

Partner Meeting Readings

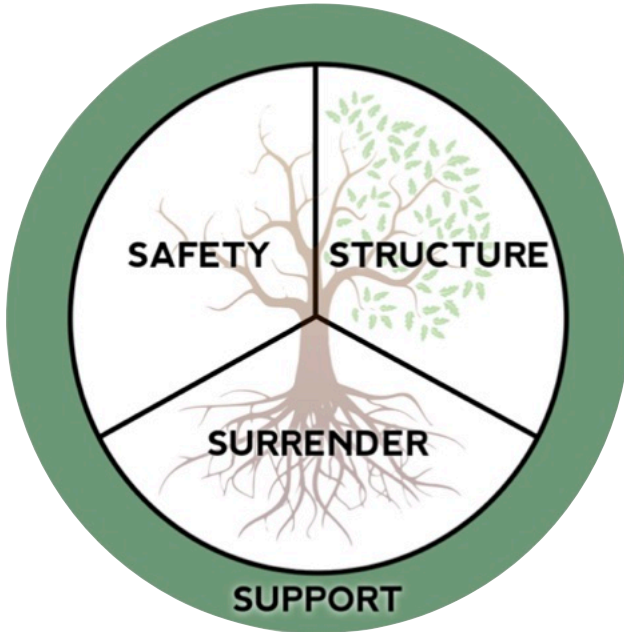


awaken

to recovery.to freedom.to life.

Awaken 4S Recovery Model™

We believe recovery, whether from trauma or from addiction, must be thorough, and must include several key elements. We illustrate these elements using a tool we call the **4S Recovery Model**.



SAFETY: We seek stability as we experience the trauma of sexual betrayal.

STRUCTURE: We pursue healthier ways of living in place of familiar but less healthy habits.

SURRENDER: We identify unresolved wounds and learn to give them over to God for healing.

SUPPORT: We connect to safe community that helps and encourages us in our continuing recovery.

Group Introduction | Scripture

Welcome to Awaken's recovery group for partners of sex addicts. We are a group of women who receive support and friendship from one another as we learn to make choices that invite healing into our lives. We discover growth and change as we accept God's grace and help, and as we share our experience, strength, and hope. This group is a place where our primary focus is not on our problems, but on our solutions.

As we support one other, we also find freedom from unhealthy habits and patterns we've carried through our lives. We learn that the change we seek comes from our Higher Power, Jesus Christ. He brings freedom, serenity, joy, and a stronger relationship with others and with himself.

We start with Scripture:

[week 1] Psalm 56:8

"You keep track of all my sorrows. You have collected all my tears in your bottle. You have recorded each one in your book."

[week 2] Psalm 73:25-26, 28

"Whom have I in heaven but you? And earth has nothing I desire besides you. My flesh and my heart may fail, but God is the strength of my heart and my portion forever...as for me, it is good to be near God. I have made the Sovereign Lord my refuge; I will tell of all your deeds."

[week 3] Psalm 34:4-5

"I sought the Lord, and he answered me; He delivered me from all my fears. Those who look to him are radiant; their faces are never covered with shame."

[week 4] Psalm 34:18

"The Lord is close to the brokenhearted and saves those who are crushed in spirit."

Our Healing Journey

Why do we read this? **To recognize that the path to healing will not be quick or easy, but healing can and will come as we choose to engage in a process.**

Coming into this process, many of us had questions. "Why did this happen?" "How long is this going to take?" Or, "Why do I need to come to a meeting?"

Most of us would like healing to be quick, instantaneous, or 100% the work of our partner. But healing is a lengthy process in which there is significant work for us to do as well. Healthy recovery from betrayal trauma includes several key elements.

[week 1]

We find **safety**. Meetings are safe places to process painful emotions with people we trust. While our circumstances vary, one thing remains true for all of us: we must do whatever it takes to restore a sense of safety in our environment so we can relax enough to begin healing the trauma that has come into our lives.*

[week 2]

We establish **structure**. Many of us have not intentionally pursued healthy patterns of behavior in life. In this journey, we identify unhealthy patterns we want to change and begin to pursue healthier structure. A few examples include counseling, connecting with a support group, and finding good resources that support healing.

[week 3]

We learn to **surrender**. Many women experiencing sexual betrayal trauma have a complicated relationship with God. We want to connect, but may be angry (that he let this happen) or fearful (that he will not care for us). Together we discover how to engage with God, to surrender control of our lives to him, and to trust him for healing.

[week 4]

We experience **support**. Choosing to invest in a community is an important yet frightening choice. Community settings are the very places where we often have experienced the painful realities of shame, abuse, hypocrisy, and abandonment. But healthy community transforms us through growing our capacity to receive and offer love. Overcoming isolation requires taking the risk of weaving ourselves into a community of people...We connect so that we can heal.**

*adapted from *Journey to Healing and Joy: a Workbook for Partners of Sexual Addicts*, by Marsha Means

**adapted from *Unwanted: How Sexual Brokenness Reveals Our Way to Healing*, by Jay Stringer

The Eight Recovery Principles *(based on the Twelve Steps of AA)*

Why do we read this? **To see that the change we seek comes through process, the developing of new spiritual practices in which we let God do daily work.**

Principle 1

Realize I'm not God; I admit that I am powerless to control my tendency to do the wrong thing, and that my life is unmanageable. *(Step 1)*

Principle 2

Earnestly believe that God exists, that I matter to him, and that he has the power to help me recover. *(Step 2)*

Principle 3

Consciously choose to commit all my life and will to Christ's care. *(Step 3)*

Principle 4

Openly examine and confess my faults to myself, to God, and to someone I trust. *(Step 4-5)*

Principle 5

Voluntarily submit to every change God wants to make in my life and humbly ask him to remove my character defects. *(Step 6-7)*

Principle 6

Evaluate all my relationships. Offer forgiveness to those who have hurt me and make amends for harm I've done to others. except when to do so would harm them or others. *(Step 8-9)*

Principle 7

Reserve a daily time with God for self-examination, Bible reading, and prayer in order to know God and his will for my life, and to gain the power to follow his will. *(Step 10-11)*

Principle 8

Yield myself to God to be used to bring this good news to others, both by my example and by my words. *(Step 12)*

The Twelve Steps

Step 1

We admitted we were powerless over other people—that our lives had become unmanageable.

Step 2

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

Step 3

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

Step 4

Made a searching and fearless moral inventory of ourselves.

Step 5

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

Step 6

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

Step 7

Humbly asked God to remove our shortcomings.

Step 8

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

Step 9

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

Step 10

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

Step 11

Sought through prayer and meditation to improve our conscious contact with God as we understood him, praying only for knowledge of his will for us and the power to carry that out.

Step 12

Having had a spiritual awakening as the result of these steps, we tried to carry this message to others who struggle to be healthy in their relationships, and to practice these principles in all of our activities.

Group Guidelines

1. We offer a safe place to share openly and honestly. When we share, we limit ourselves to a few minutes to allow others the opportunity to speak. If you do not wish to speak, you may pass. Our greatest gift to each other is to reflect the love of Jesus by listening and never judging.
2. We do not offer advice, input, or suggestions in response to what others have shared. All sharing should be about our own experience. If we desire to offer feedback about what another person has shared, we first ask permission outside of the meeting, and only offer input that is welcomed or invited. We do not correct or "fix" anything another person shares, even if we disagree with it.
3. We respect the group by being fully engaged and present, and we demonstrate this respect by not using our phones in the meeting.
4. Anonymity is essential to ensure the safety of this group. What is shared here must stay here. I am free to say that I was here, and what I said; but I am not free to say that you were here or to share anything that you said. All who come here to heal must know that their secrets are safe. **There is an exception to this rule...if anyone shares threatening or harmful information toward themselves or others, we will take necessary steps to ensure safety.*

Group Closing

The Serenity Prayer

God, grant me the serenity
to accept the things I cannot change,
the 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 hardship as a pathway to peace;

Taking, as Jesus did, this sinful world
as it is, not as I would have it,
trusting that you will make all things right,
if I surrender to your will;

So that I may be reasonably happy in this life,
and supremely happy with you
forever in the next.

Amen.

-Reinhold Niebuhr

Awaken Resources & Offerings

Awaken was founded with a vision to help men, women, couples, and ministries find community and resources that encourage healing and recovery from unwanted or addictive sexual behavior and sexual betrayal trauma.

There are a variety of resources we offer, including...

1. **Weekly Recovery Meetings:** Peer-led communities where men and women can find support and encouragement as they seek recovery. We offer meetings for:
 - a. Men recovering from unwanted or addictive sexual behavior.
 - b. Women recovering from unwanted or addictive sexual behavior.
 - c. Women healing from sexual betrayal trauma (spouse support).
2. **Roots Retreat:** Intensive retreats and workshops to help recovering people dig deeper into the roots of their brokenness, and to find a clearer path to healing, freedom, and recovery. We offer the Roots Retreat in two forms...
 - a. **Men's Recovery Intensive:** 4-day therapeutic & spiritual deep dive for men. Topics covered include honesty/ownership, trauma, spiritual identity, relationship dynamics, and pursuing a healthy recovery lifestyle.
 - b. **Women's Workshop:** 2-day informational & spiritual workshop for women who have experienced sexual betrayal trauma from their male partners. Topics covered include emotional processing, trauma, and the pursuit of healthy boundaries and relationship dynamics.
3. **What We Really Want:** Awaken podcast, new episodes every other Tuesday. Listen to conversations that highlight how we heal as we pursue healthier connections, with God, self, and others. **[whatwereallywant.show](#)**

For information on these or any of our resources, visit our web site or send us an email using the contact information found below.

Scan the code to the right to take advantage of various community resources, including email list sign-up, meeting locations, etc.

