

#1 Best Seller

available at  
**amazon**



# Apple Podcasts Preview



## Sex, God, & Chaos

Roane and Eva Hunter

Health & Fitness

★★★★★ 5.0 • 13 Ratings

[Listen on Apple Podcasts](#) ➔

JUN 20, 2022

### 005 Nate Larkin | How to Drop the Mask and Ask for Help

With his incredible story of discovery, healing, and restoration, Nate Larkin gives us a clear road map on how to address the mess. It all starts with dropping the mask. On this episode, we dig in to how sexual brokenness begins, what it looks like when it's driving, and how to defeat it to live in sobriety.

## The Sex, God and Chaos Podcast

A conversation built to help you address the mess, connect the dots, and defeat addiction. Doing your work matters because if nothing changes then nothing changes. Life is tough, and this podcast is here to help.

### Featured on:



*Pure Sex Radio*



Sex Help with Carol the Coach





# Practical Solutions For Life Change

[SCHEDULE APPOINTMENT](#)

## Christian-Based Counseling for Individuals, Couples, and Families

### Madison

940 Ebenezer Place  
Madison, MS 39110

Main Office/Scheduling

601-790-0583

Insurance/Billing

769-235-9236

[admin@lifeworksms.com](mailto:admin@lifeworksms.com)

### Jackson

501 Marshall St #605  
Jackson, MS 391570

Main Office/Scheduling

601-790-0583

Insurance/Billing

769-235-9236

[admin@lifeworksms.com](mailto:admin@lifeworksms.com)

### Starkville

1014 N Jackson Street  
Starkville, MS 39759

Main Office/Scheduling

601-790-0583

Insurance/Billing

769-235-9236

[admin@lifeworksms.com](mailto:admin@lifeworksms.com)

### Southaven

7165 Getwell Rd. Bldg H2  
Southaven, MS 38672

Main Office/Scheduling

601-790-0583

Insurance/Billing

769-235-9236

[admin@lifeworksms.com](mailto:admin@lifeworksms.com)



# Samson Retreat November 2022

## Roane, Eva, and Roe Hunter

- ❖ Licensed Professional Counselors (LPC)
- ❖ National Board-Certified Counselors (NCC)
- ❖ Certified Sex Addiction Therapists (CSAT) *International Institute Of Trauma & Addiction Professionals (IITAP)*

### Roane & Eva

- ❖ Bestselling Authors - Sex, God & the Chaos of Betrayal – The Couples Roadmap of Hope & Healing
- ❖ Certified Sex Addiction Therapists Supervisors (CSAT-S)
- ❖ Certified Multiple Addictions Therapists (CMAT)
- ❖ Certified CLINICAL SEX ADDICTION SPECIALISTS  
*Christian Sex Addiction Specialists International (C-SASI)*
- ❖ Certified Clinical Associates (CA)  
*American Board of Christian Sex Therapists (ABCST)*
- ❖ American Association of Christian Counselors (AACC)  
*World Conference Speakers – 2021, 2019, 2017*

[LifeWorksMS.com](http://LifeWorksMS.com) & [SexGodChaos.com](http://SexGodChaos.com)

# Session 1

- Roane & Eva – Story & Recovery
- How we began
- The Big Reveal – “Geography not Porn-ography”
- The Journey Together
- Where we are – the HOPE!

# Sexual Brokenness

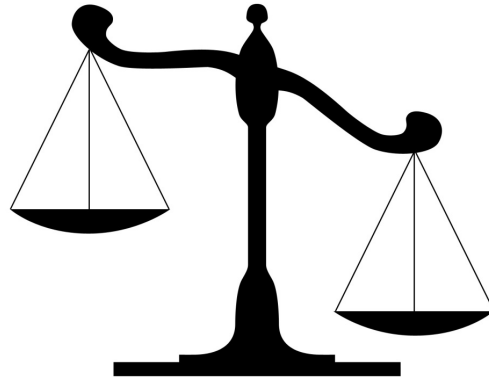


## Session 2

- Roe & Roane – Story & Recovery
- Roe's Journey
- Father & Son Journey
- Disclosure to Children

## *Honor your father and mother...*

Hebrew word that is translated “honor” is *kabed* which means “to give weight”. The word picture is weights and scales. What Mom and Dad did or did not do carries weight and impacts the way we relate!



*Genesis 2:24, Psalm 27:10, Matthew 10:34-39*



# Disclosure to Children

The most important thing you can do to break the cycle of family dysfunction is *to deal with your own stuff* and become as healthy as you can be! The best gift you can give your children is a healthy self. Breaking the cycle first involves creating a healthy family.

## **Healthy families model healthy behavior:**

1. Talk
2. Feel
3. Accept responsibility, rather than blame
4. Impart knowledge
5. Solve problems
6. Provide for needs of members

Part of being a healthy family is breaking the silence about the family's story. *One of the best gifts you can give your children is to help them understand the problems and dynamics of their family.*



# Disclosure to Children

## **Additional Benefits of Talking with Your Kids about Your Addiction**

- You model asking for help and give your children (including adult children) permission to have problems.
- You create an atmosphere of openness where it's OK to talk about hard things.

## **When planning disclosure to your minor children, consider:**

1. **Why** to disclose to the children.  
What's the motivation?  
Whose needs will be met?
2. **Boundaries** about disclosure.  
The children's emotional safety is key. Avoid emotional incest by expecting your children to reassure you that you're a good parent.
3. **How** to disclose.  
Disclosure with your children is an on-going process, not a one-time event.



# Disclosure to Children

## Process of Disclosure to Minor Children

- ❖ The addict and co-addict (husband and wife) should together talk with the children, if possible.
- ❖ Talk with all your children at once. Don't make an older child keep a secret from younger siblings.
- ❖ If children vary widely in age, tell them all simply that you're going through a difficult time and that you're getting help. Younger kids will wander off or tune out when the conversation gets over their head.
- ❖ Then talk with each child on an age appropriate level. A very young child understands, "Daddy looked at pictures on the computer I shouldn't have, and it's hurt Mommy and hurt God's heart. It was wrong and I'm getting help to stop." Kids older than 10-12 definitely understand the concept of an affair.
- ❖ Answer your child's questions honestly. If your three-year-old asks, "What kind of pictures?" say "Pictures of people without their clothes on. I should only see Mommy without her clothes on. Pictures of naked people is called pornography, and looking at pornography is wrong."
- ❖ Disclosure with children is a process, not an event like disclosure to a spouse. As children get older, they'll understand more about sex and relationships, and you can share more of your history.
- ❖ Reassure children that your acting out is NOT their fault and that it's not their problem to solve. Many kids in addictive family systems already take on too much blame and have too much responsibility.
- ❖ Promise children you'll always love them and always be in their life, even if you're getting divorced from their mother. Then keep that promise!
- ❖ Explain practical realities – going to meetings and counseling, sleeping in a separate place instead of with mom, new boundaries, etc.
- ❖ Help children identify other adults they can talk with, like a youth pastor, school counselor, trusted family member or friend.



# Disclosure to Children

The same principles of disclosure apply to others in your life: your family of origin, close friends, church members, co-workers, etc. Always consider your motivation for disclosing about your addiction. Ask God for wisdom and guidance. You have no obligation to disclose to people who have no need to know and who aren't safe – that is, they won't be supportive or they'll use the information against you.

*On the other hand, your wife and children don't need your permission to share with anyone they choose for the purpose of getting emotional and spiritual support. If you disagree with their choice, let it go and trust God for the outcome.*

# Session 3

- Roane & Eva
- The Roadmap of Recovery

# Sexual Brokenness

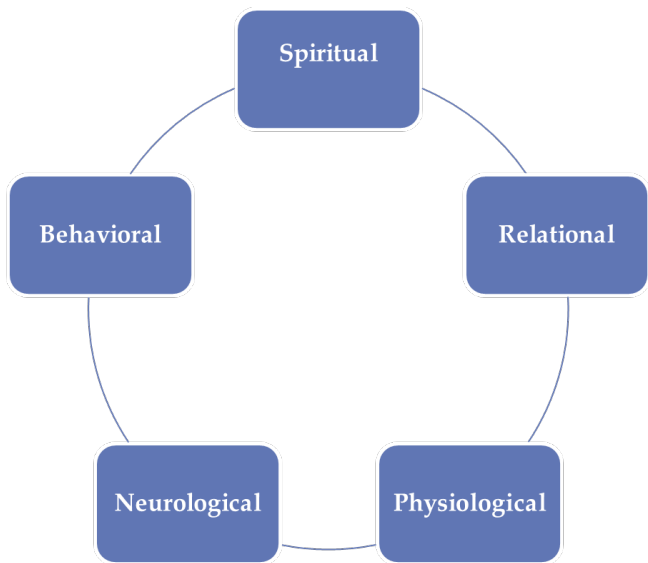
## A Spiritual Dis-ease

(*aka* “False Intimacy”, or an “Intimacy Disorder”)

“Every knock on the door of a brothel is a knock on the door of heaven” – G.K. Chesterton

**The cure is connection** – True Intimacy!  
Connection with God,  
Connection with our True-Self in Christ,  
Connection with one another!

## Sexuality involves our “whole” being



Since we want to become spiritually one with the Master, we must not pursue the kind of sex that avoids commitment and intimacy, leaving us lonelier than ever—the kind of sex that can never "become one."

***There is a sense in which sexual sins are different from all others. In sexual sin we violate the sacredness of our own bodies, these bodies that were made for God-given and God-modeled love, for "becoming one" with another.***

*1 Cor. 6:16-20, MSG*



# Sexual Brokenness Systemic Cultural Issue

Porn Addiction/Compulsivity  
Classic Sexual Addiction/Compulsivity  
Sexual Impulsivity  
Emotional/Physical Affairs  
Sexual Abuse  
Sexual Aversion (Anorexia)  
Eroticized Rage  
Pornification of Culture (Music, Movies, TV)  
Female Pornography (Romance Fantasy)  
Make-up Sex  
Punitive Withholding  
Gender Dysphoria  
Sexually Transmitted Diseases

Abortion  
Duty Sex  
Home Produced Pornography (Sexting)  
Love & Relationship Addiction (Infatuation)  
Sexual Bargaining  
Body Image Issues  
Sexual Shame (Past Behaviors)  
Sex Negative Messages  
Sexual Confusion (LGBTQabcdefg...)  
Same Sex Attraction  
Loose Boundaries (Sexual Jokes, Innuendo)

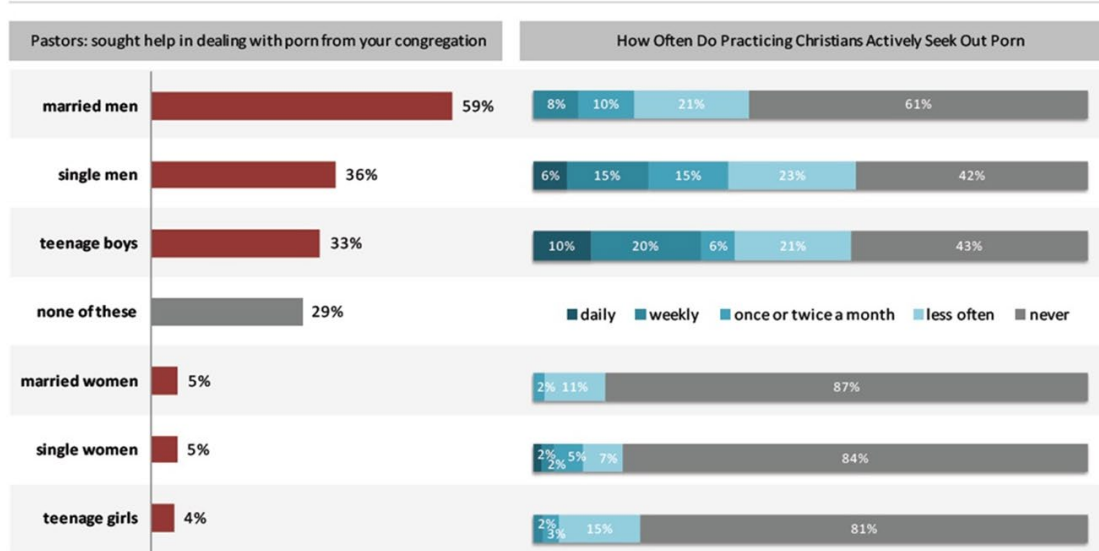
**This is only a partial list.....**





# Who Is Struggling in the Church?

Men of all ages and stages, but especially married men, are coming to pastors for help with pornography struggles.



Barna Group  
Knowledge to navigate a changing world

# The Internet – “Have It Your Way”

- Sexual Norms are changing
- The internet, social media, smartphones, and virtual sex at the click of a finger
- Fast fixes like sexual menus

Honey, this ain't Burger King. You can't always have it your way!



# Couples Recovery Process – 3 to 5 Years

Eva Hunter, LPC, CSAT  
Roane Hunter, Sr., LPC, CSAT  
lifeworksms.com

The Road to Success  
is Almost Always  
**Under  
Construction**



## Couples Recovery from Sexual Brokenness

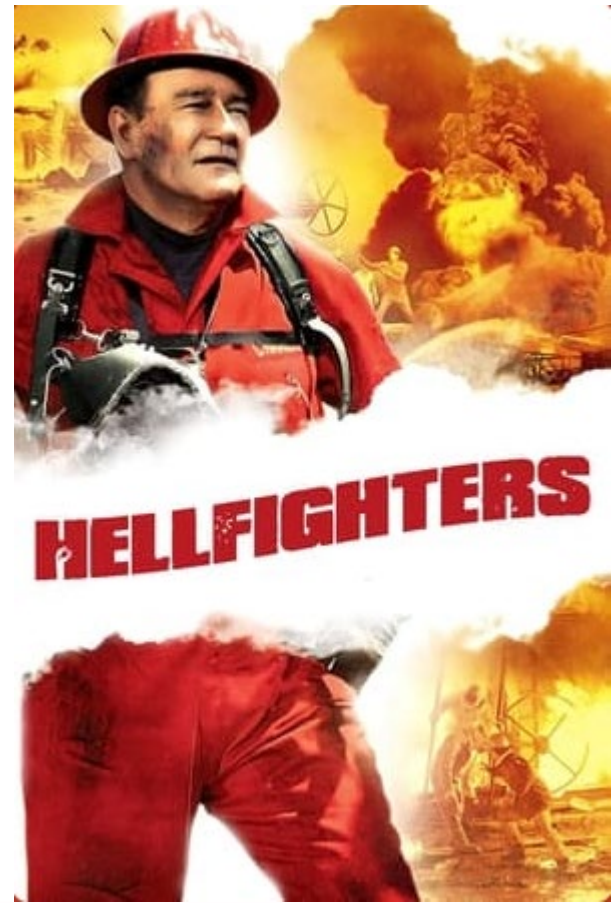
### "The Roadmap"

1. Individual & Couples Counseling with a Qualified Christian CSAT Therapist
2. Connecting in recovery community — both individuals
3. Owning Your Story: Laying the Foundation Begin to understand "How did we get here?"
4. Understand Trauma & Messages: Trauma Egg Work. Any negative life event coupled with a sense of helplessness
5. Formal Full Disclosure: Done with a qualified CSAT Therapist. The 3 Horsemen of True Intimacy — Secrets, Silence, Judgment
6. Partner Education & Support: Spouses group led by qualified counselor. "The hurt has to be comforted."
7. Begin to recognize the underlying intimacy disorder. The old internalized messages that get tapped into — the lies we believe.
8. Boundary Work: Individual Boundaries & Marriage Boundaries
9. Emotional Grievance Letter by Offended Spouse
10. Emotional Amends Letter by Offending Spouse
11. Disclosure to children: Seek guidance from your qualified counselor. Family secrets breed dysfunction.
12. Sexual Reintegration Therapy: Couples' Guide to Intimacy (Bercaw)

*Trusting God to heal, restore, and redeem your marriage - "recovery" is the Life God intended us to live.*

Couples Recovery from Sexual Brokenness  
"The Roadmap"

# 1. Individual & Couples Counseling with a Qualified Christian CSAT Therapist



# CSAT ASSESSMENTS

## Sexual Digital Media Inventory

Note - your entries will be saved automatically as you move between survey pages. If you leave this site or close your browser, you will be returned to the current page next time you login and access this survey.

Page 1 of 53

1%

The Sexual Digital Media Inventory is an assessment designed to help your therapist learn more about your use of sexual digital media, including things like apps and pornography. Taking an assessment such as this, can save you and your therapist time and money by providing a full comprehensive report instead of conducting a lengthy interview. This assessment focuses on two distinct areas. First it evaluates thirteen different domains of how your use of sexual media has impacted your life. This includes an examination of how sexual media, such as apps and pornography has impacted your life, such as pornography addiction, mutation of sexual tastes, isolation, and an impact on personal relationships. The other area of focus for this assessment, is an examination of your different areas of sexual interest. Examples of these interests include things like chatting, virtual reality, home produced pornography, and sex robots.

Each assessment question includes a series of responses:

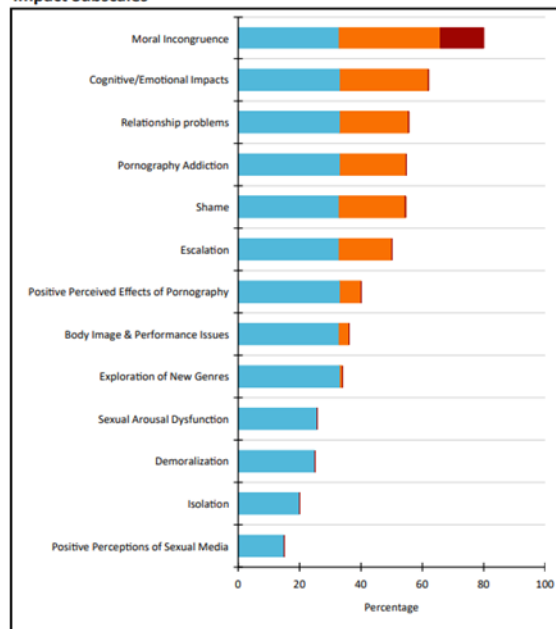
- 0 = never
- 1 = rarely
- 2 = seldom
- 3 = occasionally
- 4 = often
- 5 = very often

Answer as honestly as you can and do not overthink your response. Your responses will be stored in a secure database and only your therapist will know your identity. Please note that responding to questions about your sexual interests and past behaviors may be sexually triggering and arousing. If you are in recovery, please be sure to have a sponsor, therapist or accountability partner available to contact after you take this test so that it does not lead to a slip or a relapse. If you do not have a support person available, please wait to take the test, if needed.

9/6/2021

Sexual Digital Media Inventory Report for MB51821

### Impact Subscales



<https://www.recoveryzone.com/>

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# Sexual Dependency Inventory 4.0 (SDI 4.0)

Client Report and Workbook

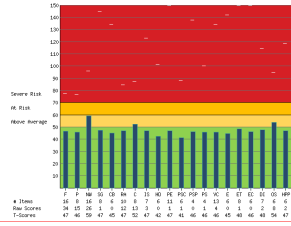
Therapist: Roane Hunter

Client Codename: J51319B

### Drug History Questions

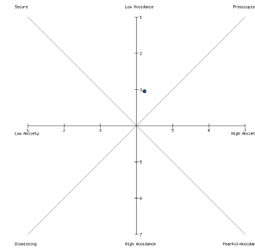
Drug	Never	Rarely	Sometimes	Often	Almost Always
Alcohol		X			
Tranquilizers/Sedatives (like Xanax, Valium, Sonata)	X				
Barbiturates or similar (like Secobarbital, Nembutal, GHB, Rohypnol)	X				
Heroin/Heroin Derivatives	X				
Amphetamines and related (like Adderall, Ritalin, Vyvanse)	X				
Cocaine Powder	X				
Cocaine Crack	X				
Ecstasy/MDMA	X				
Ritalin	X				
PCP	X				
LSD, Mushrooms, Peyote, or other hallucinogens	X				
Heroin	X				
Opiates and related (like Loraz, Vicodin, Oxycodone, Methadone, Fentanyl)	X				
Marijuana, Cannabis, or related	X				
Sabina	X				
"Spice" or similar	X				
"Bath Salt" or similar	X				
Any or Bupropion (Wellbutrin)	X				
Erectile Enhancement Drugs (Viagra, Cialis, Levitra, etc.)	X				
Miscellaneous	X				
Inhalants (like Glue, Stain, Aerosols, Cocaine)	X				
Stimulants	X				
Nicotine/Tobacco Products	X				

### SDI Behavioral Scales

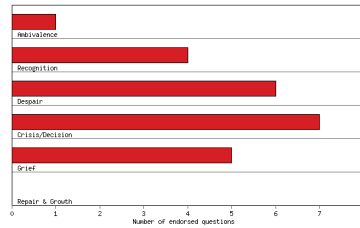


- Legend
- F Fantasy & Compersion
  - P Pornography Use
  - MW Networking for Anonymous Sex\*
  - SG Swinging & Group Sex
  - CB Cruising Behavior
  - RA Relationship Addiction
  - C Compens\*
  - S Intrusive Sex
  - HD Humiliation & Domination
  - PE Pain Exchange
  - PC Paying for Sex, Commercial
  - PSP Paying for Sex, Power
  - PS Phone Sex
  - VC Voyeurism & Covert Intrusions
  - E Exhibitionism
  - ET Exploitive Sex, Trust
  - EC Exploitive Sex, Children
  - DQ Drug Interaction
  - OS Object Sex\*
  - HP Home-Produced Pornography
- \* represents the maximum T-Score for that particular scale

### Experiences in Close Relationships



### READINESS TO CHANGE SCALE



### Assessment Summary Sheet

Test ID Code:	J51319B	Therapist:	Roane Hunter	Printed:	08-03-2019			
SAST-R Core Score:	16	out of 20	( > or = 6 )	Entitlement Score:	8	out of 30		
Diagnostic Criteria:	7	out of 10	( > or = 3 )	Exaggeration Score:	2	out of 250		
Collateral Indicators:	5	out of 20	( > or = 6 )	Consistency Score:	44.33	( > or = 80 - likely invalid/inconsistent )		
Sexual Anorexia Criteria:	6	out of 10	( > or = 3 )	Under-Reporting Score:	35	out of 75		
Binge & Purge Criteria:	8	out of 10	( > or = 3 )	Sexual Orientation:	1	(1-7: Homosexual - Heterosexual)		
<b>SDI - Consequences</b>		<b>Higher Order Scales</b>		<b>Critical Item Endorsement</b>				
Spiritual:	2	4	out of 6	> or = 60 = "At Risk" > or = 70 = "Severe Risk"	Paraphilia Related:	1	out of 10	
Preocc/Loss Control:	2	4	out of 10	Pain & Role Playing:	46.5	Force / Rape / Predatory / Legal:	0	out of 20
Affective:	7	7	out of 16	Hostility & Exploit Vulnerable:	43.2	High Risk/Injury Potential:	2	out of 12
Physical:	2	3	out of 17	Sexualized Attachment:	48.6	Family Risk:	2	out of 10
Legal:	0	0	out of 6	Isolated & Self-Stimulation:	46.3	Abuse & Other:	1	out of 8
Finance/Business:	1	2	out of 15	Swinging & Pub Anonymous Sex:	44	<b>Masturbation, Internet, Seeking Items</b>		
Family/Friends:	0	1	out of 9	Network for Anonymous Sex:	55.6	Avg. # of times masturbating per week:	3-5	
Cost Estimate: Total Spending: \$0.00		Drug & Sex Trade Use:		41.1	Avg. length of masturbation each time:		less than 30 min	
Attachment Quadrant: According to the questionnaire responses, the client falls in the Preoccupied quadrant.		Avg. # of times use internet for sexual activity per week:		3-5	Avg. length of each session:		less than 30 min	
		Avg. # of times seeking partner per week:		3-5	Avg. length of time spent seeking partners per week:		1-2 hours	

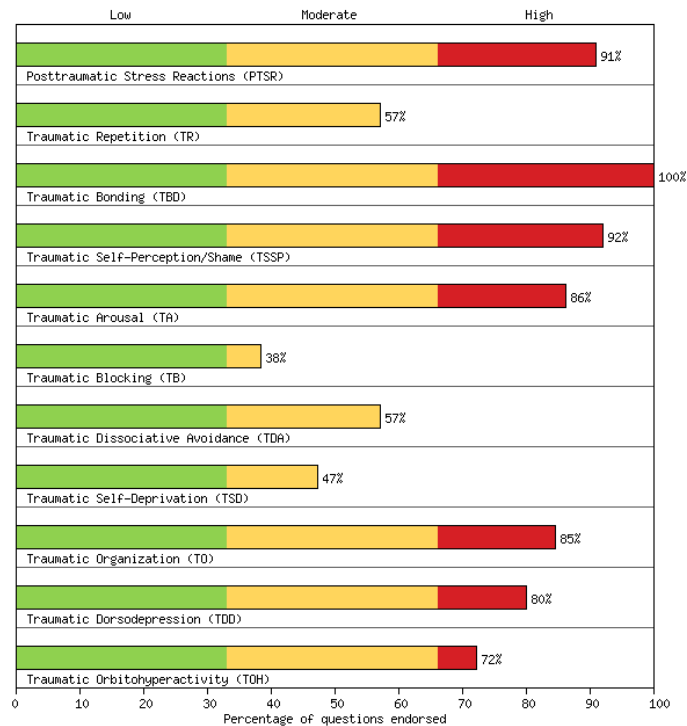
SDI 4.0 Endorsed Item Scales			
Interpretation: > or = 50 = "Above Average" > or = 60 = "At Risk" > or = 70 = "Severe Risk"			
Behavioral Scales (Frequency)	T	T	Criticized Rage & Preoccupation Scales (Power)
Exploitive Sex, Child	46	46.5	ER: Exploiting Children/Family
Voyeurism & Covert Intrusions	45.8	44	ER: Voyeurism & Boundary Invasion
Exploitive Sex, Trust	48.3	44.7	ER: Exploitive Sex, Abuse of Trust
Intrusive Sex	45.8		
Pain Exchange	45.8	45.6	ER: Sexual Violence, Intrusion, & Hostility
Humiliation & Domination	42.4	42.8	Preoccupation with Sadomasochism
Fantasy & Consequences	46.7		
Pornography Use	45.7	47.3	Preoccupation with Isolated Fantasizing
Relationship Addiction	47		
Conquest	52.3	49.3	Preoccupation with Relationships
Cruising Behavior	45		
Exhibitionism	44.5	44.9	Preoccupation with Exhibitionism & Public Anonymous Sex
Swinging and Group Sex	47.2	45.2	Preoccupation with Swinging & Group Sex
Networking for Anonymous Sex	59	56.5	Preoccupation with Networking for Anonymous Sex
Paying for Sex, Commercial	41.3		
Paying for Sex, Power	46.2	41.1	Preoccupation with Paying for Sex / Financial
Home-Produced Pornography	47	44.7	Preoccupation with Producing Pornography
Drug Interaction	47.6	43.7	Preoccupation with Drug Interaction
Object Sex	53.7	53.3	Preoccupation with Object Sex
Phone Sex	45.9	43.8	Preoccupation with Phone Sex
Readiness to Change / Stages of Change			
Scores between 0-8 on questions endorsed in each domain...top two merit further consideration			
Ambivalence (Pre-contemplation)	1	Crisis / Decision (Action)	7
Recognition (Contemplation)	4	Grief	5
Despair (Preparation)	6	Repair & Growth (Maintenance)	0

-- END OF REPORT --

# Post Traumatic Stress Index - Revised (PTSI-R)

Report for Client J62719A

## Post Traumatic Stress Index Categories



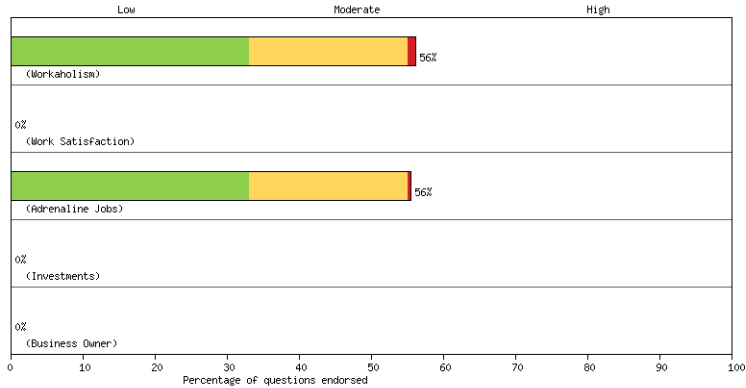
# MAWASI - Revised

## Report for

Client: B72517C

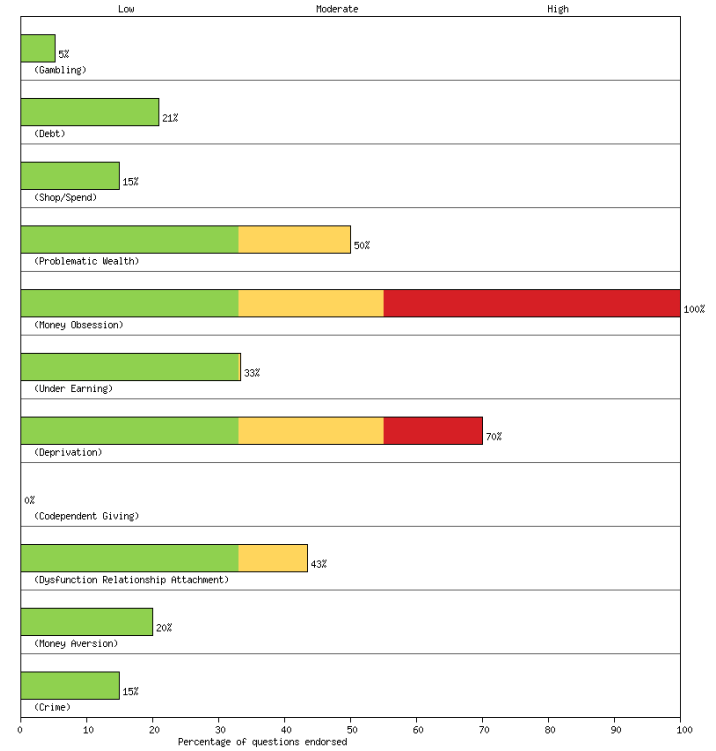
### Consequences

#### Summary for Disturbance in Each Domain of Work



### Consequences

#### Summary for Disturbance in Each Domain of Money





# Inventory for Partner Attachment, Stress, & Trauma (IPAST)

Therapist Report

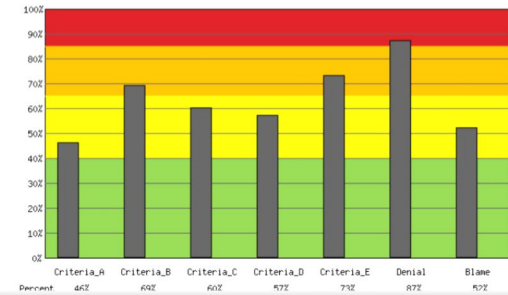
Client: R63017T

## Partner Sexuality Survey

Researchers have identified 11 categories of sexuality that can be impacted by the sex addiction. The chart below represents your responses in each category.

Category	Little/No Impact	Minor Impact	Moderate Impact	Strong Impact	Very Strong Impact
Relational Sexual Difficulties					X
Sex Addiction	X				
Sexual Aversion				X	
Sexual Shame		X			
Body Image Issues					X
Risk of Abuse or Injury		X			
Desire for Retribution		X			
Sexual Secrets	X				
Obligatory Sex		X			
Broken Trust				X	
Fear of Health Consequences				X	

Trauma Inventory for Partners of Sex Addicts



- **Criteria A (stressor)** : The person was exposed to: death, threatened death, actual or threatened serious injury, or actual or threatened sexual violence.
- **Criteria B (intrusion symptoms)** : Recurrent, involuntary, and intrusive memories. Note: Children older than six may express this symptom in repetitive play.
- **Criterion C (avoidance)** : Persistent effortful avoidance of distressing trauma-related stimuli after the event.
- **Criterion D (negative alterations in cognitions and mood)** : Negative alterations in cognitions and mood that began or worsened after the traumatic event.
- **Criterion E (alterations in arousal and reactivity)** : Trauma-related alterations in arousal and reactivity that began or worsened after the traumatic event.



# Couples Recovery from Sexual Brokenness

## *"The Roadmap"*

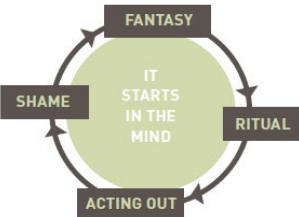
### 2. Connecting in Community with Others on the Same Path



# Connection & Growth

Only two kinds of men today – those in the fight for their purity and those that aren't!

**THE ADDICTION CYCLE**



**5 THINGS EVERY MAN NEEDS TO MAINTAIN A PURE LIFE:**

1. Clear sense of the Presence of God that brings a man into authentic repentance.
2. Separation from the old source of temptation.
3. An environment with structure, boundaries and accountability.
4. Development of a life of discipline that is proactive with hedges and checkpoints.
5. A network of Biblical guidance with other men who are also vulnerable.

We recognize that when someone is involved in destructive behaviors he must be given the skills and tools to stop immediately. We also recognize that behavioral change will be temporary if it is not supported by an inward change. As we work with men, we support them to do the work which results in both an inward and outward transformation.

**WALKING FREE MEETING INFORMATION**

"My Grace is enough for you..." 2 Corinthians 12:9

**MONDAY EVENINGS**  
6:30 TO 8:00PM


Broadmoor Baptist Church  
1531 Highland Colony Parkway  
Madison, MS

**TYPICAL SCHEDULE**

**6:30 -7:15pm**  
Large Group Gathering - Story / Teaching


**7:15-8:00pm**  
Small Group Sharing

**FOR FURTHER INFORMATION**  
601.790.0583



**WALKING FREE FOR MEN**

A FELLOWSHIP OF CHRISTIAN MEN WHO ARE SERIOUS ABOUT AUTHENTICITY, COMMUNITY, HUMILITY AND RECOVERY.



**LIFEWORKS**  
Counseling

# Men's Growth and Connection

A man with short brown hair, wearing a dark jacket and blue pants, is sitting on a tree stump in a forest. He is looking down at a tablet computer he is holding. The background is a lush green forest with sunlight filtering through the trees.

 LIFEWORKS  
*Counseling* 

## Men's Intensive

[REGISTER TODAY](#)

# Partner Support

## Brave is a safe place to



Grieve with others who identify with our pain.

To begin breaking free from harmful and distorted patterns of thinking.

To learn how to set healthy boundaries that guard our hearts, thoughts, and behaviors.

To allow God to use authentic relationships to heal and transform us from the inside out.

To begin to see the bigger picture of God's work in our lives and his purpose for us.

To share from our own experience, strength, and hope and to encourage each other to Dream again!

WE DIDN'T CAUSE IT,  
WE CAN'T CHANGE IT, AND  
WE CAN'T CONTROL IT.  
AND...WE ARE NOT CRAZY!

## Meeting Format

WELCOME

GUIDELINES

ANNOUNCEMENTS

WORKBOOK DISCUSSIONS

SMALL GROUP SHARING

CLOSING PRAYER



## Our Traditions

We are guided by and follow one authority - a loving God who presents Himself to us through His Son Jesus Christ - and the wisdom of His Word as revealed in the Bible.

Confidentiality and anonymity are the key to trust and safety within this group. What we say here stays here.

## DISCLAIMER

There are no dues or fees for membership. We do not wish to engage in any controversy, endorse nor oppose any causes. Though no formal affiliation exists, we are based on the 12-Step principles of Alcoholics Anonymous. Our primary purpose is to grow in our own recovery and help others achieve this same freedom.



## Brave Sisterhood

Support for Partners

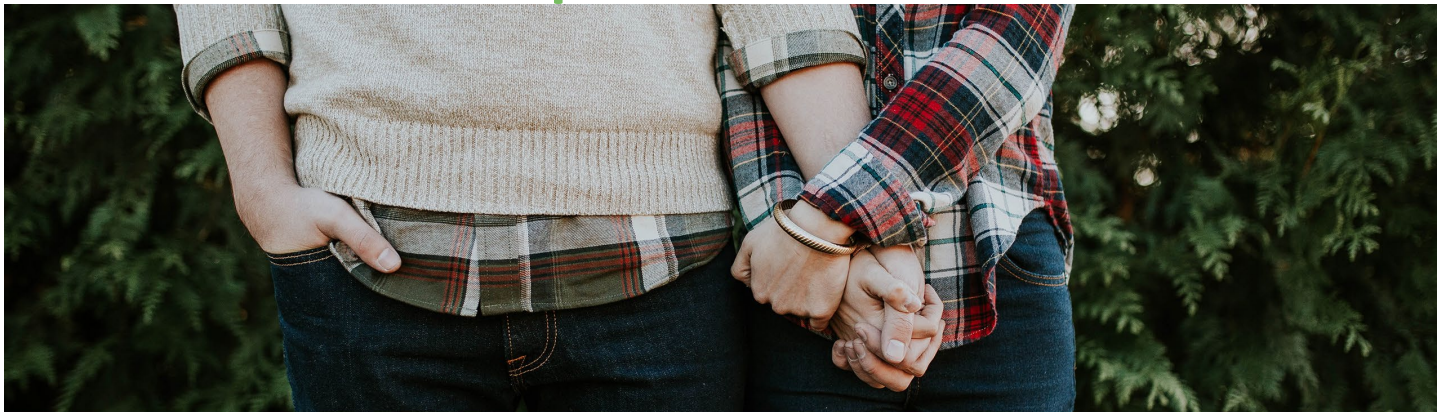


**Mondays 6:30-8pm**

**Parkway Hills  
United Methodist Church  
468 Highland Colony Parkway  
Madison, MS**

**brave@lffeworks.ms.com  
hopewarriortribe.com  
a blog written by members of brave**

# Couple's Intensives



## *Couple's Intensive*

Featuring Eli Machen & Jim Cress

**OCTOBER 3-5**

LIFEWORKSMS.COM



# Resources for Healthy Sexuality

## From False Intimacy to True Intimacy





**Roane & Eva Hunter**  
LPC, CSAT, CSASI



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The exercise below (F.A.N.O.S.) is a daily practice for building intimacy – important to remember that after each person shares the only response can be “Thanks for sharing.”

**FEELING:** Each person checks in emotionally. “Today I feel 1. glad, 2. sad, 3. afraid, or 4. mad” Remember to keep it simple.

**AFFIRMATION:** affirm the other (find the good)

**NEED:** what do YOU need – can be an emotional, physical, or practical need

**OWNERSHIP:** what do YOU need to own or take responsibility for in the relationship. Remember to keep it current

**SPIRITUALITY/SOBRIETY:** where are YOU with God & being “sober-minded” (1 Peter 5:8,9 - Be alert and sober-minded...)

The original F.A.N.O.S. exercise appeared in Debra Laaser’s book “Shattered Vows: Hope and Healing for Women Who Have Been Sexually Betrayed.”



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# Be the Lion!

10 Guidelines for Men to Be Real and Live Free



Philip K. Hardin, M.A., M.Div.  
with Kris Kaase, Ph.D.



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**Couples Recovery  
from Sexual  
Brokenness**

***"The Roadmap"***

**3. Owing Your Story -  
Laying the Foundation  
Begin to understand,  
"How did we get here"?**

**Coming  
Soon**

**THE  
STORY OF  
YOUR LIFE**

**09.16.21**



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# Owning Your Story

## Owning Your Story

A foundational principle of recovery and emotional healing is the process of discovering your story. For each of us, this is a journey which is critical and necessary to begin. There are stages to this journey, but it is a journey we all must take if we are going to become emotionally healthy and whole.

**Telling your story – reporting.** The first step in this process is to put words to your experience and tell your story. We often hear people say, as they begin to tell their story, they realize they have never really shared the details of their experiences. It is powerful to begin to share one's secrets, including the painful parts of our story that have shaped and formed who we are.

**Embracing your story – owning.** The next step in the process is to own your story. When we first begin to tell our story, we can sound like a reporter who is detached from the events. Somewhere in the process, we are no longer just using words to communicate our story, we begin to recognize that the events being shared are ours. This is a significant step in healing, because in order to steward our story, we must first **own it as ours**. Stewardship begins with ownership. Stewardship is the process of understanding something's value and managing it accordingly.

**Feeling your story - connecting to the emotions.** As we begin to own our story, it opens the door to feel our story. With each of our childhood experiences, there is an emotional component, yet for many people, it was not safe nor encouraged to express those feelings at the time. The emotions are still within us, and in many cases, leak out in our current life and relationships. When we allow ourselves to feel the power of our story, we can begin to fully live in the present, and not be held hostage by the past.

**Integrating your story – accepting grace.** What finally happens on this journey is that we are able to integrate all parts of our story – the good and bad, the painful and comforting, the desperate and the hopeful. For many of us there are parts of our story we wish did not exist. Many times there are harsh judgments and shame associated with our own experiences. When we begin to integrate our story, we recognize it is all the parts of our story that shape and form us, and when we look at our story and lives through the lens of grace, we become a gentle observer. This allows us to live in truth. We know our stories very well. We just don't yet know how well.



This is accomplished in two stages: The first stage involves answering questions about your past. It is designed to help you gain clarity on the pieces of your history you need to see clearly in order to be able to tell the story of your life. The second stage is learning to tell the story of our lives so we understand how the roles, experiences, messages of the past are operating in the present. This will be done in the second step of the Roadmap to Recovery from Sexual Brokenness by utilizing Trauma Egg work and this will be explained in detail as we move through the process.

### Instructions:

Respond to the following questions as completely as you can. When you are finished, read the final instructions and write The Story of Your Life.

### PART A – MY FAMILY

1. When I was born, the following people were living in the home:
2. My mother was \_\_\_\_ years old. From what I know, this is how she felt about my arrival:
3. My father was \_\_\_\_ years old. From what I know this is how he felt about my arrival:
4. When I was around my mother I would feel...
5. When I was around my father I would feel...
6. The best thing about my mother was...
7. The best thing about my father was...
8. The worst thing about my mother was...
9. The worst thing about my father was...



10. I would describe my parent's relationship as...
11. Something I learned from my parents' relationship was...
12. When my parents had a conflict, they would usually...
13. When my parents had a conflict, I would usually...
14. I had \_\_\_\_ siblings. I would describe each of them as...  
I would describe my relationship with each as...
15. The best part about growing up in my family was...
16. The worst part about growing up in my family was...

### PART B. MY FAMILY ROLES

Think of examples of how you played one or more of the following roles as a child and then check the one that you believe was your **primary role** in the family system:

*Scapegoat* - the one who would get blamed, always in trouble, highly criticized

*Lost Child* - the one who was overlooked, not attended to, invisible

*Hero* - the family fixer, problem-solver, over-achiever, good and perfect

*Mascot* - the funny one, make everybody laugh

*Saint* - the religious one

*Smart one* - good grades, teacher's favorite

For a more detailed description of these roles, we recommend, *The Intimacy Factor* by Pia Mellody.

### C. MY FAMILY RULES

Every family has a culture of rules or expectations for dealing with reality. Some families



# Owning Your Story



talk openly and respectfully about problems, without blame, while others are programmed for fault-finding. Some families have a culture of silence, where problems are generally not acknowledged. When a problem does surface, some families will deny or minimize its existence through a number of ways, such as anger, avoidance, controlling/manipulative behaviors, addictive behaviors, among others.

Write about your spoken and unspoken family rules and how your family dealt with problems. Provide any examples that come to mind.

## D. SPIRITUALITY

1. The messages I received in my home about God and about Jesus:

Check the examples below that apply or provide others:

"We went to church but no talk of God outside of that."

"God is the high sheriff - out to get us if we did something bad."

"We went to church but life was very different the rest of the week".

"Jesus was always nice and sweet".

"Lots of religion and rules but relationship was missing"

2. Describe each parent's relationship with God:

3. Describe your relationship with God from early childhood to present day:

## E. SEXUALITY

1. The messages I received in my home about sexuality:
2. The information I received in my home about sexuality:
3. The messages I received from peers growing up was:



4. When you were growing up, did you ever engage in sexual play with friends or relatives (cousins, brothers, sisters)? If so how old were you? What was the nature of the activity? How did it make you feel at the time? How do memories of it make you feel now?

5. The messages I received in school and/or church about sexuality:

6. If you have ever looked at pornography in any of its various forms, what messages do you think it gave you about sex and sexuality?

7. My parents' attitudes toward sexuality:

8. My parents showed affection to each other by:

9. My parents showed affection to me by:

10. When my body started developing sexually, I felt:

11. My family reacted \_\_\_\_\_(positively, negatively, not at all) to my developing body.

12. Describe how nudity was handled in your home.

13. Were you ever touched inappropriately by an older adolescent or adult?

14. How did you feel about your sexuality growing up? What was most influential?

15. How would you describe your body image?



16. Describe the body image of your same sex parent as you understand it:

17. At what age did you have your first sexual intercourse? Describe the situation and your reaction to the experience.

18. How did you decide to become sexual with another person?

19. How did you feel about yourself after becoming sexually active?

20. In past relationships, what part did sex play in the relationship? Do you think you still carry with you any sexual shame/wounds due to previous relationships?

21. What did you expect your first experience of sexual intercourse with your spouse to be like? What was it actually like?

22. Over the years, describe your sexual relationship in your marriage:

23. How do you currently feel about your sexual relationship in your marriage?

24. What messages did you receive about masturbation? From whom?

25. Describe your masturbation history from childhood to present day.

## PART F. RELATIONSHIPS

1. What did you learn from your childhood relationships with same gender peers? (Such as, "I was liked and accepted by my same gender peers when I was the class clown.")
2. What did you learn from your childhood relationships with opposite gender peers? (Such as, "I believed that I was not attractive because I didn't date much.")
3. What did you learn about relationships from how your parents responded to your



# Owning Your Story



friendships? (Such as, "My parents encouraged me to have friends over. I learned that friendships are important.")

## PART G. MONEY

1. What was each parent's relationship with money?
2. What did you learn from your parents about money?

Check any of the following that apply or provide others:

"Money was always talked about and worried about"

"My parents fought about money all the time"

"We never talked about money"

"Dad (and/or Mom) worked all the time to provide for us"

"Mom/Dad was anxious or depressed about not enough money"

"We had lots of money"

"Mom was a saver & Dad was a spender"

3. How was giving modeled in your home?
4. What is your attitude around money today?
5. Has money been a source of conflict in your marriage?

## PART H. ADDICTIONS/COMPULSIONS

1. Who were the people in your family (parents, grandparents, aunts, uncles, siblings) that struggled with addictions and/or compulsions?

Overt addictions include: drugs, alcohol, sex, spending, gambling

Covert addictions include: working, overeating, restrictive eating, compulsive exercise, TV, video gaming, internet, smartphones, etc.

2. How did the family deal with and act toward the people with the



addictions/compulsions above?

3. How were you affected by these addictions/compulsive behaviors?

## PART I. STORY OF YOUR LIFE: What You Have Been Carrying Around

Based on what you've identified above regarding rules, roles, and other influential childhood experiences, what do you think you have carried forward with you as an adult? For example, some people have a hard time asking for what they need or want. They then come to understand they have carried the belief forward that their needs and wants were not important. Some people tend to assume that other's negative feelings are somehow their fault. They might also become aware of a connection between this adult tendency and the role they played of scapegoat as a child.

**Finishing Instructions:** Use this reflective process to write out your story as you understand it today. Be patient with this process. It is important to understand that your story will continue to be fine-tuned and revised as you continue in recovery throughout your lifespan. Think of this as the beginning point of "collecting the dots, to be able to connect the dots."

*Adapted from Dan Allender and Drs. Bill & Ginger Berzow*



LIFEWORKS  
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# Couples Recovery from Sexual Brokenness

## *"The Roadmap"*

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### 4. Understand Trauma & Messages - Trauma Wall Work

Any negative life  
event coupled with a  
sense of helplessness



I am not enough  
 I am on my own  
 I am insignificant  
 I am bad  
 I am inadequate

We begin to become aware of the deep false belief system that formed through negative life experiences, the toxic shame messages that reside in the limbic part of our brain that processes memory associated with emotions. The amygdala (fear) and nucleus accumbens (pleasure) are part of this structure.

## Trauma Wall

"White walls provide a boundary and protection, they also exclude people and make intimacy (into-me-see) difficult." Sue Hawkins, Relational Depth: New Perspectives and Developments

Family Rules	Messages	Family Roles
1.		1.
2.		2.
3.		3.
4.		4.

Use WORDS to describe the messages you get from your family & trauma experiences. Example: "I am worthless" or "I must take care of everyone."

Relational & emotional trauma would be instances of Betrayal, Abandonment, Rejection, Fear, and Shame

Draw only pictures on your wall (Use a clear sheet to help remember)

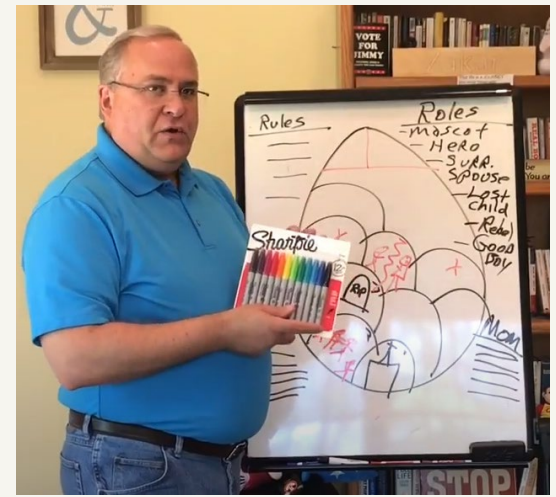
Start at the bottom with your earliest memory of an impactful event. Then "grow yourself up" using pictures to describe significant events in your life, especially ones of abuse or abandonment.

Be sure to include all sexual experiences and romantic relationships.

Father

Mother

List descriptive words for Mom & Dad (both positive & negative). Also include adjectives for other relationships (including surrogate parents as necessary). Highlight chronic stressors like parent's alcoholism/addiction, affairs, incest/parent/daughter/son/incest. Use a separate sheet or a separate piece of paper.



# The 4 C's of Betrayal Recovery Relational Dynamics

---

1

Cause – You did not cause it

2

Control – You cannot control it

3

Change – You cannot change it

4

Contribute – What's your contribution to it?



# Purpose of Trauma Work with a Couple

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The process brings understanding of the roots of the acting-out behavior and the intimacy disorder in the relationship - they begin to understand the setup. This is the beginning of empathy, with the overall goal of moving from intensity to intimacy. The questions and the trauma work are designed to create vulnerability, which produces empathy. This is the creation of attachment, the glue that holds relationships together.





# Understanding Trauma

## TRAUMA DEFINED

“Any negative life event that occurs in a position of relative helplessness.” Dr. Robert Scaer

## KEY STATEMENTS

- Trauma is defined as a threat to life, and of course, that can be something much less than one would think (as opposed to rape, warfare, incest or horrible sources of things we acknowledge as trauma). There are “big” traumas and “little” traumas in all our memories.
- Trauma may be any situation where one is faced with a threat to one’s well-being, one’s survival. And that can be like losing a job, or any situation that is combined with a state of helplessness where one has no control over that event.
- Feeling safe and being part of a safe group/community facilitates trauma healing.
- The brain/body connection is very important to healing.
- All addiction is the result of trauma, trying to rebalance the neurochemistry of the brain
- **Lack of attachment and attunement between child and parents is one of the most critical traumas to address – we call these relational and emotional traumas. These are the building blocks of sexual addiction otherwise known as the Intimacy disorder.**

## Threat and Trauma

A life-threatening experience, either ‘real’ or imagined, may also become a traumatic experience if it occurs in a state of helplessness. The field of psychology accepts the premise that such trauma affects the mind. Through imaging studies, we now know that trauma affects the structure and physiology of the brain as well. If we accept the idea that the mind, brain and body exist on a continuum, then we must also consider the ways in which trauma affects the brain & body. Ideally, the brain/mind/body uses what it learns from a traumatic event to develop resiliency and fortify the individual against future similar occurrences. However, depending on the individual’s prior experience and the nature and outcome of the event, the trauma typically leads to dysfunctional physiological change in both the brain and body. The dynamic interaction of the brain/body in turn sends cues to the mind affecting what it senses, feels and perceives.

**If the brain/body has been overly conditioned and sensitized to react to life threats, the mind will perceive threat in situations where none may exist.**

This hypersensitivity to threat amounts to what is called ‘the imprisonment of the mind’ - a state in which the mind is primed to perceive threat, is continually assaulted by and frozen in the past, and cannot conceive of a self that is free of physical and emotional pain.

In unresolved traumatic stress, procedural memory turns inward, responding to internal cues of a threat that no longer exists - thus evoking inappropriate somatic and autonomic experiences and responses that pertain to cues unwittingly emerging from past memory rather than from present external experiences.

## THREAT AND TRAUMA CONTINUED

The varied symptoms of trauma, of which a small number are included under the diagnosis of PTSD, fall under the definition of conditioned responses. These symptoms are incredibly varied. They include abnormal memories (e.g. flashback images, intrusive conscious memories, recurring physical sensations, nightmares), abnormal arousal (e.g. panic, anxiety, startle), and numbing (e.g. confusion, isolation, avoidance, dissociation). The broad spectrum of expression of these symptoms reflect a dysfunction involving the brain and most of the regulatory systems of the body (i.e. autonomic, endocrine, and immune).

**They are based on a disruption of the usually modulated regulation of brain centers that govern arousal, emotional tone, memory, and perception.**

The core of this problem is the fact that procedural and declarative memories for the traumatic event, and the conditioned sensory perceptions and reflex motor responses associated with those memories, **continue to replicate failed efforts of successful fight or flight responses.**

## ILLUSTRATIVE STORIES IN SCRIPTURE

### Genesis 50

The story of Joseph and the healing of his childhood trauma when the brothers show up. (Manasseh)

### John 21

Jesus recreates the scene (emotional and relational) experience in healing Peter’s shame of his denial (abandonment) of his close friend.

### John 8

Jesus creates and heals the shame of the woman caught in adultery as the accusers (rigid religious people) experience their own sexual shame when he exposes their hidden secrets in the sand.

## HELPFUL ACRONYMS

### L.I.E.S.

#### Life Impacting Events producing Shame

The lies of the shame messages form our belief system and we live out what we believe!

### F.I.T – Fact, Impact, Track

Facts (the story), Impact (relationally & emotionally), and Track (relational and emotional behaviors)

## CORRESPONDING ACTIVITIES

### Trauma Wall

Formally known as the Trauma Egg. See corresponding worksheet for info.

### Shield of Faith

Formally known as the Angel Egg. See corresponding worksheet for info.

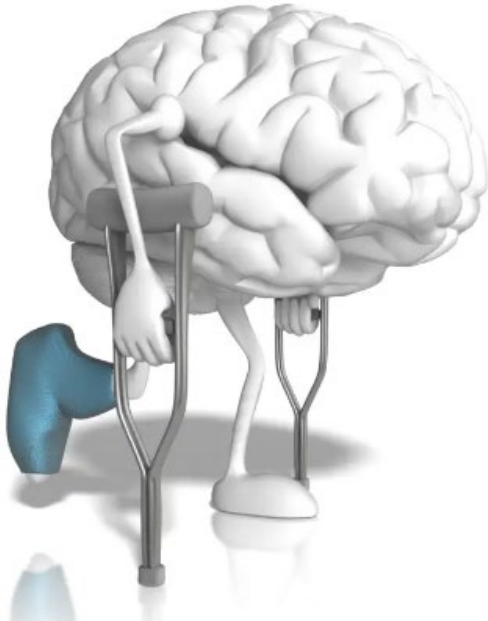
## The Toxic Shame Messages

### “If it’s hysterical it’s historical”

These are the lies that we believe about ourselves, and our spirits are formed for good or evil based on our circumstances and experiences. When they identify the messages, we help each individual see how they influence their relationship. When one spouse is dismissive or rejecting in some way, the old tapes run, “I am alone. I’m on my own. And then my anxiety goes up and I move into a defensive stance, because now I’m a big person. I’m an adult and I’m going to get louder, or I may move into withdrawal mode. I will either puff up or I will withdraw.”



# The Alligator, The Monkey, and The Real ME



The Limbic System - Explained



# Trauma Wall

"While walls provide a boundary and protection, they also exclude people and make intimacy (into-me-see) difficult." Sue Hawkins, Relational Depth: New Perspectives and Developments

## Family Rules

- 1.
- 2.
- 3.
- 4.

Use WORDS to describe the messages you got from your family & trauma experiences. Examples: "I am worthless" or "I must take care of everyone."

Draw only pictures on your wall. (Use a cheat sheet to help remember)

Start at the bottom with your earliest memory of an impactful event. Then "grow yourself up" using pictures to describe significant events in your life, especially ones of abuse or abandonment.

Be sure to include all sexual experiences and romantic relationships.

Father

Messages			
Relational & emotional trauma would be instances of: Betrayal, Abandonment, Rejection, Fear, and Shame			
	BIRTH		

List descriptive words for Mom & Dad—both positive & negative. Also include adoptive father/mother/step-parents/sibling surrogate parents as necessary. Highlight chronic stressors like parent's alcoholism/addictions, affairs, loss of parent (death or divorce). Use a legend/cheat sheet or a separate piece of paper

Mother

## Family Roles

- 1.
- 2.
- 3.
- 4.

# Shield of Faith

In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Ephesians 6:16

Use the shield to write down who God says you are.

The idea is that we apply the Truth of who God says we are against the lies of toxic shame that formed our false belief system.

Flaming Arrows of toxic shame that emanate from the trauma messages

1. I am inadequate
2. I am on my own
3. I am unworthy of love
4. I am insignificant
5. I am incompetent
6. I am impotent (powerless)



Apply these biblical truths to the lies you once believed.

**2 Corinthians 3:5**  
Not that we are competent in ourselves to claim anything for ourselves, but our competence comes from God

**2 Timothy 1:12**  
Yet this is no cause for shame, because I know whom I have believed, and am convinced that he is able to guard what I have entrusted to him until that day

**1 Peter 2:5**  
You also, as living stones, are being built up as a spiritual house for a holy priesthood, to offer up your true-self acceptable to God through Jesus Christ

# Couples Recovery from Sexual Brokenness

## *"The Roadmap"*

5. Formal Full Disclosure -  
Done with a qualified  
CSAT Therapist

The 3 Horsemen of True  
Intimacy - Secrets,  
Silence, Judgment



## Formal Full Disclosure Process

Sexual brokenness involves a lot of secrets. To have a marriage that both people desire, and certainly the marriage that God intended, those secrets have to be told. Remember, intimacy is knowing and being known—by that definition, when we're holding secrets there cannot be true intimacy. Couples often have what we call “kitchen table” disclosure, which is a dumping of information coupled with a sense of guilt and shame. Sometimes it's more of a dribble in which only part of the truth is told. Some secrets are revealed, while others are kept—this is a messy process, but it is common and typically does a lot of damage.

## Formal Full Disclosure Process

The reason we have a formal full disclosure as part of the process later, rather than in the very beginning, is because usually neither individual is ready for full disclosure.

The addict is usually not aware or has disassociated because of shame from their acting-out behaviors. These are not necessarily major acting-out behaviors but minor indiscretions. Because of our associated shame, our brain works hard to block them from our memory. All of this happens because we are trying to reduce the shame that we're already feeling.

# Formal Full Disclosure Process

Healthy reasons for full disclosure include taking full responsibility for the acting-out behaviors, allowing a spouse to make a fully informed decision whether she wants to stay in the relationship or go, committing to a deliberate intentional process of transformation and growth, and creating true intimacy based on honesty and transparency.

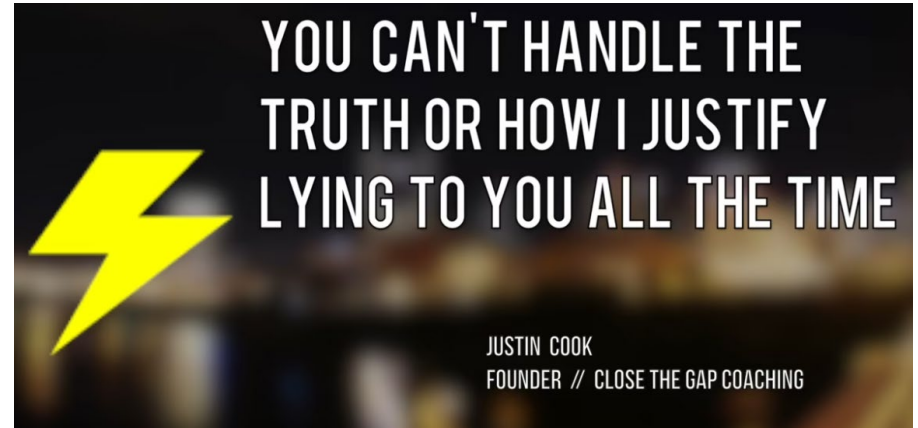
**What to disclose is critical** - sharing too much information that creates an image in the spouse's mind is a common occurrence when there's a kitchen table disclosure. Too many details are shared, and there's harm done because now the spouse has a mental image of what has taken place.



## Formal Full Disclosure Process

- The nature of the acting-out behaviors: These may include pornography use, masturbation, the frequency of the behavior over the course of the marriage or the relationship, and heterosexual or homosexual acting-out behaviors.
- The length of time over which acting-out behaviors have taken place.
- The amount of money that has been spent on acting-out behaviors.
- The consequences of the behaviors. (These can include pregnancy, employment consequences, legal issues, etc.)
- The answers to questions or situations that made the addicted person's spouse feel crazy (gaslighting).
- If acting out has occurred with people that she knows or in the home, this must be disclosed.

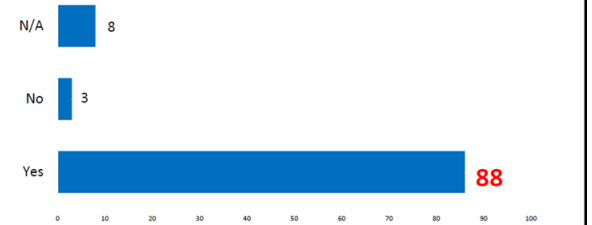
Partners Can  
Handle the Truth  
but NOT the  
Deception!!



YOU CAN'T HANDLE THE  
TRUTH OR HOW I JUSTIFY  
LYING TO YOU ALL THE TIME

JUSTIN COOK  
FOUNDER // CLOSE THE GAP COACHING

The vast majority, **88%** of the women  
said they would be willing to stay if their  
partner stopped lying.



# betrayal

## **Couples Recovery from Sexual Brokenness**

***"The Roadmap"***

**6. Partner Education & Support  
– Spouses group led by qualified  
counselor**

**"The hurt has to be comforted."**

# Partner Betrayal Trauma

The best description of this phenomenon is partner betrayal trauma—when the person whom someone loves the most is the person who has hurt them more than anyone else.

Other Descriptors include:

- Complex PTSD
- Sex Addiction-Induced Trauma
- Sexual Betrayal Stress Syndrome
- Post-Betrayal Stress Disorder

Very real and is rather well-defined in progression and symptoms. It may not be full-blown post-traumatic stress disorder, but it mirrors the symptoms of complex PTSD.



# Partner Reactions to Sexual Betrayal

- **Hyposexual (move away)**—partners move away from the pain and sexual shame by shutting down. They self-protect by pulling away or shutting their sexuality down.
- **Hypersexual (move toward)**—partners attempt to repair their sexual shame by trying to please. Their shame beliefs are often soaked in guilt or fear of losing the person who betrayed them.

## Hyposexual Coping

- **Fear of being vulnerable**
- **Lack of Safety**
- **Avoidance**
- **Aversion**
- **Unprocessed Pain**
- **Shame**
- **Depression**

## Hypersexual Coping

- **Fear of losing relationship**
- **Fear of not meeting the sexual needs/demands**
- **May violate their own values**
- **Compete with images in mind**
- **Try to “win ‘em back”**

# Betrayal Trauma is Complex

1. **Discovery Trauma**
2. **Disclosure Trauma**
3. **Deception Trauma**
4. **Relationship Impact**
5. **Family Impact**
6. **Impact to Self-Concept**
7. **Financial Impact**
8. **Spiritual Impact**
9. **Personal Health**
10. **Impact to Sexuality**
11. **Treatment/Helper Trauma**
12. **Community/Social Impact**



## Rebuilding Trust – Creating Safety for the Partner

1. Broken and Remorseful. “Changed Heart – internally motivated to change.
2. Accepts he has a problem and is willing to get help in order to become the “Man God Created Him to Be”.
3. Willing to do whatever it takes to be faithful and change his life.
4. Establishes boundaries for himself to resist temptation, triggers or rituals that could lead to unfaithful behaviors.
5. He does not blame his spouse for his behaviors.
6. He shows a patience with your questions, anger and hurt by using AVR.
7. He supports his spouse’s need to get help – money, childcare, household responsibilities.

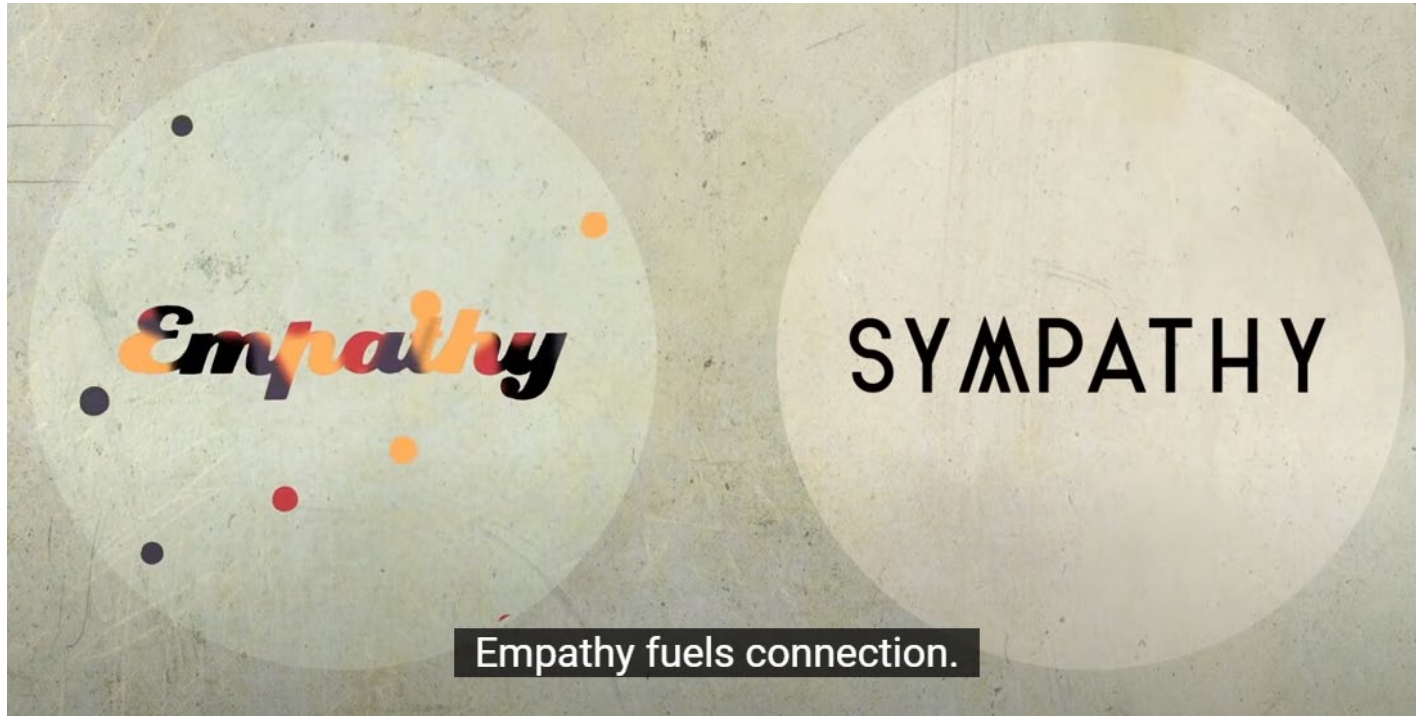
## Rebuilding Trust – Creating Safety for the Partner

8. Willing to talk to you about his past and offer you a full disclosure of all sexual experiences from birth to present. (recommended with professional help)
9. Willing to offer information regularly about being faithful / sober. FANOS / LAMP
10. Willing to be honest about all things – where he is going, who he is with, why he is late, if his schedule changes, etc – willing to be an open book.
11. Willing to work on understanding the “why” of his behaviors – the deeper root causes.
12. Initiates talking to the spouse about feelings, thoughts and needs – FTD
13. Follows through. Consistent, dependable and reliable in all areas of life.

*From Trauma to Transformation – Debra Laaser*



# What is Empathy?



# Empathy Statements Exercise

It can be difficult to know what to say when your partner is in great pain. It takes practice to know what to say and to use empathy when they are hurting. This exercise will help you join the emotional state of the other and reassure you understand the source of their pain.

1. I can see that you are triggered, and I am so sorry that I have contributed to your hurt.
2. I realize that your current anger is related to my past behaviors.
3. I hate that I have done this to you and contributed to your anxiety.
4. I am so sorry that you are experiencing this as a result of my terrible choices – I was WRONG!
5. I want you to know that I hate I did this to you.

# AVR – Acknowledge, Validate, Reassure

**Acknowledge** – “What I hear you saying is .....

**Validate** – “I get why you would think, feel, believe.....”, “that makes so much sense to me”, “If I were you, I could feel the same way”

**Reassure** – “As much as I'm able at this point, I'm deeply sorry for my behavior. My \_\_\_\_\_ (therapist, pastor, sponsor, accountability partners, etc.) explain that I don't yet comprehend how much my behavior has hurt you, and I accept that truth. I do want to understand your pain and I pray that as I continue to grow, as the man God created me to be, I'll do that. I am committed to you and becoming the husband you desired from the beginning. I am all in.”

# HELP!!



"Let's compromise and do only what I want."

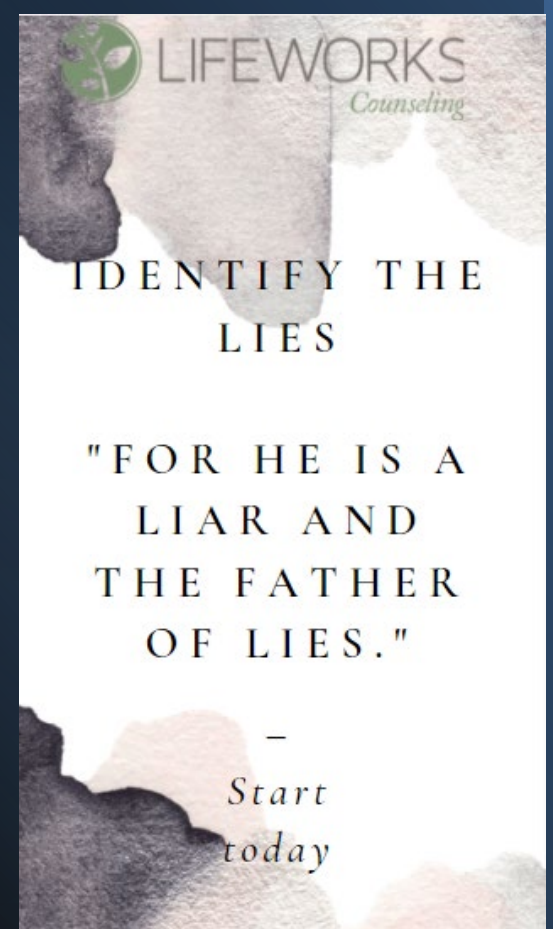


# Couples Recovery from Sexual Brokenness

## *"The Roadmap"*

7. Begin to recognize the underlying intimacy disorder

The old internalized messages that get tapped into - the lies we believe

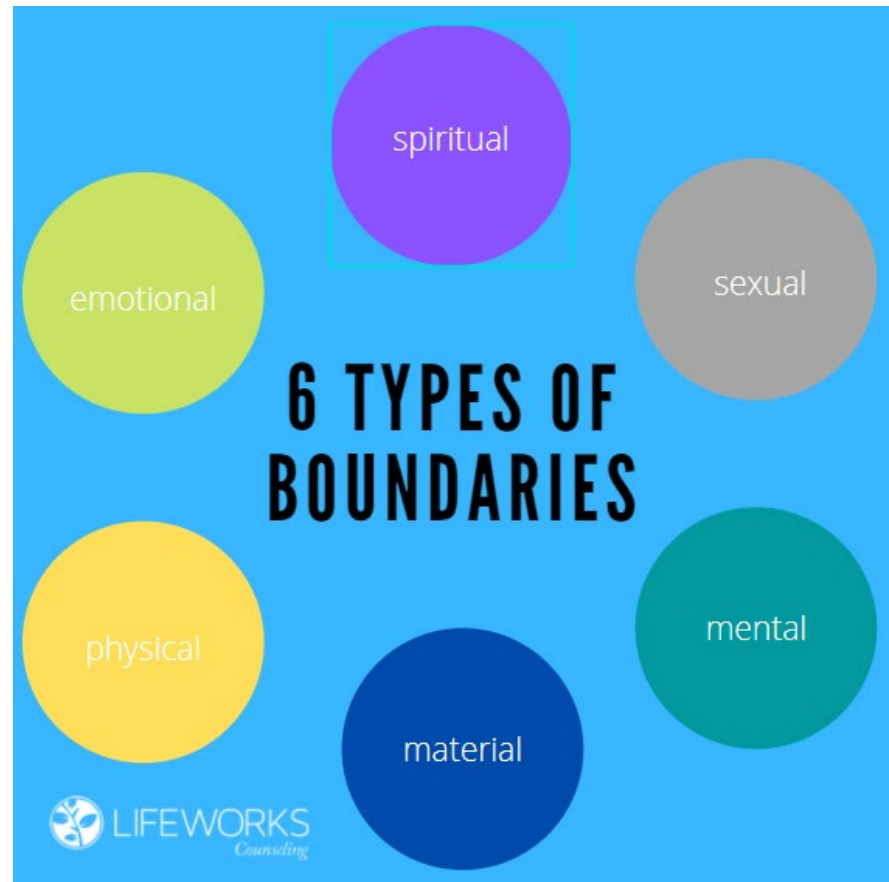


# Couples Recovery from Sexual Brokenness

## *"The Roadmap"*

### 8. Boundary Work

- Individual Boundaries
- Couple Agreements



## Couples Recovery from Sexual Brokenness

### *"The Roadmap"*

11. Disclosure to children –  
seek guidance from your  
qualified counselor

"Family secrets breed  
dysfunction"





LIFEWORKS  
Counseling

**I WILL RESTORE  
YOUR HEALTH  
AND HEAL YOUR  
WOUNDS**

JEREMIAH 30:17

## **Couples Recovery from Sexual Brokenness**

### ***"The Roadmap"***

12. Sexual Reintegration  
Therapy - Couples' Guide to  
Intimacy (Bercaw)

Trusting God to heal, restore,  
and redeem your marriage -  
"recovery" is the Life God  
intended us to live.



LIFEWORKS  
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# Session 4

- Roe & Roane
- Back to Basics
- Practical Recovery

# Triple-A Engine of Internet Porn



## Triple-A Engine of Internet Porn

Accessible – Limit Access – SHUT IT DOWN!

Anonymous – ACCOUNTABILITY - Rigorous  
Honesty, Transparency, Community

Affordable (It's FREE) – Count the Soul Cost!

## Back to Basics – Can't Pray it Away

**Genesis 4:6** - So the LORD said to Cain, “Why are you angry? And why has your countenance fallen? <sup>7</sup> If you do well, will you not be accepted? And if you do not do well, sin lies at the door. And its **desire (yetzer hara)** is for you, **but you should rule over it.**

**Psalm 37:4** - Delight yourself in the LORD, And He shall give you the **desires (yetzer hatov)** of your heart.

In Hebrew theology, human nature (2 words for desire) consists of two basic concepts – the **yetzer hara** and the **yetzer hatov**. The **yetzer hara** is the inclination to do evil, by violating the will of God. The **yetzer haṭov** is the inclination to do good. It is the duty of man to overcome his evil inclination, and it is for this that he is rewarded with the fruits of the Spirit – love, joy, peace, goodness, faithfulness, kindness, and self-control.

# 7 Desires of Every Human Heart

James 4:1 What causes fights and quarrels among you? Don't they come from your desires that battle within you? You desire but do not have.....

**To Be:**  
**Heard & Understood**  
**Affirmed**  
**Blessed**  
**Safe**  
**Touched**  
**Included**  
**Chosen**

# High Speed Internet Porn and the Experiment Generation



# Practical Recovery – Back to Basics – The WORK

Tasks of Recovery developed by Patrick Carnes, Ph.D.

Task/Goal	Performable	Life Competency
1. Break through denial	Make a full disclosure to therapist all forms of sexual acting out. Complete a list of examples of powerlessness and unmanageability.	Recognize <u>self delusion</u> .
2. Understand the nature of the illness.	Read at least one book on sexual addiction/anorexia. Complete the First Step. Complete a Sexual History. Complete a Consequences Inventory.	Have knowledge of Addiction and Recovery.
3. Surrender to the Process.	Complete a Second Step and Third Step.	Know personal limits.
4. Admit damage from behavior.	Write a Damage Control Plan and implement it.	Be an expert in <u>self care</u> , crisis avoidance and crisis management.
5. Establish Sobriety.	Write a Sobriety Statement. Complete a Celibacy Contract of eight weeks or more. Write a Relapse Prevention Plan. Complete Fantasy Contamination Exercise.	Manage life without dysfunctional sexual behavior.
6. Ensure Physical Integrity.	Complete a physical exam.	Be an expert in <u>physical self care</u> .
7. Participate in a culture of support.	Attend Twelve Step sex addiction meetings regularly. Attend other Twelve Step meetings as appropriate.	Build a functional health support system.
8. Reduce Shame.	Complete Step 4 and Step 5.	Recognize and manage toxic shame.
9. Grieve Losses.	Define clear grieving strategies and use them.	Recognize grief and have skills for grieving.
10. Understand multiple addictions and sobriety.	Complete an Addiction Interaction Disorder screen. Complete a Multiple Addiction Relapse Prevention Plan.	Remain relapse free from all concurrent addictions.
11. Acknowledge cycles of abuse.	Complete Survivors weeks. Complete Abuse Inventory.	Identify abuse and exploitation.
12. Bring closure and resolution to addiction shame.	Complete Step Eight and Step Nine.	Keep current on shame, <u>resentment</u> and relationship issues.
13. Restore financial viability.	Save within financial means (spend less than earned). Work Recovery financial plan.	Maintain financial viability.
14. Restore meaningful work.	Establish a meaningful career path.	Have meaningful works.
15. Create lifestyle balance.	Use a Personal Craziness Index for 8 weeks.	Live in balance and harmony.
16. Build supportive personal relationships.	Find and use a sponsor. Attend therapy group for 175 hours. Be a sponsor to others.	Initiate and sustain enduring life relationships.
17. Establish healthy exercise and nutrition patterns.	Have a weekly aerobic exercise pattern. Remain in appropriate weight range for age and height.	Stay physically fit.
18. Restructure relationship with self.	Complete eighteen months of individual therapy. Clarify boundaries goals and needs.	Have a workable, compassionate relationship with self in order to be self-determining and autonomous.
19. Resolve original conflict wounds.	Do therapy specific to family of origin or trauma issues.	Identify and manage recurring dysfunctional patterns.

20. Restore healthy sexuality.	Write a sex plan and keep it updated.	Have sexual health.
21. Involve family members in therapy.	Family members attend Family Week. Family members attend therapy sessions.	Capacity to ask help from immediate family.
22. Alter dysfunctional family relationships.	Full disclosure to primary partner and immediate family as appropriate.	Remain true to self in the presence of dysfunction.
23. Commit to recovery for each family member.	Family members enter a recovery program for themselves.	Take responsibility for self.
24. Resolve issues with children.	Share secrets and make amends to children when appropriate.	Resolve conflict in dependent relationships.
25. Resolve issues with extended family.	Share secrets and make amends to extended family when appropriate.	Resolves conflict in interdependent relationships.
26. Work through differentiation.	Write a "Fair Fight" contract.	Sustain intimacy without loss of self.
27. Recommit/commit to primary relationship.	Commit to a primary <u>relationship, or</u> recommit to primary relationship.	Capacity to maintain a committed relationship.
28. Commit to <u>coupleship</u> .	Attend Twelve Step meeting for couples regularly.	Participate in a community of couples.
29. Succeed in primary intimacy.	Have a primary relationship which is satisfying.	Be vulnerable and intimate.
30. Develop a spiritual life.	Find and use a spiritual director or mentor. Join a spiritual community.	Be spiritual conscious.



# Back to Basics – Blocking & Tackling

- Find a counselor that specializes in sexual brokenness.
  - Join a group that is issue specific dealing with sexual addiction, sexual brokenness, or false intimacy.
  - Find a sponsor, guide, or mentor – your Silas
  - Build a team – 3 to 5 men that are working a recovery program dealing specifically with sexual brokenness.
  - Filters/accountability software on computers & cell phones. Parental controls on TV and other media as well.
  - If an affair is present it needs to end immediately – and be brought into the light.
  - Full disclosure of all acting out activities and sexual history to be shared with spouse. This should be done with the guidance of a trained counselor.
  - 90 days of abstinence – includes no sex with spouse.
  - Attend workshops/intensives recommended by therapist.
  - Attend couples recovery group.
  - Inpatient treatment if deemed necessary.
- **Stop the reactivity and intensity – Navy Seal Jesus!**



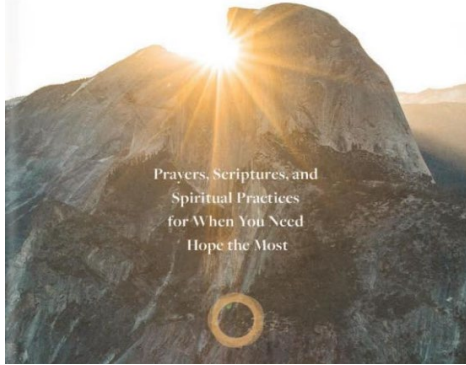
# Session 5

- Eva & Roane
- Alternate Models – Soul Care, Reactive Avoidance Trauma Model
- Experiential Therapy – Triangles
- The Created Design of Marriage

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GREGORY L. JANTZ, PhD

# Soul Care



## Reactive Avoidance Trauma Model

Begins - Early childhood → adolescence

Maltreatment  
and/or  
Disattunement

Painful implicit memories  
Attachment disturbance

Reduced emotional regulation skills

Triggers + Emotional Dysregulation

**Coping Strategies**

**Distress Reduction Behaviors** and/or Substance Abuse (true addiction)

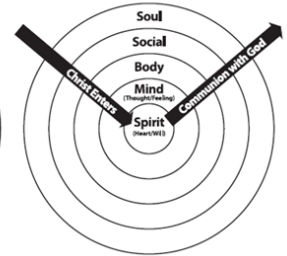
1. Sexual compulsivity & impulsivity
2. Food - bingeing & purging
3. Money - gambling shopping shoplifting
4. Work
5. **Reactive Aggression** - passive aggressive, overt aggressive, covert withdrawal
6. Self-injury
7. "Impulsive" suicidality

How to change it? Re.G.A.I.N.

- |                            |                           |
|----------------------------|---------------------------|
| 1. Recognize & Reconnect   | 4. Investigate & Identify |
| 2. Ground Yourself         | 5. Non-Identify w/Source  |
| 3. Allow & Accept Feelings | 6. Identify w/Christ      |



God in - God out

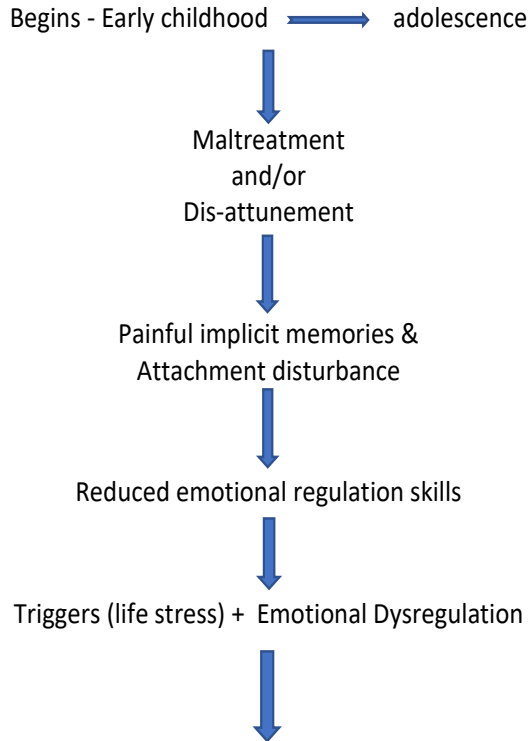


## The Construct of the Soul

"What is running your life at any given moment is your soul. Not external circumstances or your thoughts, or your intentions, or even your feelings, but your soul." *Dallas Willard*

# Other Approaches

## Reactive Avoidance Trauma Model



**Coping Strategies (Distress Reduction Behaviors & Substance Abuse)**

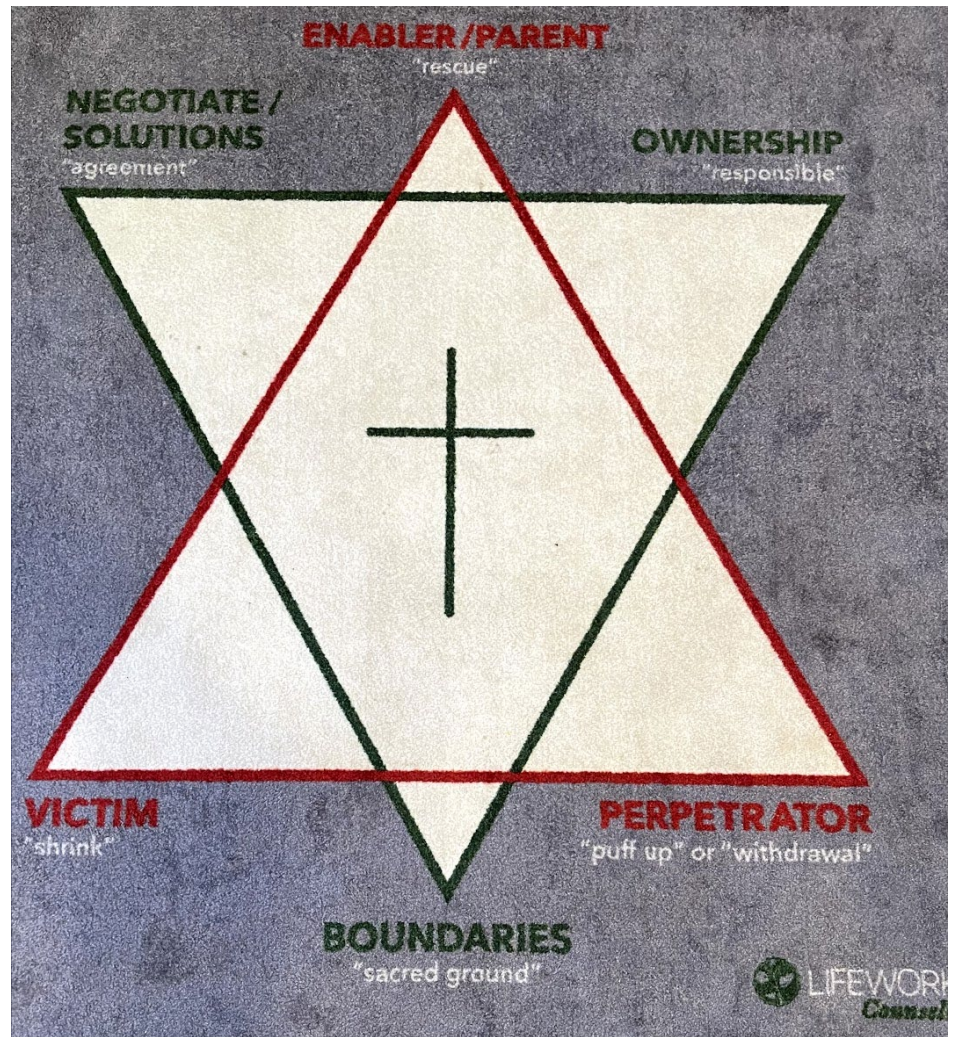
## **Distress Reduction Behaviors** (process addictions)

1. Sexual compulsivity & impulsivity
2. Food – bingeing & purging
3. Money - gambling shopping shoplifting
4. **Technology/iPhones**
5. Work
6. **Reactive Aggression – passive aggressive, overt aggressive, covert aggressive (withdrawal/avoidance)**
7. Self-injury & “Impulsive” suicidality

### How to change it? Re.G.A.I.N.

1. **Recognize & Reconnect**  
Aware of emotional state & reconnect w/adult self & others
2. **Ground Yourself**  
Stand in the TRUTH of today
3. **Allow & Accept Feelings**  
Feelings come and go – don’t repress or deny – this too will pass
4. **Investigate & Identify**  
Where is this coming from – past relational trauma & shame messages?
5. **Non-Identify w/source error & Identify w/Christ**  
Know who you are and recognize the error of the message – external or internal

# The Drama Triangle & The Healthy Triangle

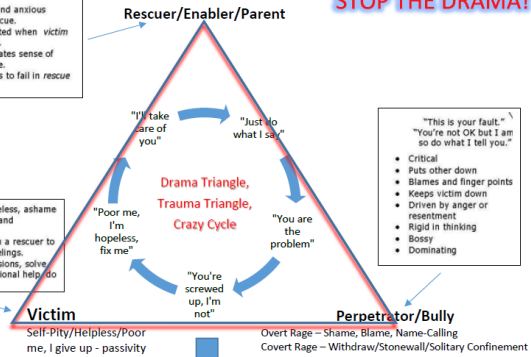


# The Crazy Dance & How to Get Out

- Provides support when doesn't want to.
- Feels guilty and anxious if doesn't rescue.
- Feels connected when victim is dependent.
- Rescuing creates sense of being capable.
- Often expects to fail in rescue mission.

**STOP THE DRAMA!**

- Feels oppressed, hopeless, ashamed, powerless, incapable and misunderstood.
- Seeks to hook up with a rescuer to validate the above feelings.
- Refuses to make decisions, solve problems, get professional help, do self-care or change.



- "This is your fault!"  
"You're not OK but I am so do what I tell you."
- Critical
  - Puts other down
  - Blames and finger points
  - Keeps victim down
  - Driven by anger or resentment
  - Rigid in thinking
  - Bossy
  - Dominating

The first movement is to my healthy boundaries - my identity in Christ - He tells me who I am. I am safe and secure and I can respond rather than react.

We have to learn how to recognize the cycle - **AWARENESS!** We have to turn down the intensity - movement from intensity to intimacy.

**Partner together** - find solutions, options, negotiate together

**Ownership** - I have to own my part in drama, my old messages that are getting triggered, my part in the crazy dance.

- State Boundaries:**  
"I am willing to listen to your story for ten minutes."  
**Active Listening:**  
"I am willing to listen to your problem without making it mine to solve."  
**Make expectations clear:**  
"I want you to keep your agreement. Please have it done by Tuesday."  
**Provide choices:**  
"You can either keep your agreement or I will no longer be involved. You choose."

**Healthy Relationship Triangle**

**My Boundaries** - what I will accept & what I won't accept. Safety.

- State what you want** and take action.  
**Keep Agreements:** If someone helps, do your part by following through.  
**Ask Yourself:** "How can I get what I really want in a healthy way?"  
**Count Your Blessings:** Acknowledge your strengths and what is going well.  
**Remember:** You make you! and You're stronger than you think!

# The Created Design of Marriage

## EZER KENEGDO & ZAKAR

*Zakar* means “the remembering one” and the verb connotation means “to act”. It describes a presence of mind that is taken to heart. In other words, it is thinking that becomes doing. To remember God and to act on that remembrance. **Initiate Relationally & Emotionally!**

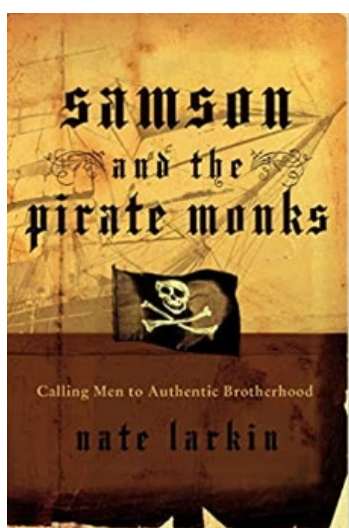
Ezer Kenegdo - Ezer means that she is a Warrior – she’ll come against anything that feels like a threat to the relationship. Other descriptive words for Ezer are Strength, Power, Brave, Tough, Protector. Kenegdo means that she is the Boundary Setter, Spiritual Guide, Emotional Strength – she is hard-wired for relationship, she is intuitive, unique, and understanding of God’s design for her man.

# SACRED SEXUALITY

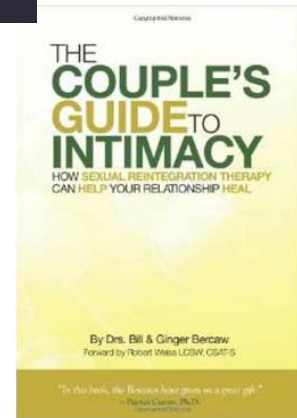
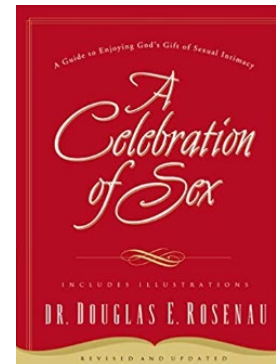
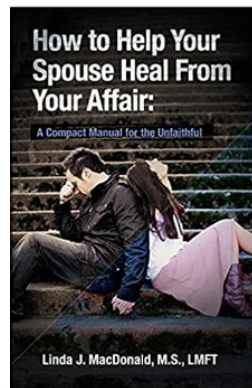
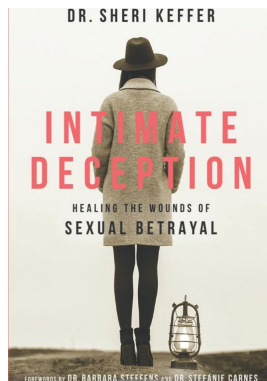
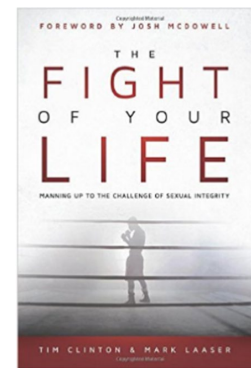
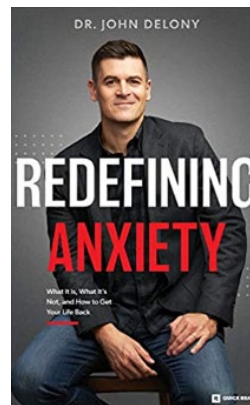
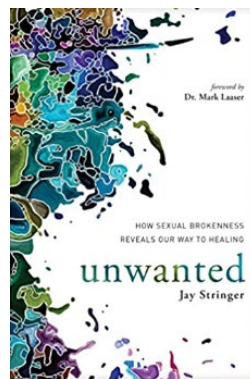
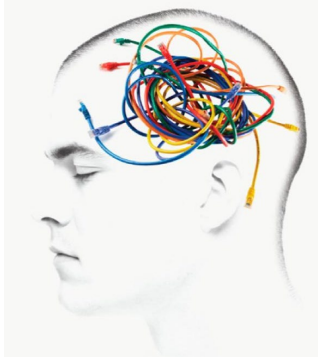
Sex should affirm and reaffirm who you are, your sense of worth, your sense of being valued, and your sense of relationship. Our sacred sexuality reminds us who we are as people on the way to eternity. As wonderful as sex can be, as intoxicating as sexual passion can feel, we were made for more than this world, and the fact that something as marvelous as sex doesn't completely fulfill us reminds us that healthy sexuality actually points us toward our ultimate destination of **wholeness with Christ – bride & bridegroom united together forever in Heaven – our ultimate destination.**

For now, we are citizens of the Kingdom, pilgrims in a strange and very dangerous land, and we will not make it home on our own!

# Additional Resources



**Wired for Intimacy.** How pornography hijacks the male brain. By William M. Struthers.



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