what a "good man" looks like changed?

## SECTION 12

# Financial Impact

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- 246. How much money do you think you spent on this, in total?
- 247. Did you use money from our shared accounts?
- 248. Did you hide any purchases from me?
- 249. Were there any loans or debts I didn't know about?
- 250. Did you create separate accounts I wasn't aware of?
- 251. Did you use cash specifically to avoid a paper trail?
- 252. Did any of our savings go toward this?
- 253. Were there financial consequences you kept from me?
- 254. Did you ever choose spending on this over a family need?
- 255. How did you justify the spending to yourself?
- 256. Did work bonuses or extra income go toward this instead of us?
- 257. Are there any financial records I still haven't seen?
- 258. Did you use credit cards I don't know about?
- 259. What would our finances look like today if none of this had happened?
- 260. Are you willing to be fully transparent about our finances going forward?

## SECTION 13

# Children and Parenting

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- 261. Do you think our children noticed anything was wrong?
- 262. Did any of this ever happen while you were responsible for their care?
- 263. Did you ever miss time with them because of this?
- 264. What do you want them to know, if anything, someday?
- 265. How do you plan to protect them from the impact of this?
- 266. Do you think this has affected how you parent?
- 267. What kind of example do you want to set for them now?
- 268. Did their needs ever come second to this?
- 269. How will you explain any changes in our family to them, if they ask?
- 270. What do you want them to learn from how we've handled this?
- 271. Are you willing to get support to help you parent through this?
- 272. How do you think this might affect their own future relationships?
- 273. What boundaries do we need around them and this topic?
- 274. Did you ever feel torn between them and the addiction?
- 275. What kind of father do you want them to remember?

## SECTION 14

# Health and Physical Safety

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- 276. Were you ever tested for STIs during this time?
- 277. Did you know your status before we were intimate?
- 278. Have you been tested since discovery?
- 279. Did you ever knowingly put my health at risk?
- 280. Did you take any precautions during these encounters?
- 281. Are you willing to test regularly going forward, if needed?
- 282. Did you ever seek medical care related to this that I didn't know about?
- 283. Did you consider the physical risk to yourself at the time?
- 284. Is there anything about your health you haven't told me?
- 285. Are you willing to be transparent about test results going forward?

## SECTION 15

# Trust-Building Actions

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- 286. Are you willing to share your passwords and devices with me?
- 287. Are you willing to check in with me during the day, if I need that?
- 288. Would you be willing to use accountability software?
- 289. What specific milestone would show me you're serious about this?
- 290. Are you willing to let me ask questions without getting defensive?
- 291. What would you do if I needed to check your phone?
- 292. Are you willing to be transparent about your schedule and whereabouts?
- 293. What does a normal day of accountability look like for you?
- 294. Are you willing to have regular check-ins with a therapist, together?
- 295. What would rebuilding trust look like in practical, everyday terms?
- 296. Are you willing to let me set the pace for how much access I need?
- 297. What are you doing, right now, to show consistency?
- 298. Are you willing to be accountable to someone other than me?
- 299. What would you do if I still didn't trust you after doing everything right?
- 300. How will you handle it if trust takes longer to rebuild than you hoped?

## SECTION 16

# Support Circle and Accountability

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- 301. Who specifically holds you accountable right now?
- 302. Does your sponsor or therapist know the full extent of what happened?
- 303. What happens if your support system falls away?
- 304. How often do you meet with your support people?
- 305. Who would you call first if you were tempted to act out again?
- 306. Are you willing to let me speak with your therapist or sponsor, if needed?
- 307. What would you do if your accountability partner stopped checking in?
- 308. How honest are you with your support circle, really?
- 309. Who in your life still doesn't know, and why?
- 310. What would it take for you to build a stronger support system?

## A Final Word

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Asking these questions — and living with the answers — takes real courage. However this conversation goes, you deserved the truth, and you deserve support while you make sense of it.

If you'd like a fuller companion for the months ahead — daily logs, boundary worksheets, nervous system tools, and space to process everything this brings up — look for *After the Discovery: A Self-Help Guide for Partners*.

You can also reach out directly at [admin@afterthediscovery.com.au](mailto:admin@afterthediscovery.com.au) — I read every message myself.

*You are not the first person to ask these questions. You will not be the last. And you are allowed to want the truth.*