

## The Problem

You have discovered or come to admit that your spouse has been using pornography, cybersex, strip clubs, having real or virtual affairs and/or has been using prostitutes or escort services. You may be experiencing extreme emotional pain, physical, verbal, emotional &/or sexual abuse, confusion, emotional &/or financial devastation and challenges you never thought you would be facing or perhaps didn't even know existed. Some of us ignored, or denied the signs that the addict was living a secret life and some of us in our innocence were caught completely off guard and were utterly surprised and shocked. Many of us blame ourselves for the addict's behavior. We may have given into their behaviors, only to lose ourselves in the process.

If you are experiencing:

- Anger / Rage
- Sadness / Depression
- Confusion / Shock
- Disappointment / Grief
- Betrayal
- Rejection / Low Self-esteem

Or any other symptoms as a result of finding out about your spouse's involvement with any kind of sex outside your marriage, it is essential for you to know **YOU ARE NOT ALONE!**

With the explosion of the internet and easy access to pornography there are many, many women who are suffering (often silently) as they attempt to come to grips with the frequently devastating effects of their spouse's sexual habits.

You may be experiencing a major trauma and a rupture of your primary relational attachment. As you navigate through this season you may notice you feel a type of brain fog that leaves you more forgetful, numb or the feeling that you are sinking into the pit of despair. You may experience difficulty in making decisions along with waves of anger, embarrassment and fear.

It is crucial, to treat yourself with tender loving care – be gentle with yourself and give yourself permission to simply be and feel. On the path to recovery it is important not to dismiss, minimize or push down your feelings. Allow yourself to be angry, sad, dismayed, numb, grief ridden and /or disappointed ET.

Consider that this may not be the best time to rearrange your life; move out, file for divorce or call your husband's family to vent. The key focus here needs to be on the restoration of your own sanity and emotional balance first. Once you are somewhat steadied, you will have more clarity and strength to deal with the details and decisions of your life.

## The Solution

- If you've been isolated begin by attending small open-share groups and hearing the struggles of other wives going through similar circumstances.
- Learn healthy relationship dynamics and boundaries.
- Gain information about healthy sexuality and sexual relationships.
- Break through control, denial, secret keeping and other unhealthy family patterns.
- Receive encouragement from the group to find peace, strength and grace through a personal relationship with Jesus Christ.
- Build healthy relationships outside the family unit by finding love and acceptance in a safe place to share.
- Realize that we could not and cannot control the behavior of our spouse.
- Understand that our problems are emotional **AND** spiritual.
- Face our denial and accept the truth about our lives, and past issues.
- Realize that blaming ourselves, trying to control the addict and/or ignoring their behavior, refusing to set and uphold our own personal boundaries, may be signs of trauma &/or co-dependency.
- Realize we are not responsible for our spouse's addiction or recovery and that it is not our job to "cure" or "fix" them.
- Accept responsibility for our own actions and make Jesus the Lord of our lives. Face our own defects and work through our own feelings.
- Become dedicated to learning about sexual addiction while working on becoming emotional healthy regardless of our spouse's recovery.
- After processing how we truly feel in our own timing, be committed to finding healthy ways to release our fears and anger and while also learning how to rejoice in victories.
- Learn to take the focus off the addict and focus on God and our own thoughts and feelings.

## Small Group Guidelines:

1. Please keep your sharing focused on your own thoughts and feelings. Limit your sharing to 3 to 5 minutes.
2. No cross talk please. Cross talk is when two individuals engage in conversation, excluding all others. Each person is free to express his or her feelings without interruptions.
3. We are here to support one another, not 'fix' one another.
4. Anonymity and confidentiality are basic requirements. What is shared in the group stays in the group. The only exception is when someone threatens to injure themselves or others.
5. Offensive language has no place in a Christ-centered recovery group.

*~ There is Always HOPE for Healing from  
all of life's Hurts, Habits & Hang-ups ~*

### We Meet Every Monday

5:30-6:15 pm	Dinner in Hillside Café
6:30-7:30 pm	Large Group Meeting (Worship, Lesson or Personal testimony)
7:30-8:20 pm	Open Share Small Groups
8:30-9:00 pm	Cross Talk Café (Fellowship, coffee, dessert)

# WIVES of SEXUALLY ADDICTED HUSBANDS

## The Problem and Solution



# CELEBRATE RECOVERY

EVERY MONDAY NIGHT  
HENDERSON HILLS BAPTIST CHURCH  
1100 E. I-35 Frontage Rd., Edmond  
405.513.7472  
[www.moj.com/recovery](http://www.moj.com/recovery)