



Couples Restoration After Infidelity
(show notes from Regeneration podcast)

Four Stages of Healing

1. Triage

- a. Primary Focus: Find safety amidst chaos and loss
- b. Primary Steps:
 - i. Find support communities that can help you (both spouses individually)
 - ii. Offending spouse:
 - 1. At least weekly meetings (sometimes daily) with support/accountability community
 - 2. Absolute transparency in meetings
 - 3. Purging – Getting rid of sources of sin (e.g. stashes of pornography, phone numbers of affair partners, etc.)
 - iii. Hurt spouse:
 - 1. Regular meetings with support community
 - 2. Confidentiality in those meetings
 - 3. Permission to grieve and grapple
- c. Tough topics not addressed in podcast:
 - i. Therapeutic separation
 - ii. Finances
 - iii. “What do we tell our kids?”

2. Clean-Up – Hard work of beginning recovery

- a. Primary Focus: Asses scope of damage and severity of problem
- b. Primary Steps:
 - i. Offending spouse:
 - 1. Ongoing involvement in recovery community – Break isolation!
 - 2. Ongoing transparency – full disclosure to recovery community
 - 3. Full disclosure to spouse (Frequency, Intensity, Duration)
 - 4. Learning sexual addiction cycle
 - 5. Establishing recovery boundaries
 - ii. Hurt spouse:
 - 1. Ongoing involvement in confidential recovery community
 - 2. Ongoing permission to work through grief (shock, denial, bargaining, anger, acceptance)
 - 3. Hearing full disclosure and processing with community
 - 4. Establishing relational boundaries
- c. Tough topics not addressed in podcast:
 - i. “What if he/she is still lying to me?”
 - ii. Restoration covenants
 - iii. Possibility of divorce



3. Foundation Repair – New rhythms of long-term recovery

- a. Primary Focus: Learning new styles of relating to each other within this new reality
- b. Primary Steps:
 - i. Offending spouse:
 - 1. Continue involvement with recovery community
 - 2. Ongoing transparency
 - 3. Practice regular check-in's with spouse (different than accountability)
 - 4. Deepen intimacy and reliance upon God
 - ii. Hurt spouse:
 - 1. Continue involvement with recovery community
 - 2. Begin process of dealing with trauma
 - 3. Begin process of moving toward forgiveness
 - 4. Practice regular check-in's with spouse (different than his/her accountability partner)
 - 5. Deepen intimacy and reliance upon God
- c. Tough Topics not addressed in podcast:
 - i. "What do we tell our kids?"
 - ii. Withholding sex vs. Abstaining for a season
 - iii. Dealing with relapse

4. Rebuilding – Developing new intimacy

- a. Primary Focus: Rebuilding trust, deepening intimacy
- b. Primary Steps:
 - i. Offending spouse:
 - 1. Continue transparent involvement in recovery community
 - 2. Continue initiating regular check-in's with spouse
 - 3. Humbly ask for forgiveness for wrongs done, past and present
 - 4. Demonstrate trustworthiness where you can—progress over perfection
 - 5. Continue to deepen relationship with and reliance upon God
 - ii. Hurt spouse:
 - 1. Continue to draw support from your community
 - 2. Continue to check in with spouse
 - 3. Continue process of forgiveness
 - 4. As spouse's trustworthiness is demonstrated, practice taking steps to trust again
 - 5. Keep working through effects of trauma
 - 6. Continue to deepen relationship with and reliance upon God
- c. Tough topics not addressed in podcast
 - i. Ongoing PTSD
 - ii. Restoring physical intimacy
 - iii. Sexual anorexia