

Helping those Healing from Sexual Betrayal

Webinar September 7th, 2023

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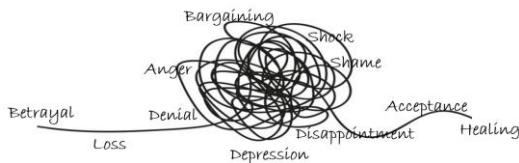
Sexual Betrayal

• Sexual Betrayal happens when a spouse breaks the trust of his/her spouse by engaging in intimate sexual activities with another person. These actions could be any of the following but are not limited to:

- Pornography use
- Sexting
- Infidelity
- Adultery

Our Aim

This webinar will equip helpers to support victims of sexual betrayal, guiding them through the tangle healing requires.



Inform with **understanding** & Equip to **action**.

Understanding the Healing Process of Sexual Betrayal

The following signposts signal the way through sexual betrayal to healing:

1. Appropriate disclosure.
2. Unpacking trauma.
3. Understanding triggers and needs.
4. Establishing healthy boundaries.
5. Navigating emotions.
6. Rebuilding trust and forgiveness.

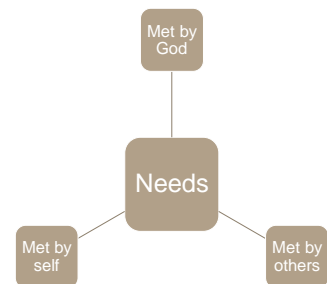


Understanding Triggers

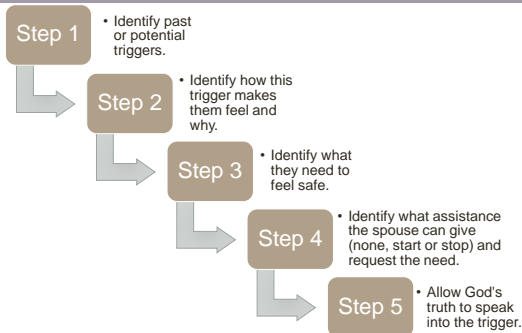
• A **trigger** is something that is rooted in the past which causes us to strongly react in the present with feeling of unsafety and insecurity.

- Being triggered is not a sign of weakness but rather a normal automatic response to dealing with betrayal.
- Learning to know what those triggers are and working through them can lead to understanding your needs better and how those needs might be met.
- Triggers can be a helpful though painful aspect for healing.
- Working through triggers can help diminish their intensity and impact over time.

Understanding Needs



Taking Action with Triggers and Needs



Understanding Boundaries

We have learned throughout life that boundaries are protective. It shouldn't be so loose as to have no value nor so rigid that there is no flexibility. Rather, it should be seen as a fence with a gate. The gate is controlled from the inside by you.

Taking Action in Helping Create Boundaries

- Prioritize self-care.
- Help them find their voice and express their feelings.
- Help them take responsibility for lies that may be present.
 - Insignificance – I don't matter. I don't have value or worth.
 - Insecurity – I am not okay just as I am.
 - Safety – I am unprotected. Can I be vulnerable?

Understanding Healthy Boundaries

Boundaries are not for these reasons:

To punish my spouse.

To make my spouse change.

Boundaries are for these reasons:

To protect myself and others.

To restore my relational, physical, emotional and spiritual self.

Understanding Forgiveness & Trust

Forgiveness: Extending grace to a person by releasing a debt owed resulting in a peaceful posture toward that person.

Can be achieved individually. That is, without cooperation of the offending party. The victim plays an active role.

Trust: Placing confidence in another person, assured that they will carry out their duty.

Rebuilding requires cooperation from the offending party. The victim plays a passive role.

Forgiveness in Action

Owning your feelings and sitting in them.

Process your anger.

Recognizing the need to forgive.

Forgiveness is **not**:

- For your spouse.
- Forgetting.
- Saying what your spouse did was okay.
- A one-time action.
- Based on your emotions.
- Giving up protection or saying the pain is gone or the healing is complete.
- Reconciliation.

Recognize that forgiveness is a process.

Yes!

