

GET HELP

spouses
hope. healing. recovery

INTRO

You are not alone. We know your pain and we want to walk with you through it all. We understand how difficult and heavy it can be for you. As the wife or couple who is dealing with pornography head on, multiple issues have come to the forefront of your life. Below you will find some helpful resources to help you process and heal as a wife or couple.

As a wife who is dealing with a loved one's porn problem you take on a great deal. The pain and incredible sense of betrayal are hard to get through. The dirty little secret is hard to overcome but not impossible. XXXchurch desires spouses to know healing is possible for you and your family.

It's not your fault. Recovery can happen, marriages can be saved and families can come together. You may literally be going through hell as the wife or former wife of a man who has chosen to be involved in pornography. We are all in this together. This section of the site is for you as you heal, pray, work through, comprehend and move on. Nothing is impossible and we are here to help.

TOUGH TIMES

You are loved by the God more than your husband could ever love you. You may be taking some of the blame, all of it or none of it. You may be divorced or simply going through hell in your marriage. You may feel grief or anger. You may feel alone. You may be ready to move on with your life. But there is one thing you must do no matter what point you are at: heal. God desires to heal your heart.

Your story is unique and God would like to enter in to and rescue you. The reality is that healing is a process that may never end. It will not happen overnight or when you want it to. Reaching the destination of "healed" is not the point. The point is letting go and letting God in to heal every possible place that you have been broken.

STATS

Two-thirds of the divorce lawyers attending a 2002 meeting of the American Academy of Matrimonial Lawyers said excessive interest in online porn contributed to more than half of the divorces they handled that year. They also said pornography had an almost non-existent role in divorce just seven or eight years earlier.

Dr. C.J. Manning's 2006 study on sexual compulsion showed that learning of a spouse's porn use typically has the same impact on an innocent spouse as learning of an affair and pornography is a significant factor leading to divorce.

Men admitting to accessing pornography at work-20%

U.S. adults who regularly visit Internet pornography websites-40 million.

Promise Keeper men who viewed pornography in the last week-53%

Christians who said pornography is a major problem in the home-47%

Breakdown of male/female visitors to pornography sites-72% male & 28% female

A 2003 survey from Internet Filter Review reported that 47% of Christians admit pornography is a major problem in their homes.

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NEXT STEPS

Talk

Your first priority is to find someone to talk with like a close friend, pastor or family member. As you walk toward forgiveness, you need to process things aloud. Talk things out. You will find there is healing in getting everything inside of you out through talking with someone you trust.

Seek

If you are not walking closely with God right now, we encourage you to instill this in your life. Seek him with all your heart. Your relationship with God is your lifeline. God will give you strength to love your spouse unconditionally, with the love of Jesus.

Love

Show some love. Love may be the last thing you feel like showing your spouse right now. You are not to be overshadowed with someone's porn problem. Adopt a "tough love" approach with your spouse. Set clear boundaries for behavior and consequences for breaking them.

Get

XXXchurch's free accountability software X3watch on your computer. Be up front with your spouse that this software is on the household computer. It's simple and completely free. This software monitors what is accessed online and sends a report of any questionable websites to two email addresses of choice. Download it at www.x3watch.com

Confront

Intervention in some cases your spouse may be unwilling to confront his dirty little secret. With prayer and guidance from friends, family and pastoral care we suggest an intervention. An intervention is a large step and should be undertaken with the highest in care and love.

Do Not

Become angry. This does not solve problems, only elevates them. Most likely your reaction to the problem will be anger and complete frustration. We encourage you to take a step back and let your anger find another outlet other than your spouse. Pray, call a friend, talk to your pastor. You will not be perfect at this but you must actively move away from anger.

GROUPS

Looking for a support/recovery group in your area?

For yourself:

- + LIFE Ministries Spouses
- + Partners for Purity

For your spouse:

- + Celebrate Recovery
- + LIFE Ministries Men
- + LIFE Ministries Women

Want to start your own group?

- + XXXchurch Spouses Workbook
- + Every Heart Restored book/workbook

for more info

Please visit xxxchurch.com/gethelp/spouses

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