



Faithful & True

The Recovery Report

October 2016

Mark & Debbie Laaser, Directors of Faithful & True

Welcome to the October 2016 issue of *The Recovery Report*, the official newsletter of Faithful & True. We are pleased to report that God blessed us in a mighty way with good health and energy at the 2016 AACC National Conference in Dallas, Texas on September 15-17th.

Mark's Pre-Con session with Dr. William Struthers titled "The Fight of His Life: Men, Porn, Sexual Addiction and Freedom" went very well and was appreciated by the therapists, counselors and pastors in attendance.

Mark and Debbie's workshop on Friday, "A Journey from Surviving Sexual Addiction to Thriving: A Couples' Toolkit" was one of the highlights of the conference according to those in attendance. The workshop, attended by 100 therapists, counselors and pastors was the formal launch of our new COUPLES' TOOLKIT product, which features 10 of the most effective and transformative exercises utilized by Mark and Debbie Laaser in their couples' counseling over the past 25 years.

The Feature Article in this month's newsletter, is an excerpt from The Couples' Toolkit, FULL DISCLOSURE. Each of the ten counseling exercises will continue to be available individually, or you can order the entire **Toolkit for Individuals & Couples** collection which is presented in a 3-ring binder in our bookstore at faithfulandtrue.com.

We ask that you take a few minutes of your time to participate in the online Unwanted Sexual Behavior Survey below. Your input is valuable to this research study and much appreciated.



An excerpt from
Full Disclosure
by Mark & Debbie Laaser

FEATURE ARTICLE: FULL DISCLOSURE

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

At Faithful & True, we support couples who desire to heal and grow after emotional and/or sexual betrayal. Sexual betrayal is considered to include any use of pornography, masturbation, strip clubs, prostitution, phone sex, posting of profiles online, sexual affairs, voyeurism, or exhibitionism. Emotional betrayal would include any sharing of information that violates the expectation of exclusivity of the relationship commitment.

When a spouse has been betrayed by emotional and/or sexual betrayal, we consider full disclosure to be an integral part of a couple's healing journey. We encourage couples to use professional help when there has been an agreement to disclose the truth, so as to come prepared and to be safe throughout the process.

The purpose of full disclosure is to reveal the whole truth about a sexual and emotional betrayal so that a new foundation of truth-telling can be established for the relationship. Truth-telling is an integral part of building trust, and trust lies at the core of emotional and spiritual intimacy in a relationship. Trust-building occurs when information that has been hidden or distorted is voluntarily *offered* to the betrayed spouse. Typically, a betrayed spouse finds out about lying or deception by 'detective work', asking questions, or accidentally uncovering information. Betrayed spouses keep seeking information and asking questions to fill in some of the 'puzzle pieces' of reality, but it does not contribute to trust-building. When information is acquired this way, a betrayed spouse will always wonder if there is more uncovered deception or if she asked the right questions to ascertain the whole truth.

It is our belief that the greatest damage to another human being is the distortion of their reality. We all have intuitive powers, 'gut feelings', or spirit-filled hunches about many things in our lives. This *internal* reality is constantly being validated by others who share our life experiences. When what we are told or see in our *external* world does not match up with our internal world, there is a sense of going 'crazy'. Lying, keeping secrets, and manipulating the truth about behaviors undermine the sanity of those trying to make sense of their world. Telling the truth

may *hurt* another person, but there is much greater *harm* done by distorting their reality. Building trust demands that we tell the truth to each other.

Disclosing the truth about behaviors is vulnerable and risky. It is true that a betrayed spouse may choose to leave because the pain is too great. If, however, a spouse stays and works on healing herself and the relationship, a partner can truly feel chosen—for all the strengths *and* struggles of their life.

*For the complete Full Disclosure document, order it from our online bookstore at faithfulandtrue.com (E-Products).



Please help us with an
**Unwanted
Sexual Behavior
Survey**

It is common these days to see statistics underscoring the existing prevalence of pornography and sexual addiction in our world. But, we need to do more than ask 'if' someone is struggling with unwanted sexual behavior; instead we need to know the 'why'.

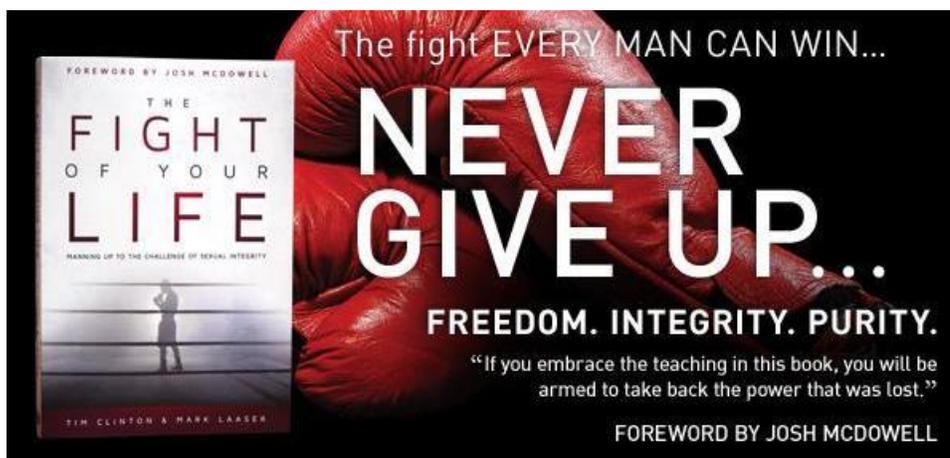
The *Unwanted Sexual Behavior Survey* is intended to provide ground breaking research in identifying patterns and insights that can bring lasting freedom to those who struggle with unwanted sexual behavior. The survey takes 10-15 minutes to

complete and your answers will be *completely anonymous* and will be included into aggregate research data only.

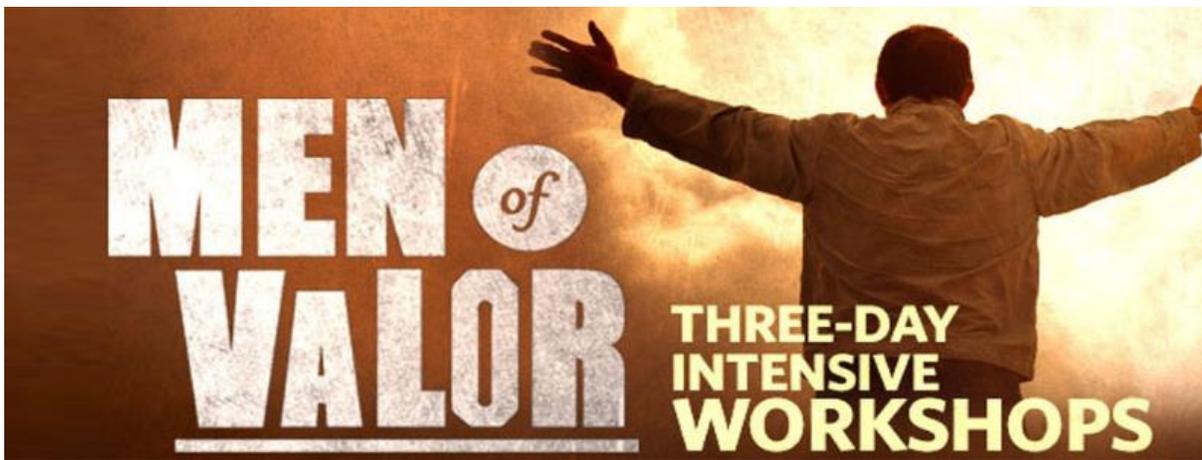
Please click on this link to participate in the survey:

<https://www.consergroup.com/usb/>

Thank you for your willingness to participate.



THE FIGHT OF YOUR LIFE by Tim Clinton and Mark Laaser is available in our online bookstore at faithfulandtrue.com. Order your copy today!



WORKSHOPS UPDATE

Our next Men of Valor 3-Day Intensive Workshop is scheduled for **October 13-15, 2016** and we still have a few open spots available. You can register online at faithfulandtrue.com or by calling **952-746-3880**.

Our workshop schedule for the rest of 2016 is as follows:

October 13-15, 2016
November 17-19, 2016
December 8-10, 2016

The 2017 workshop dates are available on our website.

The **WOMEN'S JOURNEY 3-Day Intensive Workshops** will return in 2017 on the following dates:

February 2-4, 2017
June 1-3, 2017
October 5-7, 2017

Our 2017 **COUPLES' 3-Day Intensive Workshops** are scheduled for the following dates:

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

*For more information about any of our 3-Day Intensive Workshops, or to register, visit our website faithfulandtrue.com or call **952-746-3880**.

THE FIGHT OF YOUR LIFE DVD Bundle \$129.00

The Fight of Your Life DVD Bundle includes 4 DVDs, 10 Fight of Your Life workbooks, 10 Fight of Your Life wrist bands and 10 pens. This video event features Dr. Mark Laaser providing valuable guidance and direction for men's purity groups and men's church ministries. Order The Fight of Your Life DVD bundle at faithfulandtrue.com in our online bookstore. Additional workbooks are available for \$5 each and wristbands for \$3.

