Clarity. Courage. Connection.

Since 2000, we have said: "Welcome to the club that none of us asked to join. We are sad that you are here, yet happy that you found us."

Partners in Process is a Christ-Centered 12-step journey through betrayal trauma healing and recovery. Our groups are formed for women just like you, wives and partners who have been impacted by the painful reality of sexual betrayal by someone they deeply love. Partners in Process is a safe, compassionate, and faith-centered community where healing is possible. This guide is designed to quickly introduce you to how our Partners in Process groups work.

You are not alone.

Let's begin...

What is Partners in Process?

Christ-Centered and Biblical

Partners in Process is the only Christ-centered 12-Step Betrayal Trauma support group. While our program is built on biblical truth and scriptural principles, we welcome women from all faith backgrounds including those who are unsure of what they believe. The Bible is our foundation and is discussed regularly in our meetings.

Our Process and Curriculum are Trauma-Informed

- We understand betrayal trauma.
- We learn about our own healing while also gaining insight into sexual compulsivity and addiction.
- Our focus is on reconnecting with our values, learning to set healthy boundaries, and stepping into who God created us to be: Daughters of the King.
- We offer a sacred, shame-free space where you can begin to reclaim your voice and rebuild your life.

Healing Happens Through...

- Weekly group meetings
- Instruction on the 12 Steps
- Teachings on betrayal trauma
- Group sharing
- Mentorship
- Weekly accountability groups (optional)

Mentors are available to walk with you through the 12 Steps when you're ready. You can also join a weekly accountability group for added support and structure.

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Partners in Process is Led by Women Who've Been There.... and ARE There

Partners in Process is led by women who have walked through their own betrayal trauma, done deep healing work, and chosen to give back by guiding others (practicing Step 12).

They will readily acknowledge that healing is ongoing. Sometimes, old trauma can resurface in new circumstances, but by walking together, sharing deep pain and listening to each other, we strengthen one another.

What Happens in Group?

Grace, Safety and Empathy
We know joining a group and talking about deeply personal issues can feel overwhelming and emotionally invasive. But throughout our history, women who join our groups say they felt instantly welcomed and safe when they arrived.

Anonymity and Confidentiality
We are an anonymous group. You are free to share your story in a way and in the timing that feels best and safe for you.

> "In the Prodigals Partners in Process group, I discovered that sharing my pain was not weakness, but the doorway to grace, acceptance, and spiritual healing."
>
> — CAROLE L.

Here's what we ask:

- Please use first names only; no last names, job titles, or personal identifiers.
- Please focus your story on your journey, not on your spouse or his actions.
- Please do not share any information shared in group, outside of group. Our culture of anonymity, safety, and confidentiality is **sacred** and exists to protect every woman's dignity and healing.
- You control how much you share and whether you want to connect outside of group.

Sharing Your Story

Your first night at group, you will be asked to share your story. If you desire, you are welcome to ask someone who has been attending for more than one week to share their story first. That often breaks the ice, and it is also good boundaries to begin practicing.

In the first few weeks, you're welcome to simply listen. Leaders will gently encourage you to share when you're ready. Your story belongs to you. Your healing journey is yours to define.

Some helpful reflections to prepare you for sharing include:

- What brought you here?
- How are you coping with the betrayal?
- What else have you tried?
- What do you need from this group and how can we best support you?

Structure of a Typical PiP Group Meeting

To take some mystery out of your first meeting, here's some of the elements and structure you can expect the first time you attend a PiP group:

Meeting Flow

- Opening Prayer
- Scripture Reading
- PIP 12-Step Readings
- Teaching
- Sharing
- Closing Prayer
- Fellowship

Monthly Teaching Schedule

In addition to our weekly meeting flow, each month we also follow a structure that focuses on one of the 12 steps as well as incorporate additional Prodigals curriculum.

WEEK 1: *HUNGER FOR HEALING* VIDEO TEACHING
These are videos based on the 12 steps that include personal testimonials of others who have successfully worked the 12 steps during their recovery and healing process.

WEEK 2: STEP TEACHING
Focusing on the Step dedicated for that month, group leaders will provide more in-depth teaching about how that step works, with specific application to betrayal trauma healing.

WEEK 3: PIP TEACHING
We spend our teaching time focusing on specific Partners in Process biblical principles for our healing process, inclusive of practical applications – not just 'theory'.

> "Through Partners in Process, I reclaimed my voice, found clarity in my betrayal, and stepped boldly into a life defined by empowered boundaries and self-worth."
>
> — DIANA T.

WEEK 4: TOPICS ON BOUNDARIES, DETACHMENT, ENMESHMENT
Your group leader will spend teaching time focusing on important components specific to the betrayal trauma healing process. To note, when we discuss any of these topics – such as 'boundaries' – our leaders go in depth about *what boundaries look like in the healing process of our recovery*, not generalized boundaries needed in our lives.

WEEK 5: FELLOWSHIP FOCUS
On the occasion that we have a 5th week meeting in our calendar, we focus that time on connecting and fellowship. YES – even for our online groups!

Support Groups

Since 2020, most of our groups have moved online, allowing us to reach more women around the world than ever before. We currently offer:

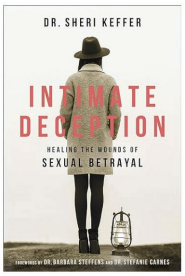
- Online groups via Zoom
- Some groups include worship and scripture time
- All groups include a monthly video, teaching, and sharing

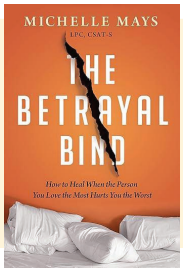
Are you ready to start Your Healing Process?

Here's some quick options to help you get started…

Read ***Intimate Deception*** by Dr. Shari Keffer or ***The Betrayal Bind*** by Michelle Mays.

(Available on Amazon and in stores where Christian books are sold.)





Check out **Prodigals Program Resources Page** on our website for a multitude of additional, excellent books.

https://prodigalsinternational.org/resources/

Listen to a **FREE workshop recording** from Prodigals past conferences – **scroll down** the page for Restoring Hearts Women's Conference recordings.

Join a **Partners in Process Group.** Select your preferred group day/time, fill out the leader contact form, and the leader will follow up with the Zoom link and group info.

Explore an Intensive: Learn about Prodigals Counseling & Coaching's Betrayal Trauma Intensives, created for women who need deeper, guided healing.

You are not alone.

Take one step. That's all that's needed today.

We are here to help.

Are you ready to begin?

karenc@prodigalsinternational.org | (866) 910-9002
www.prodigalsinternational.org

ARISE

twelve steps and related scripture

STEP ONE

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

†

"For I do not understand my own actions. For I do not do what I want, but I do the very thing I hate."

(ROMANS 7:15 ESV)

STEP TWO

Came to believe that God could restore us to sanity.

†

"But Jesus looked at them and said, 'With man this is impossible, but with God all things are possible.'"

(MATTHEW 19:26 ESV)

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)

Or

"I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship."

(ROMANS 12:1 ESV)

STEP FOUR

Made a searching and fearless moral inventory of ourselves.

†

"Let us test and examine our ways, and return to the Lord!"

(LAMENTATIONS 3:40 ESV)

STEP FIVE

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

†

"Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working."

(JAMES 5:16 ESV)

STEP SIX

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

†

"Repent therefore, and turn back, that your sins may be blotted out, that times of refreshing may come from the presence of the Lord..."

(ACTS 3:19-20 ESV)

STEP SEVEN

Humbly asked Him to remove all our shortcomings.

†

"Submit yourselves therefore to God. Resist the devil, and he will flee from you. Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded. Be wretched and mourn and weep. Let your laughter be turned to mourning and your joy to gloom. Humble yourselves before the Lord, and he will exalt you."

(JAMES 4:7-10 ESV)

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 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)

STEP TEN

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

†

" If we say we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."

(1 JOHN 1:8-9 ESV)

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.

†

"... do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. 7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."

(PHILIPPIANS 4:6-7 ESV)

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 friends and tell them how much the Lord has done for you, and how He has had mercy on you."

(MARK 5:19 ESV)