

5 Proven Steps

# The Fast Track to Healing, Trust, and True Intimacy

*for the partners of those struggling with Sexual Addiction*

There are few things as devastating for a woman as finding out that her husband is involved with pornography or affairs. If your life has been turned upside down by your husband's behaviors, be encouraged that by working through these steps life *can* be good again—often even *better* than it was before!

## 1 Understanding the Problem

*The truth shall set you free...*

*Myths and misconceptions about sexual addiction. Learning what is actually true is an important first step in your healing journey.*

*Essential objectives include:*

- Grasping the Basics of Sexual Addiction
- Learning why Addicts do what they do
- Separating Truths from Myths
- Recognizing the only path to lasting addiction recovery



Start Here!

## Education

## 2 Personal Awarenesses

*Let the peace of Christ rule your heart.*

*Sexual addiction has wreaked havoc in your life and marriage. It's often hard to know where to go from here.*

*In this step you'll assess the damage and begin to develop a systematic plan to move you toward emotional health and freedom by:*

- Realizing you've been wounded and need help too
- Clarifying what is his to work on and what is yours
- Acknowledging your fears and feelings
- Seeing the commonalities



## 3 Resolving Points of Pain

*God heals the broken-hearted and binds up their wounds...*

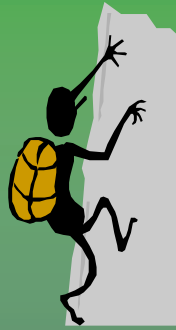
*As you begin to realize the ways you've been hurt by your husband and others, you can finally begin to work toward undoing the damage and giving your personal needs the attention they deserve.*

*You'll be:*

- Initiating Intervention
- Developing realistic expectations
- Eliminating obstacles that keep you stuck
- Adopting better life tools and strategies



# Encouragement



## 5 Beginning to Thrive Again

*God offers us a life more abundant...*

*Life is most satisfying when you have deep connections and a clear sense of purpose.*

*As you become more able to stand firm in your identity and gifting, you will find you are more able to reach out to others and embrace life in its fullness. You'll find yourself:*

- Building deep, honest relationships
- Solidifying goals and direction
- Looking forward to life
- Addressing the next generation

## 4 Risking, Reaching & Growing

*We press toward the goal to win the prize for which God has called us ...*

*Healing is a process that won't happen overnight for you or your husband.*

*With persistence and the help of God and others, you will increasingly experience the joys of a mended life.*

*This involves:*

- Continuing personal healing and strengthening
- Practicing the tools you've learned
- Stepping outside your comfort zone to find new hope & support
- Becoming more the person who God created you to be



# Empowerment

You don't have to find your way through this alone. Life More Abundant Network is just one of the organizations that provide education, encouragement and empowerment to recovering addicts and their spouses.

You'll find lots more information and resources on our websites:

For sexual strugglers . . . [www.lifemoreabundant.net](http://www.lifemoreabundant.net)

For spouses . . . . . [www.partnersonthejourney.com](http://www.partnersonthejourney.com)



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