



## Co-dependent Women in a Relationship with Sexually Addicted Men

### CELEBRATE RECOVERY

#### **Recognizing the Problem:**

Sometime during your life, you came to believe that no one would love you as you are and that you are unworthy of being loved. These beliefs may have been caused by an abusive or absent parent, or other relationship during childhood. You have learned the only person you can trust is yourself. You believe if you have to depend on someone else, your needs will never be met. You may also believe that sex is one of the most important signs of love.

Throughout your life you may have had many chaotic relationships. You may have failed to hold the addict accountable for his actions or been inconsistent with following through on consequences for the addict's behavior. You may have given in to his desires, even when it violated your personal values or boundaries. You have attempted to take control from the addict physically, emotionally, and sometimes financially when he failed in his responsibilities.

You may have tried to control the addict's behavior, thinking as long as he follows your directions, or suggestions, he will change his behavior. You have sometimes pretended to family, friends, and co-workers that everything is "wonderful," though you can be unforgiving and even punishing toward the addict.

You may blame yourself for the addict's behavior: "If only I were prettier, thinner, taller, shorter, etc.... If only I were more sexual." You give in to him, but lose yourself in the process. You may have participated in his sexual fantasies, purchased pornography or rented videos, leaving you feeling used and abused. You may have ignored signs the addict was living a secret life.

You blame the addict and his behavior for every problem in your relationship. You believe that if he would change, everything would be fine.

You have mistaken the intensity and excitement of your sex life for intimacy and love. But there is no true closeness in your relationship and your real needs are left unmet.

### **Identifying/Symptom Checklist:**

Co-dependents may share the following experiences:

- Having a spouse who continually calls "900" sex numbers
- Having a spouse who is currently having, or has had, an affair
- They are having an affair
- Issues dealing with molestation and abuse
- Spouse having homosexual affairs
- Spouse watching adult sex videos and buying pornography
- Spouse having sex with prostitutes

### **The Solution:**

*Join us Tuesday and Friday nights at 7:00 pm to delve into these issues and begin to celebrate God's healing power through the Christ-centered 12 steps and the Eight Recovery Principles.*

You must realize you cannot control the addict or his behavior. Your problems are emotional and spiritual. You must become ready to face your denial and accept the truth about your life and your past. You must realize that blaming yourself, trying to control the addict, ignoring his behavior, or refusing to set and uphold your own personal boundaries are all signs of co-dependence.

You must be ready to accept Jesus as the Lord of your life and accept responsibility for your own actions. You must be dedicated to learning about sexual addiction and co-dependence, becoming partners with your spouse or significant other in recovery. You are not responsible for your partner's addiction or recovery. It is not your job to "cure" him. You must be willing to find healthy ways to release your fears and anger.

If you are willing to begin the process of recovery, you can start living the life God has planned for you. Celebrate Recovery provides a safe place to share fears, hurts, and or anger. It also is a place to find victory. Celebrate Recovery participants face our failings and work through them. They turn from the addict and turn toward God.

### **What is Sobriety?**

- A state of confidence resulting from a reliance and trust in God and yourself
- Focusing on yourself and relying on God
- Letting go of control and trusting
- Not taking responsibility for the addict's behavior or recovery
- Not rescuing the sex addict by allowing them to be responsible for his own actions
- Being honest about the need to be in recovery
- Minding your own business and not checking up on or spying on the addict, trusting that God will reveal any necessary information

Through a Christ-centered recovery group, the co-dependent can achieve the following:

- Hear the struggles of other co-dependents
- Learn healthy values for family roles and rules
- Gain healthy sexuality and relationships
- Break through denial and other negative patterns
- Receive encouragement from a group
- Discover peace, strength, and grace through a personal relationship with Jesus Christ.

**For more information, please contact:**

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[www.SHVchurch.org](http://www.SHVchurch.org)

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