



**Traveling Guidelines for Recovery and Relational Safety**

Periods of travel can threaten the safety of those in recovery from compulsive sexual behaviors and their partners. For this reason, if you are currently in a relationship with your partner it's important for you to carefully plan a "portable program" for you to take with you during times of travel. This plan will help you prepare two areas of safety: Personal recovery safety and relational safety.

Consider the following areas as you create your portable program for travel:

1. Decide how you will structure your daily check-ins:

- What time of day: \_\_\_\_\_
- Frequency of your check-ins: \_\_\_\_\_
- Method (e.g., phone call, facetime/skype, etc.): \_\_\_\_\_
- How long will your check-ins be: \_\_\_\_\_
- Any content of the check-ins that your partner would or would NOT like included (e.g., update on recovery, triggers / vulnerabilities, status of your boundaries, etc.): \_\_\_\_\_
- Any other considerations about check-ins for your safety or for the safety of your partner: \_\_\_\_\_

2. Schedule sharing: Write down your schedule for each day you will be away and share this with your partner. Where are you going to be and what will you be doing while you are away? How are you going to communicate if you need to make any changes to the plans?

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3. GPS tracking: We often find it helpful to build safety to share your location. GPS location should line up with your shared schedule. Would your partner like you to share your GPS location? How will you manage any times when your phone will need to be off or any times when GPS services will NOT be anticipated to be available?

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4. App boundaries: determine boundaries around which applications are off-limits, plan around sharing of phone activity during trip (i.e. access to text messages on secondary device that remains at home, etc.), internet filter to block out any access to inappropriate material and/or accountability software to verify phone / internet activities:

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5. What recovery behaviors (i.e., “outer circle” activities) will you add to your program while you are away to maintain the safety of your program?

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6. What are your boundaries around your problematic (i.e., inner circle or middle circle behaviors). For example, how will you manage, limit, or restrict after-hours meetings alone with female colleagues, drinking alcohol, pornography use, etc. while you are away?

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7. What is your plan around communication with your partner while you are away? For example, if your partner calls, emails, or texts you, what is the time frame that your partner can expect for you to return a call, email, or text?

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8. Develop a plan/rules for space if you need it while separate (e.g., no turning off GPS tracking even if in an argument, setting an amount of time to not talk/text if needed, etc.)

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9. Decide in advance if souvenirs/gifts are welcome or if they can be triggering. What is your plan around souvenirs / gifts?

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10. Contact hotel in advance to see/limit access to mini-bar if need be:

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11. Contact hotel in advance to see/limit access to TV, internet and/or adult content on hotel TV:

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12. What is your plan for violation of any rules or boundaries? Any consequences? What's your plan around communication of the violation (how soon after is the violation disclosed, what happens to re-establish safety, etc.)? NOTE: this is not because a violation is expected, this is purely to have a plan for worst case scenario.

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13. If travelling with someone else, share the other person's contact information if one of you is unresponsive:

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14. Building recovery and relational safety involves transparency. We've found that at times it can provide partners a level of security to look through your packed bags before you travel. Would your partner like to look through your packed bag(s)? If so, allow them to do so – If you have nothing to hide you've got nothing to fear.

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15. Any other boundaries or safety needs that you need to consider before you travel? For example, some couples find it helpful to leave skype or a video conferencing program on for the duration of time you're in your hotel room. Others may choose to verify of the program through a polygraph. Write down any additional safety boundaries as a part of your portable program here:

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