



# Faithful & True

## The Recovery Report March 2017

Mark & Debbie Laaser  
Founders of Faithful & True

Welcome to the March 2017 issue of **The Recovery Report**, Faithful & True's monthly e-newsletter. Unseasonably warm weather here in Minnesota has given us all Spring Fever and yet, history tells us that we might not have seen our last snow fall of this winter! Time will tell.

We look forward to this month as we are hosting our Couples Intensive Workshop on March 2-4th (which is already full) and then our Men of Valor Workshop on March 16-18th. We still have some spots available for the Men's Workshop; call us at **952-746-3880** or register online at [faithfulandtrue.com](http://faithfulandtrue.com).

Our Feature Article this month is titled **Do Not Suffer Alone** and it is written by Debbie Laaser, LMFT. It's written primarily for the wives of the men struggling with sexual purity issues, and yet, it's valuable information for the men to understand as well. We hope this article will be helpful to all who read it.



Feature Article:  
**DO NOT SUFFER ALONE**

Women who have been betrayed often suffer alone. They do not know who to talk to or even if they have the right to talk. Sometimes their husbands demand that they not share anything of his sexual sin with anyone. These wives are held hostage to the pain and suffering in their marriage and often live isolated and desperate lives. Are you one of those women?

I know that I was very careful about talking in the early days of my husband's sexual discovery. I did not want to make matters any worse than they already were—which was already quite public and devastating. I also loved Mark despite the new information I had heard about his secret life. I didn't want to create more humiliation and shame in his life by talking about his behaviors to others. And so, I waited in silence with my broken heart. I busied myself with children's needs and work which distracted me from my need to share the thoughts and feelings of betrayal. But isolation and the passing of time did not make my hurt go away, nor did it lead to any healing.

One day a very good friend of Mark's was visiting us and he noticed that I had been secretly carrying the story of our 'crash and burn'. He reminded me that this story was mine as well—that I had lived the many consequences of Mark's behaviors. He was the first non-professional that encouraged me to 'own' my betrayal story and seek safe people with whom to share.

Sometimes we share with the 'wrong' people. We may choose family members because they are the most involved in our lives. Or we pick a best friend, even though she may not know anything about betrayal. We may tell our older children in hopes of getting their support or colleagues at work because they are convenient. If you do not feel heard and understood and cannot claim that you feel better after sharing your story than you did before, you probably didn't find a safe person. Sometimes the closest people in your life are too invested in keeping you out of pain and their advice or personal judgments about your situation are simply not accurate for you.

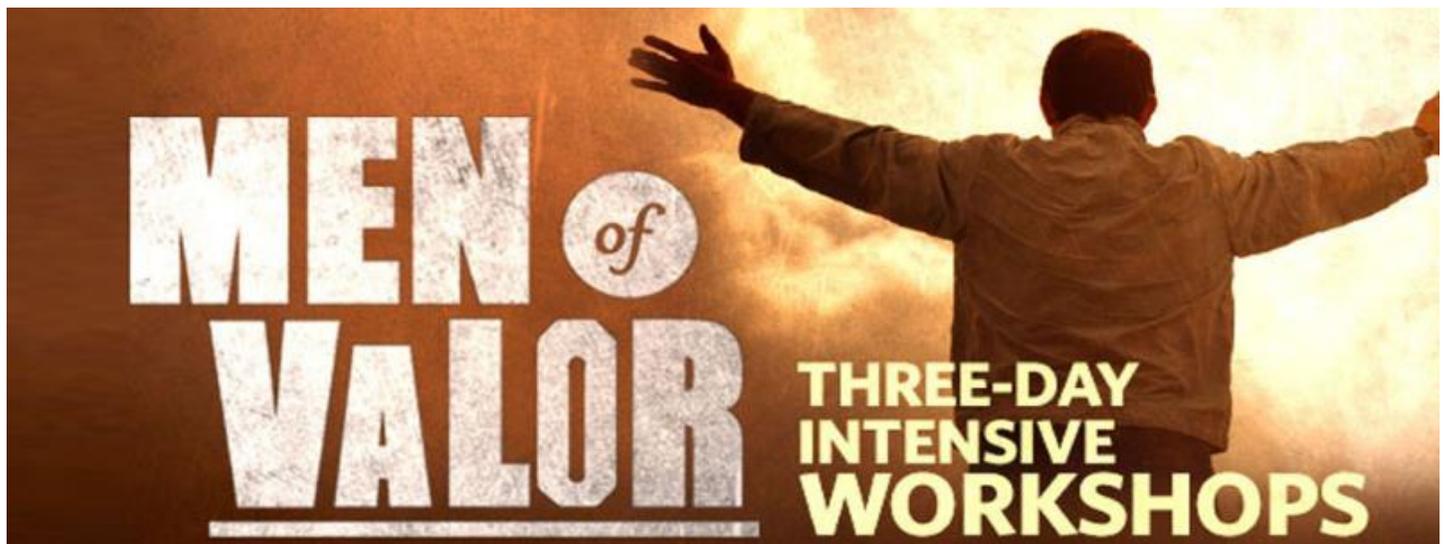
Safe people are those who will listen well without trying to tell you what to do. They are not judgmental; they do not try to talk you out of your feelings. They do not take sides and talk negatively about your spouse. They have emotional strength to endure your despair. They have wisdom and share common values. They do not spiritualize your situation. They hold confidences and are trustworthy. They do not gossip.

Do you have safe people in your life? These are essential people who will help you walk a journey of healing and growth. Your therapist and/or spiritual counselor is hopefully one. If you are to get well, you will need to find a community of women with whom you can be totally honest. It is the same recommendation we advise for men who are struggling with sexual sin. Silence and isolation are the greatest enemies to healing. If either of you are stuck in silence, you will not experience the freedom and relief that comes from authentic community. Don't let anyone convince you that you need to manage betrayal privately.

Jesus reminds us that our burdens are lightened when we share: "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls" (Matt 11:28-29, NIV). Safe people can also offer rest for your soul and support for your decisions; they can be 'Jesus with skin on' so that you will not be buried by your burdens of betrayal.

Debbie & Mark Laaser

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## WORKSHOPS UPDATE

To live your life with sexual integrity, moral accountability and purpose are all components of becoming a Man of Valor... the man God calls you to be. If you are among the millions of men struggling with pornography and other sexual purity issues, **WE CAN HELP**. Register for the upcoming Men of Valor 3-Day Intensive Workshop by visiting our website: [faithfulandtrue.com](http://faithfulandtrue.com) or calling us at **952-746-3880**.

Our next workshop dates are **March 16-18, 2017** at our counseling center in Eden Prairie, Minnesota and we still have space available for you to join us! Facilitated by Dr. Mark Laaser, M.Div., Ph.D., and Dr. Greg Miller, M.Div., D.Min., the **Men of Valor 3-Day Intensive Workshop** has been rated as "life changing" by many of the men who attend this event.

Here is the upcoming 2017 schedule of Men of Valor Workshops:

**March 16-18, 2017**

**April 20-22, 2017**

**May 18-20, 2017**

**June 15-17, 2017**

**July 13-15, 2017**

**August 17-19, 2017**

**September 14-16, 2017**

**October 12-14, 2017**

**November 9-11, 2017**

**December 7-9, 2017**

Visit our website [faithfulandtrue.com](http://faithfulandtrue.com) for more information or call us at **952-746-3880**.



If you are a woman who has been sexually betrayed, Faithful & True offers a **Women's Journey 3-Day Intensive Workshop**. This workshop is led by Debbie Laaser, LMFT, and Beth Miller, MA, both of whom have walked through the healing journey after sexual betrayal.

Here is the 2017 schedule for our upcoming Women's Journey 3-Day Intensive Workshops:

**June 1-3, 2017**  
**October 5-7, 2017**

For more information and to register for this workshop, visit [faithfulandtrue.com](http://faithfulandtrue.com) or call us at **952.746.3880**.

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Our **Couple's Intensive Workshop** is for couples who have experienced sexual betrayal and are longing to expand genuine relational intimacy. Our desire is to help those couples become companions in life, building emotional and spiritual intimacy. For more details, visit our Couple's Workshops page on our website.

The schedule for our Couple's 3-Day Intensive Workshop is as follows:

**August 3-5, 2017**  
**November 2-4, 2017**

Call us to register for this workshop today at **952-746-3880**.

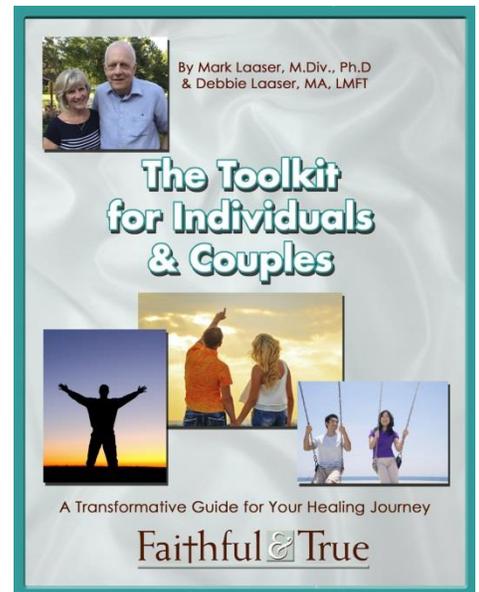


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### **The Toolkit for Individuals and Couples**

Mark & Debbie Laaser have created this new resource with ten effective exercises that have proven to be transformative for couples and individuals. Learn how to participate in Full Disclosure, create an Abstinence Contract, share in Healthy Communication with your spouse, and much more. The Toolkit for Individuals & Couples has taken years of counseling experience with thousands of individuals and couples to create. The Laasers now share with you the fruits of their knowledge & experience.

Visit our online store to purchase **The Toolkit for Individuals & Couples** for \$89.



These exercises are also available individually as PDF E-Products on our website. Here are the 10 exercises that are included in the Toolkit for Individuals & Couples:

## Full Disclosure



[PDF](#)

**Faithful & True**

If you are a couple who has experienced sexual and/or emotional betrayal, full disclosure is an integral part of your healing journey. Learn the necessary preparation and process from the leading experts in the field of sexual addiction.

by  
Mark Laaser, M.Div., Ph.D.  
& Debbie Laaser, MA, LMFT

## Abstinence Contract



[PDF](#)

**Faithful & True**

One of the most powerful tools available to couples in recovery from sexual addiction is the Abstinence Contract. Learn the importance of this contract and the necessary steps to achieve success from the leaders in the field of sexual addiction & healthy sexuality.

by  
Mark Laaser, M.Div., Ph.D.  
& Debbie Laaser, MA, LMFT

## Redemptive Separation



[PDF](#)

**Faithful & True**

Redemptive Separation is a time out from focusing on your marriage for the purpose of focusing on individual growth and self-reflection. Learn that a healthy marriage takes two individuals who are both contributing to the vibrancy and safety of the relationship.

by  
Mark Laaser, M.Div., Ph.D.  
& Debbie Laaser, MA, LMFT

## The Three Circles



[PDF](#)

**Faithful & True**

The Three Circles is a tool for anyone to use to change unwanted behaviors in their life. While it was originally created to help addicts stop unhealthy addictive behaviors, or use of substances we find that it can be useful for anyone to work on stopping any unhealthy coping. When we are in pain, we all find ways to cope or mediate feelings or thoughts. These can become so automatic that we don't even realize we are using them - we just react to life. Using the Three Circles can lead to intentional, healthy choices.

by  
Mark Laaser, M.Div., Ph.D.  
& Debbie Laaser, MA, LMFT

## Vision



[PDF](#)

**Faithful & True**

Vision is a mental image of what the future will or could be like. Often we see couples live their lives reactively - meaning, they respond and make decisions for a current situation as it happens. In the journey of growing, we encourage individuals and couples to be more proactive. Being proactive about creating vision involves not only dreaming about what life could be like, but actually being intentional about developing a plan according to God's purpose for us. We believe that sharing in the creation of vision creates great passion in marriage!

by  
Mark Laaser, M.Div., Ph.D.  
& Debbie Laaser, MA, LMFT

## Healthy Communication Part I: How To Be A Safe Person



[PDF](#)

**Faithful & True**

One of the great desires of the couples we work with is to have meaningful and safe conversations with each other. When they first come to us, most couples feel very distant from each other. Our healing goal is to help them achieve deeper levels of emotional and spiritual intimacy. This requires a lot of patience, education, and practice, practice and more practice. Here we teach you the principles of safe and intimate conversation.

by  
Mark Laaser, M.Div., Ph.D.  
& Debbie Laaser, MA, LMFT

## Healthy Communication Part II: The Iceberg Model



[PDF](#)

**Faithful & True**

In our counseling practice, we use a model developed by Virginia Satir to help couples learn how to have conversations at a much deeper level both emotionally and spiritually. It's called The Iceberg Model. Using the Iceberg Model in our counseling with couples, we have been able to guide and direct them to having safer and more meaningful conversations.

by  
Mark Laaser, M.Div., Ph.D.  
& Debbie Laaser, MA, LMFT

## Neurochemistry of Addiction



[PDF](#)

**Faithful & True**

In this article, we would like to cover the basics of how our brain health is essential to our recovery. The field of neuroscience has been making great strides in the last 20-30 years and it can be very technical. Here we will share some basic truth that we all need to know, not a complex anatomy of terms, but a foundation for a layperson's basic understanding.

by  
Mark Laaser, M.Div., Ph.D.  
& Debbie Laaser, MA, LMFT

## The Three Chairs

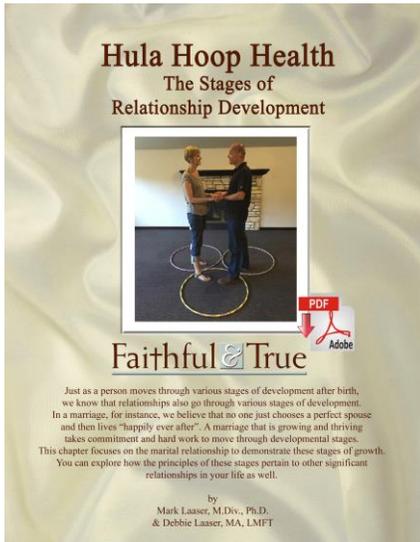


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**Faithful & True**

We use the demonstration of "The Three Chairs" to illustrate how someone can appear to be so different in various situations. It can be confusing to sometimes love the behaviors of a person we know, and at other times be irritated, disgusted, or hate the behaviors of that person. We wonder, why isn't there consistency in how we live? "The Three Chairs" will hopefully allow you to understand the reasons why people present different behaviors or "parts" of who they are - some healthy, and some not.

by  
Mark Laaser, M.Div., Ph.D.  
& Debbie Laaser, MA, LMFT



Visit our website: [faithfulandtrue.com](http://faithfulandtrue.com) to purchase any of these Transformative pdf guides for only \$4.95 each.

If you are looking for an effective study guide for yourself or your men's purity group, The Faithful & True Workbook written by Dr. Mark Laaser, is a proven resource used by thousands of men over the past several years.

We invite you to visit our website: [faithfulandtrue.com](http://faithfulandtrue.com) where you will find this workbook and many other healing resources in our online bookstore.

