

iSeeU Kickstart

BETRAYAL RECOVERY PROGRAM WORKBOOK

Preview

Part 1, Modules 0-3



Kim Pullen

Your Guide

Thriving in a 29-year marriage that was once traumatized by adultery and a four-year separation, Kim shares hope and healing with spouses who feel isolated due to sexual sin in their relationship, but don't know how or where to begin their journey.



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iSeeU

Kickstart Betrayal Recovery Program

iSeeU is a recovery program with private social groups for Christian spouses struggling to find a path of healing in the wake of their partner's sexual betrayal.

[@iseeutoo.com](https://www.iseeutoo.com)

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Let us run with
perseverance the race
marked out for us...

Hebrews 12:1

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Module 0

WELCOME

MOD 0.1 WHAT IS YOUR GOAL FOR THIS COURSE?

The goal of recovery and the iSeeU program is **not** to fix your marriage. It is for you to build intimacy with God and safe others so you can be emotionally, spiritually, mentally, and physically healthy, and ultimately, so you can discern—based on biblical convictions—the path God would have you walk regardless of the choices your spouse makes.

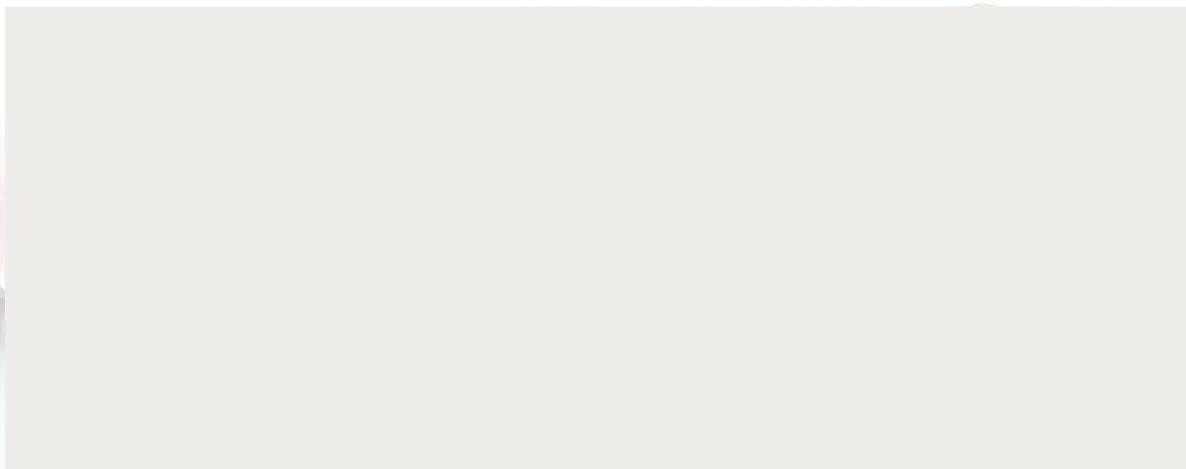
My personal goal for recovery was to honor God with my life regardless of my husband's choice to change. I believe I achieved that goal while my husband and I were separated.

I feel doubly blessed that my husband did repent, that we reconciled, and we are now able to offer hope to others. I realize that not every unfaithful spouse will repent.

I pray that you may fix your eyes on Jesus and know that victory is possible regardless of what happens in your marriage.

Kim

What is your goal for this course?



WE CANNOT
BECOME
WHAT WE
WANT BY
REMAINING
WHAT WE
ARE.



- Max Deepree

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MOD 0.2

THE COST OF RECOVERY

0.2 HOMEWORK

Define the following in your own words. Then read the definitions from the next few pages. These are the definitions we'll be using in the iSeeU program. Tweak your own definitions so your expectations will be aligned.

- sexual addiction

- adultery

- pornography

- codependency

- recovery

- repentance



Sexual Addiction

A state characterized by compulsive participation or engagement in sexual activity, particularly masturbation or sexual intercourse, despite negative consequences.



Adultery

Any relationship where a husband or wife willingly gives their heart, mind, or body to someone who isn't their spouse to meet a sexual or emotional need that God designed to be met exclusively by their spouse.



Pornography

The portrayal of erotic behavior in words, acts, or representations designed to cause sexual excitement and calculated to stimulate sexual feelings independent of the physical presence of another loved and chosen human being.



Codependency

An emotional and behavioral condition that utilizes active, passive, and/or passive-aggressive tactics to manipulate, control, or enable the actions or responses of another to produce a desired response or result; idolatry.



Recovery

A dynamic, empowering, and holistic process by which an individual recognizes their need for change, and through self-directed action and peer and/or ally support, is able to return or transform to a healthy state of mind, body, and spirit.



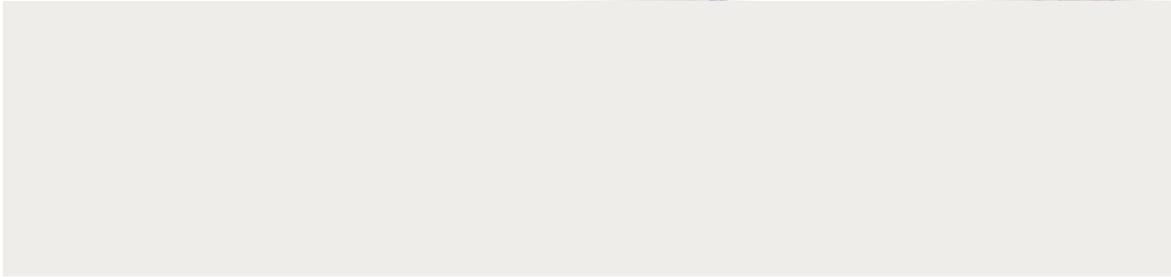
Repentance

A radical change of mind resulting in a radical change of actions characterized by earnestness, eagerness to make restitution, indignation, alarm, longing, concern, and readiness to pay the consequences of sin (see Romans 12:1-2, 2 Corinthians 7:10-11).

LESSON NOTES: Scripture References

- Luke 14:28-30
- 1 Corinthians 9:24-27
- Hebrews 12:1-4, 10:24

NOTES:



Suppose one of you wants to build a tower. Won't you first sit down and estimate the cost to see if you have enough money to complete it? For if you lay the foundation and are not able to finish it, everyone who sees it will ridicule you, saying, 'This person began to build and wasn't able to finish.'

Luke 14:28-30



My Notes

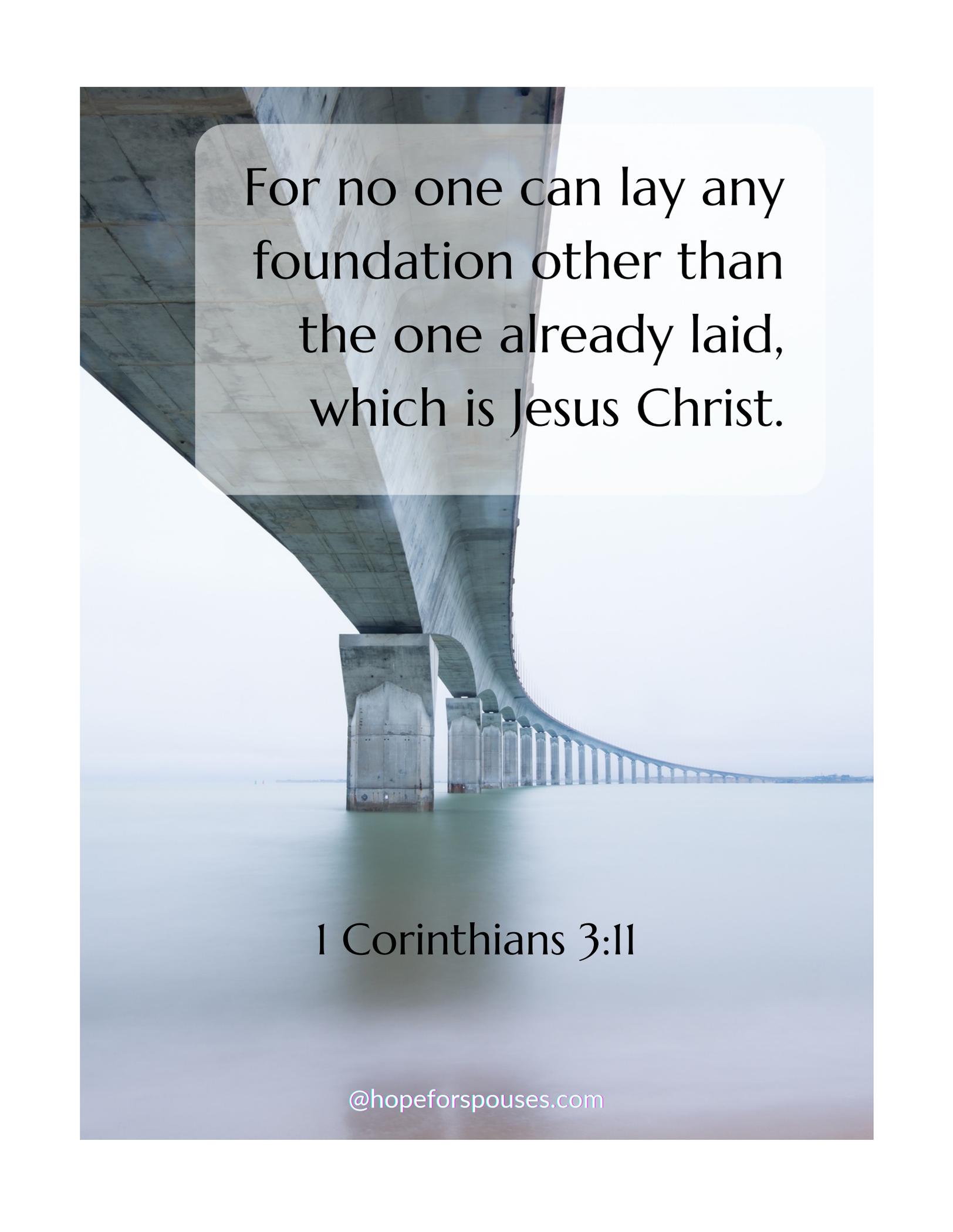
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Module 1

LAYING THE GROUND WORK





For no one can lay any
foundation other than
the one already laid,
which is Jesus Christ.

1 Corinthians 3:11

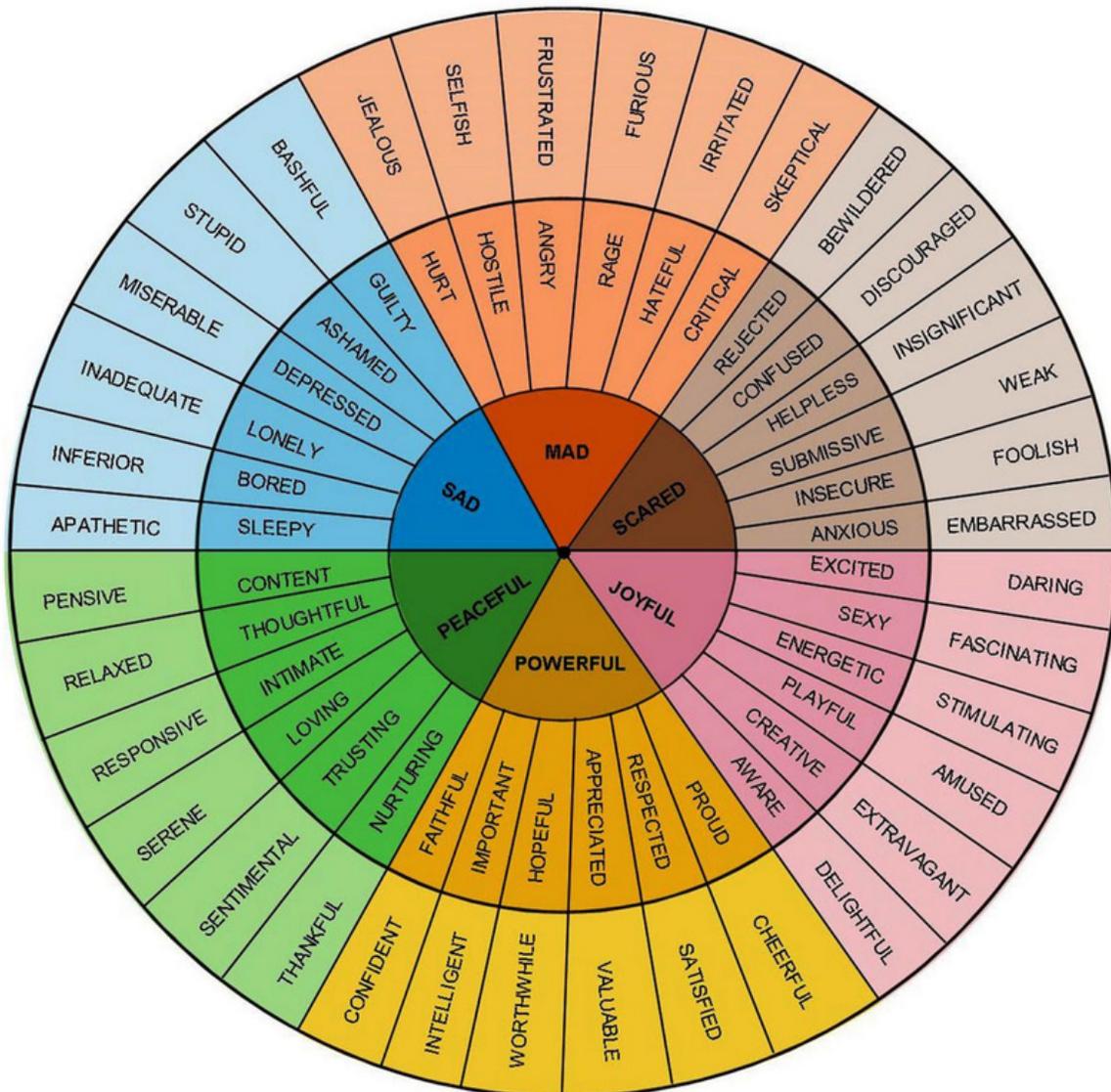
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MOD 1.3

THE FEELINGS FILTER

1.3 HOMEWORK

1. Use the [Feeling Wheel](#) graphic below to identify and gauge your feelings for 2-3 days. Take notes in your journal. Observe if you follow your feelings, or if you let God's Word corral and capture them.



My Notes

Date:

A silhouette of a person's head and neck in profile, looking upwards. The background is a warm, golden sunset or sunrise, with the sun low on the horizon, creating a strong backlight effect. The person's hair is dark and appears to be pulled back. The overall mood is contemplative and hopeful.

Module 2

CLEANING THE WOUND



MOD 2.2 THE SPIRAL OF GRIEF

2.2 HOMEWORK

1. Continue your grieving work.

LESSON NOTES: Scripture References

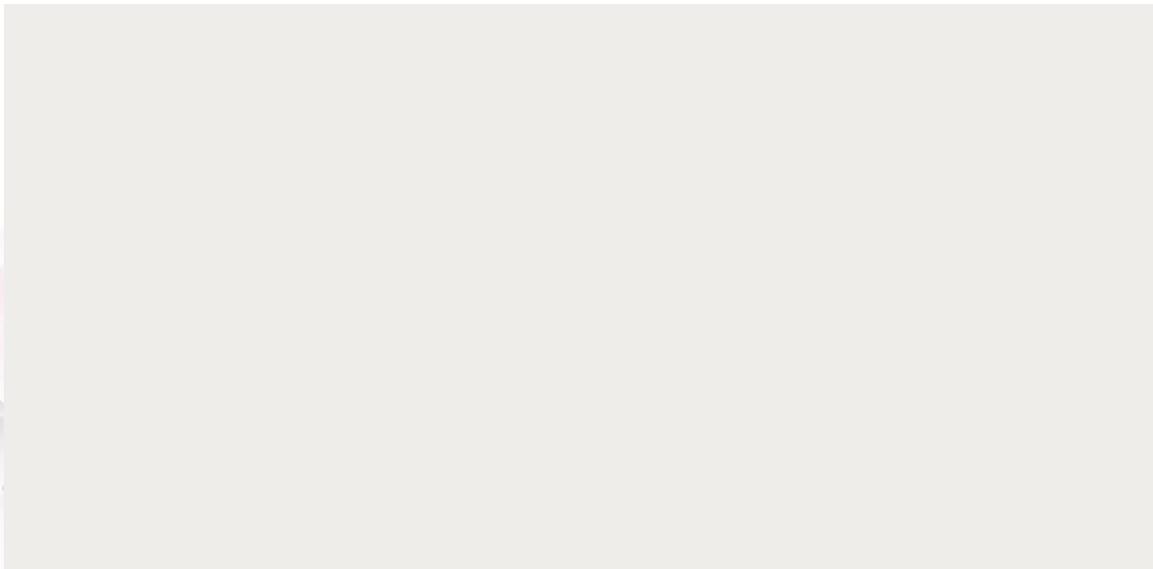
- Ephesians 4:26
- Psalm 4:4
- John 2:13-17
- Mark 3:1-6
- Deuteronomy 30:15-20

SUPPLEMENTARY RESOURCES

Book Recommendations

- [The Soul of Shame](#) by Curt Thompson
- [How to Survive a Shipwreck](#) by Jonathan Martin
- [No More Faking Fine](#) by Esther Fleece
- [The Grief Journey Finding Peace in All of Life's Losses](#) by Timothy Summerlin

NOTES





Module 3

AN INTRODUCTION TO BOUNDARIES

I set before you today life
and prosperity, death and
destruction...Now choose life
so that you and your
children may live...

Deuteronomy 30:15, 19



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MOD 3.2

DEFINING BOUNDARIES

3.2 HOMEWORK

1. Examine yourself. In your journal or below, write down whose load(s) you have been trying to carry.
2. Have you been tempted to carry your spouse's *bueros* or *phortion*? Why? How can you stop?
3. Write down 3 things you will do to stop trying to carry their *bueros* or *phortion* right now?

LESSON NOTES: Scripture References

Galatians 6:1-5

Deep Dive

Compare the Greek and English [uses of loads and burdens in BibleHub.com](#)

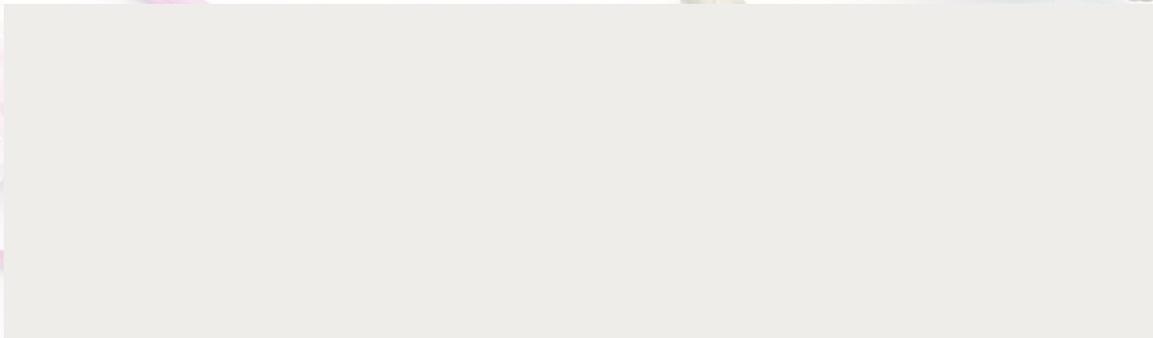
Graphics

[Boundaries Sound Like This](#)

Book Recommendations

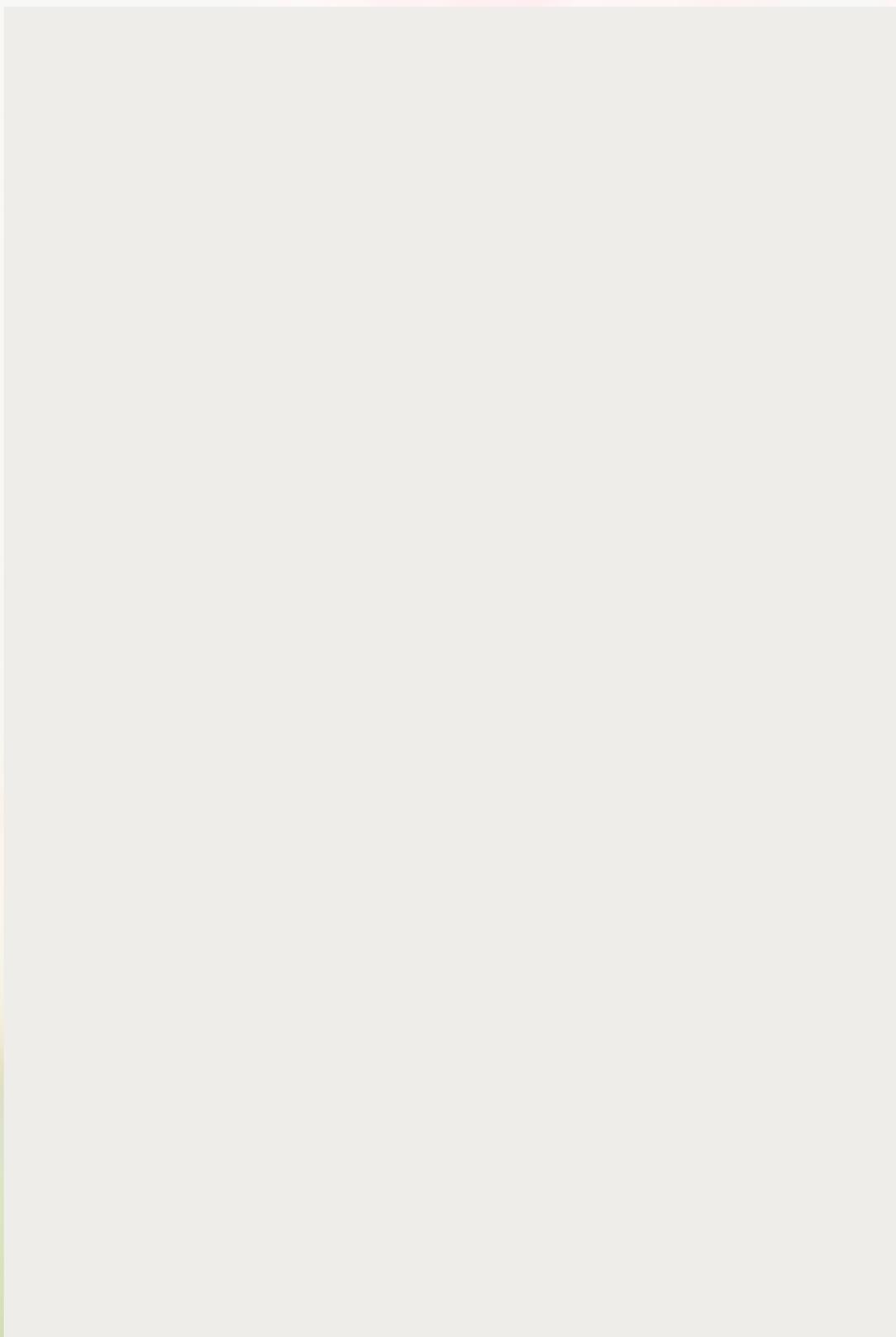
- [Boundaries](#) by Cloud & Townsend
- [Boundaries in Marriage](#) by Cloud & Townsend
- [When to Walk Away](#) by Gary Thomas

NOTES



My Notes

Date:





Long journeys are
completed one step at a
time.

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Ready to start healing?

Thank you for previewing the iSeeU Kickstart Recovery Program. Time to start healing. Access all 50 lessons and join the community!

Join now

