

# Sex Addiction Partner Trauma

## **Back from Betrayal** - Jennifer P Schneider M D 2015-04-21

It's a loving spouse's worst nightmare: standing by, helpless, as your partner seeks sexual attention from others—a discovery that quickly turns to shame and regret. If only you were prettier or more exciting, maybe you could keep his attention. If only you earned more money, maybe she would be attracted to you. But the truth is that, for many, online and real-life infidelity is an addiction—a compulsive need for other sexual partners, as intoxicating as any bottle or pill. And with the rise of websites and smartphone apps, getting the next fix is often just a click or screen tap away. Author Jennifer P. Schneider, MD, broke new ground in *Back from Betrayal* as one of the first to address sex addiction in relationships, as well as the traumatic experiences faced by the partners of men and women who compulsively lie and cheat. Now in its fourth edition, the book is updated to reflect the latest knowledge regarding infidelity and contains chapters covering the unique challenges of sex addiction in the digital age. Now more than ever, Schneider provides a voice for those struggling with this devastating issue—and offers much-needed hope toward recovery and healing.

## **Mending a Shattered Heart** - Stefanie Carnes 2012-07-10

When your partner betrays, what are the first steps to picking up the pieces of your shattered heart? Many unsuspecting people wake up every day to discover their loved one, the one person whom they are supposed to trust completely, has been living a life of lies and deceit because they suffer from a disease—sex addiction. This is a disease shrouded in secrecy and shame. This is your go-to-guide for what to do when you discover your partner is a sex addict. Each chapter is based on frequently asked questions by partners such as: Should I Stay or Should I Go? Is This Going to Get Better? How Do I Set Boundaries and Keep Myself Safe?

and What Should I Tell the Kids?

## Intimate Deception - Dr. Sheri Keffer 2018-03-20

Nothing destroys trust like sexual betrayal. Beyond broken vows, a woman who discovers that the man she loves has been viewing pornography or having an affair must deal with devastating blows to her self-image and self-worth. She must grapple with the fact that the man she thought she knew has lied and deceived her. She may even bear the brunt of shame and judgment when the people around her find out. Drawing from her experience both as a marriage and family therapist and a woman who personally experienced the devastation of sexual betrayal, Dr. Sheri Keffer walks women impacted by betrayal through the pain and toward recovery. She explains how the trauma of betrayal affects our minds, bodies, spirits, and sexuality. She offers practical tools for dealing with emotional triggers and helps women understand the realities of sexual addiction. And she shows women how to practice self-care, develop healthy boundaries, protect themselves from abuse or manipulation, and find freedom from the burden of shame and guilt.

## **Sex Addiction: The Partner's Perspective** - Paula Hall 2015-08-20

Sex and pornography addiction are growing problems that devastate the lives of partners as well as sufferers. *Sex Addiction: The Partner's Perspective* has been written to help partners and those who care about them to survive the shock of discovering their partner is a sex addict and to help them make decisions about the future of their relationships and their lives. First and foremost, it is a practical book, full of facts, and self-help exercises to give partners a much-needed sense of stability and control. Like its sister book, *Understanding and Treating Sex Addiction*, it includes case examples and survey results revealing the reality of life for partners of sex addicts. *Sex Addiction: The Partner's Perspective* is

divided into three parts. Part I explores the myths surrounding sex addiction and provides up to date information about what sex addiction is and what causes it before moving on to explain why the discovery hurts partners so much. Part II is about partners' needs and includes self-help exercises and strategies to help partners regain stability, rebuild self-esteem and consider their future. The controversial topic of co-dependency is also explored with guidance on how to identify it, avoid it and overcome it. Part III focuses on the couple relationship starting with the difficult decision of whether to stay or leave. Whatever the decision, partners will then find help and support for rebuilding trust and reclaiming their sexuality. This book has been written to help partners not only survive, but to grow stronger and move on with their lives - whether alone, or in their relationship. Readers will find revealing statistics and real life stories shared by partners who kindly took part in the first UK survey of sex addiction partners. This book will be a valuable guide for partners, but also for the therapists who seek to support them on their journey of recovery.

*How to Heal from a Sexually Addicted Spouse* - Michelle W Bartolome  
2022-11-25

Do you know you can heal from a sexually addicted spouse, free from post-traumatic stress disorder and break free from sexual addiction or better ways to deal with that sexually addicted spouse and have that perfect marriage or relationship of your dreams. This book is packed with different strategies from which you can heal from a sexually addicted spouse and be happy for yourself and your partner. Inside this book, you will see: Your partner's sexual addiction Trauma and Post-traumatic stress disorder Defining trauma Post-traumatic stress disorder Co-Addict Trauma Survivor Why Is Sex Abuse Harmful? How to Recognize a Sexual Addiction Types of sex addiction Effects of a Sexual Addiction Why it's Important to Treat Sexual Addiction Betrayed trauma for sex addicts' partners PTSD and trauma Trauma and PTSD Following Betrayal Effects of a partner's sex addiction How a Relationship is Affected by Sex Addiction The threat of sexually transmitted diseases is growing. How the Brain Reacts Immediately to Trauma Trauma Effects

During Flight or Fight False alarms and inaccurate threat detection  
Long-Term Trauma Effects on the Brain Trauma's Effects on the Amygdala Trauma's Effects on the Hippocampus Trauma's Effects on the Prefrontal Cortex  
Dissociation Communication, Happy Marriage, Marriage Preservation Issues Stay positive about your spouse. Sex addicts' betrayed partners: six dos and six don'ts If you are married to a sex addict, here are 11 ways to recover. Get How To Heal From A sexually Addicted Spouse Today

**Clinical Management of Sex Addiction** - Patrick J. Carnes 2019-11-28  
Clinical Management of Sex Addiction's newest edition updates many of the original chapters from 28 leaders in the field with new findings and treatment methods in the field of sex addiction. With a growing awareness of sex addiction as a problem, plus the advent of cybersex compulsion, professional clinicians are being confronted with sexual compulsion with little clinical or academic preparation. This is the first book distilling the experience of the leaders in this emerging field. It additionally provides new chapters on emerging areas of interest, including partner counseling, trauma and sexual addiction, and adolescent sex addiction. With a focus on special populations, the book creates a current and coherent reference for the therapist who faces quickly escalating new constellations of addictive sexual behavior. Readable, concise and filled with useful interventions, it is a key text for professionals new to the field and a classic reference for all clinicians who treat sex addiction.

**Letters to a Sex Addict** - Wendy Conquest 2013-09-10  
Sudden changes in routine, bizarre and inexplicable shifts in behavior, in the bedroom and out. Emotional distance and excuses for lack of connection. These are all telltale signs that something is very, very wrong. For a sex addict's spouse or partner, these changes and fluctuations are upsetting and crazy making, leading to thoughts that they have done something wrong, aren't good enough or that there is some other reason for the inconsistent, bewildering behavior. For many, sex or porn addiction is farthest from their minds or too scary to consider. Inspired by a career of working with sex addicts and their

partners/spouses, Wendy Conquest's collection of letters fuses fiction and nonfiction to astounding results. Diving deeply into the psyches of those whose lives are shattered by betrayal and the resultant feelings of hurt, rage, resentment and despair, this book directly mirrors a partner's experiences from multiple perspectives. Each letter explores a different facet of the relationship dynamic, the addict's illness, and the partner's thoughts and feelings throughout all the stages of this devastating experience. This powerful book is for men and women experiencing the trauma of infidelity caused by their partner's sexual addiction and the fallout that occurs. This informative book was written for anyone needing to understand what is happening to them, that they are not alone, that there is help and that there is recovery. In addition, this book is for addicts to better understand what is happening for their partner, why healing is taking so long and what they can do to help their spouse. Therapists, ministers, counselors, pastors and doctors will be better able to relate to people whose partners are unfaithful. This book is a must read for anyone doing couples work when pornography use or affairs are present to assess how much damage has occurred for the spouse and the relationship. These insightful, gut-wrenching, yet hopeful letters create a well-rounded picture that delivers clarity, understanding and a path of healing. Letters to a Sex Addict: The Journey Through Grief and Betrayal will help those affected to regain sanity and clarity and peace of mind. [From Betrayal Trauma to Healing and Joy](#) - Marsha Means 2020-01-05 Using a trauma-model approach, [From Betrayal Trauma to Healing & Joy: A Workbook for Partners of Sex Addicts](#), provides a healing pathway women can follow, either individually or in a support group. Beginning with the raw pain betrayal trauma victims experience, this well-researched, soul-searching guide sensitively uses a forward-moving process, enabling women to come to understand their losses, grieve them, grow through them, and go on to heal. With a balance of educational content and penetrating, therapeutic questions, women review what has happened in their relationship and process it as they journal their answers to the workbook's self-reflective questions. As they do, they learn to use important new tools and skills and gain new

strengths that equip them for the challenges they face, whether their relationship heals, or comes to an end. Chapter by chapter, women learn what it takes to share one's life with a man working to stay free from sex addiction. And as they grow and evaluate their options, they gain new insight and clarity, enabling them to choose the next best steps for their own lives. This workbook is compatible with [Your Sexually Addicted Spouse: How Partners Can Cope and Heal](#), which the author wrote with Dr. Barb Steffens. And it is the 4th edition of the workbook formerly titled, [Journey to Healing & Joy: A Workbook for Partners of Sex Addicts](#). **Sexual Addiction: Wisdom from The Masters** - Carol Juergensen 2016-07-13

This ebook shares the wisdom from the most prolific sexual addiction experts in the world talking about sexual addiction, shame, trauma, trauma reenactment, partner betrayal, partner pain, love addiction, and other issues that contribute to compulsive sexual acting out. Two of the chapters include Patrick Carnes who founded the Sexual Addiction Recovery Movement and Claudia Black who helps Partners of Sex Addicts regain their equilibrium from this traumatic disorder. This book simplifies the principles that make recovery possible for anyone who has been affected by sexual addiction. If you believe that you have a sexual addiction or you love someone who suffers from this addiction, you will benefit from reading the recovery tasks that will take your life to the next level!

**The Pain and Betrayal Caused by Sexual Addiction** - Fai Seyed Aghamiri 2023-04-12

Have you recently discovered that your partner is a sex addict? Chances are that the discovery or disclosure of such compulsive behaviours have left you shattered. Betrayal trauma is a very common multilayered complex type of trauma suffered by partners of sex addicts. Symptoms of post traumatic stress disorder (PTSD), emotional instability, grief, loss, low self-esteem, hypervigilance and depression are just a few of the ramifications a betrayed partner must endure. This book provides a step by step explanation of what trauma and healing entail. Dr Fai encourages the reader to approach betrayal trauma healing holistically and provides

an accurate portrayal of suggested techniques that are based on current research and brain science. Dr. Fai Seyed is one of the few sex addict specialists in Australia. She is the author of multiple international academic articles, and the #1 Amazon best seller *Reclaim Your Life*, and *Recovery Journey Workbook*. With her extensive therapeutic experience, Dr. Fai has assisted adolescents, adults, couples, and families through a variety of life's issues as a skilful and empathic professional counsellor and psychotherapist. Originating from Stockholm Sweden, Dr. Fai has completed a PhD on sex addiction and how it affects the general health of intimate female partners. Currently, she is the only one in Australia with a PhD on this important topic. She works as the principal therapist and director of House of Hope Counselling and Psychotherapy Centre and resides in Brisbane, Australia. This is published on Kindle Direct Publishing

Partner Betrayal Trauma - Douglas Weiss 2019-06-27

**Spouses of Sex Addicts** - Richard Blankenship 2010-10

Trauma and Healing Spouses of Sex Addicts are Trauma Survivors Facing the devastation of a partner's sexual addiction begins with feelings of grief, pain, and trauma. Amazingly it is a journey that can lead to hope and healing. The trauma is massive, and the journey is difficult. This book has been written using the stories of many spouses who have navigated their way through the darkness of the night and into the light of hope and healing. *Spouses of Sex Addicts* is a continuation of S.A.R.A.H. (Spouses of Addicts Rebuilding and Healing.) It includes updated stories, more emphasis on healing from trauma, and information on working with children who have been exposed to sexual addiction. "This book will be an encouragement and source of valuable information for spouses who are reeling from the reality of sexual addiction in their partners. I'm grateful that this book is there to provide healthy, appropriate information mixed with real life stories that impart wisdom and hope; not hope in what the addict chooses to do or not do, but hope in the ability of the spouse to recover and grow in spite of the devastation of sexual addiction." Dr. Barbara Steffens Steffens Counseling

Services Co-author of *Your Sexually Addicted Spouse*

**Intimate Treason** - Claudia Black 2012-09-18

Partners affected by sex addiction learn to develop healthy boundaries and make positive changes for themselves and their partners.

**Moving Beyond Betrayal** - Vicki Tidwell Palmer 2016-05-16

Partners experience dire consequences as a result of being in a relationship with someone suffering from compulsive sexual behavior. Their emotional well-being requires developing new skill sets for self-care and self-protection as they confront the difficult and painful process of discovery, disclosure, and beyond. In other words—they need boundaries. This is the first book specifically for partners affected by addictive behavior that addresses, in detail, how to identify, create, and maintain boundaries as a vital component of self-care and an indispensable tool for healing and growth. *Moving Beyond Betrayal* guides partners to define the current problem(s); identify needs that aren't being met; find where they have the power to effect change; take action; and evaluate the results to determine if their goal has been accomplished. The author examines all aspects of effective boundary work, including what to do when boundaries are violated. Through working the 5-Step Boundary Solution partners will: Gain clarity Reduce the chaos inherent in relationships impacted by sex addiction Feel more empowered and in control of their lives Discover whether or not their relationship with the addict is salvageable Vicki Tidwell Palmer is a Licensed Clinical Social Worker (LCSW), Certified Sex Addiction Therapist (CSAT), and Somatic Experiencing Practitioner (SEP) in private practice in Houston, Texas. She is the author of the blog for partners *Survival Strategies for Partners of Sex Addicts*.

Beyond Betrayal Couples' Guide - Lisa Taylor 2016-04-09

Used with its companion book, *Beyond Betrayal*, this guide shows men how to enter into their wife's healing from betrayal trauma - while bolstering their own recovery. Additional exercises, along with more scriptural meditations and resources show couples how to survive this - "the messiest journey ever" - and ultimately, thrive.

**Beyond Betrayal** - Lisa Taylor 2015

Beyond Betrayal (UK English Edition) interweaves the stories of betrayed wives with the latest research on sex addiction and partner trauma. That research includes the largest survey to-date of betrayed wives - a study conducted for this book. Betrayed wives walk an excruciating road, yet many are learning that God can heal and even redeem.

Your Sexually Addicted Spouse - Barbara Steffens 2021-06-07

Sexual addiction and compulsive sexual behavior often steal a person's ability to achieve emotional or sexual intimacy. Both addicts and their partners may suffer in isolation, ashamed and afraid, not knowing where to turn for help. Your Sexually Addicted Spouse shatters that stigma and shame and provides understanding and empathy for the addict and his or her spouse. Barbara Steffens' groundbreaking research was the first to show that partners are not codependents but post-traumatic stress victims, while Marsha Means' personal experience provides insights, strategies, and critical steps to recognize, deal with, and heal partners of sexually addicted relationships. Firsthand accounts and stories reveal the impact of this addiction on survivors' lives. Chapters end with "On a Personal Note" questions and propose new paths that lead from trauma to empowerment, health, and hope. Useful appendices list health and mental health care providers and clergy. Barbara Steffens, PhD, LPCC, CCPS, CPC specializes in helping women recover from sexual betrayal and is a sought-after speaker and presenter on special issues related to partners of sexual addicts. She was the founding President of the Association for Partners of Sex Addicts Trauma Specialists, an organization that provides training and certification of Clinical Partner Specialists and Partner Trauma Coaches. She has counseled and coached betrayed spouses/partners for over twenty years and her research on trauma after betrayal has changed the field. Barbara also consults with other professionals and provides training for those who want to help partners heal. Marsha Means, MA, founder and director of A Circle of Joy Ministries, is trained as a Marriage and Family Therapist, and writes and speaks on the topic of betrayal trauma and sex addiction. Her work is based on both her personal and professional experience. She has written several books on the topic. Marsha and her team of coaches offer

individual and group support for partners of sex addicts. In addition, Marsha facilitates couple's groups to help them learn to heal the damage done by betrayal trauma.

**Spouses of Sex Addicts** - Françoise Mastroianni 2013-05-02

"How grateful I am for Françoise, Richard and their hearts to help partners of sex addicts heal from the trauma they experience! I am even more grateful that they have felt the call to share their gifts, insights, and encouragement for partners through this workbook, Spouses of Sex Addicts: Hope for the Journey. As you read through this workbook and start applying the wisdom and helpful exercises to your own experience, I hope you will know, as I do, that this book comes from their hearts, experience, and spiritual strength. The pages of this workbook are filled with appropriate and helpful information and opportunities for you to apply the materials to your experience, which will help you in your journey of healing. May you find in these pages a path for yourself as you join the journey of healing along with so many other wounded spouses. Those of us who are a little further along in the journey hold you in our hearts, thoughts, and prayers. You are not alone. Blessings and hope to you." - Dr. Barbara Steffens PhD, LPCC, BCC, CCSAS. President, Association for Partners of Sex Addicts Trauma Specialists (APSATS), Co-author, Your Sexually Addicted Spouse: How Partners Can Cope and Heal

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*Healing Betrayal: First Steps for Partners and Spouses of Sex and Pornography Addicts* - Mari A. Lee, LMFT, CSAT-S 2018-05-17

"Healing Betrayal: First Steps for Partners and Spouses of Sex and Pornography Addicts" is written by Psychotherapist, author, and speaker Mari A. Lee, LMFT, CSAT-S. Mari is the founder of Growth Counseling Services, a counseling and recovery center in Southern California specializing in working with sex and porn addicts, and partner and spouse betrayal trauma. With over 10 years of clinical experience, Mari has written "Healing Betrayal" for the partner or spouse who has just learned that their significant other may be dealing with sex and/or porn addiction. Having had her own personal journey as a former partner, Mari knows first hand how heartbreaking and emotionally draining it is to be in relationship with a person who is sexually deceptive. Healing Betrayal will support the partner and spouse as a first steps guide and road map to help them navigate the difficult journey of despair that so many betrayed and hurting spouses face.



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