

Facing Heartbreak Recovery Partners Addicts

A workbook for sex addicts in recovery, or for those looking into beginning recovery from sex addiction.

The groundbreaking book introducing Dr. Patrick Carnes' thirty-task model for treating sexual addiction is now UPDATED and REVISED.

Anyone who has struggled with sex addiction knows that living with constant sexual compulsions can be extremely difficult. But summoning the courage to find help for this condition can be even more of a challenge. If addictions to pornography, strip clubs, massage parlors, prostitutes, phone sex, or chat rooms have made you feel trapped, this book can help you find a way to break free. Written by a former sex addict who specializes in counseling people who suffer from sexually compulsive behavior, *Breaking the Cycle* presents a step-by-step plan to enjoying a life of productivity and purpose. You can free yourself from the powerful, compulsive urges that may have damaged your career, finances, or relationships with friends and family. The exercises in this book will show you how to regain control of your life and build meaningful intimate connections with others.

A Gentle Path through the Twelve Steps Updated and Expanded

Read Book Facing Heartbreak Recovery Partners Addicts

Outreach magazine 2018 Resource of the Year—Counseling & Relationships! *Unwanted: How Sexual Brokenness Reveals Our Way to Healing* is a groundbreaking resource that explores the “why” behind self-destructive sexual choices. The book is based on research from over 3,800 men and women seeking freedom from unwanted sexual behavior, be that the use of pornography, an affair, or buying sex. Jay Stringer’s (M.Div, MA, LMHC) original research found that unwanted sexual behavior can be both shaped by and predicted based on the parts of our story—past and present—that remain unaddressed. When we pay attention to our unwanted sexual desires and identify the unique reasons that trigger them, the path of healing is revealed. Although many of us feel ashamed and unwanted after years of sexual brokenness, the book invites the reader to see that behavior as the very location God can most powerfully work in their lives. Counselors, pastors, and accountability partners of those who experience sexual shame will also find in this book the deep spiritual and psychological guidance they need to effectively minister to the sexually broken around them.

A much anticipated Christian companion to *Facing the Shadow*.

The number of affordable, easy links to pleasurable sexual online content is on the rise. Activity increases with the accessibility of technology. So, too, has sex

Read Book Facing Heartbreak Recovery Partners Addicts

addiction. People struggling with sex, porn, and love addiction typically have little understanding of this incredibly complicated disease. *Sex Addiction 101* covers everything from what sexual addiction is and how it can best be treated, to how it affects various subgroups of the population such as women, gays, and teenagers. The book also provides sex addicts with strategies to protect themselves from the online sexual onslaught. *Sex Addiction 101* is intended to enlighten the clinical population as well as actual sex addicts and their loved ones. Along with his mentor Patrick Carnes, Weiss has become the face of and driving force behind understanding and treating sex addiction; this book should be a core title in every addiction collection.

A can't-put-it-down read about a wife's devastating discovery that her physician husband is a sex addict Maurita Corcoran's world collapsed when she learned that her husband of fourteen years, a successful physician, was a sex addict. She had never even heard of a "sex addict," but she was suddenly submerged in a world of painful choices about how to rebuild a life for herself and her four children. This is an absorbing memoir about forgiveness, resilience, and hope. With the growing public awareness of how pervasive sex addiction has become in our culture, this memoir answers the questions that spouses must face in building lives of self-respect and confidence. Filled with actual journal entries, this

Read Book Facing Heartbreak Recovery Partners Addicts

first-hand account will help any spouse or partner who needs to know more about this devastating addictive disease. Through Ms. Corcoran's story, readers will gain insights on - what to expect in therapy - what children should be told, depending on their ages - what extended family members and friends should be told - how to deal with relapse - how to recover a sense of spirituality This engaging memoir proves that women can emerge from the betrayal, anger, and heartache to become authentically peaceful and resilient sources of support to other women.

Written by expert therapists Carol Juergensen Sheets and Christine Turo-Shields, this workbook addresses partner betrayal. Carol and Christine forge a path for women to find safety and stabilization, work through the anger, grief, and mourning, and develop post-traumatic growth and restoration.

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 workbooks self-reflective questions. They

Read Book Facing Heartbreak Recovery Partners Addicts

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.

Daily reflections for those searching for lasting recovery from sex addiction. The supportive and motivational thoughts in this bestselling collection of daily readings promise to spark the healing, hope, and personal growth anyone addicted to sex needs to embrace recovery. Part of the Hazelden Meditation series, each thought of the day inspires the strength, courage, and mindfulness readers need to overcome patterns of sexual compulsion. Featuring 366 affirmations that complement any Twelve Step program for love addiction or an unhealthy dependence on sexual behavior, this book will become the touchstone to your transformation.

Practical advice on how to deal with the trauma of discovering that one's spouse or partner is a sex addict.

Compulsive sexual behavior is finally being recognized as an addictive disease like drug abuse, overeating and gambling. The causes and symptoms of sex-addiction are explored as well as the concerns of an addict's co-dependent partner.

The innovative text that introduced Dr. Patrick Carnes' thirty-task model for treating sexual addiction.

Read Book Facing Heartbreak Recovery Partners Addicts

Nothing destroys trust like sexual betrayal. Beyond broken vows, a woman who discovers that the man she loves has been viewing pornography or having an affair must deal with devastating blows to her self-image and self-worth. She must grapple with the fact that the man she thought she knew has lied and deceived her. She may even bear the brunt of shame and judgment when the people around her find out. Drawing from her experience both as a marriage and family therapist and a woman who personally experienced the devastation of sexual betrayal, Dr. Sheri Keffer walks women impacted by betrayal through the pain and toward recovery. She explains how the trauma of betrayal affects our minds, bodies, spirits, and sexuality. She offers practical tools for dealing with emotional triggers and helps women understand the realities of sexual addiction. And she shows women how to practice self-care, develop healthy boundaries, protect themselves from abuse or manipulation, and find freedom from the burden of shame and guilt.

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 betrayal trauma victims experience, this well-researched, soul-searching guide sensitively 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

Read Book Facing Heartbreak Recovery Partners Addicts

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*.

The basic text of the SAA fellowship, *Sex Addicts Anonymous* explains sex addiction from the SAA perspective and demonstrates, through examples, how sex addiction worsens over time. It describes the personal powerlessness and unmanageability of sex addiction, and the damage to personal relationships, livelihood, and physical health that is often caused by addictive behavior. *Sex Addicts Anonymous* conveys a vision of hope for the addict through a recovery program based on the time-honored Twelve Steps that were initially proposed for alcoholics. A separate section of the book offers a variety of personal stories from individual members of the fellowship to illustrate the challenges and the hope of recovery.

When your partner betrays, what are the first steps to picking up the pieces of your

Read Book Facing Heartbreak Recovery Partners Addicts

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?

Imagine if we treated broken hearts with the same respect and concern we have for broken arms? Psychologist Guy Winch urges us to rethink the way we deal with emotional pain, offering warm, wise, and witty advice for the broken-hearted. Real heartbreak is unmistakable. We think of nothing else. We feel nothing else. We care about nothing else. Yet while we wouldn't expect someone to return to daily activities immediately after suffering a broken limb, heartbroken people are expected to function normally in their lives, despite the emotional pain they feel. Now psychologist Guy Winch imagines how different things would be if we paid more attention to this unique emotion—if only we can understand how heartbreak works, we can begin to fix it. Through compelling research and new scientific studies, Winch reveals how and why heartbreak impacts our brain and our behavior in dramatic and unexpected ways, regardless of our age. Emotional pain lowers our ability to reason, to think creatively, to

Read Book Facing Heartbreak Recovery Partners Addicts

problem solve, and to function at our best. In *How to Fix a Broken Heart* he focuses on two types of emotional pain—romantic heartbreak and the heartbreak that results from the loss of a cherished pet. These experiences are both accompanied by severe grief responses, yet they are not deemed as important as, for example, a formal divorce or the loss of a close relative. As a result, we are often deprived of the recognition, support, and compassion afforded to those whose heartbreak is considered more significant. Our heart might be broken, but we do not have to break with it. Winch reveals that recovering from heartbreak always starts with a decision, a determination to move on when our mind is fighting to keep us stuck. We can take control of our lives and our minds and put ourselves on the path to healing. Winch offers a toolkit on how to handle and cope with a broken heart and how to, eventually, move on.

The first workbook to help partners of sex addicts cope with discovering their loved one has compulsive sexual behaviors.

Sex and pornography addiction are growing problems that devastate the lives of partners as well as sufferers. *Sex Addiction: The Partner's Perspective* has been written to help partners and those who care about them to survive the shock of discovering their partner is a sex addict and to help them make decisions about the future of their relationships and their lives. First and foremost, it is a practical book, full of facts, and self help exercises to give partners a much needed sense of stability and control. Like its sister book, *Understanding and Treating Sex Addiction*, it includes case

Read Book Facing Heartbreak Recovery Partners Addicts

examples and survey results revealing the reality of life for partners of sex addicts. *Sex Addiction: The Partner's Perspective* is divided into three parts. Part I explores the myths surrounding sex addiction and provides up to date information about what sex addiction is and what causes it before moving on to explain why the discovery hurts partners so much. Part II is about partners' needs and includes self-help exercises and strategies to help partners regain stability, rebuild self-esteem and consider their future. The controversial topic of co-dependency is also explored with guidance on how to identify it, avoid it and overcome it. Part III focuses on the couple relationship starting with the difficult decision of whether to stay or leave. Whatever the decision, partners will then find help and support for rebuilding trust and reclaiming their sexuality. This book has been written to help partners not only survive, but to grow stronger and move on with their lives – whether alone, or in their relationship. Readers will find revealing statistics and real life stories shared by partners who kindly took part in the first UK survey of sex addiction partners. This book will be a valuable guide for partners, but also for the therapists who seek to support them on their journey of recovery.

Facing Heartbreak Steps to Recovery for Partners of Sex Addicts

A first-time examination of sexual anorexia, an extreme fear of sexual intimacy and obsessive avoidance of sex, by the acknowledged leader in the treatment of compulsive sexual behavior and recovery. A first-time examination of sexual anorexia,

Read Book Facing Heartbreak Recovery Partners Addicts

an extreme fear of sexual intimacy and obsessive avoidance of sex, by the acknowledged leader in the treatment of compulsive sexual behavior and recovery. Author Dr. Patrick Carnes begins by defining sexual anorexia and demonstrating how it and its parallel disorder, sexual addiction and compulsivity, often arise from a background of childhood sexual trauma, neglect, and other forms of abuse. Carnes explores the numerous dimensions of sexual health, examining key issues which must be addressed and resolved for recovery to proceed. Utilizing extensive research and elucidating case studies, Carnes develops concrete tasks and plans for restoring nurturing and sensuality, building fulfilling relationships, exploring intimacy, and creating healthy sexuality. Woven throughout the book are stories of recovery which illustrate sexual healing principles, model new behavior, and support motivation for change. Sexual Anorexia enables those suffering from this disorder to recognize that sex need not be a furtive enemy to be fought and defeated but, instead, a deeply sensual, passionate, fulfilling, and spiritual experience that all human beings are innately entitled to.

Winner of the 2015 Book Award from AASECT (Association of American Sexuality Educators Counselors and Therapists) and the 2016 Clark Vincent Award from CAMFT (California Association of Marriage and Family Therapists.) "Mirror of Intimacy" contains a year's worth of daily essays that explore and support the range of human sexualities as a divine gift and a human right. The reflections reference a rich array of approaches:

Read Book Facing Heartbreak Recovery Partners Addicts

attachment theory, mind/body nexus, neurobiology, 12-step principles, meditation techniques, Eastern and Western philosophy, and ancient world myths. Unfettered by cultural, social, or religious norms, the authors examine 366 topics related to sex and sexuality that, together, might point us in the direction of what comprises healthy, great sex.

Partners affected by sex addiction learn to develop healthy boundaries and make positive changes for themselves and their partners.

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 shame 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-

Read Book Facing Heartbreak Recovery Partners Addicts

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 couple's groups to help them learn to heal the damage done by betrayal trauma.

Unhooked from regular routines and healthy relationships by the coronavirus pandemic or other traumas, even our most basic human impulses and inputs can become addictive and destructive. An essential resource for those struggling with sexual addiction and compulsions, and those who love them. With the revised information and up-to-date research, *Out of the Shadows* is the premier work on sex addiction, written by a pioneer in its treatment. Sex is at the core of our identities. And when it becomes a compulsion, it can unravel our lives. *Out of the Shadows* is the premier work on this

Read Book Facing Heartbreak Recovery Partners Addicts

disorder, written by a pioneer in its treatment. Revised and updated to include the latest research--and to address the exploding phenomenon of cybersex addiction--this third edition identifies the danger signs, explains the dynamics, and describes the consequences of sexual addiction and dependency. With practical wisdom and spiritual clarity, it points the way out of the shadows of sexual compulsion and back into the light and fullness of life.

Multiple affairs, compulsive pornography, prostitutes, and voyeurism—no matter their “drug” of choice, men who act out sexually leave their partners reeling in fear, rage, shame, and isolation. But there is hope. Bestselling author Claudia Black’s revised edition of her classic work *Deceived* offers women in relationships plagued by sexual betrayal the validation and guidance to create a new path of clarity, direction, and confidence. Dr. Black uses stories of women who have been through a wide variety of experiences to help readers develop the understanding and skills to confront the trauma of the betrayal. She offers them the opportunity to shift from their overwhelming emotions to action derived from self-esteem and integrity. *Deceived* encourages women to proactively emerge from traumatic stress and emotional isolation and discover their power to facilitate their own healing, allowing them to move forward in their lives.

Recovery Zone, Volume One picks up where *Facing the Shadow* leaves off, guiding readers to begin working tasks eight through thirteen of Dr. Patrick J. Carnes’

Read Book Facing Heartbreak Recovery Partners Addicts

innovative thirty-task model. This book helps readers understand that true recovery is achieved by learning to cope with difficult situations and emotions. Patrick J. Carnes, PhD, is author of *Out of the Shadows* (1992), *Contrary to Love* (1989), *The Betrayal Bond* (1997), *Open Hearts* (1999), *Facing the Shadow* (2001), and *In the Shadows of the Net* (2001). He is executive director of the Gentle Path program at Pine Grove Behavioral Center in Hattiesburg, Mississippi.

"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.

Partners experience dire consequences as a result of being in a relationship with someone suffering from compulsive sexual behavior. Their emotional well-being

Read Book Facing Heartbreak Recovery Partners Addicts

requires developing new skill sets for self-care and self-protection as they confront the difficult and painful process of discovery, disclosure, and beyond. In other words—they need boundaries. This is the first book specifically for partners affected by addictive behavior that addresses, in detail, how to identify, create, and maintain boundaries as a vital component of self-care and an indispensable tool for healing and growth. Moving Beyond Betrayal guides partners to define the current problem(s); identify needs that aren't being met; find where they have the power to effect change; take action; and evaluate the results to determine if their goal has been accomplished. The author examines all aspects of effective boundary work, including what to do when boundaries are violated. Through working the 5-Step Boundary Solution partners will:

- Gain clarity
- Reduce the chaos inherent in relationships impacted by sex addiction
- Feel more empowered and in control of their lives
- Discover whether or not their relationship with the addict is salvageable

Vicki Tidwell Palmer is a Licensed Clinical Social Worker (LCSW), Certified Sex Addiction Therapist (CSAT), and Somatic Experiencing Practitioner (SEP) in private practice in Houston, Texas. She is the author of the blog for partners Survival Strategies for Partners of Sex Addicts.

Sexual betrayal creates significant trauma. Using new research and current treatment approaches this book provides individuals experiencing betrayal support and ideas for their healing and recovery.

This book is the friend you need to navigate a whole-hearted divorce and find healing and

Read Book Facing Heartbreak Recovery Partners Addicts

empowerment along the way. Whitney shares therapeutic tools here to create change and healing. She also shares, with humor and lightness, her stories from the trenches as a single mom who went through her own painful divorce.

There is nothing that can rupture the loving connection between a couple like betrayal. In *Courageous Love*, Dr. Stefanie Carnes provides a step-by-step guide for repairing your relationship, whether it is damaged by infidelity, pornography or compulsive and addictive sexual behavior. Dr. Carnes teaches couples how to respond to one another with compassion and empathy and how to hold onto hope for their relationship. She outlines a detailed process to getting your relationship back on track and into a new stage of development. This book is a must read for couples struggling with the aftermath of betrayal.

ENJOYABLE, EXCITING SEX IS POSSIBLE AFTER SEX ADDICTION In the journey to sexual sobriety, many sex addicts find themselves wondering, 'How am I going to have a normal relationship?' or 'Will it be possible to repair my marriage now that I've confessed my destructive behavior?' and 'Will I ever have great sex again?' As a sex, marriage, and family therapist, Alexandra Katehakis introduces a successful program for sufferers and their loved ones that will help them hone their erotic intelligence by making sense of the past, creating healthy habits in the present, and looking toward a more intimate relationship that nurtures honesty and closeness. With Katehakis's help, sex addicts can get in touch with their healthy sexual side—and embrace true intimacy and acceptance in themselves and in their mates. - Features true stories of people coming to terms with their sexuality on the other side of sex addiction, as well as couples finding a new path to sexual trust and fulfillment - Helps to build the four cornerstones of intimacy that are essential for healthy relationships

Read Book Facing Heartbreak Recovery Partners Addicts

This book is a Christian companion to Facing the Shadow. It provides an early spiritual focus to recovery for those who are beginning to use the Patrick Carnes 30 task model of recovery from sex addiction. Addresses issues of sexuality in a non-shaming way using Biblical scripture to encourage long-term recovery. Shadows of the Cross: -Includes interactive exercises and tasks that complement Facing the Shadow. -Applies world renowned Dr. Patrick Carnes' research-based thirty task model with a Christian twist -Has a Christian approach that tackles the shame that often accompanies sex addiction -Provides readers with suggested Biblical verses to assist in their long-term recovery -Provides a much needed spiritual focus to early recovery

As psychologists specializing in treating sex addiction, our jobs require us to work closely with people whose lives have fallen apart. Not all couples choose to rebuild, and that is always a very personal decision. This book is for those who do, and then often find themselves wondering, "How can we have a healthy sex life after sex addiction?" We have answered this question by developing Sexual Reintegration Therapy(SRT). If you have a vision for a better relationship, SRT gives you the plan. Even if you cannot see clearly how your wounded relationship can be healed, SRT will offer you that hope. SRT consists of a progressive series of clearly defined experiences (that we have been using successfully with our clients for years) that will help you address core intimacy issues that need upgrading. The lack of a structured program to promote healthy sexuality after sexual addiction has been a major source of frustration for many couples. It is also why so many of our professional colleagues, including Dr. Patrick Carnes, have been urging us to publish this book. A man who was nearing the end of the SRT program with his wife summed up his experience this way: "This program has been

Read Book Facing Heartbreak Recovery Partners Addicts

more helpful to us than anything else we've tried. We knew what we wanted- we just needed a plan that could get us there."

Applies Dr. Patrick Carnes' research-based thirty-task model to treating addiction to alcohol and drugs for a lasting long-term recovery.

Do you love an addict? Do you sometimes feel like their addiction is your fault? Are people calling you codependent? If our treatment toward loved ones of addicts alienates them, it's time we change our approach. With Prodependence, Dr. Robert Weiss offers us the first fully new paradigm in over 35 years for helping those who love and care for addicts. An attachment-focused model, prodependence recognizes that no one can ever love too much, nor should anyone be pathologized for whomever they choose to love as is often the case.

Prodependence informs caregivers how to love more effectively, but without having to bear a negative label for the valuable support they give. When treating loved ones of addicts and other troubled people using prodependence, we need not find something "wrong" with them. Instead, we acknowledge the trauma and inherent dysfunction that occurs when living in relationship with someone whose life is failing and keep moving forward. Validating a caregiver's painful journey for what it is opens the door to support them in useful, non-shaming ways. Helping people take incremental, positive steps toward intimate healing is what Prodependence is all about!

[Copyright: 7a77bc2194e523bb9ab45477f4e3e8fc](https://www.prodependence.com/)