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***Maximize the Chance You are Given:***

The Ideal Recovery Disposition

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1. **Whatever *Chance* You are Given - IT’S ALL GRACE. Be Grateful not Assuming!**

* Never assume that you deserve the 2nd chance.
* Be Thankful for her Grace.
* Don’t presume on her grace believing because she loves you, she’ll continue.
* By Definition: Grace is getting what you don’t deserve.
* Partner Betrayal Trauma - Like PTSD - is massive to overcome.
* Need a Pain Reminder - Review the ways and times you have hurt her OUT LOUD.

1. **The *Chance* You are Given - YOU DON’T DESERVE. Be Humble not Entitled!**

* Your selfishness and sexual sinfulness have put a big hole in her heart.
* Humility causes you to own your stuff fully and freely and frequently.
* She doesn’t OWE you another chance.
* Give her reasons to trust you again by what you are doing not what you are saying.
* Be careful in judging yourself by your intentions and not by your actions.
* She is being coached to “Believe Behaviour”

1. **You May Only Have One *Chance* - USE IT WELL. Be Responsible not Half-Hearted!**

* Dig in. Work Hard. Work Long. Pay the Price.
* Don’t make excuses for lack of effort.
* Do the recovery work like your life depends on it, IT DOES!
* Fight Hard for the Right to earn her back.
* Don’t point out your changes like you deserve a reward.
* She reads, “Boys make Excuses - Men make Changes.
* Don’t trumpet your changes - merely share what you are doing and learning.

1. **Use the *Chance* by Targeting Her - IT’S NOT ABOUT YOU. Be Selfless not Selfish!**

* Don’t Guilt Her if she is not cheering you on.
* Don’t try to teach her and share verses like “this is for YOU.”
* Don’t play Holy Spirit to convict her if she is slow to forgive you and trust you.
* Don’t talk about YOUR pain or how hard this is for you.
* Don’t look for a Gold Star for every bit of Recovery Work you do.
* Don’t Talk about YOU or brag about how well YOU are doing.
* Don’t look for APPLAUSE. Shut up and do your work.

1. **The *Chance* is Still So Painful. EMBRACE HER TRIGGERS. Be Sensitive not Whiny!**

* Acknowledge her pain. Don’t be impatient about her journey. Stay in YOUR lane.
* You are an infant at empathizing. Don’t think you understand her pain.
* Accept her triggers without critique. Don’t try to explain them away.
* OWN the hurt you have caused and admit the triggers persist because of it.
* Apologize over and over again. “I am so sorry. This is all because of me.” (18 Months)
* Don’t pout. Don’t look for her sympathy. Don’t EVER talk about YOUR pain.
* Don’t whine about the work you need to do. Push yourself to make the changes.
* Ask her what she needs and work to honour her requests and give it.