

Starting Recovery before marriage going into marriage

Posted by Maccabee - 17 Jan 2011 23:15

Hey guys, just wondering if there is anyone out here on the forum who is/was in a situation similar to mine where you started recovery before getting married and then got married (I'm not married yet). I think this is a topic all of its own where all input is appreciated. If anyone else went through this or knows someone else who had a similar experience please make yourself known here. There are many questions which I think are unique to this group of us in recovery. I think a main question (just to start off) is how long you were clean and in recovery before getting married and how did your marriage affect your recovery? Maybe its a touchy subject but I think it is indispensable knowledge for some of us unmarried folk here.

Thanks in advance.

-Mac

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Re: Starting Recovery before marriage going into marriage

Posted by Jooboy - 18 Jan 2011 02:08

Got into recovery after marriage so I don't have much expertise but it certainly seems like it would make marriage quite a bit smoother. Now way you could go wrong taking it in that order.

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Re: Starting Recovery before marriage going into marriage

Posted by silentbattle - 18 Jan 2011 13:37

Got into recovery and starting dating after being clean for over 90 days. Feel free to read my story, and ask me any questions. I can't imagine what marriage would have been like if i hadn't gotten clean.

You say that:

[Maccabee wrote on 17 Jan 2011 23:15:](#)

it is indispensable knowledge for some of us unmarried folk here.

What do you mean by "it"? What information do you hope to get that will help you?

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Re: Starting Recovery before marriage going into marriage
Posted by Maccabee - 18 Jan 2011 18:12

Honestly I'm not quite sure what exactly I meant by "it". But I think the gist of it is that I'm just really concerned whether I will actually be a changed person and how effective my recovery would be after i get married. I think my fear stems from the fact that I've met a couple people who didn't act out at all before they were married and then once they got married all hell broke loose.

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Re: Starting Recovery before marriage going into marriage
Posted by pjdavismd - 19 Jan 2011 04:20

Maccabee--

I think recovery is like a recipe--the same recipe followed by different cooks can taste very different, even when it is followed correctly. What I mean is that recovery is difficult, no matter whether single or married, whether begun before or after marriage. It is so hard to look at today and not at yesterday or tomorrow. It is so easy to say "if only..." Although for most SAs, our disease began when we were young, it does not always appear at a young age, or before marriage, although it usually does. What is important, though, is that we identify that we are sick, begin recovery, and stay in recovery. What is also essential is being honest with ourselves and with those whom our disease affects. If we start recovery after marriage, then we need to let our wife know about our disease and our recovery. This does not mean a full disclosure (a full disclosure is harmful to us, our spouse, and our relationship). However, as painful as a disclosure may be, it is not nearly as painful as unintended discovery. If we are in recovery before we enter marriage, then it is incumbent for us to inform our intended spouse of our

disease and our recovery. However, our spouse is not to be the one to whom we are accountable: that responsibility is our sponsor's. However, the more open you are about lust being your drug of choice, how you instinctively react to stress, fear, anger, even joy, and how you are treating it with your recovery program, the more your relationship with your wife will grow, and can augment your recovery.

Peace for today,

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