THE INTEGRITY CIRCLE

THE STRUCTURAL TEST

A Self-Scored Inventory for Men in Recovery

“Would I still do this if it earned me nothing?”

Companion resource to the episode

Stop Trying to Get Your Wife Back

This inventory is private. It is not a test anyone else grades.

Before You Begin

Most men in recovery are doing a great deal. Meetings, therapy, reading, disclosure, transparency, apologies. The question this inventory asks is not whether you are doing those things. It assumes you are.

The question is what is holding them up.

Behavior that would survive if your wife left tomorrow is structural. It is built into you and it belongs to you. Behavior that would collapse the moment it stopped earning something was never recovery. It was performance aimed at an outcome, and it breaks later, usually at the worst possible time.

This inventory measures the distance between those two things.

This is not evidence.

Do not show this inventory to your wife to prove anything.

Do not bring your score into an argument, a mediation, a custody discussion, or a counseling session as proof of how far you have come.

Do not use it to ask her for trust, access, or a timeline.

The moment this becomes something you present to her, it has stopped doing the work it was built to do, and it has become the exact pattern it was designed to find. Keep it private. Keep it yours.

One honest note about honesty

You can score this to look good. It takes about four minutes and nobody will ever know.

If you find yourself doing that, stop and notice it. The impulse to manage how you appear on a private worksheet is itself one of the findings.

How to Answer

Work alone. Set aside about thirty minutes. Answer quickly rather than carefully, because your second answer is usually the managed one.

You will score every statement twice.

Column A. I do this now.

0 never **1** rarely **2** sometimes **3** usually **4** consistently

Column B. I would still do this if it earned me nothing.

Picture it concretely before you answer. She has told you she is done. There is no reconciliation coming. No one is watching, no one is keeping score, and nothing you do here will change her decision.

0 definitely not **1** probably not **2** unsure **3** probably **4** without question

The Gap column

Subtract B from A. Write the result, including the minus sign if you get one. That number, not either column by itself, is what this inventory is actually measuring.

> **A worked example**
>
> On item 7, keeping devices open, a man scores A as 4. He does it consistently, every day, no argument.
>
> Then he pictures her telling him she is done, and he scores B as 1. Without the marriage on the line he would quietly close it all back up inside a month.
>
> His gap on that item is 3. He is doing the behavior and he is doing it for her verdict. That is worth knowing now rather than in month fourteen.

The Inventory

Score every statement twice. A is what you do now. B is what you would still do if it earned you nothing. Gap is A minus B.

DOMAIN 1

Telling the truth

	Statement	A	B	Gap
1	I tell the whole truth about my behavior, including the parts that make me look worse.			
2	I correct the record when I realize I said something misleading, even days later.			
3	I answer direct questions without editing, minimizing, or managing how the answer lands.			

DOMAIN 2

Accountability

	Statement	A	B	Gap
4	I bring my failures to another man before he has to ask me.			
5	I stay in my accountability structure during the weeks when nothing is wrong.			
6	I let another man tell me something about myself that I do not want to hear.			

DOMAIN 3

Transparency

	Statement	A	B	Gap
7	I keep my devices, accounts, and schedule open without being asked to.			
8	I disclose a slip or a near miss inside the agreed window, not when it is convenient.			
9	I volunteer information she has not thought to ask for.			

DOMAIN 4

Empathy

	Statement	A	B	Gap
10	I work to understand the impact of what I did on her, apart from what it has cost me.			
11	I can sit in her pain without steering the conversation toward my progress.			
12	I work at emotional skill even when no one is evaluating me for it.			

DOMAIN 5

Sexual integrity

	Statement	A	B	Gap
13	I practice sexual self-control in situations where no one would find out.			
14	I address fantasy and objectification, not only behavior.			
15	I address the conditions that make acting out likely, not only the acting out itself.			

DOMAIN 6

Entitlement

	Statement	A	B	Gap
16	I notice when I start keeping score of what my effort has earned me.			
17	I let her set the pace of contact, trust, and intimacy without a deadline from me.			
18	I take responsibility for my own regulation instead of expecting her to manage it.			

DOMAIN 7

Family and fathering

If you have no children, mark these three items N/A and leave them out of your totals.

	Statement	A	B	Gap
19	I am becoming a father my children can count on, separate from what happens in my marriage.			
20	I take responsibility for the impact my behavior has had on my children.			
21	I tell the truth to the people in my family who are owed it.			

OPTIONAL DOMAIN

Spiritual formation

This section is optional. If faith is not part of your recovery, leave it out and it will not affect your score.

	Statement	A	B	Gap
22	I practice my faith during seasons when it is producing nothing I can point to.			
23	I am honest with God about what I actually did, not a summarized version of it.			
24	I pursue formation that no one will ever praise me for.			

Scoring

Step One. Your domain averages.

For each domain, add the three Gap numbers and divide by the number of items you answered. Skip any domain you left out.

Domain	Sum of gaps	Items scored	Average gap
1. Telling the truth			
2. Accountability			
3. Transparency			
4. Empathy			
5. Sexual integrity			
6. Entitlement			
7. Family and fathering			
Optional. Spiritual formation			
WHOLE INVENTORY			

Your overall average gap: _____ . _____

Total of all gaps, divided by the total number of items you scored.

Step Two. Where your gap is widest.

Find the two highest domain averages in the table above and write them here.

Widest domain: _____ **Average gap:** _____

Second widest: _____ **Average gap:** _____

These two are not your weakest areas. They are the areas where your practice depends most heavily on a result you cannot control. That is a different and more useful piece of information, and it is the part of this worksheet worth bringing to another man.

What Your Gap Means

The gap is the distance between what you are doing and what you would still do if it bought you nothing. A small gap means your recovery is built into you. A wide gap means a meaningful part of it is aimed at an outcome you do not control.

0.0 to 0.5	**Largely structural** What you are doing belongs to you. It would survive her leaving. Your work now is maintenance and depth rather than repair, and you should still look at whichever single domain scored highest.
0.6 to 1.2	**Structural with soft spots** Most of your recovery is yours. One or two domains are still doing work for an audience. Those are the places that will buckle first when she has a hard week, and they are worth naming out loud this month.
1.3 to 2.0	**Divided** A real part of what you are doing is aimed at producing a response in her. This is the most common result for men in the first year, and it is not a verdict on your character. It does mean your recovery currently depends on conditions you do not control.
2.1 and up	**Performance-dominant** Most of what you are doing would stop if it stopped earning something. Read that as information rather than as failure. It usually means the work started as damage control and has not yet been rebuilt on anything else. That rebuild is the actual task in front of you.

If some of your gaps came out negative

A negative gap means you would do something for its own sake but you are not doing it yet. That is intention running ahead of practice, which is a different problem from performance and a much easier one to solve. Note where it happened. Those items are usually the quickest wins available to you.

A word about the band you landed in

This is a snapshot of where your motivation sits today, not a statement about who you are. Men move between these bands, and the direction of travel matters far more than any single reading. That is why there is a ninety-day retake at the back of this worksheet.

What Usually Breaks First

A wide gap does not announce itself. It waits for a specific kind of week and then it shows up as resentment, as collapse, or as a question that sounds reasonable and is not.

Read these five. Put a mark next to any that you have already felt.

- [ ] **She has another trauma reaction.**

  Nine months in, something triggers her and she is right back in it. If your work has been running on her approval, her reaction reads as a failure to pay you, and resentment starts growing where empathy should be.

- [ ] **She asks for separation.**

  Motivation drops out from under you. The sentence that comes with this one is usually some version of what is the point of the group if she is not even here.

- [ ] **She does not acknowledge your progress.**

  You either intensify the performance so she will finally notice, or you quit. Those look like opposite responses. They are the same problem.

- [ ] **She does not resume sex.**

  The entitlement you believed you dealt with months ago is standing in the kitchen with you, fully intact.

- [ ] **She decides on divorce.**

  What was all this for.

> **The answer to the fifth one**
>
> It was for you to become an honest, loving, whole man.
>
> If that answer feels thin to you right now, do not argue with it and do not fix your face about it. Notice it. That reaction is the most useful thing this worksheet will tell you today.

One More Thing, and It Is the Hard One

Outcome independence is not a willpower problem. It is hard because of grief.

At some point a man has to grieve. Not only the acting out or the affair. He has to grieve the marriage he assumed he was going to have. The version of himself he had been presenting for years that turned out not to be entirely real. Lost time. Lost trust. His children's lives, which are now different than they were going to be. The loss of control over his own story. Sometimes the relationship itself.

That is an enormous amount of grief, and most men have no practice with it.

So here is what happens instead. When a man will not go into the grief, he goes back to controlling the outcome, because if he can just fix it, if he can just get her back, then none of it has to be grieved.

Controlling the outcome is often how a man avoids his own sorrow.

Sit with this for a few minutes before you answer.

What have I not let myself grieve yet?

What would I have to feel if I stopped trying to fix the outcome?

Take It Again in Ninety Days

This inventory is far more useful the second time. A single score tells you where you are. Two scores three months apart tell you which direction you are actually moving, and that is the part no one can talk you into or out of.

Do not compare your Column A between the two sittings. Compare your gap.

	Today	In ninety days
Date		
Overall average gap		
Widest domain		
Second widest		

One commitment before you put this down

Pick a single item from your widest domain. Not the whole domain. One item. Write what you will practice for the next ninety days whether or not anyone notices.

A caution worth taking seriously

If working through this raised something heavier than you expected, that is not unusual and it is not a sign you did it wrong.

This inventory is a self-reflection tool. It is not therapy, it is not a clinical assessment, and it does not diagnose anything. If you are in acute distress, or if thoughts of harming yourself have shown up, stop working the sheet and contact a licensed professional or a crisis line today. In the United States you can call or text 988.

Where This Work Gets Done With Other Men

The Integrity Circle is a group for men who are done performing their recovery.

It is not built to help you get your wife back. If that is what you are shopping for, it is the wrong room and I would rather tell you now than later.

It is built to help men practice integrity, face the impact of what they have done, and become integrated regardless of what happens relationally. That is not a softer promise. In some ways it is a harder one. It is just the only one that survives the five scenarios on the earlier page.

The question on the front of this worksheet is the one the men in that room ask each other. Would I still do this if it earned me nothing.

> **If you want the room**
>
> Details and current openings are at the link in the episode description.
>
> Bring your two widest domains with you. Nothing else is required.

Hope for your marriage. Fight for what is actually yours to fight for. And stop using your recovery to control the verdict.

Become the man anyway.

Roy
The Integrity Circle