



Maximize the Chance You are Given:

The Ideal Recovery Disposition - Revisited

Dr. Dave Currie

Galatians 6:10 – *Therefore, as we have **opportunity**, let us do good to all people, especially to those who belong to the family of believers.*

Ephesians 5:15,16 – *Be very careful, then, how you live—not as unwise but as wise, making the most of every **opportunity**, because the days are evil.*

Colossians 4:5 – *Be wise in the way you act toward outsiders; make the most of every **opportunity**.*

Don't Waste a Day – Make the Most of Every Opportunity You are Given to Recover!

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.

2. 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"

3. 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.

God May Be the God of 2nd Chances... But Your Spouse May Not!

4. 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.

5. 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. It costs her dearly.
- 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.