

HEALING WORKBOOK



PRODIGALS
Partners in Process







PARTNERS IN PROCESS RECOVERY MANUAL





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INTRODUCTION TO YOUR RECOVERY JOURNEY

Navigating the Journey of Healing After Sexual Betrayal

Learning about your partner's sexual betrayal is a deeply distressing experience that can shatter the foundation of trust and leave you emotionally devastated. Whether it's the discovery of pornography use, an affair, or any other form of sexual brokenness, the journey toward healing can seem daunting and overwhelming. In this article, we will explore the six identifiable stages of recovery for women affected by sexual betrayal, as defined by Dr. Stefanie Carnes, providing insights and guidance for those embarking on this challenging path.

1. **Pre-Discovery:** At this initial stage, you may have a sense that something is amiss in your relationship, but you lack concrete evidence or awareness of the sexual behaviors involved. You might experience a ripple effect impacting various aspects of your life, such as finances, parenting, and intimacy. When you attempt to address your concerns, your partner may deny, minimize, or shift blame. Seeking support, educating yourself about sexual betrayal, and reaching out to professionals can be invaluable during this phase. At this point, we say to trust your gut or intuition.
2. **Crisis/Decision/Information Gathering:** The second stage involves the exposure of your partner's sexual behaviors that were previously undisclosed. This revelation, whether through disclosure or accidental discovery, plunges you into emotional turmoil and causes profound pain. You may find yourself attempting to control or manipulate your partner in a desperate effort to alleviate the pain of betrayal. Feelings of isolation and loneliness can be overwhelming. It is crucial to seek guidance from specialized therapists, join support groups such as this Partners in Process group, and engage in therapeutic resources specifically tailored for intimate partner betrayal trauma. If you need help finding a qualified therapist or coach, search iitap.com, International Institute for Trauma and Addiction Professionals (search your area for a Certified Partner Trauma Therapist, CPTT or Certified Sex Addiction Therapist, CSAT), or apsats.org, The Association of Partners of Sex Addicts Trauma Specialists (search for Certified Clinical Partner Specialist, CCPS or Certified Partner Coach, CPC).
3. **Shock:** You may experience mind-numbing disbelief and a profound sense of shock after discovery. Your partner may suddenly feel like a stranger, and you might question the authenticity of the entire relationship. This stage serves as a protective mechanism, shielding you from the raw and painful emotions that accompany betrayal, such as anger, resentment, hopelessness, self-doubt, and shame. Seeking validation and support from professionals and others who have experienced similar betrayals is vital during this phase.

4. **Grief and Ambivalence:** During the fourth stage, you embark on a journey of introspection, focusing on yourself and allowing yourself to grieve your losses. It is essential to create space for acknowledging the pain and reality of what you have been experiencing. Ambivalence about the relationship may arise, leaving you uncertain about whether to stay or leave. The healing process is facilitated through setting healthy boundaries, engaging in recovery work, and prioritizing self-care.
5. **Repair:** The repair stage marks a turning point where you begin to experience deeper insight, increased inner strength, and the development of healthy coping mechanisms. You become fully invested in your own recovery, and possibly in the recovery of the relationship as well. Stability is achieved through the establishment of boundaries and the diligent work of grieving your losses. If you choose to stay, it is contingent upon your partner's commitment to a recovery program and their signs of healing. This stage also provides clarity regarding whether the relationship can be restored or not.
6. **Growth:** The final stage of growth brings a decrease in feelings of victimization and an increase in resiliency. Paradoxically, you may find yourself acknowledging the personal growth and invaluable lessons that have arisen from your recovery journey. The pain you have endured will have been transformed into personal growth, resilience, and a deeper understanding of yourself. As you move forward, the wounds of betrayal will continue to heal, and you will emerge stronger, empowered, and capable of navigating future challenges with newfound wisdom.

Recovering from the devastating impact of sexual betrayal is a long and arduous journey, unique to each individual. By recognizing and understanding the six stages of recovery, you can gain insight into the process.

What stage are you currently in? What stage would you like to be in? What can you do to move forward toward GROWTH? Your Partners in Process mentor can help you work toward that stage. If you have further questions, contact us at Prodigals International.

Jesus Provides Us Hope and Redemption

Whether you have just found out about your husband's secret life, or you have known since you met, this group is for you. We have all been betrayed by the man we love. We continue through our own journey of recovery, and sacrifice our time, talent, and energy to come alongside other betrayed women going through the deepest valley of pain and loss they have ever experienced.

We applaud you for taking the first difficult steps toward healing, whether your marriage survives or not. Either way, your healing matters. It matters to each of us and it matters to God. He would desire that you live an abundant life, (John 10:10) however you have defined what an abundant life looks like to you. We are here to guide you in your journey and support you when the turbulent waves of grief become too much to bear alone and the tsunami is crashing down on top of you and your family.

Recovery from betrayal is a hard road and we want you to know it is not your fault. One of our Twelve Step sayings is, "I didn't cause it, I can't control it, and I can't cure it." We go on to add an additional "C," "I can choose to change." This is why we do this work. We want to change the narrative; we desire to change the ending of our story. C.S. Lewis said, "You can't go back and change the beginning, but you can start where you are and change the ending."

The story of the woman accused of adultery in John 8:1-11 is a message of hope and redemption. Jesus did not condemn the woman caught in adultery. Neither does he condemn our husbands for their acts of betrayal. Jesus certainly does not condemn us for the choices we make or do not make in our response to our husbands' behavior. Jesus showed this woman mercy and forgiveness.

The story Jesus tells in this passage is about a woman who was caught in the act of adultery and brought before Jesus by the teachers of religious law and the Pharisees. They wanted to trap Jesus into saying something they could use against him. Instead, Jesus said, "*Let the one among you who is without sin be the first to throw a stone at her.*" *When the accusers heard this, they slipped away one by one until only Jesus was left with the woman. He then said to her, "Where are your accusers? Didn't even one of them condemn you?" She replied, "No one, sir."* Then Jesus said, "*Neither do I. Go and sin no more.*"

But Jesus went to the Mount of Olives. Early in the morning, he came again to the temple. All the people came to him, and he sat down and taught them. The scribes and the Pharisees brought a woman who had been caught in adultery and placing her in the midst they said to him, "Teacher, this woman has been caught in the act of adultery. Now in the Law, Moses commanded us to stone such women. So what do you say?" This they said to test him, that they might have some charge to bring against him. Jesus bent down and wrote with his finger on the ground. And as they continued to ask him, he stood up and said to them, "Let him who is without sin among you be the first to throw a stone at her." And once more he bent down and wrote on the ground. But when they heard it, they went away one by one, beginning with the older ones, and Jesus was left alone with the woman standing before him. Jesus stood up and said to her, "Woman, where are they? Has no one condemned you?" She said, "No one, Lord." And Jesus said, "Neither do I condemn you; go, and from now on sin no more." (John 8:1-11 ESV)

If you are interested in viewing a powerful portrayal of another story of God's grace and mercy found in John 4:4-26, look up "The Chosen" Season 1 Episode 8, The Samaritan Woman at Jacob's Well.

This encounter between Jesus and the adulterous woman in John chapter eight, captures the spirit of the Partners in Process mentorship program. We are full of mercy and forgiveness. As with Jesus and the woman, there was no condemnation or shaming because our behaviors manifested from our deep pain. We found Partners in Process to be a safe place to heal, with a lot of support for our recovery journey.

But there was a toughness in Jesus's reply, as well. The standard he set, is sin no more. In her case, that meant no more sexual sin. For most of us as the betrayed partner, that may mean no

more lying, manipulating, or doing our best detective work in the hope that our husband would change and sin no more. We are not God. "God is God and I am not!" We want to work toward letting go of the control we have over our husbands. There is nothing we can do to change our husbands' behavior, so let's begin together the journey of changing ourselves and our responses to difficult situations.

That is the standard in Partners in Process, also. Despite years of failure and despair, we have found that, by God's grace and with the support of our betrayal trauma Twelve Step group, we can experience recovery from the pain we experienced. This includes freedom from acting out physically, mentally, emotionally, sexually, and spiritually.

This is hard work—the hardest and yet the most rewarding work we have ever done. We have had to learn to become more honest with ourselves and be willing to let go of control than ever before. The result will provide us with that abundant life we are searching for. It will help us to regain our voice and our sense of worth.

Our trauma experience left us feeling defeated over and over again. We were unable to overcome it on our own and needed a guide for this journey. We were finally ready to reach out for help before going under again. We found healing through the Twelve Steps. As we surrendered control, gave up our investigations, and relied on God to meet our needs and reveal to us what we needed to know about our husbands' behaviors, we became more settled and accepting of ourselves, where we were, and where we want to go.

The roadmap for success in this program is the same as those experienced by hundreds of women around the world who found freedom from the stranglehold of trauma from another's sexual behaviors in their relationship. We have outlined in the next paragraph how our Partners in Process program works and how you too can experience success.

How the Twelve Steps Heal Betrayal Trauma

Partners in Process is a Twelve Step group for betrayal trauma. Working the steps with other betrayed women can provide a supportive and structured environment to work through your experiences and emotions. Unlike traditional therapy, which is typically led by a trained professional, a Twelve Step group is led by its members, who volunteer their time to facilitate meetings and provide support to one another. This peer-led approach allows members to share their experiences and insights with others who have gone through similar struggles. This keeps the recovery focus on myself rather than on what I need to do to fix my situation. I attend a group and work in the program because I have been sexually betrayed by another person and I want to work through my trauma. My trauma will be very different from yours because of my circumstances and my past. One of the key principles of a Twelve Step group is the focus on personal responsibility and self-improvement.

Anonymity and confidentiality are also important aspects of the group dynamic, as they allow members to share openly and honestly without fear of judgment or repercussions. Who attends the meeting and what is said in the meeting are kept in strict confidence. Members are encouraged to keep the focus on themselves and their own recovery, rather than trying to fix or change others.

In a Twelve Step group for betrayal trauma, it is vital to avoid cross talk and to place principles

before personalities. This means that the focus is on the shared goal of recovery, rather than on individual personalities or conflicts. Volunteer leadership ensures that the group remains focused on its mission and that all members have an equal voice.

One of the benefits of participating in a Twelve Step group is the opportunity to connect with others who have had similar experiences. Members are encouraged to avoid isolation by talking after meetings, meeting for coffee or food, calling or texting one another, and participating in other social activities when it is appropriate and anonymity can be maintained. These connections can provide valuable support and encouragement as individuals work through their recovery.

Readings are a key part of the healing process in a Twelve Step group. Members are encouraged to read literature related to their recovery (a recommended reading list is in the appendix) and to share their insights with the group. This can help individuals deepen their understanding of the principles of the program and apply them to their own lives. In a traditional Twelve Step group, it is required that you only share "conference-approved literature." At Partners in Process, we recognize there are many resources available to us as betrayed partners. Go ahead and share them, but don't put working and teaching the steps aside. There is great value in working the steps and there are many good books that support the work we are doing in the steps such as boundaries, communication, forgiveness, and many more topics. Approach each resource through your "trauma-informed" lens.

In a Twelve Step group for betrayal trauma, members are reminded that they don't have to do everything perfectly. The focus is on progress, not perfection. Members are encouraged to share their experiences honestly and openly, without fear of judgment or criticism. There is no giving advice or interrupting others while they are speaking because that is a form of cross talk. Each member is considered the only expert in their own recovery. Recovery is not a race, and individuals may experience missteps along the way. The group leaders serve as guides, helping members navigate the challenges of recovery.

The heart of the program is learning how to make better choices for oneself. This involves identifying what has not been working and finding new ways to approach challenges. Each member's journey is unique, and what works for one person may not work for another.

In a Twelve Step group for betrayal trauma, everyone is considered a member. As one member put it, "We are all part of this club none of us asked to join." Members are encouraged to listen to one another with respect and embrace their differences.

Large meetings may be split into smaller groups to allow for more focused discussion and support. The Twelve Steps themselves are a process that members work through over time. Going through the steps repeatedly can deepen one's understanding of them and provide new insights into one's recovery.

The Twelve Steps work because they focus our attention on ourselves and give us permission to be ourselves wherever we are today (Steps One through Four). The steps also provide us with tools to learn how to change our unwanted behavior and become better wives, mothers, daughters, and friends and build our relationship with Christ (Steps One through Twelve). By working through the steps with the support of a Partners in Process Twelve Step group for betrayal trauma, women can find hope, healing, and a renewed sense of purpose.

THE TWELVE STEPS AND RELATED SCRIPTURE

STEP ONE

We admitted we were powerless over the sex addict, and that our lives had become unmanageable.

"What I don't understand about myself is that I decide one way, but then I act another, doing things I absolutely despise." (Romans 7:15 The Message)

STEP TWO

Came to believe that God could restore us to sanity.

"And looking upon them, Jesus said to them, 'With men this is impossible, but with God all things are possible.'" (Matthew 19:26 NASB)

STEP THREE

Made a decision to turn our will and our lives over to the care of God.

"So here's what I want you to do, God helping you: Take your everyday, ordinary life—your sleeping, eating, going to work, and walking-around life—and place it before God as an offering. Embracing what God does for you is the best thing you can do for Him." (Romans 12:1 The Message)

STEP FOUR

Made a searching and fearless moral inventory of ourselves.

"Let us examine our ways and test them, and let us return to the Lord." (Lamentations 3:40 NIV)

STEP FIVE

Admitted to God, to ourselves, and to another human being, the exact nature of our wrongs.

"Make this your common practice: Confess your sins to each other and pray for each other so that you can live together whole and healed." (James 5:16 The Message)

STEP SIX

Were entirely ready to have God remove all these defects of character.

"Repent then, and turn to God, so your sins may be wiped out, that times of refreshing may come from the Lord." (Acts 3:19 NIV)

STEP SEVEN

Humbly asked Him to remove all our shortcomings.

"So let God work his will in you... Say a quiet yes to God and he'll be there in no time. Quit dabbling in sin. Purify your inner life. Quit playing the field. Hit bottom, and cry your eyes out... Get down on your knees before the Master; it's the only way you'll get on your feet." (James 4:7-10 The Message)

STEP EIGHT

Made a list of all persons we had harmed and became willing to make amends to them all.

"And when you assume the posture of prayer, remember that it's not all asking. If you have anything against someone, forgive—only then will your heavenly Father be inclined to also wipe your slate clean of sins." (Mark 11:25 The Message)

STEP NINE

Made direct amends to such people whenever possible, except when to do so would injure them or others.

"If you enter your place of worship and...you suddenly remember a grudge a friend has against you, abandon your offering, leave immediately, go to this friend and make things right. Then and only then, come back and work things out with God." (Matthew 5:23-24 The Message)

STEP TEN

Continued to take personal inventory and when we were wrong, promptly admitted it.

"If we claim that we're free of sin, we're only fooling ourselves. A claim like that is errant nonsense. On the other hand, if we admit our sins—make a clean breast of them—he won't let us down; he'll be true to himself. He'll forgive our sins and purge us of all wrongdoing." (I John 1:8-9 The Message)

STEP ELEVEN

Sought through prayer and meditation to improve our conscious contact with God; praying only for knowledge of His will for us and the power to carry that out.

"Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down." (Philippians 4:6-7 The Message)

STEP TWELVE

Having had a spiritual awakening as the result of these steps, we tried to carry this message to others and to practice these principles in all areas of our lives.

"Go home to your family and tell them how much the Lord has done for you, and how He has had mercy on you." (Mark 5:19 NIV)



SERENITY PRAYER

God, grant me the serenity
To Accept the things I cannot change,
Courage to change the things I can,
And the wisdom to know the difference.
Living one day at a time;
Enjoying one moment at a time;
Accepting hardships as the pathway to peace;
Taking, as He did, this sinful world
as it is, not as I would have it;
Trusting that He will make all things right
if I surrender to His Will;
That I may be reasonably happy in this life
and supremely happy with Him
Forever in the next.
Amen.
Reinhold Niebuhr

DETACHMENT

In Partners in Process we learn that individuals are not responsible for another person's addiction or recovery process. We let go of our obsession with another's behavior and begin to lead happier and more manageable lives; lives with dignity and rights, guided by our faith in Jesus Christ.

We learn:

- Not to suffer because of the actions or reactions of other people;
- Not to allow ourselves to be used or abused by others in the interest of another's recovery;
- Not to do for others what they could do for themselves;
- Not to manipulate situations so others will eat, go to bed, get up, pay bills, not lust, not act out;
- Not to cover up for anyone's mistakes or misdeeds;
- Not to create a crisis; and
- Not to prevent a crisis if it is in the natural course of events.
- Detachment is neither kind nor unkind.
- It does not imply judgment or condemnation of the person or situation from which we are detaching.
- It is simply a means that allows us to separate ourselves from the adverse effects that another person's addiction can have upon our lives.
- Detachment helps families look at their situations realistically and objectively, thereby making intelligent decisions possible.

THE PROBLEM

Many of us grew up in families with generational sin and/or secrets. This caused us to deny or not recognize our needs. We were not taught that our needs were valid or how to have them met. Many of us developed unhealthy beliefs about ourselves—that we were unworthy of being loved. Some of us believe that love is giving everything you have to another person even when it puts your mind, body, and spirit at risk.

We may have adopted these beliefs as a result of:

- Not having a healthy model of attaching to others in our family of origin.
- Having blurred and/or non-existent boundaries.
- Having a past that involved abuse, neglect, or fear.
- Being relied on to take on an adult role when we were children.
- Many of us were ashamed because we felt somehow responsible for our partner's behavior.
- We were engulfed in low self-esteem and felt we were not pretty enough, thin enough, or tall enough.
- Some of us were sexually abused and/or exposed to sexually transmitted diseases. We gave in to his desires even when it violated our own personal values or boundaries.
- Many of us lived with manipulation, gaslighting, and lies. All of this affected our emotional stability, sanity, and feelings of self-worth. We lost trust in ourselves and in others.
- We became fearful of reaching out for help because of what others would think about us or the sexually compulsive partner.
- We sometimes pretended to family, friends, and co-workers, that everything was "wonderful." But at the same time, we were unforgiving and sometimes punishing toward the addict.
- Some of us denied his actions, our own instincts, or did not recognize the signs that the addict was living a secret life.
- We have sometimes attempted to control and protect the addict physically, emotionally, and even financially when he has failed in his responsibilities.

- Many of us blamed the addict and his behavior for every problem in our relationship. We believed that if he would only change, everything would be fine.
- Some of us mistook our sexual relationship for intimacy and love. But we have come to realize there is no real closeness in our relationship, and our needs are left unmet.

Adapted from The S-Anon Problem, S-Anon International Family Groups, 2000

¹Facing Heartbreak, Dr. Stefanie Carnes, M. Lee, A. Rodriguez

THE SOLUTION

We came to realize that we could not control the addict or his behavior. We understand that our problems are emotional and spiritual. We have become ready to face our denial and accept the truth about our lives and our past issues. We realize that shaming and blaming ourselves and/or the addict, trying to control the addict and/or ignoring his behavior, and refusing to set and uphold our own personal boundaries, are all signs of betrayal trauma. We are ready to accept responsibility for our own actions and make Jesus the Lord of our lives. We are dedicated to learning about sexual addiction, our trauma and resulting behaviors, and becoming partners with our spouse and Jesus in recovery. Our goal is to connect with Jesus and find recovery for ourselves regardless of the path the addict chooses. It is not our job to "cure" him. We are willing to find healthy ways to release our fears and anger. We refuse to use anger inappropriately toward the addict.

We are willing:

- to begin the process of recovery and working through the Twelve Steps to heal ourselves;
- to start living the life God has planned for us;
- to seek a daily quiet time with God;
- to find an accountability partner or mentor;
- to work through our own thoughts and feelings in our group, taking the focus off of the addict;
- to give up sexual relations (For some of us, this will be necessary for our spouses to gain sobriety, and for emotional and spiritual healing for ourselves. For single women, this means abstinence until marriage.);
- to begin the forgiveness process, understanding, first, how much God has forgiven us.
- We realize our group provides a safe place to share our fears, hurt or anger. It's also a place to rejoice in victories.
- We are willing to seek a closer relationship with God. By facing our fears, we have realized that Jesus Christ and the Holy Spirit are what we need to overcome them.
- As we surrender our lives including our relationships to God, we will come to know that He is all we need.
- As we realize how much we can trust God and how much He truly loves us, our trust in others and in ourselves will grow.
- We will be transformed by the renewing of our minds.

SOBRIETY

- A state of confidence and serenity resulting from a reliance and trust in God and myself.
- Focusing on myself rather than the addict and relying on God to meet my needs.
- Letting go of control and trusting God for the outcome.
- Being honest with myself about my need to be in recovery.
- Minding my own business: No checking up on or spying on the addict, trusting that God will reveal any necessary information.
- Not taking responsibility for the addict's behavior or recovery; allowing the sex addict to be responsible for his own actions and recovery—no rescuing.

SAFETY GUIDELINES

- There will be no cross talk, please. Each person who shares is free to express their feelings without interruption.
- Cross talk includes interrupting, making comments, asking questions, talking to your neighbor, and giving advice. During the Twelve Step meeting it is crucial that we all follow this guideline.
- We don't give advice to any members of our group.
- If you want to respond to what someone else has shared during your own sharing, you may do so by talking about your own experience using "I statements," not "your" or "we."
- We will avoid sexually explicit descriptions and not use foul language.
- If you feel uncomfortable with any specific descriptions used during the sharing, you may indicate so by raising your hand. Whoever is sharing will respect your boundaries by being less specific in her descriptions.
- We work on uncovering and repairing our own defects; we refuse to take away from our own recovery by focusing on our husbands', or partners', defects. We avoid self-pity and blaming others.
- Anonymity and confidentiality are basic requirements—what is shared in the group stays in the group and is not to be discussed with anyone, including spouses or partners.
- The focus of our group is to heal ourselves; to have a deeper, more intimate relationship with Jesus Christ; and to release our relationships to His care.

TOP AND BOTTOM LINES

TOP LINES:

- Do forgive.
- Do be honest with yourself.
- Do be humble.
- Do take it easy—tension is harmful.
- Do play—find recreation and hobbies.
- Do keep on trying whenever you fail.
- Do learn the facts about sex addiction and betrayal trauma.
- Do attend Partners in Process meetings every week.
- Do pray.
- Do work the steps.
- Do be respectful of your partner and their boundaries.
- Do set boundaries.

BOTTOM LINES:

- Don't be self-righteous.
- Don't try to dominate, nag, scold, and complain.
- Don't lose your temper.
- Don't try to push anyone but yourself.
- Don't keep bringing up the past.
- Don't keep checking up on the sex addict or their step work.
- Don't wallow in self-pity.
- Don't make threats.
- Don't be overprotective.
- Don't be a doormat.
- Don't control or manipulate others.

THE LORD'S PRAYER

Our Father in heaven, hallowed be your name.
Your kingdom come, your will be done,
on earth as it is in heaven.

Give us this day our daily bread, and forgive us our debts,
as we also have forgiven our debtors.

And lead us not into temptation but deliver us from evil.

For if you forgive others their trespasses, your heavenly Father will also forgive you,
but if you do not forgive others their trespasses neither will your Father forgive your trespasses.
(Matthew 6:9-15, ESV)

For yours is the Kingdom and power for forever and ever. Amen.
(Verse 13b, KJV)

**Keep coming back—
it works if you work it,
and
YOU'RE WORTH IT!**

MATERIALS LIST

Please be prepared with the following items prior to meeting with your mentor and bring them to each meeting:

- Prodigals Partners in Process Mentee Guide
- A Hunger for Healing*
- A Gentle Path Through the Twelve Steps*
- A Bible
- Notetaking device: Notebook and pen or your favorite digital device. The key is to keep all of your notes together as you will need to refer back to them.

STEP "ZERO"

Step Zero was created to help you to get on your feet and be planted on firm ground before beginning the hard work of the steps.

To reach the point of completing Step Zero, you will have:

- Completed the "Facing Heartbreak" workbook or Brave Warriors group (or similar at the discretion of your mentor)
- Attended Partners in Process meetings
- Been matched with a mentor (most groups require that you ask someone to be your mentor)

During your first or introductory meeting with your mentor, you will:

- Hear a brief version of your mentor's recovery story
- Share your story
- Set up a Mentor Meeting schedule and begin with Step One
- Review the Comprehensive Homework Checklist

External materials required:

- Notebook or journal, either paper or digital

Materials in this section include:

- Journal
- Partners in Process Comprehensive Homework Checklist

COMPREHENSIVE HOMEWORK CHECKLIST

MENTOR NAME: _____

CONTACT: _____

DATE BEGAN STEP WORK: _____

Do not work ahead, it is important to complete the assignment and then go over it with your mentor. Although the assignment list is a suggested timeframe for the program, your mentor will determine the pace at which to progress. The intent of weekly assignments is to move through the process in a thorough manner, not missing any detail.

Step Zero Mentee Assignments:

Date Completed	Assignments

Step One Mentee Assignments:

Date Completed	Assignments
	Read and Sign the Partners in Process Personal Data Inventory.
	Determine a phone call/meeting schedule.
	Read the article "Boundaries: A Plan for Safety."
	Complete the Boundaries Worksheet.
	The following readings: <ul style="list-style-type: none">• <i>A Hunger for Healing</i>, Introduction through Step One• <i>A Gentle Path Through the Twelve Steps</i>, Read: Some Words About This Program and Step One NOTE: Skip the section for addicts. Also, replace the terms Codependency and Co-addict with Betrayed Partner—some of the reactions are the same, but the term co-addict is no longer used.
	Share your Step One story with the Partners in Process group. (Be sure the group leader knows that you may need additional time to share.)

Step Two Mentee Assignments:

	Assignments
	The following readings: <ul style="list-style-type: none">▪ <i>A Gentle Path Through the Twelve Steps</i>, Step Two, Write 5 insights▪ <i>A Hunger for Healing</i>, Step Two, Write 5 insights
	<ul style="list-style-type: none">• "God Who" Test
	Write one paragraph on each of the following: <ul style="list-style-type: none">▪ Who do you think God is?▪ Who would you like God to be?

Step Three Mentee Assignments

	Assignments
	The following readings: <ul style="list-style-type: none">▪ <i>A Hunger for Healing</i>, Step Three, Write 5 insights▪ <i>A Gentle Path Through the Twelve Steps</i>, Step Three, Write 5 insights
	"My Agenda" Exercise (My Will, God's Will)

Step Four Mentee Assignments

	Assignments
	The following readings: <ul style="list-style-type: none">▪ <i>A Gentle Path Through the Twelve Steps</i>, Step Five, Write 5 insights▪ <i>A Hunger for Healing</i>, Step Five, Write 5 insights
	Fourth Step Inventory Worksheets
	Schedule a time and determine a private place for Step Five.
	The following readings (after Step Four Inventory, but before Step Five meeting): <ul style="list-style-type: none">▪ <i>The Steps We Took</i>, Step Five, Write 5 insights.▪ <i>A Hunger for Healing</i>, Step Five, Write 5 insights.

Steps Five, Six, and Seven Mentee Assignments:

Assignments	
	Step Five:
	Optional: Read aloud pages 72-75 in the <i>Big Book of Alcoholics Anonymous</i>
	Commit the time in prayer to God.
	Review the mentee’s inventory sheets.
	If needed: After reviewing the entire inventory, ask the mentee to take about an hour alone to reflect. Ask her to reflect on anything left out, or whether there is anything blocking her complete surrender to God. Use your discretion on this. You may want to return to complete Steps Six and Seven.
	When the mentee is ready, begin Steps Six and Seven.
	Steps Six and Seven:
	Ask the mentee to join you. Discuss anything that came to mind that should be included in the inventory.
	Create an amends list with the mentee.
	If the mentee is entirely ready to have God remove <i>a//</i> these value system, then find a private place outside. (Like a backyard or a park with a fire pit or grill.)
	Conduct the commitment ceremony.
	Ask your mentee to share her Fifth Step experience at the next Partners in Process meeting. Be sure to communicate with the leader that your mentee will need additional time to share.
	Complete the following: “Dysfunctional Attitude Scale Test” “Termination Letter” “Personal Crazyness Index” Worksheet

Step Eight Mentee Assignments:

	Assignments
	The following readings: <ul style="list-style-type: none">▪ <i>A Gentle Path Through the Twelve Steps</i>, Step Eight, Write 5 insights▪ <i>A Hunger for Healing</i>, Step Eight, Write 5 insights
	Make a list of people harmed—directly or indirectly.
	Optional: Read the last full paragraph on page 76 of the <i>Big Book of Alcoholics Anonymous</i> .
	Optional: Read the middle of page 76 to the middle of page 77 of the <i>Big Book of Alcoholics Anonymous</i> .
	Optional: Read the last full paragraph on page 552 in the <i>Big Book of Alcoholics Anonymous</i> .
	Review Ephesians 4:32 and make a list of some of the sins Christ has forgiven in the mentee's life.

Step Nine Mentee Assignments:

<i>Completed</i>	Assignments
	The following readings: <ul style="list-style-type: none"> ▪ <i>The Gentle Path Through the Twelve Steps</i>, Step Nine, Write 5 insights ▪ <i>A Hunger for Healing</i>, Step Nine, Write 5 insights
	Review process for making direct and indirect amends.
	Ask the mentee to bring to your next mentoring meeting a list of all the people she has harmed and any other people she forgot to include in her original list.
	With the mentee, read the last full paragraph on page 76 of the <i>Big Book of Alcoholics Anonymous</i> . Ask the mentee to pray daily for the willingness to make amends with each person on her list.
	Help the mentee resolve any feelings of resentment toward people she has wronged.
	Help the mentee begin the process of making amends by reflecting on forgiveness.
	Unless the resentment is toward the spouse, encourage the mentee to move ahead with her most important amends while still praying for willingness to approach the others.
	Set up as many direct amends as possible and begin taking care of them immediately.
	Put together a repayment plan for all her outstanding debts, if needed.
	List indirect amends on a card and pray for them daily.

Step Ten Mentee Assignments:

<i>Completed</i>	Assignments
	The following readings: <ul style="list-style-type: none"> ▪ <i>The Gentle Path Through the Twelve Steps</i>, Step Ten, Write 5 insights ▪ <i>A Hunger for Healing</i>, Step Ten, Write 5 insights
	Explain the three “walking around” disciplines of Step Ten.
	Explain the Tenth Step Inventory and review with mentee.
	Complete Tenth Step Inventories and determine how those will be completed going forward.

Step Eleven Mentee Assignments:

<i>Completed</i>	Assignments
	The following readings: <ul style="list-style-type: none"> ▪ <i>The Gentle Path Through the Twelve Steps</i>, Step Eleven, Write 5 insights ▪ <i>A Hunger for Healing</i>, Step Eleven, Write 5 insights
	Complete another Personal Crazyness Index.
	Discuss the mentee’s progress with improving her prayer life and adding any meditation exercises to her day.

Step Twelve Mentee Assignments:

<i>Completed</i>	Assignments
	Review work from previous steps.
	Review completed daily Tenth Step Inventories.
	The following readings: <ul style="list-style-type: none">▪ <i>The Gentle Path Through the Twelve Steps</i>, Step Twelve, Write 5 insights▪ <i>A Hunger for Healing</i>, Step Twelve, Write 5 insights
	Review Twelve Step Overview.
	Discuss making a commitment to mentoring others.
	Continue to work with the mentee as she mentors others.

STEP ONE

We admitted we were powerless over the sex addict, and that our lives had become unmanageable.

"What I don't understand about myself is that I decide one way, but then I act another, doing things I absolutely despise." (Romans 7:15 The Message)

Theme:

Powerlessness and Unmanageability

Summary:

Step One provides direction for unmanageability in our lives. We prepare ourselves by realizing this is the first step in our Spiritual journey toward wholeness. This step asks us to look at our reality and realize we can't function as long as we are in control. We need to admit defeat. This is where we look at our lives and acknowledge that we are unable to restore ourselves or our marriage on our own. We can't control, cure, or change our husbands, but we can choose to change ourselves.

External materials required for Step One include:

- *A Gentle Path Through the Twelve Steps*
NOTE: Skip the section for addicts. Also, replace the terms Codependency and Co-addict with Betrayed Partner—some of the reactions are the same, but the term co-addict is no longer used.
- *A Hunger for Healing*

(It is not required that you complete the exercises in *A Gentle Path Through the Twelve Steps* and *A Hunger for Healing*, but you may find them helpful.)

Completely optional reading include:

- *The Big Book of Alcoholics Anonymous*
- *S-Anon Blue Book*
- *Twelve Steps and Twelve Traditions*

Materials in this section include:

- Partners in Process Personal Data Inventory
- Article – "Boundaries: A Plan for Safety"

Partners in Process Healing Workbook



- Boundaries Exercise
- Powerless and Unmanageable Exercise

PARTNERS IN PROCESS PERSONAL DATA INVENTORY

Note: Partners In Process adheres to a strict policy of anonymity and confidentiality. All information beyond first name, last name initial, email address, and phone number is optional.

Name: _____ Home Phone: _____

Address: _____ City, State, Zip: _____

Your age: _____ Occupation: _____ Work phone: _____

If married, spouse's name: _____ Spouse's occupation: _____

Married how long? ____ Previously married? ____ How many times? ____ How long? ____

Your children (names, ages): _____

Stepchildren (names, ages): _____

Currently attending church? • Yes • No If yes, where? _____

When and how did you become a Christian? _____

Are you now, or have you in the past, worked with a counselor/therapist? • Yes • No

If yes, when and for how long? _____

Have you been involved in a Twelve Step recovery program previously? • Yes • No

If yes, which program(s)? _____

Why do you want to work with a mentor at this time? _____

What questions or concerns do you have about the mentoring process? _____

Is there anything else about you that you think I should know at this time?

BOUNDARIES: A PLAN FOR SAFETY

We set boundaries so that we can be safe. Think of boundaries as guardrails on the highway of life. Think of them as your castle walls. They are there to protect you, both from others who would take advantage of you and your past responses to feeling unsafe.

Most of us have underdeveloped or even nonexistent boundaries. Are there people in your life who make you do things that you don't want to do? Can you tell someone "No" without feeling guilty? Do you seem to get caught in the same trouble or sin without ever seeming to be able to do it differently? If you answered yes to any of these questions, you will benefit from repairing and strengthening your boundaries.

You own your boundaries. No one can or will make you keep your boundaries. You own them, create them, and maintain them. Your boundaries provide as much protection for you as you allow them to. Boundaries work as long as you stay behind them.

Like a castle wall, your boundaries are going to be as strong as the work you put into them. If you skip, take these questions lightly, or don't answer them thoroughly, you're going to leave holes in your walls.

Boundaries will keep you safe. Sometimes they keep bad things out and sometimes they keep you out of bad things.

Start with this four-part process as you complete the following exercises:

- First, make a list of your betrayal trauma behaviors.
- Second, look for patterns.
- Third, create your boundaries.
- Fourth, implement and fine-tune your strategies.

CLARIFYING AND STATING YOUR CLEAR BOUNDARIES

Instructions: This worksheet is designed to assist you in clarifying and stating your boundaries effectively. It incorporates the principles of trauma-informed training to help you navigate the process with sensitivity and awareness. Take your time and reflect on your feelings, needs, and desired outcomes or responses. Write down your responses in the spaces provided and use them as a reference when communicating your boundaries. You will be setting boundaries for yourself and for your partner.

Use the space on the pages following or your journal for this exercise.

Boundary Setting Context: Describe the specific situation or behavior for which you are establishing boundaries:

Feelings: Identify the emotions that arise within you when this boundary is crossed or violated:

Needs: Identify your core needs that are not being met or respected in this situation:

Boundary Statement: Craft a clear and assertive statement that communicates your boundary. Use "I statements" to express your needs and expectations:

Desired Outcome or Response: Outline the specific outcome or response you desire when this boundary is respected:

Self-Care Plan: Identify actions or self-care strategies you will implement to reinforce and maintain your boundaries:

Response: Consider potential consequences or responses if this boundary is disregarded. These should align with your self-care and protection:

Support System: Identify individuals or resources you can turn to for support and guidance in upholding your boundaries:

Remember, boundaries are about prioritizing your well-being and asserting your needs. It is essential to communicate your boundaries in a calm, assertive, and non-confrontational manner. Practice your boundary statement and seek support from a trauma-informed counselor or support group if needed.

Revisit and revise this worksheet as necessary to adapt to evolving situations or new insights. Your boundaries may change over time, and that is perfectly normal. Take care of yourself and honor your boundaries as an act of self-compassion and empowerment.

Note: This worksheet is intended to serve as a guide and tool for personal reflection. It is not a substitute for professional counseling or therapy. If you find yourself in an abusive or dangerous situation, prioritize your safety and seek immediate help from the appropriate authorities.

There will be times when your boundary is met with resistance. We encourage you to review your boundary and align it with your needs. Ask yourself, "Is this a non-negotiable boundary? What is

this never changes? Would I be okay if the behavior and actions don't change? What can I do to protect myself and my kids?" You might consider bringing this boundary to your counselor or coach and ask for assistance in forming the boundary and the response.

If you determine you do not have the power to change the situation, you may choose to release it. In this case, letting go without taking on a victim role might be your best solution.

POWERLESS AND UNMANAGEABILITY

Step One

Before you begin this exercise, it is important to make sure you are in a safe place in your relationship with the betrayer and that no one blames you for your husband or partner's choices or for your choices. Remember our saying:

*"I didn't cause it, I can't cure him, I can't control him, **and**
I can take care of myself by making healthy choices by communicating my feelings."*

Write down how betrayal has affected your life in different areas, such as your physical health, mental health, emotional well-being, relationships, finances, spirituality, etc. Be specific and honest about the negative consequences you have faced or are facing.

- Write down how you have tried to cope with betrayal or change your partner's behavior, such as confronting them, checking their phone or computer, setting ultimatums, begging, pleading, threatening, etc. Be specific and honest about the outcomes of your attempts and how they made you feel.
- Write down how you feel powerless over your partner's choices and actions, such as their lying, cheating, manipulating, gaslighting, etc. Be specific and honest about how their choices and actions have hurt you and violated your boundaries.
- Write down how you feel powerless over your own feelings and reactions, such as your anger, fear, sadness, guilt, shame, etc. Be specific and honest about how your feelings and reactions have affected your behavior and well-being.
- Write down how you are willing to admit that you are powerless over betrayal and that your life has become unmanageable. Be specific and honest about why you need help and support from God and your Partners in Process community.

Here is an example of what a Step One exercise might look like:

- Betrayal has affected my life in many ways. It has damaged my physical health by causing insomnia, headaches, stomach problems, and weight loss. It has damaged my mental health by causing anxiety, depression, PTSD, and suicidal thoughts. It has damaged my emotional well-being by causing low self-esteem, distrust, resentment, and loneliness. Betrayal has damaged my relationships by causing isolation, conflict, and trauma bonding. It has damaged my finances by causing legal fees, debt, and loss of income. It has damaged my

spirituality by causing doubt, anger, confusion, and loss of faith.

- I have tried many ways to cope with betrayal or change my partner's behavior. I have confronted my husband with evidence of his affairs and pornography use. I have checked his phone and computer for signs of cheating. I have set ultimatums and boundaries for him to stop his behavior or leave the house. I have begged him to love me and be faithful to me. I have pleaded with him to get help and go to therapy or a Twelve Step program. I have threatened him with divorce or exposure. None of these attempts have worked. He has either denied his addiction, blamed me for it, promised to change but never did, or retaliated with more abuse. These attempts have made me feel hopeless, frustrated, angry, scared, and worthless.
- I feel powerless over my husband's choices and actions. He often lies to me about where he is going, who he is talking to, what he is doing online, etc. He has cheated on me with multiple people he met online or in person. He manipulated me into believing that he loves me and that he is sorry for hurting me. He has gaslighted me into doubting my own reality and sanity. He hurt me physically, emotionally, verbally, sexually, and financially. He violated my boundaries repeatedly without remorse or accountability.
- I feel powerless over my own feelings and reactions. I feel angry at my partner for betraying me and at myself for staying with him. I feel fear of losing him or being alone. I feel sadness for the loss of the relationship I thought I had and the future I hoped for. I feel guilty for not being enough for him or for exposing our children to his abuse. I feel shame for being a victim of betrayal and abuse and for not being able to leave him. These feelings affect my behavior and well-being in negative ways. I lash out at him or at others who try to help me. I isolate myself from friends and family who care about me. I neglect my own needs and responsibilities. I self-medicate with alcohol, drugs, food, shopping, gambling, or other addictions.
- I am willing to admit that I am powerless over betrayal and that my life has become unmanageable. I need help and support from God and my Partners in Process community because I cannot do this alone. I cannot control my partner's addiction or behavior. I cannot heal from the trauma he has caused by myself. I cannot find peace and happiness in this abusive relationship.

It might be helpful to bring this exercise to your therapist or coach who specializes in betrayal trauma recovery. They can help you understand the dynamics of abuse in your relationship, validate your feelings, empower you to continue to set boundaries and guide you toward healing as you continue through the steps with your mentor.

Please remember that **you are not alone, you are not to blame, and you deserve safety.**

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Lined area for journaling

STEP TWO

Came to believe that a power greater than ourselves could restore us to sanity.

"Jesus looked at them and said, 'For Men this is impossible, but for God all things are possible.'"

(Matthew 19:26 NCB)

Theme:

There's hope out there, and I want it.

Summary:

Step Two represents a wholehearted and sincere journey filled with hope, faith, and connections with self and God. It signifies a significant stride toward embracing spirituality and acknowledging the possibility of transformation. Despite the multitude of failures, broken promises, negative emotions, disappointments, setbacks, self-destructive tendencies, animosity or resentment, anxiety, depression, or remorse that may have plagued your life, hope still remains.

This hope stems from the recognition that there exists a Power beyond ourselves— whom we acknowledge as God, who is capable of restoring our life, and freeing us from the grips of unwanted, unhelpful behaviors. Gradually, we awaken to the existence of the Power of God, understanding that it possesses the capacity to guide us toward healing and a restored life or marriage and grant the freedom we seek. Step Two asks us to look to God for help. Many of us have had a distorted sense of God, despite years of regular church attendance. We continue to let go of those unhelpful behaviors and attempts to meet our own needs, toward the care of God. In Step Two we find that not only **can** God restore us to sanity, but he **will** restore us to sanity if we ask him to.

External materials required for Step Two include:

(It is not required that you complete the exercises in *A Gentle Path Through the Twelve Steps* and *A Hunger for Healing*, but you may find them helpful.)

- *A Gentle Path Through the Twelve Steps*
- *A Hunger for Healing*

Completely optional reading include:

- *The Big Book of Alcoholics Anonymous*
- *S-Anon Blue Book*
- *Twelve Steps and Twelve Traditions*

Step Two: Came to Believe that a Power Greater Than Ourselves Could Restore Us to Sanity

Step Two invites us to embark on a profound journey of faith and spiritual awakening. This step acknowledges that we need assistance beyond ourselves to find healing and restore our sanity. By embracing the concept of a Power greater than us, we open ourselves up to a transformative experience that can guide us toward recovery and freedom from the harmful responses to our betrayal trauma. When we mention "a Power greater than ourselves," it is important to note that in Partners in Process, that Power is God.

"Came to believe" signifies that this process is not an immediate revelation but a gradual realization. It is essential to recognize that this belief can develop over time, as we actively engage in the other steps and remain open to the possibilities that lie ahead. Each individual's journey is unique, and there is no rigid timeline for coming to believe. We simply need to be receptive and willing to explore this aspect of our recovery.

The word "sanity" holds significant meaning in this context. It denotes the ability to think and behave in a normal and rational manner, reflecting sound mental health. In our betrayal trauma, we were trapped in a cycle of repetitive behaviors, expecting different outcomes. This repetitive pattern demonstrated our insanity. Step Two offers hope for breaking free from this cycle and finding a path toward sanity and well-being.

Step Two introduces the concept of God, as commonly used in Twelve Step programs. However, it is essential to note that this understanding of God is not intended to impose specific beliefs or practices on anyone. As expressed in the Sex Addicts Anonymous book, the program offers a spiritual solution without requiring adherence to any particular set of beliefs or dogmas (page 21). It is a personal journey of establishing a relationship with a Higher Power, which can vary for each individual.

The words "came to believe" emphasize that this step is a process. Some may enter the recovery journey already believing in a Higher Power, while others may have had negative experiences with a concept of God that felt oppressive or vengeful. The recovery process calls for releasing selfish thinking and embracing a spiritual awakening, which goes beyond religious affiliation. It is about connecting with something greater than ourselves, finding solace, guidance, and transformation.

Step Two signifies a heartfelt and sincere path filled with hope, faith, and self-discovery. Despite the challenges, failures, and negative emotions we may have experienced, there remains a glimmer of hope. This hope stems from recognizing the existence of a Power beyond ourselves, whom we acknowledge as God. God has the capacity to restore our lives, liberate us from destructive behaviors, and grant us the freedom we seek. As we progress, we gradually awaken to the presence of this Power of God, understanding His ability to lead us toward recovery.

Step Two invites us to seek help from God. It acknowledges that many of us may not have a

clear understanding of God, despite years of religious involvement. Nonetheless, as we distance ourselves from behaviors caused by betrayal and attempts to fulfill our own needs, we move closer to relying on the care and guidance of God. In Step Two, we discover that not only can God restore us to sanity, but when we earnestly ask for help, He will indeed restore us to sanity.

Step Two Recap:

"Came to believe" signifies a gradual process and openness to change.

"A Power greater than ourselves" connects us to God and helps us to shore up our beliefs about who God is, how we understand Him and how He desires to set us free.

"Sanity" refers to the ability to think and behave rationally and with sound mental health.

Step Two focuses on establishing or building up our relationship with God.

This step represents hope, faith, and self-discovery, acknowledging the existence of God and His willingness and ability to guide us toward recovery and freedom.

Step Two emphasizes the need for help from God and the willingness to let go of behaviors that do not serve us, allowing Him to restore our sanity when asked sincerely.

Materials in this section include:

- God Who?
- Exploring My Beliefs About God

GOD WHO?



Read the paragraphs below, then select **five words** from the chart below.

In Step Two of our healing journey, we come to a profound realization that our attempts to cope with betrayal trauma on our own have not brought us the peace and restoration we desperately seek. It is at this point that we are gently guided to recognize that there is a Higher Power, a loving and compassionate source of healing, who can provide the support and restoration we long for. While some of us may approach this idea with apprehension or uncertainty due to the pain we have endured, it is crucial to understand that this process invites us to discover a truer understanding of God's character and His desire to bring healing and wholeness to our lives.

When we have experienced the profound pain of betrayal trauma, our perception of God may have become clouded by our own wounds and the shattered trust we have endured. We may have struggled to reconcile our beliefs about a loving God with the immense pain and devastation we have experienced. In Step Two, we are encouraged to embrace a new perspective—one that acknowledges that God not only can restore us to sanity, but also desires to do so. This Higher Power longs to be present in our healing journey, offering comfort, support, and guidance as we navigate the complexities of betrayal trauma.

Despite the scars we carry, the distorted views we may have developed, and the challenges we face in trusting again, Step Two invites us to consider the possibility that God is ready, willing, and able to save us from the impact of betrayal. God's love surpasses our pain, and He desires to bring restoration to our shattered hearts. As we surrender our pain and fears to God, we can seek His presence and invite Him to reveal Himself to us in ways that bring healing, hope, and renewed faith.

Embrace Step Two with a tender heart, acknowledging the unique challenges of betrayal trauma. Allow yourself to lean into the possibility that a Higher Power, who understands your pain intimately, stands ready to guide you on a path of healing and renewal. Trust that God's desire is to restore your sense of sanity, rebuild your shattered trust, and lead you toward a life marked by healing, resilience, and the restoration of your worth and well-being.



Circle five words that describe who God is in **your** experience.

NOTE: Don't quote who someone else says God is, or what your pastor said. Select the words based on how **you** act toward God, how **you** treat Him, what **you** think when **you** pray, if you still pray. Select the words based on how **you** approach God.

- | | | |
|-----------------|----------------------|------------------|
| Trustworthy | Unapproachable | Forgiving |
| Too busy for me | Capricious | Judgmental |
| Indifferent | Distant | Spoilsport |
| Compassionate | Fake | Interested in me |
| Gone | Caring | Cruel |
| Mean | Forgetful | Strict |
| Nice | Impossible to please | Capable |

God Who? (cont'd)



Copy the words you circled to this page.

1.
2.
3.
4.
5.

Is there a pattern to the words you selected? Do they fall into one of the following columns? To which of the following do they most closely relate:

PUNITIVE or PUNISHING	ACCEPTING and LOVING	ABSENT or UNREAL
Mean	Trustworthy	Gone
Cruel	Compassionate	Fake
Spoilsport	Nice	Distant
Judgmental	Caring	Unapproachable
Strict	Interested in me	Forgetful
Impossible to please	Capable	Indifferent
Capricious (Moody/Fickle)	Forgiving	Too busy for me

Many of us who have experienced the deep pain of betrayal trauma, carry beliefs that God is punitive, punishing, or even absent and uncaring. These beliefs can be profoundly tragic, further complicating our healing journey. In the aftermath of betrayal, we may find ourselves struggling to trust, including trusting in the character of God. In our pain, unwanted behaviors often arise as we attempt to meet our own needs in the absence of reliable support. This can lead us to question why we must strive to meet our own needs if God is truly approachable and not waiting to condemn us for our past sins. We may wonder if God genuinely cares about us at all.

In the midst of our pain, it becomes crucial to consider whether we are willing to embrace God's true character as revealed in His Word. Are we open to discarding the beliefs that have justified our destructive behaviors and hindered our ability to trust? This introspection requires courage, as we confront the potential risks and uncertainties of trusting God's nature and promises.

As we navigate the complexities of betrayal trauma, it is essential to ask ourselves a pivotal question: "If God is truly who He says He is, and if trusting Him can lead to restoration and sanity, is it worth taking the risk to break free from our harmful behaviors?" This reflection invites

us to consider the possibility of finding freedom, healing, and transformation by placing our trust in a loving and compassionate God.

With sensitivity to the wounds inflicted by betrayal trauma, let us approach this inquiry with gentleness and understanding. May we be open to exploring a different narrative about God's character, one that offers hope and the possibility of restoration, even in the aftermath of profound pain.

EXPLORING MY BELIEFS ABOUT GOD IN MY LIFE

Instructions: Take some time to reflect on your personal beliefs about God or a Higher Power. This exercise is an opportunity to explore and articulate your understanding of God in your life. There are no right or wrong answers, and your beliefs may evolve and deepen over time. Record your responses in your journal or on the lines on the following page, and be as open and honest as possible.

1. How would you describe your current beliefs about God or a Higher Power?
2. How do you perceive God's role in your life? Is God an active presence, a guiding force, or something else? Explain.
3. Reflect on your experiences and interactions with God. Are there specific moments or instances when you felt connected to a Higher Power? Describe those experiences and their impact on you.
4. Consider your understanding of God's attributes or qualities. What characteristics come to mind when you think about God? Write them down and reflect on why these attributes resonate with you.
5. How does your belief in a Higher Power influence your recovery journey from betrayal trauma? In what ways does your faith or spirituality provide support, hope, or guidance?
6. Are there any challenges or doubts you face in relation to your beliefs about God? If so, what are they, and how do you navigate through them?
7. How do you envision your relationship with God evolving as you progress through your recovery? Are there any areas in which you hope to deepen your connection with a Higher Power?
8. Consider any rituals, practices, or actions that help you cultivate your relationship with God. Are there specific activities that nourish your spiritual connection or bring you closer to a Higher Power? Describe them.
9. Reflect on the concept of "a Power greater than yourself." How does this idea resonate with you? Do you find comfort, reassurance, or inspiration in recognizing that there is something beyond your individual self? Explain.
10. Finally, write a brief affirmation or statement that encapsulates your beliefs about God or a Higher Power in your life. This can serve as a reminder of your spiritual journey and the role of faith in your recovery.

Take your time to complete this worksheet, allowing yourself to explore your beliefs honestly and authentically. Remember, this is a personal reflection, and there are no right or wrong answers. Your journey of discovery and understanding is unique to you.

Create an affirmation statement, or use the following one if it resonates with you:

Affirmation: God is my rock and ever-present help.

Explanation: This affirmation acknowledges the unwavering support and constant presence of God in your life. It affirms your belief that God is a steady and reliable source of strength, guidance, and assistance whenever you are in need. By declaring this affirmation, you are reaffirming your trust in God's steadfastness and the comfort that comes from knowing that you can rely on Him in every circumstance. Repeat this affirmation whenever you seek reassurance and a sense of stability in your relationship with God.



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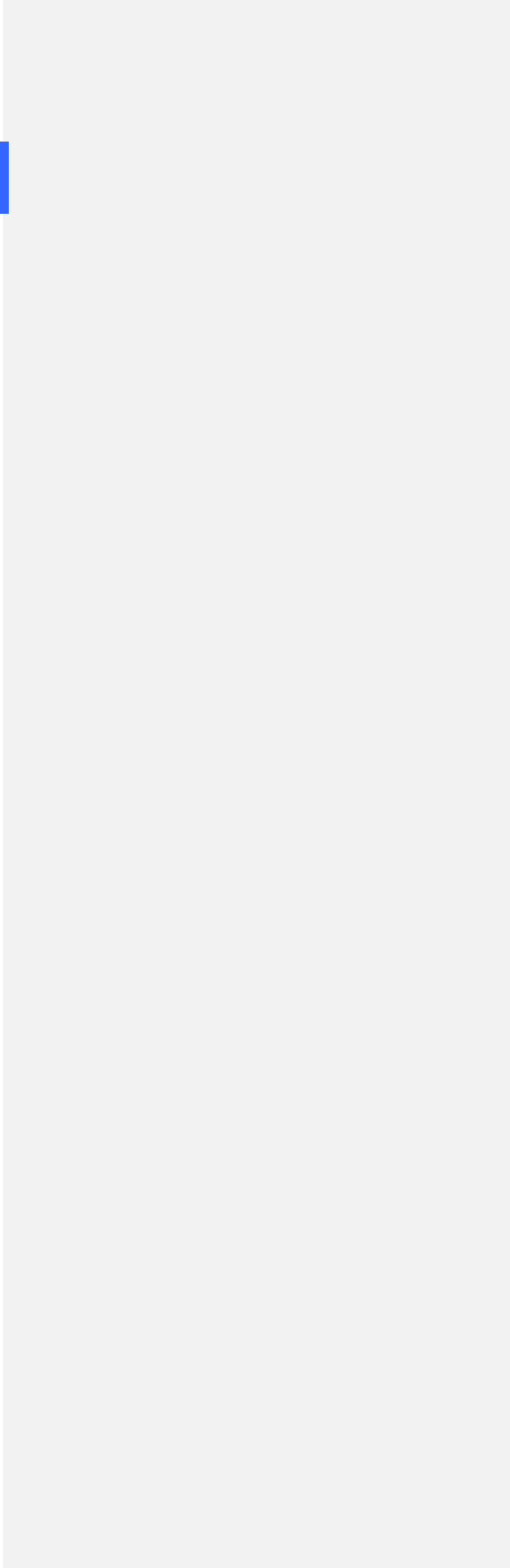
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Journal writing area consisting of 25 horizontal lines.



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STEP THREE

Made a decision to turn our will and our lives over to the care of God as we understood Him.

"So here's what I want you to do, God helping you: Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering. Embracing what God does for you is the best thing you can do for Him."
(Romans 12:1 The Message)

Theme:

Discovering the Real God

Summary:

Step Three invites us to trust in God for our needs and align our will with His. It acknowledges that our selfish nature often dominates our decisions, and we are unable to effectively manage our own lives. By making a conscious decision to turn our will and lives over to the care of God, we begin to replace self-will with guidance from God. This step emphasizes the importance of understanding God.

External materials required for the mentee for Step Three include:

(It is not required that you complete the exercises in *A Gentle Path Through the Twelve Steps* and *A Hunger for Healing*, but you may find them helpful.)

- *A Gentle Path Through the Twelve Steps*
- *A Hunger for Healing*

Completely optional reading include:

- *The Big Book of Alcoholics Anonymous*
- *S-Anon Blue Book*
- *Twelve Steps and Twelve Traditions*

Third Step Prayer

God, I offer myself to Thee—to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of Life. May I do Thy will always! (Alcoholics Anonymous, 2001 p. 63)

MAKING THE DECISION

Take a moment to reflect on the following questions and write down your responses in the space on the following pages or in your journal. Be honest with yourself as you explore your beliefs and willingness to surrender to the care of God.

1. How would you describe your understanding of God or a Higher Power at this point in your recovery journey?
2. Reflect on the areas of your life where you have struggled to maintain control. How has your self-will impacted your decisions and outcomes?
3. Consider the idea of surrendering your will and life to the care of God. What emotions or thoughts does this concept evoke within you? Are there any fears or concerns that arise?
4. Explore the various ways in which you envision God's care and guidance in your life. How might surrendering to a Higher Power positively impact your recovery from betrayal trauma?
5. Are there any specific aspects of your will or areas of your life that you find challenging to relinquish control over? If so, what are they, and why do you think it's difficult to let go?
6. Reflect on any experiences or moments where you felt the presence or guidance of a Higher Power in your life. How did these instances influence your perception of surrendering to God's care?
7. Consider the phrase "God as we understood Him." What does this mean to you? How does this recognition of personal understanding and interpretation impact your ability to surrender?
8. Are there any misconceptions or preconceived notions about God that hinder your willingness to surrender? How might you challenge or let go of these beliefs to embrace a more open-minded approach?



9. Reflect on the quote from Romans 12:1, *"Take your everyday, ordinary life...and place it before God as an offering."* What does this quote mean to you in the context of surrendering your will and life to a Higher Power?

10. Based on your reflections and understanding, write a personal commitment or decision statement about surrendering your will and life to the care of God as you understand Him.

Personal Decision/Commitment Statement:

Remember, Step Three is about making a decision, and it is a process that unfolds over time. Be patient with yourself as you navigate this step and allow yourself to embrace the possibilities that surrendering to a Higher Power can bring to your life and recovery.

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STEP FOUR

Made a searching and fearless moral inventory of ourselves.

"Let us examine our ways and test them, and let us return to the Lord."
(Lamentations 3:40 NIV)

Theme:

Just the Facts

Summary:

Step Four guides us in conducting a searching and fearless moral inventory of ourselves. It encourages us to delve deep into our inner selves, uncovering the truth and seeking a genuine understanding of our thoughts, emotions, and behaviors. Similar to a skilled detective, we aim not only to compile a list of our actions but also to explore the underlying motivations behind them. This step invites us to identify our unhealthy value system and examine the evidence of our actions, fostering self-awareness and paving the way for personal growth.

External materials required for the mentee for Step Four include:

(It is not required that you complete the exercises in *A Gentle Path Through the Twelve Steps* and *A Hunger for Healing*, but you may find them helpful.)

- *A Gentle Path Through the Twelve Steps*
- *A Hunger for Healing*

Completely optional reading include:

- *The Big Book of Alcoholics Anonymous*
- *S-Anon Blue Book*
- *Twelve Steps and Twelve Traditions*

Materials in this section include:

Reflection Exercise

Step Four Inventory Sheets

REFLECTION: VALUE SYSTEM INVENTORY

Take some time to reflect on the following questions and write down your responses either in the space on the following pages or in your journal. Remember to approach this process with self-compassion and a trauma-sensitive mindset.

1. How would you describe your understanding of a moral inventory? What emotions or thoughts arise when you consider engaging in a searching and fearless self-exploration?
2. Reflect on your past experiences. Are there any specific events, actions, or patterns of behavior that you feel are important to include in your moral inventory? Write them down and reflect on their impact on your life and relationships.
3. Consider the concept of fearlessness in conducting a moral inventory. What does it mean to you? How can you cultivate a sense of fearlessness while examining your thoughts, emotions, and actions?
4. Explore the motivations behind your past actions. What underlying factors, such as fears, insecurities, or unresolved issues, contributed to your behavior? How do you think these motivations influenced your actions?
5. Reflect on any resentments you may have held toward yourself or others. How have these resentments affected your well-being and relationships? Are there any steps you can take to release or resolve these resentments?
6. Identify your personal shortcomings or value systems that you recognize within yourself. How have these defects impacted your life and relationships? Are there patterns that you can identify and work on changing?
7. Consider your strengths and assets. What positive qualities do you possess that can support your recovery and personal growth? How can you leverage these strengths to overcome challenges and make amends?
8. Reflect on the purpose of Step Four. How does engaging in a thorough self-inventory



contribute to your overall healing and recovery journey? In what ways can it help you let go of destructive patterns and cultivate self-awareness?

9. Consider sharing your reflections with a trusted individual, such as a mentor or accountability partner, who can provide support and guidance. How do you feel about discussing your moral inventory with someone else? Are you open to seeking their perspective and feedback?

10. Reflect on the progress you have made so far and the possibilities that lie ahead. How does Step Four set the foundation for personal growth, self-acceptance, and making amends? Write a brief affirmation or commitment statement to solidify your intention to engage in a searching and fearless moral inventory.

Affirmation/Commitment Statement:

Remember, Step Four is a process of self-exploration and growth. Approach it with honesty, self-compassion, and a willingness to confront your past. By engaging in this inventory, you pave the way for personal transformation and the opportunity to heal from betrayal trauma.

Partners in Process Healing Workbook



PLACEHOLDER FOR SPREADSHEET

Partners in Process Healing Workbook



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STEP FIVE

Step Five: Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

"Make this your common practice: Confess your sins to each other and pray for each other so that you can live together whole and healed."
(James 5:16 The Message)

Theme:

Out in the Open

Summary:

Step Five in the context of betrayal trauma acknowledges the weight of the pain we carry and invites us to open up and share our story with our mentor and, if we are willing and able, in our Partners in Process safe and compassionate group. Guided by the principles of trauma-informed healing, Step Five recognizes that our experiences of betrayal have deeply wounded us, impacting our sense of self and trust in others. In this step, we share our inventory from Step Four with our mentor, with whom we can openly and honestly share our feelings, fears, and vulnerabilities. By bravely sharing our story, we unburden ourselves from the heavy weight of secrecy and shame, allowing the healing power of validation, empathy, and connection to unfold. This step fosters a sense of belonging and reminds us that we are not alone in our journey of recovery. Through compassionate listening and understanding, we cultivate a deeper understanding of our experiences and begin to reclaim our voice, identity, and worth.

Steps Four and Five are extremely difficult and your mentor will help you move from the inventory and responsibility phase into Steps Six and Seven to make amends.

External materials required for the mentee for Step Five include:

(It is not required that you complete the exercises in *A Gentle Path Through the Twelve Steps* and *A Hunger for Healing*, but you may find them helpful.)

- *A Gentle Path Through the Twelve Steps*
- *A Hunger for Healing*

Completely optional reading include:

- *The Big Book of Alcoholics Anonymous*
- *S-Anon Blue Book*
- *Twelve Steps and Twelve Traditions*

STEP SIX

Step Six: Were entirely ready to have God remove all these defects of character.

"Repent then, and turn to God, so your sins may be wiped out, that times of refreshing may come from the Lord." (Acts 3:19 NIV)

Theme:

Entirely Ready

Summary:

Step Six calls for a compassionate and introspective examination of ourselves, with the aim of cultivating a willingness to let go of our value system and unhealthy patterns of coping. This step acknowledges the ways in which our trauma responses may have shaped our behaviors and beliefs and invites us to embark on a journey of self-reflection and growth. With a trauma-informed lens, Step Six recognizes that our experiences of betrayal have left deep imprints on our sense of self-worth and our ability to trust. In this step, we are encouraged to confront our shortcomings with kindness and compassion, recognizing that they developed as survival mechanisms in response to the pain we endured. By acknowledging and releasing this unhealthy value system, we create space for healing and transformation to take place. This step fosters a commitment to self-growth and empowers us to embrace healthier ways of being, allowing us to rebuild a stronger foundation of self-esteem and resilience as we continue our journey of recovery.

External materials required for the mentee for Step Six include:

(It is not required that you complete the exercises in *A Gentle Path Through the Twelve Steps* and *A Hunger for Healing*, but you may find them helpful.)

- *A Gentle Path Through the Twelve Steps*
- *A Hunger for Healing*

Completely optional reading include:

- *The Big Book of Alcoholics Anonymous*
- *S-Anon Blue Book*
- *Twelve Steps and Twelve Traditions*

STEP SEVEN

Step Seven: Humbly asked God to remove our shortcomings.

"So let God work His will in you...Say a quiet yes to God and he'll be there in no time. Quit dabbling in sin. Purify your inner life. Hit bottom and cry your eyes out. Get down on your knees before the Master; it's the only way you'll get on your feet."

(James 4:7-10 The Message)

Theme:

Humility

Summary:

Step Seven invites us to humbly and courageously seek inner healing and transformation, recognizing the need to release our value system and invite God into our healing. Through a trauma-informed lens, Step Seven acknowledges the deep wounds and pain we have endured, which have impacted our self-esteem and sense of worth. It emphasizes the importance of surrendering our shortcomings to God, acknowledging that we cannot overcome the effects of betrayal trauma on our own. This step invites us to embrace vulnerability and reach out for spiritual guidance from God, our mentor, and support from our Partners in Process group, recognizing that true healing and restoration come from God. With compassion and self-acceptance, Step Seven empowers us to let go of the burdens we have carried, allowing room for grace, forgiveness, and the transformative power of God. Through this process, we open ourselves up to the possibility of renewed self-worth, self-love, and a deeper connection to our spiritual foundations.

Seventh Step Prayer

My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me the strength, as I go out from here, to do your bidding. Amen. (Alcoholics Anonymous, 2001 p. 76)

External materials required for the mentee for Step Seven include:

(It is not required that you complete the exercises in *A Gentle Path Through the Twelve Steps* and *A Hunger for Healing*, but you may find them helpful.)

- *A Gentle Path Through the Twelve Steps*
- *Hunger for Healing*

Completely optional reading include:

- *The Big Book of Alcoholics Anonymous*



Partners in Process Healing Workbook

- *S-Anon Blue Book*
- *Twelve Steps and Twelve Traditions*

Materials in this section include:

- Sample Termination Letter
- Dysfunctional Attitude Scale
- Personal Crazyness Index Worksheet

This is an exercise we have found to be both thought-provoking and fun.

The purpose of the exercise is to examine the relationship we have had with our individual value system and compare their "job performance" with the new value system we have discovered in Jesus. We are the boss of our value system. We keep them on or re-write the job description, fire the old values, and get a new value system to employ in their place. Ultimately, we are responsible for our workforce.

In Steps Six and Seven, we examine our unhealthy value system revealed in Steps Four and Five, coming to grips with the work our values have done for us. Besides the cost of wages that we give our unhealthy value system in the form of time, energy, and emotional attention, there are the hidden costs all employers must be aware of. The hidden costs of insurance, vacation, and the impact employees will have as they interact with other employees. So, as we review the job performance of our unhealthy value system, we ask ourselves:

- What has this value system done for me?
- Has this value system given me what I wanted from it? Has it provided me with what it promised when I asked it to help me?
- Am I getting good value for the wages I pay for this value system? Is the benefit I get from this value system worth the time and energy I give it?
- If this value system was a person standing in front of me, asking for a raise, would they get it? Would I give it more time and attention?
- What are the hidden costs I incur because of this value system?
- Does this value system leave a mess in its trail? Do I have to clean up after it often?
- Am I proud to be associated with this value system? Am I comfortable being seen in public with this value system?
- Since I do a lot of work at home, does this value system get along with my family? Is it someone my family likes and gets along with? If not, does the work my system do for me outweigh the cost my family pays?

When we are able to look honestly at our unhealthy value systems, we see what they have cost us in all areas of our lives. With this righteous indignation in our hearts, we sit down and write a letter describing why we hired our value system in the first place, what it "did" for us, and what it cost us.

Then we introduce it to the new value system we have hired to replace it, giving examples from our lives of what our new employee has done for us. And why the services of the old unhealthy value system will no longer be needed.

Have fun, tell your value system off, and have security throw them out of your office. Then get back to work with the rest of your questionable value employees. Let them know their days are numbered. And don't forget to do a frequent office walk-through to see what is re-

appearing.

Dear Control,

I hope this letter finds you in a state of readiness for the changes that lie ahead. I wanted to take this opportunity to communicate a decision that has been reached after careful consideration and introspection.

As you are aware, you have been an integral part of my value system for a considerable amount of time. Your services were sought in good faith, with the belief that you would contribute positively to my well-being. You were brought in under certain expectations, and I am grateful for the role you have played in my life thus far.

However, it has come to my attention that our working relationship has had its challenges. While you have contributed your efforts and influences, the outcomes have not always aligned with the promises that were made when you were initially hired. I have evaluated the cost of keeping you on board and have assessed the impact you have had on various aspects of my life.

Upon reflection, it is evident that the cost-benefit analysis of retaining your services is not in my favor. The hidden costs of your presence, including emotional strain, negative interactions, and hindered growth, have become increasingly apparent. Moreover, your tendency to leave a trail of discord and disruption has added an additional burden on my journey toward personal growth and healing.

With this in mind, I have made the decision to let go of your services. It is my belief that our relationship no longer aligns with the direction I intend to take in my life. I have sought out and hired a new value system, one that embodies the principles and values I hold dear. This new value system has demonstrated its ability to bring positivity, growth, and harmony to my life.

It is with both a sense of clarity and hope that I introduce this new value system to my life. Their contributions have already begun to make a significant impact, and I am excited about the fresh perspectives and opportunities they bring. The services you once provided will no longer be required, as I am committed to nurturing and fostering the growth of this new value system.

I want to thank you for the time you have spent as a part of my value system. Your contributions, both positive and negative, have played a role in shaping who I am today. As I bid you farewell, I hope you find a more suitable environment that aligns with your qualities.

Please consider this letter as an official notification of the termination of our working relationship. I wish you all the best in your future endeavors.

With His Power,

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DYSFUNCTIONAL ATTITUDE SCALE

From the book *Feeling Good, The New Mood Therapy*, by David Burns

The following questionnaire will help you objectively identify some of your value systems and strengths. As you fill out the questionnaire and evaluate your score, remember that you are a precious, lovable child of God, that you're on a journey of spiritual growth, and that God is the one who does the transforming. Your responsibility is to stay surrendered, own your shortcomings, and be willing to let the defeat go. *"For it is God who is at work in you, both to will and to work for his good pleasure."* (Phil 2:13, NASB 1995)

As you fill out the questionnaire, indicate how much you agree or disagree with each attitude. When you are finished, an answer key will let you score your answers and generate a profile of your personal value systems. This will show your areas of psychological strength and vulnerability.

Answering the test is quite simple. After each of the thirty-five attitudes, put a check in the column that represents your estimate of how you think *most* of the time. Be sure to choose answers to any statement. To decide whether a given attitude is typical of your philosophy, recall how you look at things *most of the time*.

EXAMPLE:

	Agree Strongly	Agree Slightly	Neutral	Disagree Slightly	Disagree Very Much
People who have the marks of success (good looks, social status, wealth, or fame) are bound to be happier than those who do not.		√			

EXAMPLE: A checkmark in the 'Agree Slightly' column indicates that the statement is somewhat typical of the attitudes of the person completing the inventory. Now go ahead.

	Agree Strongly	Agree Slightly	Neutral	Disagree Slightly	Disagree Very Much
1. Criticism will obviously upset the person who receives the criticism.					
2. It is best to give up my own interests in order to please people.					
3. I need other people's approval in order to be happy.					
4. If someone important to me expects me to do something, then I really should do it.					
5. My value as a person depends greatly on what others think of me.					
6. I cannot find happiness without being loved by another person.					
7. If others dislike you, you are bound to be less happy.					
8. If people I care about reject me, it means there is something wrong with me.					
9. If a person I love does not love me, it means I am unlovable.					
10. Being isolated from others is bound to lead to unhappiness.					

11. If I am to be a worthwhile person, I must be truly outstanding in at least one major respect.					
---	--	--	--	--	--

	Agree Strongly	Agree Slightly	Neutral	Disagree Slightly	Disagree Very Much
12. I must be a useful, productive, creative person or life has no purpose.					
13. People who have good ideas are more worthy than those who do not.					
14. If I do not do as well as other people, I am inferior.					
15. If I fail at my work, then I am a failure as a person.					
16. If you cannot do something well, there is little point in doing it at all.					
17. It is shameful for a person to display their weaknesses.					
18. People should try to be the best at everything they undertake.					
19. I should be upset if I make a mistake.					
20. If I don't set the highest standards for myself, I am likely to end up a second-rate person.					

21. If I strongly believe I deserve something, I have reason to expect that I should get it.					
22. It is necessary to become frustrated if you find obstacles to getting what you want.					

	Agree Strongly	Agree Slightly	Neutral	Disagree Slightly	Disagree Very Much
23. If I put other people's needs before my own, they should help me when I need something from them.					
24. If I am a good husband (or wife), then my spouse is bound to love me.					
25. If I do nice things for someone, I can anticipate that they will respect me and treat me just as well as I treat them.					
26. I should assume responsibility for how people feel and behave if they are close to me.					
27. If I criticize the way someone does something and they become angry or depressed, this means I have upset them.					

28. To be a good, worthwhile, moral person, I must try to help everyone who needs it.					
29. If a child is having emotional or behavioral difficulties, this shows that the child's parents have failed in some important respect.					
30. I should be able to please everybody.					
31. I cannot expect to control how I feel when something bad happens.					

	Agree Strongly	Agree Slightly	Neutral	Disagree Slightly	Disagree Very Much
32. There is no point in trying to change upsetting emotions because they are a valid and inevitable part of daily living.					
33. My moods are primarily created by factors that are largely beyond my control, such as the past, body chemistry, hormone cycles, biorhythms, or chance or fate.					
34. My happiness is largely dependent on what happens to me.					
35. People who have the marks of success (good looks, social status, wealth, or fame) are bound to be happier than those who do not.					

Now that you have completed the DAS, you can score it in the following way. Score your answer to each of the thirty-five attitudes according to this key:

<i>Agree</i> <i>Strongly</i>	<i>Agree</i> <i>Slightly</i>	<i>Neutral</i>	<i>Disagree</i> <i>Slightly</i>	<i>Disagree</i> <i>Very Much</i>
-2	-1	0	+1	+2

Now add up your score on the first five attitudes. These measure your tendency to measure your worth in terms of the opinions of others and the amount of approval or criticism you receive. Suppose your scores on these five items were +2; +1; -1; +2; 0. Then your score for these five questions would be +4

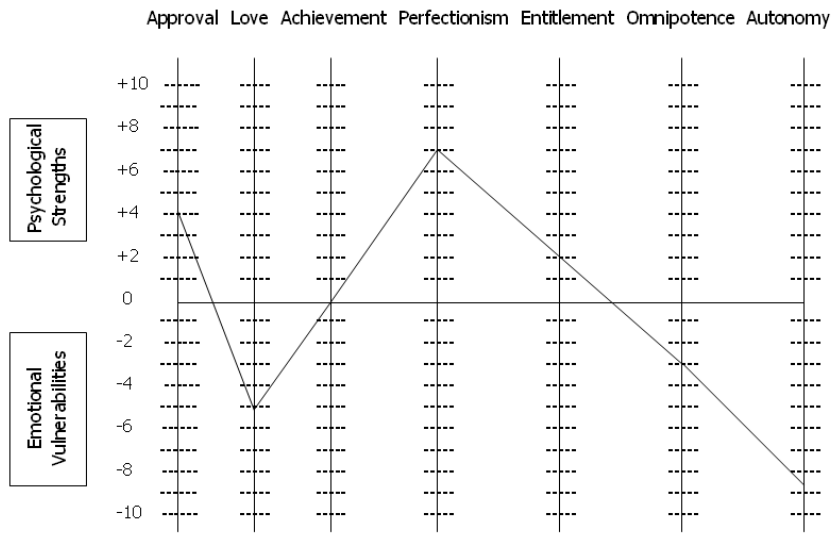
Proceed in this way to add up your score for items 1 through 5, 6 through 10, 11 through 15, 16 through 20, 21 through 25, 26 through 30, 31 through 35, and record these as illustrated in the following example.

SCORING EXAMPLE:

<i>Value System</i>	<i>Attitudes</i>	<i>Individual Score</i>	<i>Total Scores</i>
I. Approval	1 Through 5	+2, +1, -1, +2, 0	+4
II. Love	6 Through 10	-2, -1, -2, -2, 0	-7
III. Achievement	11 Through 15	+1, +1, 0, 0, -2	0
IV. Perfectionism	16 through 20	+2, +2, +1, +1, +1	+7
V. Entitlement	21 Through 25	+1, +1, -1, +1, 0	+2
VI. Omnipotence	26 Through 30	-2, -1, 0, -1, +1	-3
VII. Autonomy	31 Through 35	-2, -2, -1, -2, -2	-9

Each cluster of five items from the scale measures one of seven value systems. Your total score for each cluster of five items can range from +10 to -10. Now plot your total scores on each of the seven variables to develop your "personal-philosophy profile" as follows:

SCORING EXAMPLE:



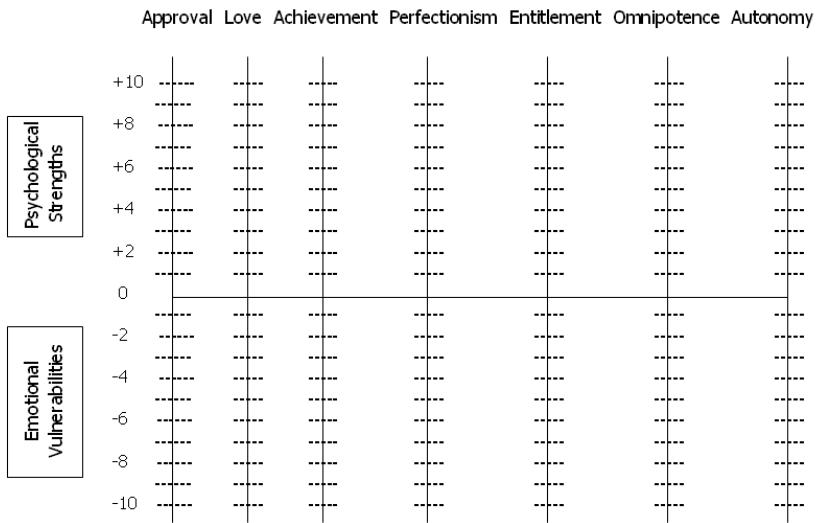
SCORING EXAMPLE:

<i>Value System</i>	<i>Attitudes</i>	<i>Individual Score</i>	<i>Total Scores</i>
I. Approval	1 Through 5		
II. Love	6 Through 10		
III. Achievement	11 Through 15		
IV. Perfectionism	16 through 20		
V. Entitlement	21 Through 25		
VI. Omnipotence	26 Through 30		
VII Autonomy	31 Through 35		

Each cluster of five items from the scale measures one of seven value systems. Your total score for each cluster of five items can range from +10 to -10. Now plot your total scores on each of the seven variables to develop your "personal-philosophy profile" as follows:

As you can see, a positive score represents an area where you are psychologically strong. A negative score represents an area where you are vulnerable.

The individual in the scoring example has strengths in the area of approval, perfectionism, and entitlement. Their vulnerabilities lie in the areas of love, omnipotence, and autonomy. Plot your own personal philosophy profile here.



PERSONAL CRAZINESS INDEX WORKSHEET

Chaos is a part of life. How much chaos affects us is a choice. The problem is that sometimes we are so busy living we don't see chaos sneak back into our daily routine. The goal of this exercise is to track areas we have identified as particularly susceptible to chaos.

As we seek to balance our lifestyle with the goal being to increase our emotional sobriety, try to identify activities in your life that indicate you are becoming vulnerable to increasing levels of chaos.

Remember that the influence of chaos is progressive. It does not stay localized in one area of our lives, it is like a systemic virus, and it infects our entire lives with self-destructive behavior. Since most of us have an underdeveloped sense of introspection, we need to create tools that can help us monitor our levels of health in all areas of our lives.

We want to live intentionally, aware of our choices and actions, making decisions based on what we want and need rather than letting things "happen" to us. By increasing our awareness of chaos infiltration in our lives, we decrease our risk of relapse. By staying grounded in reality we increase our personal health and that of our relationships with others. As we track our actions and choices during the day we will increase our satisfaction and contentment with our lives, removing the choices and activities that block the light of God from our lives.

The process of creating and evaluating your Personal Crazyiness Index is a personal one. The worksheet is based on your daily actions and interactions with yourself, your environment, and others around you. You determine the list of items that describe your chaotic behavior, and you monitor the frequency of their manifestations.

Personal Crazyiness Index Worksheet (continued)



List Chaotic Behaviors that indicate you are not living intentionally in the following areas:

Physical Care: Physical well-being, taking care of ourselves. Some examples might be: not exercising regularly, overeating or poor nutrition, not getting enough rest, smoking, not getting a regular physical check-up, etc.

Personal Care: How we care for ourselves in our environment. Some examples might be: not having clean laundry, not having clean dishes or groceries in the pantry, not completing chores and routine maintenance around the house.

Workplace: How we care for ourselves in our work environment. Some examples might be: missed meetings, unreturned phone calls, and email missed deadlines, a "To Do" list with items from three weeks ago, and an in-basket that looks like the Leaning Tower of Pisa.

Time: How we care for ourselves in our use of time. Some examples might be: being late to appointments, speeding in your car, forgetting appointments, or double booking your calendar.

Social Life: How we care for ourselves in our relationships. Some examples might be: feelings of isolation, feeling disconnected from family and friends, missing family time, kids' games, and events, and having no time to develop healthy interpersonal relationships.

Personal Crazyiness Index Worksheet (continued)

Personal Development: How we care for ourselves in our continuing education and hobbies. Some examples might be: no recreational time, no "play" time, and not pursuing interests in music, reading, art, or other creative outlets. What do you cut out when you feel overextended or stretched?

Finances: How we care for ourselves with our money. Some examples might be: bills unpaid or late, unbalanced or overdrawn bank accounts, and living on credit cards.

Spiritual Care: How we care for ourselves in our relationship with God. Some examples might be: not attending church regularly, no time for quiet time, no time for recovery reading, and no time for prayer and introspection.



From the items on your list, pick one from each area and make a "Watch List." This is the list of your front-line scouts, your forward observers in the war against chaos in your life. These are the list items that are the most obvious indicators of an approaching problem in their area.

My Watch List:

1.

2.

3.

4.

5.

6.

7.

8.

Personal Crazyiness Index Worksheet (continued)



Check your watch list at the end of every day in a time of quiet reflection.

As you consider your day, count the number of Watch List behaviors you encountered. Add the total up and place it on the Personal Crazyiness Index under the appropriate day.

Track your progress for at least ten weeks. Look for patterns in both the Watch List and the daily totals. If you miss a day, mark all eight spots for that day. If you don't have time to monitor your Personal Crazyiness Index, you are suffering from the effects of a Chaotic Episode.

For example: *My Watch List item of "no clean laundry shows up every Tuesday, because I have no clean socks. I see the pattern and make a plan to avoid dirty socks in the future.*

Watch List Items	Mon	Tue	Wed	Thur	Fri	Sat	Sun	TOTAL
1								
2								
3								
4								
5								
6								
7								
8								
Daily Totals								

Personal Crazyiness Index Worksheet (continued)



Graph the weekly totals below to track your overall Personal Crazyiness Index.

Again look for a pattern, a score of more than twenty in a week indicates the beginning stages of Chaos infiltration into your life. A score of more than forty indicates a Chaotic freefall, with a high probability of relapse close on the horizon.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
50										
48										
46										
44										
42										
40										
38										
36										
34										
32										
30										
28										
26										
24										
22										
20										
18										
16										
14										
12										
10										
8										
6										
4										
2										

Partners in Process Healing Workbook



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Adapted from Personal Crazyness Index, by Patrick Carnes, PhD

STEP EIGHT

Made a list of all persons we had harmed, and became willing to make amends to them all.

"And when you assume the posture of prayer, remember that it's not all asking. If you have anything against someone, forgive—only then will your heavenly Father be inclined to also wipe your slate clean of sins."

(Mark 11:25 The Message)

Theme:

Softening the Heart.

Summary:

We come to see that making things right is in our best interest. We can't leave the old ways of living behind until we release the chains that bind us to the old system of believing that "life should be fair." Secret debts stall our character growth. *"Give everyone what you owe him,"* (Romans 13:7 NIV). This command is not given in the interest of "fairness," but so that there is nothing you have to hide. You are free; there is no shame or guilt that will force you to conceal it. You can look anyone in the eye knowing you are free of obligations caused by harms you have committed and the obligation to settle accounts we try to avoid.

Step Eight continues our journey of self-compassion and transformation and invites us to embark on a journey of making amends and seeking reconciliation. Through a trauma-informed lens, Step Eight recognizes the profound impact of betrayal on our lives and relationships. It encourages us to develop empathy and a genuine understanding of the harm we may have caused others, as well as the harm we have suffered. This step calls for a fearless and thorough examination of our past actions and the willingness to take responsibility for the consequences they have had on ourselves and others. With compassion and humility, we compile a list of those we have harmed and become willing to make amends, while also being mindful of the need to prioritize our own safety and well-being. Step Eight sets the stage for healing and rebuilding relationships, offering an opportunity for growth, forgiveness, and restoration of trust as we move forward on our journey of recovery from betrayal trauma.

External materials required for the mentee for Step Eight include:

(It is not required that you complete the exercises in *A Gentle Path Through the Twelve Steps* and *A Hunger for Healing*, but you may find them helpful.)

- *A Gentle Path Through the Twelve Steps*
- *A Hunger for Healing*



Partners in Process Healing Workbook

Completely optional reading include:

- *The Big Book of Alcoholics Anonymous*
- *S-Anon Blue Book*
- *Twelve Steps and Twelve Traditions*

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STEP NINE

Made direct amends to such people wherever possible, except when to do so would injure them or others.

"If you enter your place of worship and...you suddenly remember a grudge a friend has against you abandon your offering, leave immediately, go to this friend and make things right. Then and only then, come back and work things out with God."
(Matthew 5:23-24 The Message)

Theme:

Making the past right.

Summary:

Step Nine of the Twelve Steps is a pivotal stage in our healing journey over betrayal trauma, focusing on making direct amends to those we have harmed, except when doing so would cause further harm. Through a trauma-informed lens, Step Nine acknowledges the complex and painful impact of betrayal trauma on ourselves and others. It calls for a compassionate and mindful approach as we seek to repair the relationships damaged by our actions. This step requires us to take responsibility for our past behaviors and to approach those we have harmed with humility and sincere remorse. We aim to make amends, not only through words, but also through consistent and changed behavior. It is essential to exercise discernment and prioritize our safety and well-being when considering making amends, as certain circumstances may not be appropriate or safe. Step Nine offers us an opportunity to foster healing, forgiveness, and restore trust as we work toward rebuilding healthier and more authentic connections with others. As we journey through betrayal trauma, we rebuild our relationship with our spouse or if that is not possible, with other important relationships around us.

External materials required for the mentee for Step Nine include:

(It is not required that you complete the exercises in *A Gentle Path Through the Twelve Steps* and *A Hunger for Healing*, but you may find them helpful.)

- *A Gentle Path Through the Twelve Steps*
- *A Hunger for Healing*

Completely optional reading include:

- *The Big Book of Alcoholics Anonymous*
- *S-Anon Blue Book*
- *Twelve Steps and Twelve Traditions*

Materials in this section include:

Partners in Process Healing Workbook



- Spouse Amends FAQ
- Amends Statements #1 and #2

SPOUSE AMENDS FAQ

Q: *If your mentee has retaliated by having an affair herself, how much does she need to tell her husband.*

A: It is imperative that she tell her husband. The concept we are attempting to teach our mentee is that honesty is the only way the marriage can be saved. That honesty goes both ways. Affairs, emotional or physical, are one of the most emotionally damaging things that can happen in a marriage and kept secrets will create long-term damage within the relationship.

Four broad principles should guide your deliberations:

(1) Secrets in a marriage undercut intimacy. It's in the best long-term interests of the marriage if there are no secrets between husband and wife. Intimacy in marriage can be defined as the husband sharing his reality (i.e., the truth) with his wife, and the wife sharing her reality with her husband, without judgment. That's the goal to strive for in marriage, and it doesn't leave much room for secrets, especially big secrets like affairs.

(4) Complete honesty is essential for rebuilding trust. Standing in opposition to the preceding principle is the need of some spouses for complete honesty from both husband and wife. Without complete honesty, the ability to trust again is seriously handicapped. For some spouses, this means they want their partner to answer every question fully and completely, even if it includes painful details. It is our belief that if the spouse demands this level of specificity as a condition for staying married, it should be given, despite the pain the spouse will experience.

If the mentee is a sex or sex and love addict, due to the complexity and extreme sensitivity of this issue, we strongly encourage the mentee to do everything she can to see that the spouse finds a Christian therapist with experience in betrayal trauma and training, to help guide him through this painful process. The spouse is more likely to listen to the counsel of an outside professional on this issue than to his wife.

Q: *How important is it that an amend be made face-to-face, rather than by telephone or letter?*

A: Face-to-face amends are generally best, though the hardest, especially if the amend involves a significant relationship. If the injured party is not local, encourage the mentee to plan a time when she can travel to the person and make a face-to-face amend. She should immediately call the person, explain the purpose of the visit, and set a date for the meeting. If it simply is not realistic that the mentee can visit the other person anytime soon (say, within three months), then the amend should be done by letter and/or phone.

Amends FAQ (cont'd)

Q: *Where an affair has been involved, should the mentee make amends to the affair partner as well?*

A: Not usually. If the affair was recent, there is the danger that reconnecting with the affair partner could reignite destructive passions. If the affair was in the distant past, we've found that most affair partners resent old, painful memories being stirred up. The situation becomes even more problematic if the affair partner is married. Contacting the affair partner could harm their marriage.

Beyond all that, the mentee's spouse is almost certain to feel negative about his mate contacting a previous sexual partner.

Perhaps the most sensitive situation is the case where the affair may have involved the abuse of power on the part of the mentee, for instance, employer-employee, pastor-congregant, or therapist-client. In these cases, the affair partner has certainly been harmed and is owed an amend because there was an inequality of power in the relationship. However, there may be legal and financial implications for the mentee's family, and careful consideration should be given, and wise outside counsel should be sought before a decision is made.

Q: *How important is it that an amend be made face-to-face, rather than by telephone or letter?*

A: Face-to-face amends are generally best, though the hardest, especially if the amend involves a significant relationship. If the injured party is not local, encourage the mentee to plan a time when she can travel to the person and make a face-to-face amend. She should immediately call the person, explain the purpose of the visit, and set a date for the meeting. If it simply is not realistic that the mentee can visit the other person anytime soon (say, within three months), then the amend should be done by letter and/or phone.

AMENDS STATEMENT # 1

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(For spouse, or adult children who are aware of and were in the home during the addict's acting out behaviors—whether they witnessed them or not.)

NOTE TO MENTEE: Prior to the amends appointment, make sure arrangements are made for small children. Go someplace where you and your spouse can be alone and undisturbed. If this session involves the initial disclosure of an addictive behavior, or if you will be sharing a significant amount of new information about your co-addiction, co-dependency, or love addiction, your spouse may need a support system in the hours immediately following the session. Try to remain sensitive to his needs during this painful time.

At appointment

"I asked for this time alone with you because I need to make amends to you for some of my past actions. I've been guilty of carrying out a pattern of sin for the last ____ years of our marriage. I've been working on my own personal recovery for the past several months. I've come to see that in order to live a sane life, and to restore my relationship with God, I need to live in a more loving and ethical way. There have been many times in the past when I haven't acted ethically or in a loving way, and I know I've hurt you and others. I'm now in the process of going back to those I've hurt and attempting to make it right."

"Specifically, I've hurt you and our marriage by:" (List all the ways you are aware of)

"Is there anything else that I owe you amends for? I want to clear up the wrongs of the past as much as I'm able." (Wait)

"As part of my amends to you, you can expect the following actions from me:" (State what you are going to do differently in the future. For example: "I have lied to you in the past. You can expect me to be rigorously honest with you. I will not keep secrets from you.")

"In all those actions I was selfish, inconsiderate, dishonest, self-seeking and afraid. I'm truly sorry for the deep hurt I caused you. If there's anything I can do to make things right, please tell me." (Wait)

"Thank you for giving me this opportunity to make amends."

AMENDS STATEMENT # 2

Commented [LP2]: This has a blue banner in the mentor guide.

(All others)

Making the appointment

"(Name), I'm reaching out to see if I can get together with you briefly. I need to make amends to you for some past actions. Do you have time next _____ at _____? It won't take long."

At the appointment

"As I mentioned, I need to make amends to you. Because of some issues in my own life, I've been working in a character development program for the last several months. I've come to see that in order to live a sane life I need to live in a more loving and ethical way. There have been times in the past when I haven't acted ethically or in a loving way, and I've hurt people. To the extent that I'm able, I'm now going back to the people I've hurt and trying to make it right."

"I know I hurt you by:" (list all the ways you are aware of)

"As part of my amends to you, you can expect the following actions from me:" (State what you are going to do differently in the future. For example: "I have lied to you in the past. You can expect me to be rigorously honest with you. I will not keep secrets from you.")

"Is there anything else I owe you amends for? I want to clear up the wrongs of the past as much as I am able." (Wait)

"In all those actions I was selfish, inconsiderate, dishonest, self-seeking, and afraid. I'd like to make it right with you if I can. I'm not sure what else I can do to make it right, but if you have any thoughts for me, I'd be open to hearing them." (Wait)

"Thank you for giving me this opportunity to make amends."

STEP TEN

Continued to take personal inventory, and when we were wrong, promptly admitted it.

"If we claim that we're free of sin, we're only fooling ourselves. A claim like that is errant nonsense. On the other hand, if we admit our sins—make a clean breast of them—he won't let us down; he'll be true to himself. He'll forgive our sins and purge us of all wrongdoing." (1 John 1:8-9 The Message)

Theme:

Keep the list short.

Summary:

In Step Ten we practice the skills we have learned to this point. We learn to maintain momentum in our recovery. This is the time we maintain our recovery, keeping short accounts with those close to us. This often looks like apologizing on the spot, or at least within twenty-four hours. Continuing the work on our relationship with God we began in Step Three, we now look at our reactions to our betrayal trauma and other shortcomings on a daily basis, correcting our mistakes as we go.

Step Ten encourages us to continue our path of self-reflection and accountability. In this step we maintain an ongoing inventory of our thoughts, actions, and behaviors, promptly admitting when we are wrong and making amends when necessary. It emphasizes the importance of personal growth and staying attuned to our own well-being, as well as the impact of our actions on ourselves and others. Step Ten serves as a reminder that healing and recovery are ongoing processes, requiring vigilance and a commitment to self-awareness. By regularly assessing our conduct and making necessary adjustments, we foster personal integrity, cultivate healthier relationships, and prevent the accumulation of resentments and destructive patterns. Step Ten empowers us to embrace a life of continued growth and accountability, ensuring that we stay on the path of healing and maintain the progress we have made in our journey of recovery from betrayal trauma.

External materials required for the mentee for Step Ten include:

(It is not required that you complete the exercises in *A Gentle Path Through the Twelve Steps* and *A Hunger for Healing*, but you may find them helpful.)

- *A Gentle Path Through the Twelve Steps*
- *A Hunger for Healing*

Completely optional reading include:

- *The Big Book of Alcoholics Anonymous*
- *S-Anon Blue Book*



Partners in Process Healing Workbook

- *Twelve Steps and Twelve Traditions*

Materials in this section include:

- Tenth Step Inventory

TENTH STEP INVENTORY

Was I resentful or angry? [] yes [] no

(In the spaces below, list all those with whom you were angry or resentful. Then list the cause.)

Person/ institution The cause: why was I angry?

1. What part of myself was affected? (self-esteem, personal relationships, material or emotional security, sexual relations)
2. Was one of my values involved? Which one?
3. Was I selfish or indulging in self-pity? If yes, describe how.
4. Was I afraid? [] yes [] no.
If yes, what was the misbelief that fueled the fear? What is the truth?
5. Did I indulge in self-pity or victimhood? [] yes [] no.
If yes, what was the misbelief that fueled the self-pity? What is the truth?
6. Did I suffer from worry, remorse, or shame today?
7. Was I afraid?
8. How could I have brought God and His love for me into these situations?
9. Do I owe an apology? If yes, to whom? When will I make the apology?
10. What could I have done differently? What healthy choices could I have made?

11. What did God say to me today in my time of reading, prayer and meditation? How will I put that into action?

12. Boundaries, balance, and healthy self-care: what did I do to take care of myself today?

13. What needs or questions do I have that would be good to discuss with my mentor?

14. On a scale of 1- 10, how was my emotional sobriety today? ("1" being extremely unstable and "10" representing the fruit of the spirit: love, joy, peace, etc.)

1 2 3 4 5 6 7 8 9 10

15. What can I do tomorrow to move my "score" up one number?

16. What poor choices did I make today? What will I do tomorrow to avoid making them again?

17. What am I grateful for today?

"...After making our review we ask God's forgiveness and inquire what corrective measures should be taken."

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STEP ELEVEN

Sought through prayer and meditation to improve our conscious contact with God; praying only for the knowledge of His will for us and the power to carry it out.

"Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down."
(Philippians 4:6-7 The Message)

Theme:

Keep in touch.

Summary:

In Step Eleven we seek to improve our conscious contact with God. We use prayer and meditation to do this. Prayer is not a one-way street, we speak, and we listen. We have found the times we say to God, "Good morning, how are you?" and then actually listen for the response to be an amazing experience. God is near and He wants us to know it. Through meditation, we seek to understand God's ways, His thoughts. We seek to immerse ourselves in His love for us and come to know Him more fully.

Step Eleven invites us to cultivate a deeper spiritual connection and seek guidance from God. This step acknowledges the importance of nurturing our spiritual well-being in our healing journey. It encourages us to engage in practices that foster self-reflection, meditation, prayer, or any other means that allow us to connect with a source of strength and wisdom outside ourselves. Step Eleven offers solace and a refuge from the pain of betrayal, inviting us to find comfort and guidance in the arms of God. It reminds us that we are not alone in our journey and that there is a loving and compassionate force that can provide us with the support and guidance we need. By embracing Step Eleven, we open ourselves to spiritual nourishment, finding solace, peace, and renewed hope as we continue to navigate the complexities of betrayal trauma.

External materials required for the mentee for Step Eleven include:

(It is not required that you complete the exercises in *A Gentle Path Through the Twelve Steps* and *A Hunger for Healing*, but you may find them helpful.)

- *A Gentle Path Through the Twelve Steps*
- *A Hunger for Healing*

Completely optional reading include:

- *The Big Book of Alcoholics Anonymous*

Partners in Process Healing Workbook



- *S-Anon Blue Book*
- *Twelve Steps and Twelve Traditions*

ELEVENTH STEP PRAYER

Lord, make me a channel of thy peace—that where there is hatred, I may bring love—that where there is wrong, I may bring the spirit of forgiveness—that where there is discord, I may bring harmony—that where there is error, I may bring truth—that where there is doubt, I may bring faith—that where there is despair, I may bring hope—that where there are shadows, I may bring light—that where there is sadness, I may bring joy. Lord, grant that I may seek rather to comfort than to be comforted—to understand, than to be understood—to love, than to be loved. For it is by self-forgetting that one finds. It is by forgiving that one is forgiven. It is by dying that one awakens to eternal life. Amen

(Twelve Steps and Twelve Traditions, 2021 p. 99)

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Journal writing area consisting of multiple horizontal lines.

STEP TWELVE

Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practice these principles in all aspects of our lives.

"Go home to your family and tell them how much the Lord has done for you, and how He has had mercy on you." (Mark 5:19 NIV)

Theme:

A new way of life.

Summary:

Step Twelve calls us to carry the message of hope and healing to other women who have experienced the devastating impact of betrayal. Drawing inspiration from God's Word, we are called to be vessels of God's grace, sharing our own journey of recovery and offering support to those who are still suffering. Just as we have received comfort and restoration, we are now tasked with extending that same compassion and understanding to others in need.

In 2 Corinthians we are reminded of the apostle Paul's exhortation, *"Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God."* (2 Corinthians 1:3-4 NIV)

Step Twelve invites us to embrace this calling and to use our own experiences and growth to serve as beacons of hope. We can share our stories, offer empathetic listening, and provide resources and guidance to help other women navigate the challenging path of betrayal trauma. In doing so, we become agents of transformation, carrying the light of God's love into the lives of those who are still in darkness.

In Matthew, Jesus says, *"You are the light of the world. A town built on a hill cannot be hidden... let your light shine before others, that they may see your good deeds and glorify your Father in heaven."* Through Step Twelve, we have the opportunity to shine our light, spreading healing, restoration, and the hope of a redeemed life to women who are seeking solace and a way forward. (Matthew 5:14-16 NIV)

By taking what we have learned, by embracing our own healing journey, and by sharing our experiences with others, we become instruments of God's grace, bringing comfort and hope to women who are walking the path of betrayal trauma. Let us step forward in faith, knowing that we are called to serve, uplift, and empower others, for it is in doing so that we continue to grow in our own recovery and bring glory to our Heavenly Father.

The Twelve Steps is the gateway to a new life. By working the Twelve Steps we strip away the lies we have used to avoid the pain of loneliness, guilt, and shame. We enter into a life of acceptance and peace. We come to experience peace with ourselves, our past, others around us, and God.

Your final assignment in this journey through the Twelve Steps is to journal about how you intend to carry this message to others and then share this with your mentor.

External materials required for the mentee for Step Twelve include:

(It is not required that you complete the exercises in *A Gentle Path Through the Twelve Steps* and *A Hunger for Healing*, but you may find them helpful.)

- *A Gentle Path Through the Twelve Steps*
- *A Hunger for Healing*

Completely optional reading include:

- *The Big Book of Alcoholics Anonymous*
- *S-Anon Blue Book*
- *Twelve Steps and Twelve Traditions*



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Lined writing area consisting of 25 horizontal lines for journaling.

TESTIMONIALS

"I remember thinking while listening to the other women in my group that 'that's exactly what my husband said to me.' It helped to know that even if I had been a better sexual partner, it wouldn't have changed my husband's behavior. I thoroughly enjoy the spiritual component of the group. They are lovely Christian women. Some of them are so pretty; I kept thinking, why would their husbands cheat on them? It's been a slow process to learn that even though I'm not perfect; my husband's behavior was his choice and not my fault. I pray for all who find themselves in our predicament. I love the welcoming greeting, 'We are so happy to have you here, but we are sorry that the need exists for you to be here.'" Pat

"To have found this support group was a lifesaver... All the women have added so much sunshine to what could have been a tragic storm. I'm thankful to God that there is now a place to give us the strength to carry on. The leaders are exceptional and very sensitive to the needs of us women. It's a place where I feel safe being who I am and speaking about the trials of living through a marriage that has been marred by sexual addiction. God has placed this blessing in my life... I hope and pray I can be a support to other women who will join us in the future." Sandy

"I started Partners In Process looking for support for my husband's sex addiction and in addition to receiving support, I found Christ!" Anonymous

"Thank you, ladies, for pulling me out of the pit I was in." Nancy

"I appreciate each of the women in Partners In Process for showing me love and friendship like I have never known before." JJ

"Partners In Process is Church like Christ meant it to be. I have found more acceptance here than in any church I have been involved in over the last fifty years." KJ

"The ladies in my group went above and beyond by providing me with tangible help outside of Partners In Process." CH

"I have grown more in my spiritual life during my years in the Twelve Step group of Partners In Process than I did in forty-three years of the church." Karen

BIBLIOGRAPHY

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Al-Anon. *Twelve Steps and Twelve Traditions.* (New York, NY: Alcoholics Anonymous World Services, Inc. 1981).

Carnes, Patrick. *A Gentle Path through the Twelve Steps: The Classic Guide for All People in the Process of Recovery.* (Center City, MN: Hazelden. 1993)

Miller, J. Keith. *A Hunger for Healing: The Twelve Steps as a Classic Model for Christian Spiritual Growth.* (New York, NY: Harper Collins Publishers, 1991).

[The S-Anon Problem - S-Anon \(sanon.org\)](http://sanon.org)

BOOK RECOMMENDATIONS

BOOKS FOR BETRAYED WIVES

Also included are books about sex addiction and books written to the betrayer

31 Days to Great Sex by Sheila Wray Gregoire

A Gentle Path Through the Twelve Steps by Patrick Carnes

A Hunger for Healing by J. Keith Miller

Altogether You by Jenna Riemersma

An Affair of the Mind by Laurie Hall

Courageous Love Workbook by Dr. Stephanie Carnes

Deceived: Facing the Trauma of Sexual Betrayal by Claudia Black, Ph.D.

Emotional Safety by Axel Avila

Facing Heartbreak Workbook by Stefanie Carnes, Mari Lee, and Anthony Rodriguez

Facing Love Addiction: Giving Yourself the Power to Change the Way You Love by Pia Melody, Andrea Wells Miller, and J. Keith Miller

Forgive for Good by Dr. Fred Luskin

Forgiving What You Can't Forget by Lysa TerKeurst

From the Living Room to the Bedroom by Drs. Bill and Ginger Bercaw

From Trauma to Transformation by Debra Laaser

Healing Your Marriage When Trust is Broken by Cindy Beall

Help. Her. Heal: An Empathy Workbook for Sex Addicts to Help Their Partner Heal by Carol Juergensen Sheets and Allan J. Katz

Help. Them. Heal: Teaching You Both How to Heal Your Relationship after Sexual Betrayal by Carol Juergensen Sheets

Hope After Betrayal: Healing When Sexual Addiction Invades Your Marriage by Meg Wilson



Partners in Process Healing Workbook

How to Help Your Spouse Heal from Your Affair by Linda MacDonald

Intimacy: 100 Day Guide to Lasting Relationships by Douglas Weiss

Intimacy Anorexia by Dr. Doug Weiss

Intimate Deception: Healing the Wounds of Sexual Betrayal by Dr. Sheri Keffer

Intimate Treason, Healing the Trauma for Partners of Sexual Addicts by Claudia Black, Ph.D. & Cara Tripodi

Life Recovery Bible, edited by Stephen Arterburn

Mending a Shattered Heart, edited by Stephanie Carnes

Moving Beyond Betrayal: The 5-step Boundary Solution for Partners of Sex Addicts by Vicki Tidwell Palmer

Out of the Shadows: Understanding Sexual Addiction by Patrick Carnes, Ph.D.

Rescued: A Woman's Guide to Surviving and Thriving After Sexual Betrayal Workbook by Shelley Martinkus

Shattered Vows by Debra Laaser

Surviving Your Worst Nightmare by Patti Snodgrass

The Aftermath of Betrayal by Michelle Mays

The Art of Forgiving by Lewis B. Smedes

The Betrayal Bind by Dr. Michelle Mays

The Betrayal Bond: Breaking Free of Exploitive Relationships, by Patrick Carnes, PhD

The Body Keeps the Score by Bessel van der Kolk, MD

The Couples Guide to Intimacy: How Sexual Reintegration Therapy Can Help Your Relationship Heal by Drs. Bill and Ginger Bercau

The Great Sex Rescue: The Lies You've Been Taught and How to Recover What God Intended by Sheila Wray Gregoire, Rebecca Gregoire Lindenbach & Joanna Sawatsky

The Language of Letting Go by Melody Beattie

Transformations: A Woman's Journey of Self-Discovery by Carol Juergensen Sheets and Christine Turo-Shields



Partners in Process Healing Workbook

Treating Trauma from Sexual Betrayal by Kevin Skinner

Unleashing Your Power: Moving Through the Trauma of Partner Betrayal Workbook by Carol Juergensen Sheets and Christine Turo-Shields

Unwanted: How Sexual Brokenness Reveals Our Way to Healing by Jay Stringer

When it all Breaks Bad: Ten Things to do (and not to do) After Betrayal by Michelle Mays

Worthy of Her Trust by Stephen Arterburn and Jason Martinkus

Your Sexually Addicted Spouse by Barbara Steffens and Marsha Means