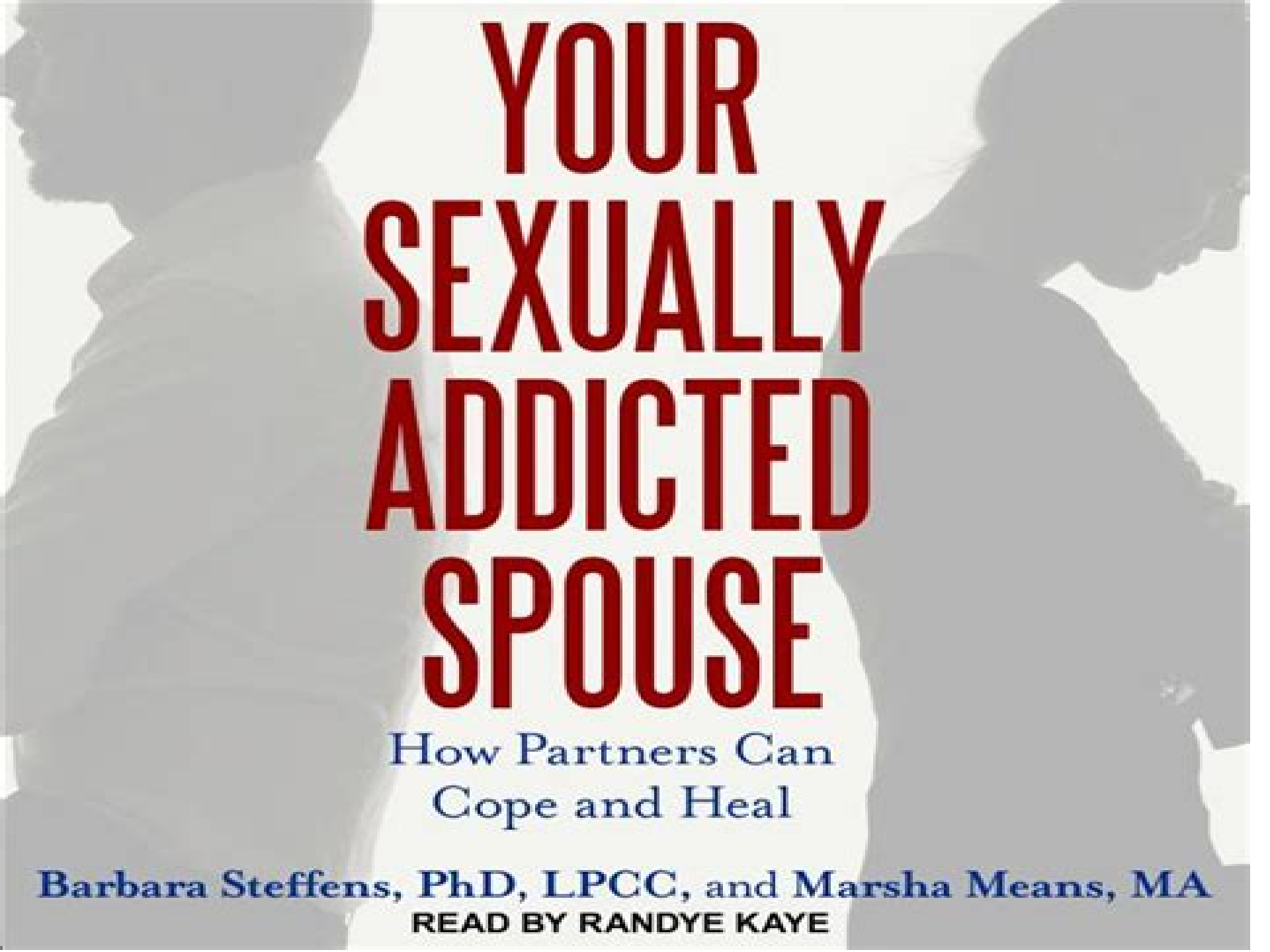




YOUR SEXUALLY ADDICTED SPOUSE

How Partners Can
Cope and Heal

Barbara Steffens, PhD, LPCC, and Marsha Means, MA

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Your Sexually Addicted Spouse How Partners Can Cope And Heal

Yi-Tong Ma



Your Sexually Addicted Spouse How Partners Can Cope And Heal:

Your Sexually Addicted Spouse Barbara Steffens, Marsha Means, 2021-06-07 Sexual addiction and compulsive sexual behavior often steal a person's ability to achieve emotional or sexual intimacy. Both addicts and their partners may suffer in isolation, ashamed and afraid, not knowing where to turn for help. Your Sexually Addicted Spouse shatters that stigma and provides understanding and empathy for the addict and his or her spouse. Barbara Steffens' groundbreaking research was the first to show that partners are not codependents but post-traumatic stress victims, while Marsha Means' personal experience provides insights, strategies, and critical steps to recognize, deal with, and heal partners of sexually addicted relationships. Firsthand accounts and stories reveal the impact of this addiction on survivors' lives. Chapters end with On a Personal Note questions and propose new paths that lead from trauma to empowerment, health, and hope. Useful appendices list health and mental health care providers and clergy. Barbara Steffens PhD LPCC CCPS CPC specializes in helping women recover from sexual betrayal and is a sought-after speaker and presenter on special issues related to partners of sexual addicts. She was the founding President of the Association for Partners of Sex Addicts Trauma Specialists, an organization that provides training and certification of Clinical Partner Specialists and Partner Trauma Coaches. She has counseled and coached betrayed spouses/partners for over twenty years, and her research on trauma after betrayal has changed the field. Barbara also consults with other professionals and provides training for those who want to help partners heal. Marsha Means MA founder and director of A Circle of Joy Ministries is trained as a Marriage and Family Therapist and writes and speaks on the topic of betrayal trauma and sex addiction. Her work is based on both her personal and professional experience. She has written several books on the topic. Marsha and her team of coaches offer individual and group support for partners of sex addicts. In addition, Marsha facilitates couples' groups to help them learn to heal the damage done by betrayal trauma.

Your Sexually Addicted Spouse Barbara Steffens, Marsha Means, 2009 Provides information on sex addiction and offers strategies to help love ones heal from the damaging behaviors of their partners.

Journey to Healing and Joy Marsha Means, 2014-04-08 Using a trauma model approach, Journey to Healing Joy: A Workbook for Partners of Sexual Addicts provides a healing pathway women can follow either individually or in a support group. Beginning with the raw pain partners of sex addicts experience, this well-researched, soul-searching guide sensitively uses a forward-moving process enabling women to grieve, grow, and heal. With a balance of educational content and penetrating questions, women review what has happened in their relationship and process it as they journal their answers to the workbook's self-reflective questions. They also learn important new skills and gain new strengths that equip them for the challenges they face, whether their relationship heals or comes to an end. Chapter by chapter, women learn what it takes to share one's life with a man striving to break free from sex addiction. And as they grow and evaluate their options, they gain new insight and clarity, enabling them to choose the next best step for their own lives.

Real Hope, True Freedom Milton S. Magness, Marsha Means, 2017-02-20 Real

Hope True Freedom covers a wide variety of topics on sex addiction and the process of recovery. It addresses the different manifestations of sex addiction, how sex addiction impacts the brain, sex addiction risk factors, when sex addiction co-occurs with other mental health disorders, barriers to getting help, treatment information, and resources specific to the needs of the partners of sex addicts, the process of treatment, the process of recovery for both individuals and couples, relationship rebuilding, re-establishing intimacy, healthy sexuality, and relapse prevention tools and strategies.

Milton Magness, D. Min, MA, LPC, CSAT, is the founder and director of Hope Freedom Counseling Services. A Licensed Professional Counselor and Certified Sex Addiction Therapist, he served five terms as the president of the Society for the Advancement of Sexual Health (SASH), the international professional organization for sexual addiction therapists. Prior to becoming a therapist, he was a pastor for twenty years. He has a Doctor of Ministry from Luther Rice Seminary, a Master of Arts in Psychology from Houston Baptist University, and a Master of Arts in Religious Education from Southwestern Seminary. Dr. Magness is the author of *Stop Sex Addiction: Real Hope, True Freedom for Sex Addicts and Partners* and *Thirty Days to Hope Freedom for Sexual Addicts: The Essential Guide for Daily Recovery and Relapse Prevention*.

Marsha Means, MA, a trained Marriage and Family Therapist, as well as the founder and director of A Circle of Joy Ministries, an organization designed to help women impacted by sexual addiction and address the needs created by this growing problem. In 2000, she gained international recognition through Prodigals International, an organization she and her husband founded in the Seattle area to train and equip therapists, churches, and lay people in providing help, hope, and healing to those touched by the pain and shame of sex addiction. Ms. Means is the author of *Living With Your Husband's Secret Wars* and the co-author of *Your Sexually Addicted Spouse: How Partners Can Cope and Heal*.

From Betrayal Trauma to Healing and Joy, Marsha Means, 2020-01-05. Using a trauma model approach, *From Betrayal Trauma to Healing Joy: A Workbook for Partners of Sex Addicts* provides a healing pathway women can follow either individually or in a support group. Beginning with the raw pain of betrayal trauma, victims experience this well-researched, soul-searching guide sensitively. It uses a forward-moving process enabling women to come to understand their losses, grieve them, grow through them, and go on to heal. With a balance of educational content and penetrating therapeutic questions, women review what has happened in their relationship and process it as they journal their answers to the workbook's self-reflective questions. As they do, they learn to use important new tools and skills and gain new strengths that equip them for the challenges they face, whether their relationship heals or comes to an end. Chapter by chapter, women learn what it takes to share one's life with a man working to stay free from sex addiction. And as they grow and evaluate their options, they gain new insight and clarity, enabling them to choose the next best steps for their own lives. This workbook is compatible with *Your Sexually Addicted Spouse: How Partners Can Cope and Heal*, which the author wrote with Dr. Barb Steffens. And it is the 4th edition of the workbook formerly titled *Journey to Healing Joy: A Workbook for Partners of Sex Addicts*.

Spouses of Sex Addicts, Sex Addiction, Barry Reay, Nina Attwood, Claire Gooder, 2015-08-06. The concept of

sex addiction took hold in the 1980s as a product of cultural anxiety Yet despite being essentially mythical sex addiction has to be taken seriously as a phenomenon Its success as a purported malady lay with its medicalization both as a self help movement in terms of self diagnosis and as a rapidly growing industry of therapists treating the new disease The media played a role in its history first with TV the tabloids and the case histories of claimed celebrity victims all helping to popularize the concept and then with the impact of the Internet This book is a critical history of an archetypically modern sexual syndrome Reay Attwood and Gooder argue that this strange history of social opportunism diagnostic amorphism therapeutic self interest and popular cultural endorsement is marked by an essential social conservatism sex addiction has become a convenient term to describe disapproved sex It is a label without explanatory force This book will be essential reading for those interested in sexuality studies contemporary history psychology psychiatry sociology media studies and studies of the Internet It will also be of interest to doctors and therapists currently working in this and related fields

Integrative Sexual Health Barbara Bartlik, Geovanni Espinosa, Janet Mindes, 2018-03-14 Integrative Sexual Health explores beyond the standard topics in men's and women's health drawing on a diverse research literature to provide an overview of sexual biology and sexual dysfunction diverse lifespan lifestyle and environmental impacts on sexual function integrative medicine solutions to sexual problems and traditional eastern and western treatment approaches to healing sexual difficulties This comprehensive guide written by experts in the field provides clinical vignettes detailed treatment strategies for mitigating the side effects of both medications and sexual dysfunction associated with medical illness and poor lifestyle habits and extensive further reading resources Integrative treatment modalities not typically consulted in mainstream medicine such as traditional Chinese medicine Ayurvedic medicine aromatherapy and botanical medicine are presented with the best evidence in a clinically relevant manner Part of the Weil Integrative Medicine Library this volume is a must read for the specialist and non specialist alike who wish to address sexual problems using an integrative medicine approach and acquire tools to maintain lifetime optimal health and vitality that supports healthy sexuality Integrative medicine is defined as healing oriented medicine that takes account of the whole person body mind and spirit as well as all aspects of lifestyle it emphasizes the therapeutic relationship and makes use of appropriate therapies both conventional and alternative Series editor Andrew Weil MD is Professor and Director of the Arizona Center for Integrative Medicine at the University of Arizona Dr Weil's program was the first such academic program in the U S and its stated goal is to combine the best ideas and practices of conventional and alternative medicine into cost effective treatments without embracing alternative practices uncritically

Recovery from Sexual Addiction: a Man'S Guide Paul Becker, 2012-05-14 Recovery from Sexual Addiction A Man's Guide and a companion workbook help men learn how to achieve a high level commitment to change their behavior and thinking Men are introduced to insights on how to move out of compulsive behavior depressed mood and isolation into a more fulfilling life Readers will learn about the Addicts Life Scale a simple yet insightful tool that

illustrates how one's mood is directly related to destructive acting out behaviors. Once a man becomes aware of his mood levels, he can begin to take proactive steps to reach and sustain a mood level where he feels confident and motivated to remain free of destructive acting out behaviors. Book chapters are structured to help men examine their most personal issues, including the nature and origin of sexual addiction, the roles of anger, anxiety, isolation, and depression in sexual addiction, how co-dependency fosters sexual addiction, how to cultivate self-awareness and improved attitude, and creating a healthy lifestyle absent sexually acting out. Ultimately, readers will discover the satisfaction that comes from improved relationships with their spouses, children, other men, and God. Paul Beckers' unique Recovery From Sexual Addiction series includes a core book, client workbook, and a clinician guide. The three texts use an interactive approach to help therapists and clients thoroughly explore the roots of sexual addiction and effective ways to achieve long-term recovery. The series is especially helpful to therapists who prefer to base recovery on principles proven by Dr. Patrick Carnes.

How to Heal from a Sexually Addicted Spouse Michelle W. Bartolome, 2022-11-25. Do you know you can heal from a sexually addicted spouse, free from post-traumatic stress disorder, and break free from sexual addiction, or better ways to deal with that sexually addicted spouse and have that perfect marriage or relationship of your dreams? This book is packed with different strategies from which you can heal from a sexually addicted spouse and be happy for yourself and your partner. Inside this book, you will see:

- Your partner's sexual addiction
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- Post-traumatic stress disorder
- Co-Addict
- Trauma Survivor
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- Issues
- Stay positive about your spouse
- Sex addicts betrayed partners
- Six dos and six don'ts

If you are married to a sex addict, here are 11 ways to recover. Get *How To Heal From A Sexually Addicted Spouse* Today.

Library Journal, 2009. [Healing Betrayal: First Steps for Partners and Spouses of Sex and Pornography Addicts](#)

Mari A. Lee, LMFT, CSAT-S, 2018-05-17. *Healing Betrayal: First Steps for Partners and Spouses of Sex and Pornography Addicts* is written by psychotherapist, author, and speaker Mari A. Lee, LMFT, CSAT-S. Mari is the founder of Growth Counseling Services, a counseling and recovery center in Southern California specializing in working with sex and porn addicts and partner and spouse betrayal trauma. With over 10 years of clinical experience, Mari has written *Healing Betrayal* for the partner or spouse who has just learned that their significant other may be dealing with sex and/or porn addiction. Having had her own personal journey as a former partner, Mari knows first-hand how heartbreaking and emotionally draining it is to be in

relationship with a person who is sexually deceptive Healing Betrayal will support the partner and spouse as a first steps guide and road map to help them navigate the difficult journey of despair that so many betrayed and hurting spouses face

Mending a Shattered Heart Stefanie Ph.D. Carnes,2014-08-12 When your partner betrays what are the first steps to picking up the pieces of your shattered heart Many unsuspecting people wake up every day to discover their loved one the one person whom they are supposed to trust completely has been living a life of lies and deceit because they suffer from a disease sex addiction This is a disease shrouded in secrecy and shame This is your go to guide for what to do when you discover your partner is a sex addict Each chapter is based on frequently asked questions by partners such as Should I Stay or Should I Go Is This Going to Get Better How Do I Set Boundaries and Keep Myself Safe and What Should I Tell the Kids

Why Is My Partner Sexually Addicted? Paul Becker,2012-02-21 Why is My Partner Sexually Addicted provides critical insight into the nature of sexual addiction A woman rarely need to probe the origin and consequences of sexual addiction until her partner is found out Each chapter reveals aspects of sexual addiction all to help a woman decide how she will live after she discovers her partners aberrant sexual behavior Meet a Reviewer This book is outstanding It s wildly packed with valuable information I learned a lot and feel every woman married to a sex addict should get this book in order to have a very deep understanding about what is likely going on in her husband s mind brain Darcy H Meet the Author For Paul Becker LPC counseling and writing are second careers He was a federal government economist and executive for over 36 years Working with men in prison led him back to school where he earned a Master s degree in counseling education He works in Virginia in private practice **New Woman** ,1992 **Letters to a Sex Addict** Wendy Conquest,2013-09-10 Sudden changes in

routine bizarre and inexplicable shifts in behavior in the bedroom and out Emotional distance and excuses for lack of connection These are all telltale signs that something is very very wrong For a sex addict s spouse or partner these changes and fluctuations are upsetting and crazy making leading to thoughts that they have done something wrong aren t good enough or that there is some other reason for the inconsistent bewildering behavior For many sex or porn addiction is farthest from their minds or too scary to consider Inspired by a career of working with sex addicts and their partners spouses Wendy Conquest s collection of letters fuses fiction and nonfiction to astounding results Diving deeply into the psyches of those whose lives are shattered by betrayal and the resultant feelings of hurt rage resentment and despair this book directly mirrors a partner s experiences from multiple perspectives Each letter explores a different facet of the relationship dynamic the addict s illness and the partner s thoughts and feelings throughout all the stages of this devastating experience This powerful book is for men and women experiencing the trauma of infidelity caused by their partner s sexual addiction and the fallout that occurs This informative book was written for anyone needing to understand what is happening to them that they are not alone that there is help and that there is recovery In addition this book is for addicts to better understand what is happening for their partner why healing is taking so long and what they can do to help their spouse Therapists ministers

counselors pastors and doctors will be better able to relate to people whose partners are unfaithful This book is a must read for anyone doing couples work when pornography use or affairs are present to assess how much damage has occurred for the spouse and the relationship These insightful gut wrenching yet hopeful letters create a well rounded picture that delivers clarity understanding and a path of healing Letters to a Sex Addict The Journey Through Grief and Betrayal will help those affected to regain sanity and clarity and peace of mind

Beyond the Bedroom Douglas Weiss, 2005-07 Did one or both of your parents Become emotionally distant and unloving to their spouse Talk about sex or sexuality in an inappropriate way Spend a lot of time away from home or form unusually close platonic relationships Continue their destructive behavior even when confronted by the damage it was causing If so you are an adult child of a sex addict Sex addiction is not about parents who cheat on each other or have multiple partners although it does manifest itself that way It is about any sexual dysfunction between people in a long term relationship sexual withholding emotional detachment bullying or demeaning behavior etc These relationship problems form subconscious impressions on children and lead to unfulfilling relationships in later life This book for the first time identifies sexual addiction as a root cause of many of the dysfunctions in relationships It helps readers analyze their parents relationships It then shows them the possible dysfunctions these problems caused in their own relationships giving both general guidance and personal anecdotes from a select group of children of sex addicts Finally it gives readers several specific exercises to help free them from their past heal their relationship with your parents especially the victim partner often the wife who is subconsciously blamed for not stopping the spouse s disruptive behavior and repair any damage in their current relationships This book is not just about cheating or abuse It is about finding the way back to the loving relationships you want and that those around you deserve

Seeking Help for Intimate Betrayal Trauma Johanna B. Dillenbeck, 2023 After unsuspecting wives UWs discover their sexually addicted spouse s SAS s out of control behavior OCB outside of their committed relationship they may seek support from mental health professionals Depending on a mental health professional s theoretical framework for treating sexual addiction SA and partner betrayal women may receive messages based on a family systems approach for addiction counseling or from a trauma model that prioritizes the client s need for safety stabilization and grief work with the goal of reconnecting the UW to a redefined sense of reality Components of trauma work along with validation of an UW s experience offers UWs the safety to cope with the nature of an intimate betrayal trauma IBT and experience growth as part of the process This transcendental phenomenological study explored the experience of UWs who sought counseling after discovering their SAS s OCB and how messages they received from their mental health professionals impacted their recovery Semi structured interviews were used for data collection and data were analyzed and coded based on conceptualizations from the Multidimensional Partner Trauma Model MPTM transcendental phenomenological approach required the researcher to suspend bias and work intentionally to honor participants narratives with objectivity and curiosity Phenomenological data analysis revealed three themes and eight subthemes A subsequent

discussion included an expansion of the literature its application in practice implications recommendations for actions and recommendations for further study **Love, Infidelity, and Sexual Addiction** Christine A. Adams, 2000-12 Love Infidelity and Sexual Addiction is an honest sharing of a trust betrayed It chronicles the author s personal experiences with a sexually addicted spouse as well as stories of others in various stages of recovery from coaddiction This book offers hope and healing to those who have suffered from repeated betrayal It details a system of spiritual and emotional self help including chapters defining Sexual Addiction and Coaddiction The Shame based Family and The Spiritually Centered Family Signs of Obsession Compulsive Behavior Finding Self The Solution A Healthy Relationship and Forgiveness **Restoring Trust** Peter C. Kleponis, Ph.D., SATP-C, 2018-05-23 Those who refuse to forgive become prisoners of the past Pope Saint John Paul II Discovering a pornography addiction is traumatic but knowing about it is necessary for true healing and recovery to begin In Restoring Trust licensed clinical therapist Peter C Kleponis Ph D SATP C co founder of IntegrityRestored.com and creator of the Integrity Starts Here recovery program provides an authentically Catholic approach to understanding and recovering from pornography addiction whether you your spouse or both are addicted Drawing on real life case studies teachings of the Church and Scripture this book will show you how healing recovery and restoration are possible for each of you personally and for your marriage Past mistakes and hurts no matter how deep do not have to rule your future With the right tools and relying on God s grace you can restore trust in your relationship and achieve lasting freedom

Uncover the mysteries within Crafted by is enigmatic creation, **Your Sexually Addicted Spouse How Partners Can Cope And Heal** . This downloadable ebook, shrouded in suspense, is available in a PDF format (Download in PDF: *). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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Your Sexually Addicted Spouse How Partners Can Cope And Heal Introduction

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