



What Your Addiction Does to Your Spouse Revisited

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- Picture these 3 **BRUTAL BETRAYAL IMAGES**
 - Blazing Gun
 - Car Accident
 - Drowning
- Watch **HELPING HER HEAL** video by Dr. Doug Weiss
- Look Up and Start to Understand **PARTNER BETRAYAL TRAUMA**

UNDERSTANDING THE DAMAGE YOU CAUSED TO YOUR WIFE

1. **TRUST BETRAYAL** – Being incessantly lied to creates a seriously deeply broken relationship. You are the one she trusted, she gave her heart and life to and now this – you not being who you said you are. You lying to their face. You withhold, minimize, misrepresent and tell half-truths. When should she believe and trust you again? Are they being “played”?
2. **SEXUAL UNFAITHFULNESS** – The marriage won’t likely survive if Porn and Masturbation or sensuous actions outside the marriage continue. Sexually cheating adds another whole dimension to the trauma your spouse is forced to carry. The sense intimate disloyalty is suffocating.
3. **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. Some really do physically hurt. Her deep hurt with no easy fix keeps her emotionally unstable – the SHOCK creates a huge amount of instability.
4. **REJECTION & INSECURITY** – feeling unloved, not treasured, unwanted, feeling inadequate and compared, flawed, not pursued except for sexual release for you. Bluntly, you are saying – porn is better. The relationship turns out to be a lie. The commitment turns out to be a lie. She will have a hard time believing that she will ever be good enough and truly loved by you.
5. **SEXUAL BARRIERS** – multiple triggers as she goes to the bedroom, she envisions you at the computer or on your phone gawking at a massive amount of sexual explicitness and is grossed out, feels a sense of dirtiness, being used, a drop in her sexual confidence with very little desire to be close to you.
6. **SHAME & EMBARRASSMENT** – How does she heal from YOUR mess? Who does she talk to? Who will understand her hurt? Does she tell her family? Who can she tell without it feeling your actions are partly implicating her somehow.
7. **FAITH FAILURE** - Discouragement before God, why would He allow this? Why doesn’t He answer her prayer? Some feel betrayed by God too. I didn’t sign up for this. Why did God let me marry you?

Building Empathy

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

The Opposite of Empathy is 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 so one thing. IT'S STILL ALL ABOUT YOU! You want her to heal quickly. To get over it. To stop being triggered. To forgive you. To just trust me. To move forward. ALL SELFISHNESS.

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, then make my joy complete by being like-minded, having the same love, being one in spirit and of one mind. Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others.*

Building Commitment

There is a strong need to show your commitment to love them through a deep resolve in stopping the addictive pattern whatever it takes. Genuine effort. No excuses. When is enough, enough!

1 John 3:18 – *Dear children, let's not merely say that we love each other; let us show the truth by our actions.*

Do you love me enough to end the addiction once and for all?

CONSISTENCY: The more you falter and relapse, the more they hurt and doubt you.

TRUTH: The more you lie and hide the truth, the more they hurt and doubt you.

EFFORT: The more you fizzle and fade in recovery, the more they hurt and doubt you.

Give them reasons to be **proud of you** – your changes, your effort, your growth.

Give them reasons to be **safe with you** – your honesty, your purity and your faithfulness.

Boys make excuses – Men make changes!