



# What your Addiction Does to Your Wife

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- PICTURE these 3 IMAGES – Blazing Gun, Car Accident, Drowning
- Watch HELPING HER HEAL video by Dr. Doug Weiss

## UNDERSTANDING THE DAMAGE YOU CAUSED TO YOUR WIFE PARTNER BETRAYAL TRAUMA

1. **BETRAYAL** – Being incessantly lied to creates a seriously deeply broken trust. Sexual unfaithfulness to the marriage whether Porn and Masturbation or actions outside the marriage adds another whole dimension to the trauma she is forced to carry. You are the one she trusted, she gave her heart and life to and now this.
2. **EMOTIONAL DISEQUILIBRIUM** – Their trauma causes real emotional & physiological pain. Stress, worry, doubt, angry, feeling spent, disgusted, uncertainty, love you or not love you, can she trust you, how will she know. When should she believe and trust you again? Her deep hurt with no easy fix keeps her emotionally unstable – the SHOCK creates a huge amount of instability.
3. **REJECTION & INSECURITY** – feeling unloved, not treasured, unwanted, feeling inadequate and compared, flawed, not pursued except for sexual release for you. The relationship turns out to be a lie. The commitment turns out to be a lie. She will have a hard time believing that she will ever be good enough and truly loved by you.
4. **SEXUAL BARRIERS** – multiple triggers as she goes to the bedroom, she envisions you at the computer or on your phone gawking at a massive amount of sexual explicitness and is grossed out, feels a sense of dirtiness, being used, drop in her sexual confidence with little desire to be close to you.
5. **SHAME & EMBARRASSMENT** – How does she heal from YOUR mess? Who will understand her hurt? Does she tell her family? Who can she tell without it partly implicating her.
6. **FAITH FAILURE** - Discouragement Before God, why would He allow this? Some feel betrayed by God too. I didn't sign up for this. Why did God let me marry you?

## Building Empathy

Your addiction was driven by selfishness. Your discovery or disclosure doesn't automatically change you. You have been self-centered for years. You have been justifying your behaviour sometimes even blame your spouse - selfishness. You have been lying to yourself about it not hurting anyone - selfishness. You have kept secrets, withheld truth and lied to her face – selfishness.

You start building empathy with a commitment to **others-centeredness**. It's not easy. You will notice so many of your actions, statements, attitudes, questions so one thing. IT'S STILL ALL ABOUT YOU! You want her to heal quickly. To get over it. To stop being triggered. To forgive you. To just trust me. To move forward. ALL SELFISHNESS.

*Philippians 2:1-4 - Therefore if you have any encouragement from being united with Christ, if any comfort from his love, if any common sharing in the Spirit, if any tenderness and compassion, <sup>2</sup> then make my joy complete by being like-minded, having the same love, being one in spirit and of one mind. <sup>3</sup> Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, <sup>4</sup> not looking to your own interests but each of you to the interests of the others.*