

Resources

Accountability Software

www.x3watch.com

Porn Again Christian

By Mark Driscoll

Free Book Download

www.relit.org/porn_again_christian

Visit Family Life Today: www.familylife.com/articles

- *Checking Your Child's Convictions About Pornography*
by Dennis and Barbara Rainey
- *Helping Your Child Avoid the Pornography Trap*
by Dennis and Barbara Rainey
- *Keeping Your Child from the Internet's Dark Side*
by Mike Pickle and David Boehi
- *The Dangers of Pornography*
by Dennis and Barbara Rainey
- *Teaching Your Child to Make Wise Media Entertainment Choices*
by Dennis and Barbara Rainey

Books

Protecting Your Child in an X-Rated World

by Frank York & Jan LaRue

The Game Plan

by Joe Dallas

Classic Christianity

by Bob George

Preparing Your Son for Every Man's Battle

By Stephen Arterburn

Preparing Your Daughter For Every Woman's Battle

By Stephen Arterburn and Shannon Ethridge

Other Resources

Discipleship Counseling

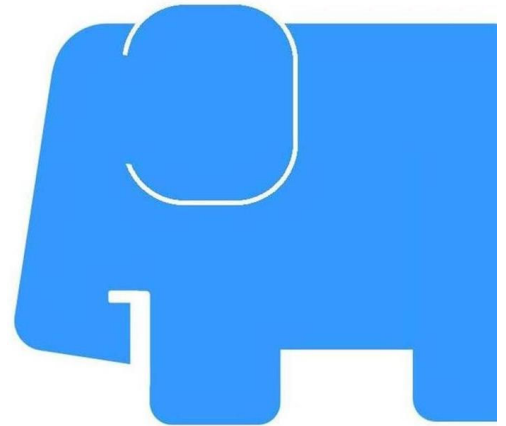
Grace Life International, Charlotte, NC

www.gracelifeinternational.com

Life Transformation Groups

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Am I to blame?

If you are like most people in your situation, your spouse was probably struggling with sexual sin long before you met. It most likely began in childhood or adolescence, growing day by day and over the years, securing an unyielding grip on their life. All addictions get worse over time, much like that of an alcoholic. Over time, any addiction will begin to erode away at the personhood of the individual. The addiction takes on a life of its own and has nothing to do with you. Nothing you were doing or not doing was making the addiction worse. You are there in their life and perhaps a witness to the behavioral changes because of the pornography's impact on their life, but it doesn't make you responsible. They would struggle with pornography no matter whom they married.

Will I ever be able to trust my spouse again?

You might be thinking, "I was promised so many times he or she would stop and I still catch him or her acting out. How can I trust them?" This is a question you should be asking. After all, they have lied to you, betrayed you, and you have lost intimacy and lost years and maybe even experienced financial losses. Trust takes time; sometimes a long time, to rebuild. Trust can never be regained until there is a change in his behavior.

Is there any hope for our relationship?

Yes, if he or she is willing to do the work that is required to recover. It has been our experience that they can become even more emotionally intimate with you than either of you have ever experienced. It is impossible to have close and healthy intimacy when one partner is living a secret life or living a fantasy life.

There is hope if **you also** do the work necessary to recover. You have been damaged, betrayed, lied to, and hurt over the years. You are going to need to heal too. This is your personal responsibility. ***You cannot blame your spouse if you do not heal.***

