



# Stay in Your Lane

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You are on your **Recovery Journey** and at this point, your wife may or may not have decided to come along with you on this ride. She may be driving away from you heading off in a different direction. Or she may have decided to cautiously and graciously travel with you - to at least in time, see if you are worth another chance. Don't panic.



You see, whether or not she decides to stay with you or leave, shouldn't be your primary concern. This decision is a seriously hard one for her to make. Can she trust you? Will you do it again? Remember, she was only an innocent passenger of the vehicle you were driving before your reckless behaviour caused this horrific relational crash. Through disclosure or discovery, she found out about your choices and actions which have created so many life-threatening injuries to her heart and life. The trauma she is in is massive. Now, she is positioning herself to see if you are trustworthy enough for her to ever get back in the car with you. She is watching how you drive.

Don't try to control her, convince her or convict her. You blew it badly and she has a good right to think through whether ever driving with you is wise. That's why at this time, your only and very best course of action is to

## Stay in Your Lane!

**"Stay in Your Lane"** means to fully and exclusively focus on doing all that you can do in your recovery journey. It's dealing with YOU. It is fully putting in the effort to do whatever it takes and more to overcome the addiction. It's hard slugging and not a quick fix. It is faithful, consistent work that over a long period of time becomes more and more believable to a doubting spouse. So, shut-up and just keep doing what YOU are supposed to be doing. **Stay in your lane!**

Remember: **Boys make excuses - Men make Changes!**

- Remember: You are both going in the same direction just maybe different vehicles for a while.
- Don't guilt her, pressure her or in any way emotionally manipulate her.
- Stop being the emotional adolescent - grow up. Start driving maturely.
- Bear pain as a man. Stop your whining. Focus on understanding her pain.
- Your Destination is the same - GOAL: **A Solid God-honoring Marriage**

- Do what you need to do as best you can.
- Put in the work to show that you love her.
- Humbly own apologize again and again – anytime she is “triggered”.
- Can’t control her responsiveness. After all, why should she trust you?
- Leave her to her journey. YOU TRAVEL YOURS! **Stay in your Lane!**



## Inner Enemies that Distract You from Staying in your Lane:

1. Laziness - failure to put in consistent effort.
2. Rage - Anger at your wife for “making you go through this!”
3. Selfishness when she is TRIGGERED. You don’t empathize well at all!
4. Excuses - creating reasons to convince yourself or others it’s not your fault.
5. Fading Effort - simply not “nailing” the 12-step program.
6. Shallow Work - a half-hearted effort to satisfy her but not really change.
7. Image Control - Doing what you do to check boxes - to look good.
8. Minimization of your addiction - It wasn’t that big a deal.
9. Doing BETTER but not Clean - making a stand that doing better is freedom.
10. Not surrendering fully to the LORD to live with a soft heart to Him and her.

Hebrews 12:1,2 - Therefore, since we are surrounded by such a great cloud of witnesses - OUR BAND OF BROTHERS, FAMILIES, FRIENDS - let us throw off everything that hinders - EVERYTHING THAT WILL IMPEDE YOUR RECOVERY - and the sin that so easily entangles - OWN YOUR SINFUL ATTITUDES AND ACTIONS. And let us run with perseverance the race marked out for us - **STAY IN OUR LANE** - fixing our eyes on Jesus, NOT OUR WIFE - the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.