



7 KEYS

TO UNDERSTANDING
BETRAYAL TRAUMA

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INTRODUCTION

We could talk about the stats and the number of men and women who struggle with sexually compulsive and addictive behaviors. And no doubt, the percentages are high. But what's also important, and alarming, is the number of men and women who experience betrayal due to their spouse's sexual behaviors.

For every married man and woman who struggles with sexually compulsive and addictive behaviors, **there is a spouse who has experienced betrayal**, whether they know it or not.



For so many spouses who experience betrayal, the day of discovery and the days that follow are torturous. The physical, emotional, and mental devastation they face is beyond words. Without warning, they find themselves

in the middle of a nightmare: desperately wanting to wake up and find it was all a bad dream. But this doesn't happen. The pain and heartache they feel can last days, months, and even years.

The purpose of **7 Keys To Understanding Betrayal Trauma** is to:

- ➔ raise awareness of the effects of betrayal trauma,
- ➔ give insight into how betrayal trauma disrupts and dominates the life of a betrayed spouse, and
- ➔ provide next steps for a betrayed spouse to pursue healing.

If you have experienced betrayal, this is meant to encourage, support, and guide you toward taking the steps you need to embark on your healing journey.



BETRAYAL TRAUMA IS REAL

FOR MANY SPOUSES, THE REALIZATION that they're married to a sex addict leaves them feeling confused and unprepared for what comes next. The wonderful life *they thought* they created together is an illusion; tainted by lies and deception. Regardless of the length of the relationship, the betrayed spouse will spend hours reprocessing every experience they believed was true; carefully sifting through every detail and wondering how they missed it. They question: ***How could I have been married to this person and not know the extent of their sexual struggles?***

When confronted with this new discovery, most sex addicts follow a similar pattern: deny everything, disclose small bits of

information at a time—only what they can get away with—and when pressed, disclose a bit more to satisfy their spouse.¹ When confronted with more evidence of sexually acting out or another betrayal, couples may repeat this pattern. For the betrayed spouse, the pain and shame of this staggered disclosure is like death by a thousand cuts.² They are on edge. Anxious about what they'll discover next. Suspiciously waiting for the next hint of betrayal; wondering when the other shoe will drop.

Research and case studies reveal common symptoms experienced by a betrayed spouse include “anxiety, depression, anger, rage, obsessive thoughts and compulsive checking behaviors, difficulty concentrating, increased isolation,

and hypervigilance.”³ These symptoms and behaviors are often the result of a significant life-changing traumatic event and are consistent with post-traumatic stress disorder (PTSD). The trauma experienced by betrayal is real.

However, this line of thinking is relatively new when it comes to understanding what a betrayed spouse is actually going through. While relationships carry their own set of problems in which a couple must face together, betrayal seems to result in a distinctive outcome:

“...if somebody chooses alcohol over you it’s one thing, but when somebody is actually sleeping with somebody else, or numbers of people, the betrayal is very real, and there’s a PTSD equivalent in that.”⁴

Each situation is different and will impact the betrayed spouse in a unique way. The extent of the sex addict’s behaviors will profoundly affect the betrayed spouse’s experience and may lead to an extreme level of emotional distress and trauma.⁵ If the sex addict’s behaviors are very public, illegal (e.g., acting out with minors), or involved a family member or close friend, the betrayed spouse will likely experience an excessive amount of pain, distress, and heartache. The length of the relationship, as well as the extent and frequency of the addict’s acting out behaviors will also contribute to the betrayed spouse’s level of distress.

WHAT DOES THIS MEAN FOR YOU?

In the past, before you knew the truth, you may have felt like you were going crazy. You knew something was wrong but couldn’t put your finger on it.⁶ When confronting your spouse, they would lie and minimize the problem. You doubted yourself and didn’t trust your gut feelings. And now that the truth is out, your sense of satisfaction—knowing you were right all along—is buried beneath the avalanche of emotional pain you’re experiencing.

What you’re feeling is real. It’s called betrayal trauma.







IF YOU'VE EXPERIENCED BETRAYAL, YOU'RE NOT ALONE

A RECENT STUDY, COMMISSIONED BY the American Bible Society and conducted by Barna Group, looked at the types of trauma experienced by people in the United States.⁷ Out of 21 types of trauma they identified, the most traumatic experience was the death of a loved one. The second most traumatic experience was betrayal by a trusted individual. It's important to note that experiencing betrayal was considered a more traumatic event than forms of abuse, such as domestic violence and physical and sexual abuse.

Of the people involved in this study (1,992 adults), approximately 33% of practicing Christians had experienced betrayal trauma. These numbers were even higher among non-practicing Christians and non-Christians; 37% and 38%, respectively. Suffice to say, if you've experienced betrayal, you're not alone.

Many of us think of trauma as an extreme, isolated, life-changing experience: such as sexual assault, natural disaster, or a tragic accident.

But there is really more to it.



It isn't simply the event itself but more focused on the fallout the event creates. Trauma is the response to a deeply distressing or disturbing event that interferes with an individual's ability to cope with life.⁸ Trauma often leaves a person feeling overwhelmed and helpless. Trauma can cripple their sense of self, as it wreaks havoc on their physical and emotional health.

When speaking specifically about betrayal, one author put it this way: "Relationship trauma—betrayal trauma—is the most piercing kind of emotional pain humans can experience."⁹ This pain is over-whelming and manifests itself in a host of unpredictable emotions.

Upon discovery of the addict's sexual behaviors, it's common for a betrayed spouse to experience a "jolt of adrenaline into the body that sets off a stress reaction."¹⁰ This is often followed by an extreme emotional response, obsessing

and questioning the addict, and could include periods of nonresponse or numbing. Many betrayed spouses are left feeling: rejected, abandoned, devastated, humiliated, shame, jealous, angry, lonely, isolated, hurt, and betrayed. They feel out of control and powerless.

WHAT DOES THIS MEAN FOR YOU?

With everything you're going through, joining a [support group](#) is so important. The enemy wants you to think you're the only one who has experienced betrayal. He wants you to feel isolated and alone. He wants you to give up on your relationship.

There is power in community and in realizing you are not alone. There are other men and women going through the same thing you are. Having a safe place to process your feelings and work through your betrayal trauma is critical to your healing.



YOUR SPOUSE'S SEXUAL ADDICTION, IT'S NOT ABOUT YOU

WHEN THE ADDICT'S SEXUAL BEHAVIORS are exposed, it is common for the betrayed spouse to think this is a reflection of them and their inability to meet the addict's sexual needs. They tend to internalize a level of shame and self-condemnation, vowing to keep their spouse's secret as a means of self-preservation.¹¹ Even when they can rationalize the truth, their experience with the addict and being blamed for the addict's acting out behaviors remains a source of internal struggle.

Here's the truth: **it's not about you.**

You could be the most attractive, sexy person alive and this still would have happened. This is not the result of how you look or the shape you're in. Nothing you did or didn't do pushed your spouse into their sexually compulsive behavior.

This is probably one of the hardest things for a betrayed spouse to accept. They think:

- ➔ It's because I travel for work, sometimes weeks at a time, it drove my spouse into the arms of another.
- ➔ I've put on some extra weight; I know this is why my spouse doesn't want to have sex with me.
- ➔ I have been so focused and stressed at work, it's no wonder my spouse went looking for emotional connection with someone else.
- ➔ I was pregnant and had a baby; I'm sure this contributed to my spouse's pornography use.
- ➔ I was devastated by my parent's unexpected death, which caused me to physically and emotionally withdraw from my spouse. This is why they had an affair.

This list is endless; filled with various reasons a betrayed spouse takes on the blame for their spouse's behavior.

One of the myths surrounding sex addiction is that it's about sex or the result of not getting enough sex. This is not true.

Sex addiction is often described as, "an unhealthy relationship to any sexual experience (thoughts, fantasies, activities, etc.) that a person continues to engage in despite adverse consequences."¹²

For many individuals who struggle with unwanted sexual behaviors, they didn't set out to become a sex addict.

Throughout their life, when faced with stressful events or trauma, acting out sexually became their means of escape: their "drug of choice" when life felt overwhelming and they were faced with their own feelings of inadequacy and worthlessness. Over time, this had a profound impact on the addict's brain and created a physiological dependence on their sexually compulsive behaviors.¹³

WHAT DOES THIS MEAN FOR YOU?

This does not, in any way, excuse or justify the addict's behavior or the pain they have caused you. It is simply to recognize that their sexually addictive behaviors were probably in place long before they ever knew you. They developed this form of medicating the stresses in their life a long time ago. They brought these behaviors into the relationship.

All of this information may feel overwhelming. There may be a part of you that wants life to go back to the way it was before you discovered your spouse's sexual behaviors. And, at the same time, you know it's not possible to turn back time.

Above all else, remember, this is not about you. You didn't cause your spouse's addiction and you are not responsible for it.



BETRAYAL TRAUMA CREATES AN EMOTIONAL ROLLER COASTER

THE ARRAY OF FEELINGS EXPERIENCED

by a betrayed spouse can be disastrous, causing serious suffering and damage. In many ways, they feel like their world has been swept up into an F5 tornado; leaving them unable to fully assess the level of damage until all the debris settles. When it does, they feel detached from their spouse and the relationship they once shared. The betrayed spouse perceives the relationship as a source of danger rather than a shelter and source of safety.

Dr. Kevin Skinner said it this way: “Trauma is a natural response when we are

betrayed; since the first rule of connection and love in relationships is safety, when we no longer feel safe due to our partner’s betrayal, our fear and worry grow.”¹⁴

When we feel threatened, our brain quickly shifts into a protection mode and initiates our fight, flight, or freeze system.¹⁵ This is what our brain was designed to do—to help us survive life-threatening events. However, when we are unable to find a solution to our perceived threat, our brain stays fixed in this protective mode, resulting in a physical and emotional disruption. We feel stuck:

overwhelmed by unresolved stress, on high alert, our ability to cope with life is gone, and we feel emotionally exhausted.

The dramatic shift in our mood—the emotional ups and downs—feels like we are on a giant roller coaster. One that runs on a continuous loop, rarely slowing down, and often speeding up. We feel emotionally out of control and wonder when this roller coaster will stop so we can get off.

A popular saying in therapy is, “You need to feel it to heal it.”¹⁶ For many individuals who experience betrayal trauma, stuffing down the never-ending stream of emotions seems logical in the moment. We convince ourselves, we will be more productive and stay on task if we suppress and disregard our feelings. Unfortunately, this is not sustainable. Much like a wound we ignore, expecting it to heal on its own, unprocessed emotions become infectious and end up contaminating all areas of our life.

WHAT DOES THIS MEAN FOR YOU?

There may be days when you are so overwhelmed with pain and grief, all you can do is cry. Other days, the anger you feel reaches a pinnacle point and erupts on the people around you. At other times, you might want to numb or avoid the pain by shutting down, going silent, or wanting to sleep the day away. And many times in between, you feel intense

emotions—extreme highs and lows, some of which you’ve never felt before. All you want is a reprieve; to feel “normal” again.

Learning to identify and make sense of your feelings takes time. A helpful tool is the [Thoughts/Feelings Awareness Log](#). Your thoughts and feelings are interconnected and significantly influence your behaviors. Your thoughts (described in a sentence) and feelings (described with one word) have a way of igniting your behaviors—as though one is a flammable fuel and the other is a match. Especially when you are angry and hurt, your emotional health can quickly feel out of control.

Developing emotional awareness is imperative to your healing and will help you gain a sense of healthy control in your life.





IF YOU'VE EXPERIENCED BETRAYAL, BOUNDARIES ARE GOOD

IN THIS TIME OF CRISIS, IT'S COMMON

for a betrayed spouse to feel like their world has been turned upside down. They feel paralyzed. One study revealed, approximately 72% of women who experienced betrayal suffered "significant distress and impairment in social, occupational, or other important areas of functioning."¹⁷ For many betrayed spouses, this disruption to their lives throws off everything: they cannot sleep; they cannot eat; they cannot concentrate; their mind is

consumed by the discovery of their spouse's behaviors; they withdraw from normal activities; they feel isolated and alone; they are unsure of what the future holds.

This is when setting boundaries can be empowering and give you a sense of healthy control in your life. The purpose of boundaries are often misunderstood. Many people think boundaries are used to control the behaviors of others, but really, boundaries are for us. They give us the things we need to feel safe and take care of ourselves.

One therapist put it this way: “Safety is a fundamental human need—and safety is created by the effective use of boundaries.”¹⁸

In many ways, setting boundaries helps us reestablish the authority we have in our lives and take responsibility for our behaviors. This also includes our sexual behaviors. As part of a recovery program, it’s common for a sex addict to go through a period of abstinence for 90 days.²⁰



**SAFETY IS A FUNDAMENTAL HUMAN NEED—
AND SAFETY IS CREATED BY THE EFFECTIVE
USE OF BOUNDARIES.**



For the addict, this helps them learn to navigate the stresses of life without using sex to cope. For the betrayed spouse, this gives them time and space to understand how the betrayal has impacted their sexuality; engaging in sex too soon may be retraumatizing and interfere with their healing.

“An important aspect of setting boundaries with ourselves is that of taking ownership of our lives. We need to take responsibility for our hearts, our loves, our time, and our talents.”²¹

WHAT DOES THIS MEAN FOR YOU?

While the details of your situation are unique to you and may require specific boundaries, there are several boundaries commonly used in response to betrayal. Here are a few suggestions of boundaries you might set for yourself:

- ☑ Establish self-care routines to strengthen your physical, emotional, and spiritual health.
- ☑ Avoid people, places, or activities that agitate your betrayal trauma.
- ☑ Join a [support group](#) for your own healing.
- ☑ Educate yourself about sex addiction and betrayal trauma ([Sexual Integrity 101](#)).
- ☑ Seek professional [counseling](#) to help navigate the healing process.
- ☑ Share your story with safe, confidential people.
- ☑ Give yourself time and space to process your thoughts and feelings in a healthy way.
- ☑ Learn healthy ways to manage negative emotions: anger, depression, anxiety, fear. (This will happen if you’re involved with a support group or counseling.)
- ☑ Say “yes” to people and activities that support your health and healing; say “no” to people and activities that do not support your health and healing.

It’s time to start taking care of you. While this might feel uncomfortable at first, this is an important step in establishing safety in yourself and your environment. Boundaries are good and will help you focus on you and your healing.¹⁹



FOLLOWING BETRAYAL, SELF-CARE IS IMPORTANT

IN MANY BOOKS ABOUT HEALING FROM betrayal trauma, self-care is a core theme. Extreme feelings of shock, grief, and loss are common for anyone who experiences a serious life-changing event. Buried among these feelings of loss—loss of safety, loss of trust, loss of relationship—is the loss of self. For the betrayed spouse, the way we see ourselves was shattered. What we're left with is the broken pieces of our identity, value, and worth. This shows up in our negative self-talk and self-judgment, as well as in our lack of self-compassion, self-kindness, and self-care.²² This is especially true if we're not used to getting our needs

and wants met in a healthy way.

The purpose of self-care is completely about you and for you. It is intended to help you establish behaviors that will help you feel safe and calm throughout this process. When you feel out of control and overwhelmed by stress, your self-care behaviors will help you stay calm and respond to the stress in a way that protects your physical, emotional, and mental health.

Developing self-care strategies is an important part of the healing process. It will take time and intention to create a

self-care plan that works best for you, but you're worth it! Here are a few basic self-care practices to get you started.

- ☑ Get consistent quality sleep each night.
- ☑ Eat healthy meals on a regular basis.
- ☑ Schedule time for exercise throughout the week.
- ☑ Talk nice to and about yourself (through positive self-talk).
- ☑ Give yourself grace and compassion (avoid self-judgment).
- ☑ Cultivate a healthy community with safe people.
- ☑ Join a support group for betrayed spouses.
- ☑ Attend a Bible study for spiritual growth.
- ☑ Learn more about emotional health.
- ☑ Start a gratitude journal.

There are many things we could add to this list to help you develop healthy behavior patterns through self-care.

But the truth is, one of the first things to go when people are in crisis is self-care. Instead of moving self-care to the top of the list, they completely neglect themselves and their needs. They are trying to navigate their new reality with a sleep deprived and depleted brain and body. Their negative self-talk is loud and relentless. They feel depressed, isolated, and alone.

WHAT DOES THIS MEAN FOR YOU?

Imagine you have a friend who has experienced betrayal and you are encouraging them to establish some self-care behaviors. What would you say to them? How would you express to your friend the importance, value, and benefit of self-care? You would probably give your friend various suggestions and examples of self-care options because you love them and empathize with the pain they're going through.

Whatever you would do or say to your friend about self-care, do this for yourself.

In the midst of everything you're going through, just the thought of putting energy into self-care might feel overwhelming. This is not an all-or-nothing process. Pick one thing from the above list and start doing it. Add it to your daily/weekly routine and practice it for a month. If you've found a safe person to walk through betrayal with you, invite them to participate in your new self-care endeavours. Having support and encouragement throughout this process will enhance your healing.

Self-care is important because it's investing in you—and you're worth it!



AFTER BETRAYAL, MOVING FORWARD TAKES TIME

One thing that makes navigating betrayal so challenging is the fear of the unknown. For the betrayed spouse, their world was rocked when they discovered their spouse's sexual behaviors. Since then, they've been trying to make sense of what's happening, stabilize themselves emotionally and mentally, keep up with their daily responsibilities, all the while carrying the weight of the unknown. Their mind is flooded with questions:





There are so many questions and no easy answers. One thing is certain: this journey of healing and recovery takes time.

WHAT DOES THIS MEAN FOR YOU?

There will be days when you want to quit, when the pain is too intense and you think you cannot endure it another day. Then, there will be days when you and your spouse share a closeness that you never thought possible. And all the days in between—the two steps forward and one step back days—remember: this is what healing looks like. It's not having all the answers today, but learning through a process of change and growth.

Regardless of whether you stay in your relationship or not, as a betrayed spouse, you need healing for yourself. As you invest in yourself through a [support group](#), counseling, educating yourself, and more, you will find a level of healing you've never before experienced.

Moving forward takes time and intention. Don't be afraid. Take the next step toward healing and discover a life free from the effects of betrayal trauma. This is the life God created for you.



Right now, you may be at the beginning of this journey. Not sure where this path will lead you or how long this process will take.

We know what this feels like. Unsure of what the future holds. Not knowing who to trust or where to find help. At Pure Desire, we have helped thousands of men and women around the world find freedom from sexual brokenness and betrayal trauma. We will walk with you through this entire process.

You deserve a life free from the effects of betrayal trauma. We have the knowledge, tools, and support you need to find healing.

Taking these next steps will get you started on your healing journey.

Talk to someone. This could include a close friend, family member, pastor, or counselor. Even telling one person and receiving their unconditional support is a crucial step in this process. Be selective and choose someone who is safe and confidential. Contact Pure Desire by calling 503-489-0230 or by email:

info@puredesire.org.

Educate yourself. One of the best ways to learn more about sexual brokenness and betrayal trauma is through [Sexual Integrity 101](#). This 8-week video course

explains the factors that contribute to unwanted sexual behaviors and provides practical tools and strategies that lead to lasting health. Great teaching, expert interviews, and personal testimonies will give you the hope and encouragement needed to pursue healing.



HEALTHY BOUNDARIES ARE FOR YOU—TO KEEP YOU SAFE AND MOVING TOWARD HEALTH.



Each week, Pure Desire releases a new podcast and blog. This is a great way to learn more about betrayal trauma and the impact of sexual brokenness from those who have experienced betrayal and are now living in freedom. A list of recommended podcasts and blogs is in the appendix.

A list of recommended books to help you learn more about sex addiction and/or betrayal trauma is also in the appendix.

Join a support group. Pure Desire offers **online groups** for men and women who have experienced betrayal: Betrayal & Beyond groups for women and Hope For Men groups for men. These groups are led by trained, vetted leaders who have walked this path and are now living in health.

Be intentional with big decisions. The pain you're experiencing right now may be excruciating. You may feel as though your best option is to immediately separate or divorce from your spouse. Before making any big decisions, get wise counsel from a mentor, pastor, or professional counselor.

Seek professional counseling. For some who experience betrayal, the idea of telling anyone is horrifying. Telling a group of people is even worse. Meeting with a **counselor** one-on-one may be the best place to start.



Create a Recovery Action Plan. This is a plan you create to identify reasonable and necessary steps to take when your spouse experiences a relapse. The **Recovery Action Plan** is intended to reestablish trust in the relationship, allowing a couple to process a relapse and its effects in a positive and intentional manner.

Set healthy boundaries. Set boundaries around your physical, emotional, and mental health. This includes establishing self-care routines; avoiding people, places, and activities that increase negative emotions; being intentional with whom and how much you share about the betrayal and what you're going through; and more. Healthy boundaries are for you—to keep you safe and moving toward health.

Resist policing your spouse. For many betrayed spouses, they become consumed with policing their spouse: trying to control or catch their spouse in another act of betrayal. This is a common protective response when feeling like the safety of their environment has been compromised. Unknowingly, they cause themselves more emotional trauma and end up exhausted in the process. A better approach is to invest in you, putting this effort and energy into your healing.

Stay spiritually connected. When betrayal happens, spiritual support is needed. In many cases, spiritual support is not available in the church and/or church leaders are ill-equipped to handle the situation. Pure Desire's unique approach to healing includes aspects of neuroscience, psychology, and clinical tools, all supported through a biblical foundation.

Many of the above steps are part of the group curriculum and happen within the support group experience.





APPENDIX

RECOMMENDED PD PODCASTS

- [Episode 018: One-Sided Healing](#)
(Betrayed Spouse)
- [Episode 025: Suspecting Spouse](#)
- [Episode 034: Healthy Habits](#)
- [Episode 042: Betrayal & Beyond](#)
- [Episode 047: Stories of Healing](#)
—Jackie & Ernie Chambers
- [Episode 051: When Crisis Occurs](#)
- [Episode 057: Sex During Recovery](#)
- [Episode 079: Leading Betrayal & Beyond](#)
- [Episode 086: Stories of Healing](#)
—Rick Bulman
- [Episode 090: I Caught My Spouse, Now What?](#)
- [Episode 102: Power of Gratitude](#)
- [Episode 106: Full Disclosure](#)
- [Episode 112: Stories of Healing](#)
—Scott & Cassie Spicer
- [Episode 116: Myth Busters: Sexual Addiction is About Sex](#)
- [Episode 117: Separation & Divorce](#)
- [Episode 145: Stories of Healing](#)
—Dan & Jenn Howie
- [Episode 150: Betrayed Spouse](#)

[& Legal Issues](#)

- [Episode 159: Sexual Integrity 101](#)
- [Episode 166: How to Talk with Your Spouse About Sex](#)
- [Episode 174: Boundaries in Recovery](#)
- [Episode 175: Honesty vs. Disclosure](#)

RECOMMENDED PD BLOGS

- [7 Songs for Your Recovery](#)
- [The Power of Memory](#)
- [Honestly Speaking](#)
- [A Day in the Life of a Betrayed Spouse: Healthy](#)
- [Searching for Stability](#)
- [How I Learned to Talk to My Husband](#)
- [Eating My Feelings...And Everything Else in My House](#)
- [The Sexually Anorexic Marriage](#)
- [The Silent Abuser](#)
- [Tools for Healing: Self-Care](#)
- [Tools for Healing: Stress Test](#)
- [Transformation](#)
- [Unwrapping Us](#)
- [Saying “Yes” to Self-Care](#)

RECOMMENDED READING

This list contains Amazon Affiliate links.

- ➔ [*Boundaries in Marriage*](#)
by Dr. Henry Cloud & Dr. John Townsend
- ➔ [*From Betrayal Trauma to Healing & Joy: A Workbook for Partners of Sex Addicts*](#) by Marsha Means
- ➔ [*Intimate Deception: Healing the Wounds of Sexual Betrayal*](#)
by Dr. Sheri Keefer
- ➔ [*Mended: One Couple's Journey From Betrayal to Imperfect Beauty*](#)
by Rick & Tiffany Bulman
- ➔ [*Mending a Shattered Heart: A Guide for Partners of Sex Addicts*](#)
by Dr. Stefanie Carnes
- ➔ [*Peace Beyond the Tears: Hope after Sexual Betrayal*](#) by Tina Harris
- ➔ [*Treating Trauma from Sexual Betrayal: The Essential Tools for Healing*](#) by Dr. Kevin Skinner
- ➔ [*The Betrayal Bond: Breaking Free of Exploitative Relationships*](#)
by Dr. Patrick Carnes
- ➔ [*The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*](#) by Dr. Bessel van der Kolk

ENDNOTES

1. Stefanie Carnes, *Mending A Shattered Heart* (Carefree, AZ: Gentle Path Press, 2011), 17.
2. *Sexual Integrity 101* [DVD], directed by Trevor Winsor. (August 5, Troutdale, OR: Pure Desire Ministries International, 2020).
3. Barbara A. Steffens & Robyn L. Rennie (2006) The Traumatic Nature of Disclosure for Wives of Sexual Addicts, *Sexual Addiction & Compulsivity*, 13:2-3, 247-267, DOI: 10.1080/10720160600870802.
4. Travis Smith. Recovery & Treatment of Sexual Addiction: An Interview with Dr. Patrick Carnes. *Open Access J Addict & Psychol.* 2(5): 2019. OAJAP. MS.ID.000549. DOI: 10.33552/OAJAP.2019.02.000549.
5. Stefanie Carnes, *Mending A Shattered Heart* (Carefree, AZ: Gentle Path Press, 2011), 21.
6. Ibid. 44.
7. American Bible Society, *Trauma In America: Understanding How People Face Hardships and How the Church Offers Hope* (Ventura, CA: Barna Group, 2020) 25.
8. Victoria Follette & Jacqueline Pistorello, *Finding Life Beyond Trauma: Using Acceptance and Commitment Therapy to Heal from Post-Traumatic Stress and Trauma-Related Problems* (Oakland, CA: New Harbinger Publications, Inc.) 1.
9. Marsha Means, *From Betrayal Trauma To Healing & Joy: A Workbook for Partners of Sex Addicts* (Phoenix, AZ: A Circle of Joy Press) 1.
10. Barbara A. Steffens & Robyn L. Rennie (2006) The Traumatic Nature of Disclosure for Wives of Sexual Addicts, *Sexual Addiction & Compulsivity*, 13:2-3, 247-267, DOI: 10.1080/10720160600870802.
11. Stefanie Carnes, *Mending A Shattered Heart* (Carefree, AZ: Gentle Path Press, 2011), 19.
12. Ibid. 9.
13. You will learn more about the neuroscience of addiction from the betrayal group curriculum: *Betrayal & Beyond* for women and *Hope For Men*.
14. Kevin Skinner, *Treating Trauma from Sexual Betrayal: The Essential Tools for Healing* (Lindon, UT: KSkinner Corp, 2017) 25.
15. Ibid. 52.
16. *Sexual Integrity 101* [DVD], directed by Trevor Winsor. (August 5, Troutdale, OR: Pure Desire Ministries International, 2020).
17. Barbara A. Steffens & Robyn L. Rennie (2006) The Traumatic Nature of Disclosure for Wives of Sexual Addicts, *Sexual Addiction & Compulsivity*, 13:2-3, 247-267, DOI: 10.1080/10720160600870802.
18. Barbara A. Steffens & Robyn L. Rennie (2006) The Traumatic Nature of Disclosure for Wives of Sexual Addicts, *Sexual Addiction & Compulsivity*, 13:2-3, 247-267, DOI: 10.1080/10720160600870802.
19. Ibid. 64.
20. Stefanie Carnes, *Mending A Shattered Heart* (Carefree, AZ: Gentle Path Press, 2011) 11.
21. Henry Cloud & John Townsend, *Boundaries In Marriage Workbook* (Grand Rapids, MI: Zondervan Publishing House, 2000) 50.
22. Kevin Skinner, *Treating Trauma from Sexual Betrayal: The Essential Tools for Healing* (Lindon, UT: KSkinner Corp, 2017) 184-198.



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