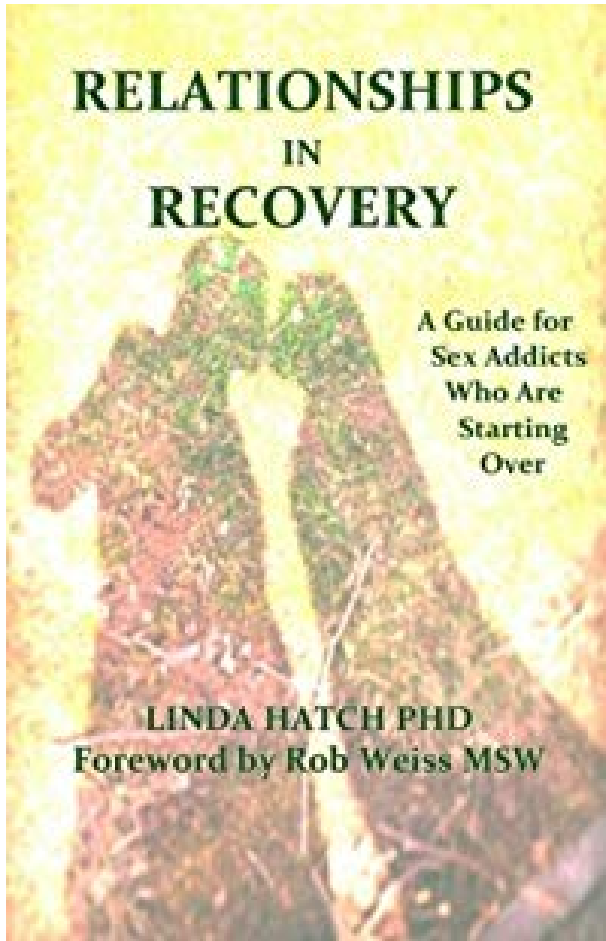


Relationships in Recovery: A Guide for Sex Addicts Who Are Starting Over



Author:	Linda Hatch
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A good relationship is supposed to feel loving, happy and safe. Recovering addicts have often experienced intimate relationships that were distorted in major ways by their addiction. In recovery from addiction a new world opens up—one in which love is no longer fraught with conflict, drama, fear and disappointment. A recovering addict often feels frightened at the prospect of looking for a new relationship or repairing an existing one. But the fact is that all the necessary tools, skills and strengths that were gained in recovery can be adapted to this new area. Assuming you have done a lot of the internal work of addiction recovery, you are now ready to go out into the world in order to find a more rewarding and lasting relationship. Here you will find some simple ways to plan and think about the challenges that you will face and the decisions you will need to make. Why not enjoy the fruits of recovery to the fullest?