

REGROUP QUESTIONS – Nov. 7, 2023

MEN'S QUESTIONS

1. I've been working on learning about betrayal trauma and am wanting to learn more to better serve my wife, what would you recommend? Any resources I should check out?
2. What is the importance of writing my story and how do I begin to write it?
3. Is masturbation a sin? Either with or without orgasm? And where it is not influenced by porn or sexual fantasy? Masturbation is difficult for us when we have sexual addiction, but it is possible and it does happen without sexual fantasy. I can't find anywhere in the Bible where it talks about that.
4. For those of us that are 3+ years into recovery with 400-800+ consecutive days clean, where do we draw the line between being graceful to and never challenging a triggered wife who is speaking in very ungodly ways, and setting a healthy and Biblical boundary of not accepting being spoken to in an unloving and disrespectful way by our spouse?
5. In recovery, as we gain sobriety and healing, it feels like our wives start to nitpick about things that wouldn't have come up prior to discovery/disclosure. What is going on and how can we see it for what it is and have empathy and support them during these interactions and not get frustrated?
6. How do we maintain or even grow our love and "like" for our wives during recovery when it feels like they dislike or even hate us? They often are cold and distant and they seem to get upset at us over seemingly minor irritations?
7. Is a wife biblically justified in divorcing her husband because of his active participation in PMO?
8. Why do some guys see All Clear days in the hundreds consistently while some are constantly resetting weekly or monthly? Is it as simple as choosing between Recovery or Relapse?
9. I would like to know the benefits of separating especially when it puts a strain on finances? I've heard one source that says that you shouldn't separate in the marriage if you are working toward reconciling.
10. How do you manage fear? I struggle with courage and would like to know what you do when you become truly afraid of something.
11. What would you say are the most important aspects of prayer?

12. What is a sex fast? What is the point of one? Who should do one? Who shouldn't do one? What are the parameters? What to do with spouse to connect instead of sex?
13. Can you speak to the importance of getting to the roots of our addiction and how do we uncover them?
14. How do I reconcile with my wife who doesn't want me to talk to her?
15. How do you protect your children from porn (eg. exposure at school)?
16. When is it (if ever) appropriate to talk to your children about your addiction recovery?
17. How do you protect your daughter(s) from boyfriends with porn exposure / addiction given the sexually explicit and accepting nature of today's day and age?
18. Do our wives define the difference between porn vs what's on the edge of too sexually explicit?
19. When does our sexual desire designed by God become obsessive / destructive / harmful?
20. How can you tell your wife has fully forgiven you?
21. When do you (if ever) go from a "recovering addict" (all porn influenced) to simply being a guy with a sexual appetite for his wife?
22. Why is it ok for a wife to masturbate but not a man? assuming neither is not driven by porn or lust for other women?
23. Why can women freely drool over other men in movies (eg.- Chris Hemsworth, Henry Cavill) but a guy is chastised for finding any female attractive and sexy?
24. When are you no longer all clear with your eyes? Can you walk through the process of bouncing your eyes and when bouncing turns into lingering. When do you call for a reset on the AC count with the eyes.
25. Similar questions with the thoughts and lust. Where is the line and what is the difference between resisting temptation and entertaining lustful thoughts. At what point do you call for a reset for a thought?
26. What about sexual dreams? Not acting out on it, but the dream itself.