

<p>Scenario A – Jayden</p> <p><i>Jayden is in his mid-twenties, single, and works for an organization that provides programs and outreach for teens. Jayden came to 180 after his employer found that he had been using a work laptop to view porn and to visit sexually oriented internet sites. When Jayden’s girlfriend found out that he had been carrying on multiple online and in-person relationships, she broke up with him and threw him out of her apartment. He’s been fired from his employer, and he’s temporarily moved in with a friend until he can find a new place.</i></p>	
<p>Underlying Needs and Issues?</p> <ul style="list-style-type: none"> • Seeking validation through multiple online and in-person relationships • Impulsivity and weak digital boundaries, including using a work computer • Loneliness and instability after losing both his job and his relationship • Using sexual stimulation as a quick emotional regulator for boredom, rejection, or anxiety 	<p>What written boundaries could he set for himself?</p> <p>Technology Boundaries</p> <ul style="list-style-type: none"> • I will not use a computer or phone late at night when I am alone. • I will install accountability software on all my devices and give a trusted friend access to the reports. • I will not browse social media or dating apps after 10 PM. • I will only use my laptop in shared spaces when others are present. <p>Isolation Boundaries</p> <ul style="list-style-type: none"> • If I am feeling lonely, rejected, or bored for more than an hour, I will reach out to someone rather than turning to my phone or computer. • I will not spend extended time alone in my room with a phone or laptop. <p>Relational Boundaries</p> <ul style="list-style-type: none"> • I will not pursue romantic or sexual conversations with women while I am focusing on recovery. • If I begin talking with someone in a way that feels flirtatious or secretive, I will step back and talk with a trusted friend or mentor. <p>Structure and Support</p> <ul style="list-style-type: none"> • I will attend my recovery group weekly and check in with another group member at least twice per week. • I will develop a daily routine that includes work, exercise, and social interaction to prevent boredom and isolation from dominating my schedule.
<p>What’s his bottom line?</p> <p><i>“I will not view pornography, visit sexually explicit websites, pursue sexual conversations online, or engage in sexual relationships outside of a committed and honest relationship.”</i></p>	

For more examples and details, see [Examples of Boundaries](#) and [Boundaries in Recovery](#)

Scenario B – Ron

Ron was raised in a very strict family where sex and sexuality were taboo subjects and were only ever discussed in the negative (about what not to do and what is not allowed). As a result, Ron grew up feeling very uneasy about sex and sexuality. In this setting, Ron found that he could manage anxiety and negative feelings in his life by using masturbation, but he kept this a secret.

Ron is now in his mid-forties and has been married for nine years. A year ago, he started a new job that allows him to work from home most days. Ron’s wife also works, but her job requires work at an office location downtown.

Though Ron has been using porn on and off for the past few years, feelings of guilt and shame eventually led him to attend a men’s group at church, where he has found some encouragement. However, Ron has formed no real friendships over the past twenty years and has become very isolated.

Last year, Ron’s mother-in-law had a stroke, leading Ron’s wife to focus more on her job and caring for her mom. Work demands and extended family care needs have increased, and Ron and his wife have drifted apart. The combination of stress and a feeling of isolation has caused Ron to turn back to masturbation and pornography. He kept these behaviors a secret until his wife discovered his ongoing habit.

<p>Underlying Needs and Issues? <i>(come up with three ideas)</i></p>	<p>What personal written boundaries will help Ron? <i>(come up with three ideas)</i></p>	<p>What written boundaries can he establish with his wife?</p> <ul style="list-style-type: none"> • I will not hide slips or behaviors that contradict my recovery commitments. If I cross one of my recovery boundaries, I will disclose that to my wife within an agreed-upon period of time. • I will not burden my wife with every temptation I experience. Temptations will be discussed primarily with my recovery group, mentor, or accountability partner. • If I feel myself drifting toward secrecy, isolation, or patterns that have led to acting out in the past, I will reach out to another man in recovery rather than handling it alone. • I will share regular updates about my recovery progress so that honesty becomes a normal part of our relationship rather than something that only happens after a failure.
<p>What’s his bottom line?</p> <p><i>“I will not intentionally view pornography or masturbate as a way of managing stress, loneliness, or emotional discomfort.”</i></p>		