

Encouraged ...

You've discovered that your partner is a sex addict. You have crashed and burned, pulled yourself out of the wreckage, surveyed the carnage and tried to work out what is salvageable. By now you will have read every bit of information available to you on the internet and its possible you think you know quite a lot about it. If you are like me you may even think you are doing quite well without a course. Like me you may be thinking twice about doing**DONT HESITATE!!**

In my case my partner was a year into recovery before I attended and I went, only because I felt that although we were doing quite well, I didn't really have anyone to talk to who understood it except him.

I was rather worried, given that we had made a good deal of progress, that it would rake up the past and make things worse. Actually the course turned out to be rather **life changing**...giving each of us **a tool kit** to deal with our responses to the addiction. Over the course of the weekend a really deep bond was established between the group. I can't tell you how great that is just to have someone on the end of a phone who really gets it. We are all still in touch and reassure each other whenever needed. Often one of the reminders we will give each other is "get the folder out from Paula's course and go back through it"its become a bit of **a manual on how to cope** with the inevitable emotional roller coaster as you move forwards. I'm eternally grateful to Paula for educating people on this addiction and developing the treatment programme for addicts and the recovery course for partners

For those considering the course I would say this: I had never ever in my wildest dreams imagined that I would find myself contemplating therapy much less an intensive therapy course for partners of sex addicts but with huge trepidation and even reluctance, I signed up. Having found myself completely unable to manage the tsunami of emotions unleashed by the discovery of my partner's sex addiction, I was in a pretty desperate place when I attended the course. The course turned out to be emotional torture but **profoundly moving and life changing**. **It has saved me from the deepest depths of despair and anxiety and shown me that there is a bright future ahead**. My advice to you is that you must hesitate no longer if you are in a similar place to me. You too will then discover, like all of us on the course, that with the help and support of a couple of experts and some new found friends, **you too can change things for the better**.

Thank you Paula, for **an amazing course** in an area where there is so little on offer for spouses. I look forward to support growing in the future but for now I have **7 amazing new friends and there is no price you can put on that**.

Brilliant! Made some **new friends who understand** what I am going through. I feel the curtains have been opened and the sun can now come through.

Supported ...

I didn't know what to expect of Paula's partner's course and had no expectations. I didn't want to go, didn't want to be there and was angry with my partner that I was in that position. I even drove to the course screaming curses at him in the safe bubble of my car. Over the days, I scrutinised everything that Paula offered us, Sherlock Holmes has nothing on me. I soaked up as much **insight** as I could from the other partners. All the while, I searched for just one tiny thing that might **light a candle of hope**, inspiration understanding or **comfort**. A first foothold on the path to my recovery. 8 different partners sat in that room, each with their own stories and pain and hopes The Oxford dictionary defines a miracle as "a highly improbable or extraordinary event, development, or accomplishment that brings very welcome consequences:". Well, that's actually what happened. **A miracle. For me.** And if I have any powers of observation, I venture to suggest that something along those lines touched all of us, in our own unique ways. Do not underestimate the power of what Paula's work achieves. She cannot give you your answers and doesn't pretend to. Nor can she give you a handout with your perfect recipe. I came to this course in a straightjacket of pain, swinging on a trapeze as far above the mad circus of my life as I could get. **Paula, Nick and the other partners held out a safety net.** They encouraged me to take off my straightjacket. I did and then threw myself off that highwire. Now, I am free. Vulnerable in a new way - yes - but that sure as hell beats how I was before. But more than that, this for me, is due only to a group dynamic and the expertise of our course leaders, **I found courage** where there had been helplessness. So now, vulnerable, but with courage, and the support of a new group of amazing friends, I am moving on with **real hope** and the **confidence** that I am able to build the safety I need. I found personal power. I felt I had lost that completely. My heart is very full with gratitude to Paula, Nick and my 7 new friends. Whatever happens from now on, **this course has changed my life.** It has probably also saved my life. With any luck, my sex addict husband might benefit vicariously on his road to recovery, his life illuminated and enhanced by my progress and the knock on effect of positivity and insight that our group continues to pour out to one another. I recommend this opportunity to you. It has **transformational potential for you, if you choose it**. Good luck.

I went on the partners course just as my husband had completed the 16-week course as I was keen to get **my own support network**. After feeling very nervous prior to joining the course I was reassured to find a group of people keen to share their own experiences and look to the future.

It was really **comforting** to finally be able to speak with other people who had been through similar events and circumstances. To be able to talk and know that there would be **no judgement**. I felt very supported and as a group we laughed and cried together and there was very real warmth. I had known that my husband was a sex addict for over two years and both he and I have been on Paula's courses. We now have **real hope** for a happy future together and I feel a **very real sense of relief**.

If you are thinking of attending The Hall Recovery Course for Partners - **do it!**

You will honestly never spend your money any more wisely. To **meet people in the same position as you**, who understand exactly what you are going through, **who do not judge**, who have the same or very similar experiences to you and just to know **you are not alone** on this frankly horrific journey is worth every single penny. Coupled with that, you get the expert knowledge and help of Paula and her team which is worth its weight in gold. Yes, it's a frightening step to take and yes, it's a scary thing to do. You will probably cry, you will definitely laugh and you will leave on the last day feeling exhausted and emotionally drained but **ultimately, lighter** and if not better, then certainly in a better head space than when you arrived. I absolutely **recommend this course** for any one who is going through the process of dealing with a sexually addicted spouse. Good luck

Connected ...

The course was intensive, but armed with me greater understanding of SA and a **useful toolkit** to help me with my future. Most importantly, I gained a support **network that really understood what I was going through**. The evenings in the hotel were a time to share more of our stories, discuss some of the information from the day and was essential to us bonding as a group.

I cannot recommend the intensive partners course highly enough. Paula and Nick make you feel at ease immediately and their knowledge around SA is second to none. Overall, the course has helped **me make confident decisions about my future**, given me tools to help me cope on tougher days and **I've got friends that I can reach out to, no matter what**.

I have been having individual counselling for a period of time but was struggling with **the isolation** I felt at not knowing other people in my situation. I had anxieties about the course because my spouse is in denial and after many years of denial I had already ended the relationship but was left with needing to recover from the trauma. Going on the residential weekend, I can honestly say, was the **most profound and powerful experience** and the sense of relief I feel at having met other people is just amazing. I have left the course with a **new set of friends**, with a **daily support network** of people that I can finally be myself with and share my experience with. It is proving to be absolutely invaluable in my own recovery and I am so thankful to have had the courage to attend.

My husband had been on the course and thought it truly amazing, he realised how far he had sunk and came back a changed man. As for me I really didn't want to do the course, how could I bare my soul to complete strangers. After a couple of hours and dinner the first night I realised these wonderful ladies were going through exactly the same as me, how **comforting to realise I wasn't alone** as with something like this there is no one to talk to. I can't recommend this course highly enough, **you owe it to yourself** after what you have been through. We are all **still in touch almost daily** and I now know **these were friends I had yet to meet**.