



What your Addiction Does to Your Spouse

Dr. Dave Currie

PICTURE these 3 IMAGES

1. **Blazing Gun** – Your spouse is seriously wounded and you pulled the trigger!
2. **Car Accident** – Your spouse is seriously wounded and you were driving recklessly!
3. **Drowning Incident** – Your spouse almost succumbed to the water and she looked up to see you repeatedly pushed their head under.

I recommend watching the HELPING HER HEAL video by Dr. Doug Weiss

BEGIN TO UNDERSTAND THE DAMAGE YOU CAUSED

PARTNER BETRAYAL TRAUMA

1. BETRAYAL – Being incessantly lied to creates a seriously deeply *broken trust*. Sexual unfaithfulness to the marriage whether Porn and Masturbation or actions outside the marriage adds another whole dimension to the trauma they are forced to carry. You are the one they trusted, they gave you their heart and life and now this.

2. EMOTIONAL DISEQUILIBRIUM – Their trauma causes *real emotional & physiological pain*. Stress, worry, doubt, angry, feeling spent, disgusted, uncertainty, love you or not love you, can she trust you, how will she know. When should she believe and trust you again? Her deep hurt with no easy fix keeps her emotionally unstable – the SHOCK creates a huge amount of instability.

3. REJECTION & INSECURITY – feeling unloved, not treasured, *unwanted, inadequate* and compared and flawed. They have a lot of self-blame. They wonder, what's wrong with them that you would do this, keep doing it, hide it and even try to justify it. They look back and wonder if they were only pursued for sexual release for you. The relationship turns out to be a lie. The commitment turns out to be a lie. She will have a hard time believing that you really love her – maybe even ever did – and that she will ever be good enough.

4. SEXUAL BARRIERS – multiple triggers – images, pictures, sensations, smells – fire in their head as they move to the bedroom. They envision you at the computer or on your phone gawking at a massive amount of sexual explicitness and is grossed out. They rerun the PMO cycle. They remember the many times you were distracted by attractive people even when they were with you. They imagine you with the other people you engaged sexually with. They are almost ready to throw up! They feel a sense of dirtiness, being used, a drop in their sexual confidence with little desire to be close to you. Will you ever think about them when they are intimate with you again?

5. SHAME & EMBARRASSMENT – How do they heal from the mess you created? Who will ever be able to understand their hurt? Do they tell their family? They often are forced to carry the secret of your addiction and unfaithfulness alone. What are people going to think about you? How can they explain it? Who can they tell without it partly implicating them.

6. FAITH STRUGGLES – Where was God in this? Why did He allow them to marry you? I didn't sign up for this. Their discouragement before God is real. Why would He allow you to keep doing this? Some feel betrayed by God too. Why doesn't God just fix you? Why does He let you keep going? Is He not convicting you of this sin?

Start by Building Empathy – the Opposite of Selfishness

Your addiction was driven by selfishness. Their discovery or your disclosure doesn't automatically change you. You have work to do to RECOVER from the addiction. You have been self-centered for years. You have been justifying your behaviour sometimes even blaming your spouse - selfishness. You have been lying to yourself about it not hurting anyone - selfishness. You have kept secrets, withheld truth and lied to their face – selfishness.

You start building empathy with a commitment to others-centeredness. It's not easy. You will notice so many of your actions, statements, attitudes, questions point to one thing. IT'S STILL ALL ABOUT YOU! You want them to heal quickly. To get over it. To stop being triggered. To forgive you. To just trust me. To move forward. ALL SELFISHNESS.

GREAT STEPS TO TAKE TO REBUILD TRUST

1. Lots of Humble Admission of the hurt you have caused
2. Lots of I'm Sorry – it was my fault
3. Lots of Patience as to what they need from you to rebuild the relationship
4. Lots of Doing the Recovery Work
5. Lots of Effort to Make Changes
6. Lots of Leaning In to Jesus for Deep and Lasting Changes

Philippians 2:1-4 - *Therefore if you have any encouragement from being united with Christ, if any comfort from his love, if any common sharing in the Spirit, if any tenderness and compassion, 2 then make my joy complete by being like-minded, having the same love, being one in spirit and of one mind. 3 Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, 4 not looking to your own interests but each of you to the interests of the others.*