



# *iSeeU Kickstart*

BETRAYAL RECOVERY PROGRAM WORKBOOK

Part 4, Modules 10 - 13



*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.

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# Module 10

## CHANGING OUR MIND



The image features several pink roses with green leaves arranged around a central light pink rectangular box. The background is a light-colored, possibly marble, surface. The roses are positioned at the top, bottom, and sides of the central text box, creating a decorative border.

Do not conform to the  
pattern of this world, but  
be transformed by the  
renewing of your mind.  
Then you will be able to  
test and approve what  
God's will is—  
his good, pleasing  
and perfect will.

Romans 12:2



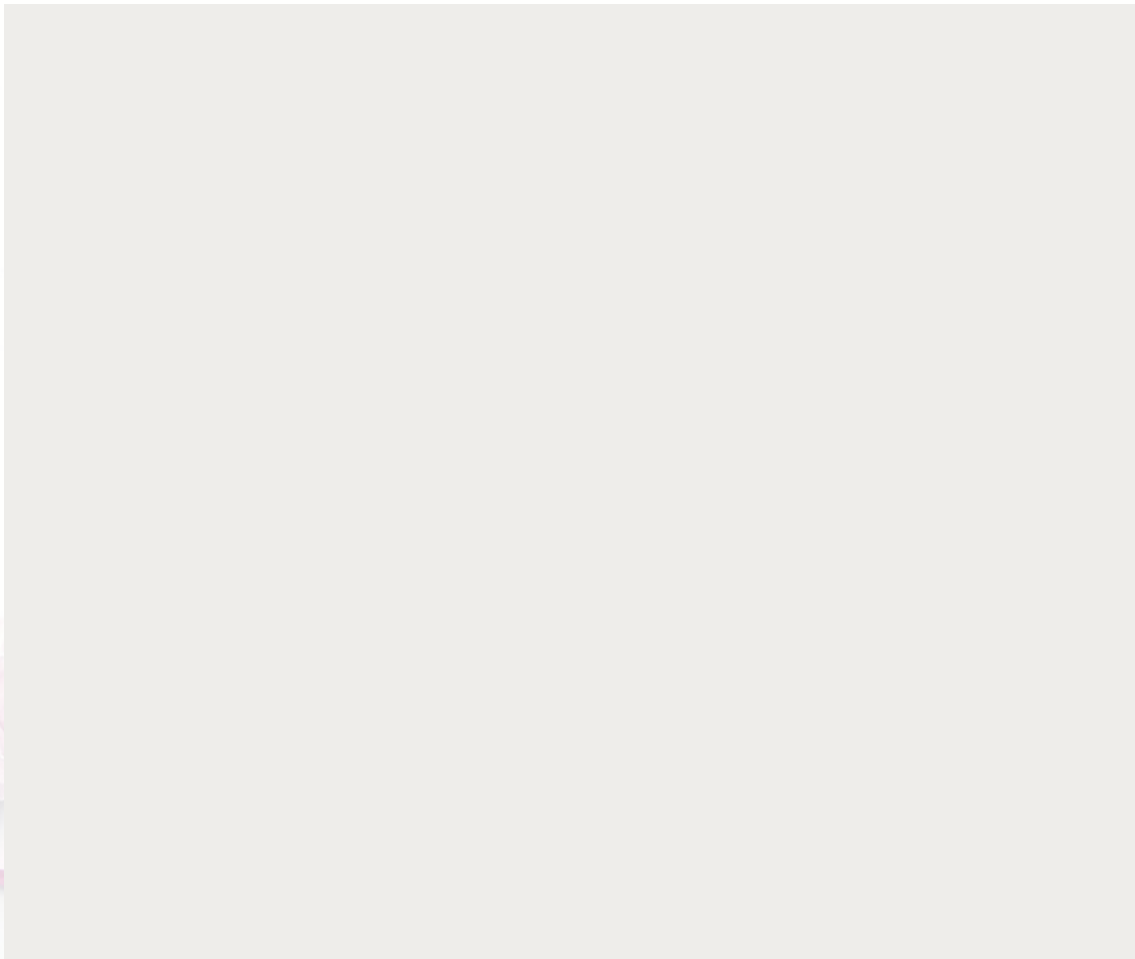
# MOD 10.1

## HAVE YOU BEEN BRAINWASHED?

### 10.1 HOMEWORK

Spend some time praying and meditating on the whether you've been an active or passive participant in what you think about yourself, your marriage, and about God.

- If you've been passive, what do you need to do to get active?
- If you've been active, read 2 Corinthians 4:16 and Colossians 3:9-10. What areas do you still need to be transformed in your mind?






The background of the entire page is a soft-focus photograph of pink carnations and their petals scattered across a white surface. Some flowers are in full bloom, while others are buds or single petals. The lighting is bright and even, creating a clean, minimalist aesthetic.

## LESSON NOTES: Scripture References

- 1 Thessalonians 5:21-22
- Romans 12:2
- Hebrews 2:1, 17; 5:8-9
- Matthew 6:22-23
- Ephesians 4:17-24
- 2 Corinthians 4:16
- Colossians 3:9-10

## Music

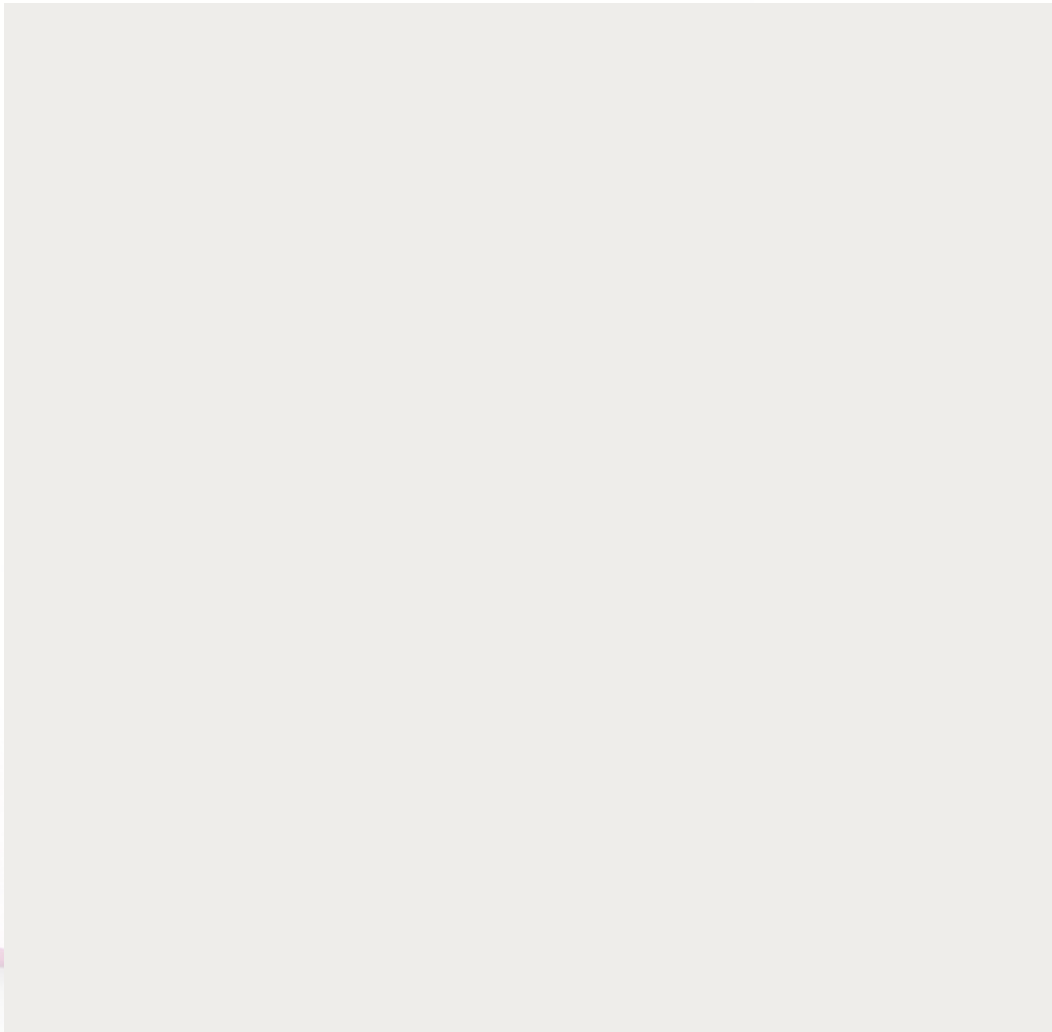
“[The Change in Me](#)” by Casting Crowns



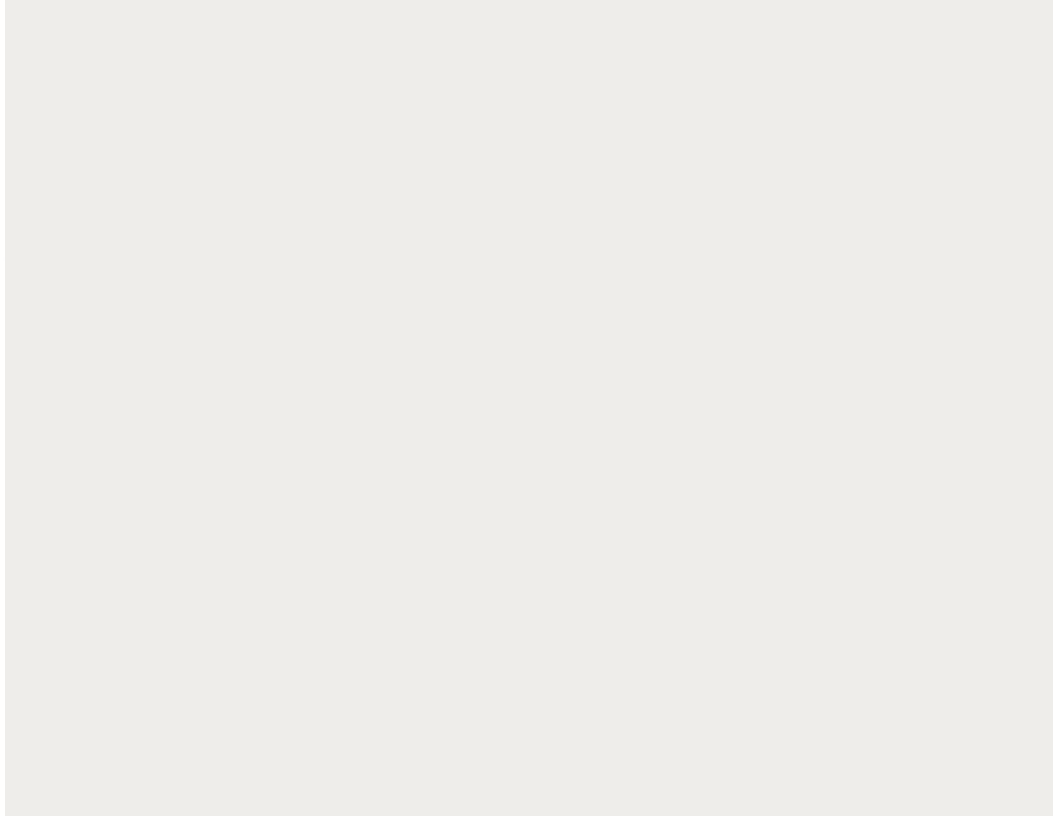
# MOD 10.2 CHOOSING WHAT INFLUENCES YOU

## 10.2 HOMEWORK

1. Pray, asking God to reveal to you how well you know Jesus' voice (John 10:1-5).
2. Then, spend time journaling about what your primary influencers have been besides the scriptures.



3. From this point forward, how can you look intently into the perfect law and live it out (James 1:22-25)? What area do you plan to start this changing of your mind?



### LESSON NOTES: Scripture References

- James 1:14
- 2 Timothy 3:1-7
- John 10:2-5
- Deuteronomy 17:18-19
- James 1:22-25

### Music

- “[Living Word](#)” by Jeremy Camp
- “[Word of God Speak](#)” by MercyMe



# MOD 10.3 REPENTANCE IS FOR EVERYONE

## 10.3 HOMEWORK

- 1.If you haven't actively engaged in the iSeeU community with several posts, jump on right now and tell us WHY it's been so difficult for you.
- 2.If you have engaged, share with the community what you did to change your mind overcome your fear.

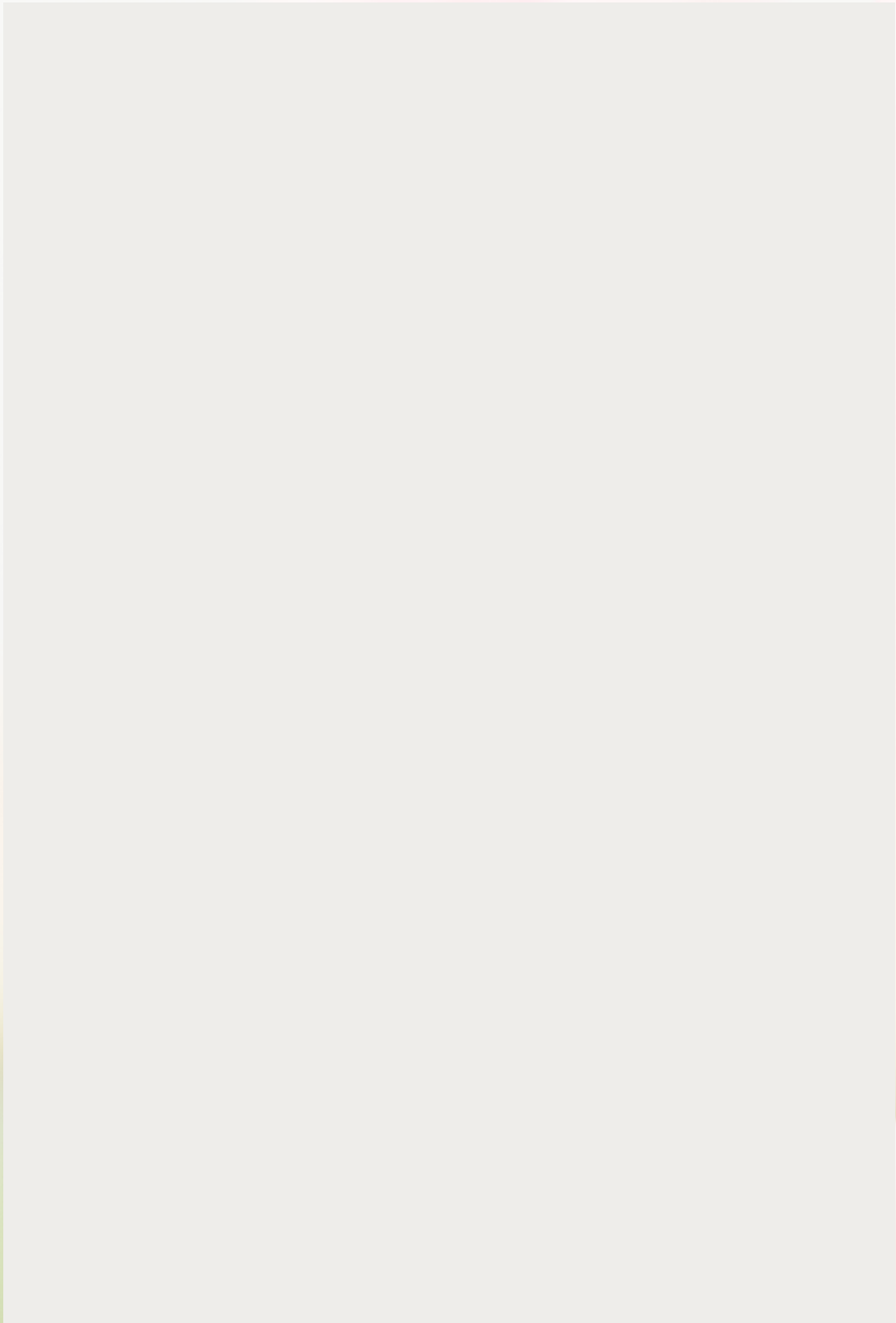
## LESSON NOTES: Scripture References

- Acts 2:38
- Acts 3:19
- Romans 2:1-4
- Matthew 7:3-5
- Romans 3:23
- Romans 12:2
- 1 John 1:6-7
- 2 Peter 1:3-5



My Notes

Date:





A woman with dark hair, seen from the back and side, is looking out over a rocky coastline at sunset. She is wearing a white halter top with a macramé-style back. The background shows a calm sea and a hazy sky with warm, golden light.

Love your  
neighbor as  
you love  
yourself.

Mark 12:30

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

# Self & Love

## Module 11

### SELF-CARE







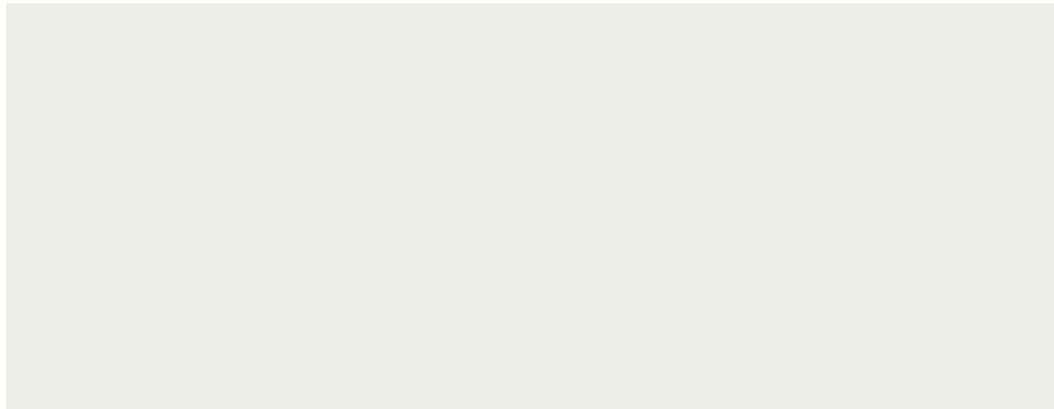
# MOD 11.1

## WHY WE GET PUSHED TO THE BACK BURNER

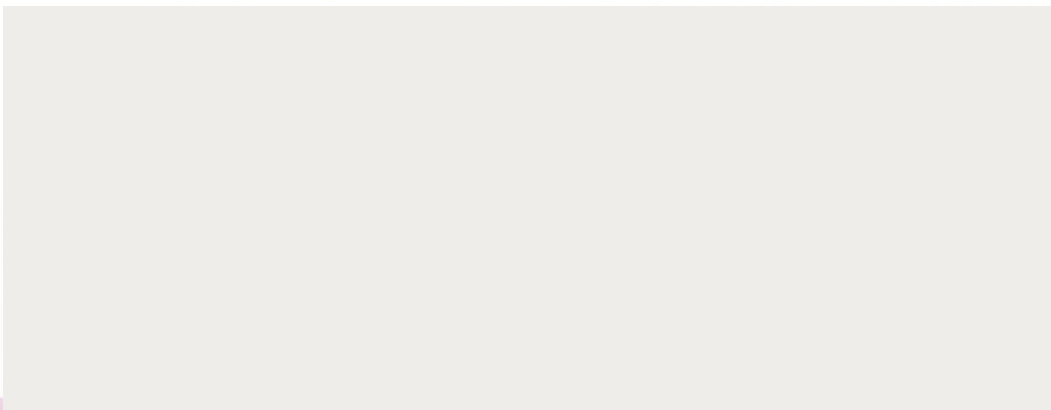
### 11.1 HOMEWORK

Honestly evaluate your level of self-care and answer the following in your journal:

1. Do you feel depleted most of the time?

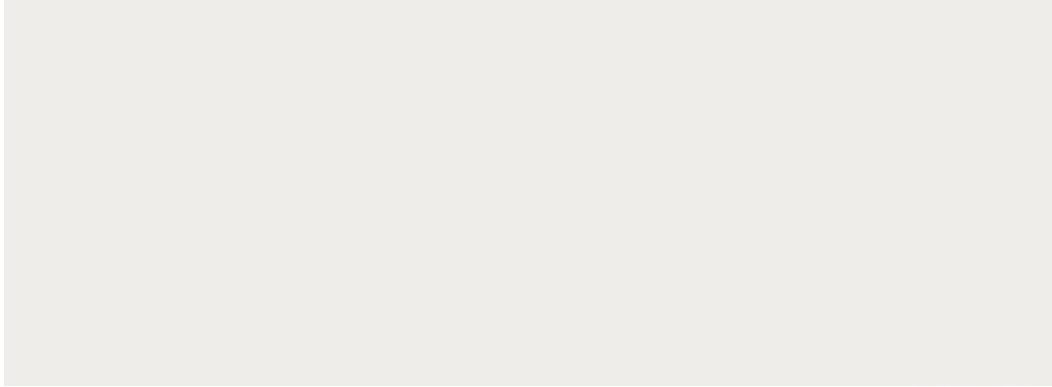


2. Where does the majority of your energy and mind-time go?

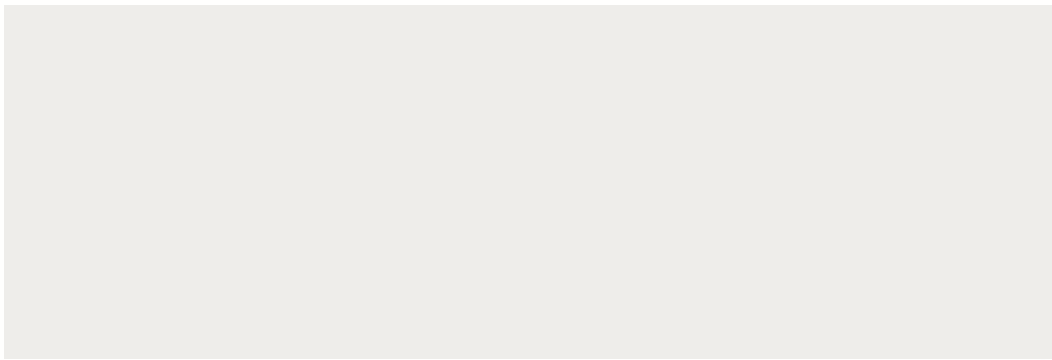




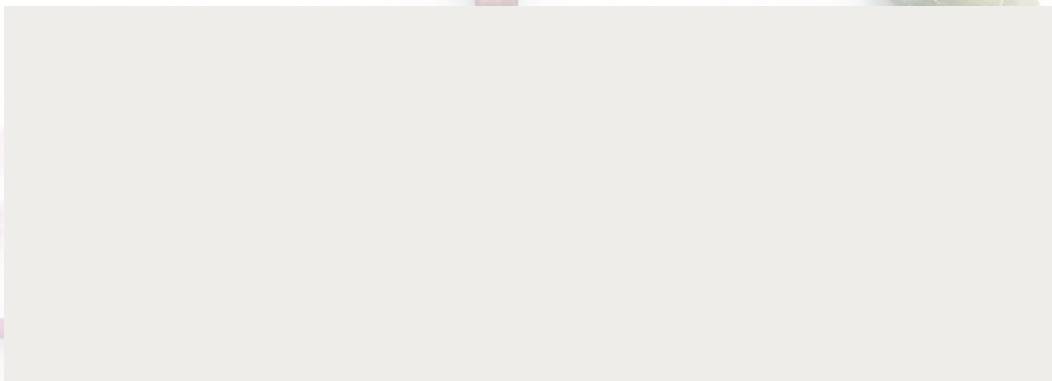
3. How is this affecting your health?



4. How is it affecting your relationship with family and friends?



5. Besides your recovery from your spouse's betrayal, what is the biggest area of caring for yourself that you need to bring to the front-burner?



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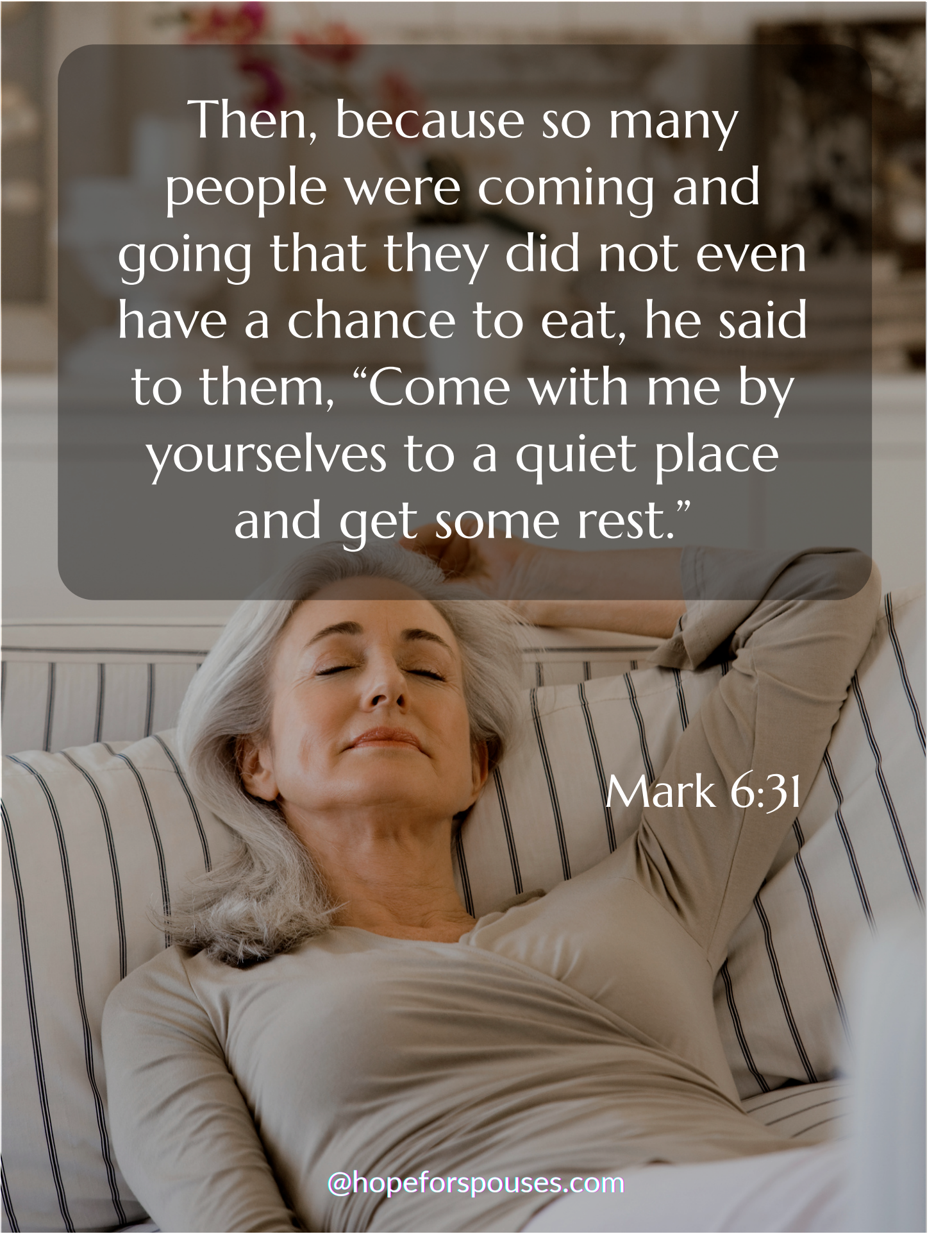
## LESSON NOTES: Scripture References

- Luke 5:16
- Mark 6:31
- Galatians 6:5

## SUPPLEMENTARY RESOURCES

[The View from Paul's Window](#) by Jeanie Shaw



A woman with grey hair is lying down, resting her head on a striped pillow. She is wearing a light-colored long-sleeved shirt. Her eyes are closed, and she has a peaceful expression. The background is softly blurred, showing what appears to be a home interior with some plants.

Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, “Come with me by yourselves to a quiet place and get some rest.”

Mark 6:31

# MOD 11.2

## LOVING YOURSELF IS BIBLICAL

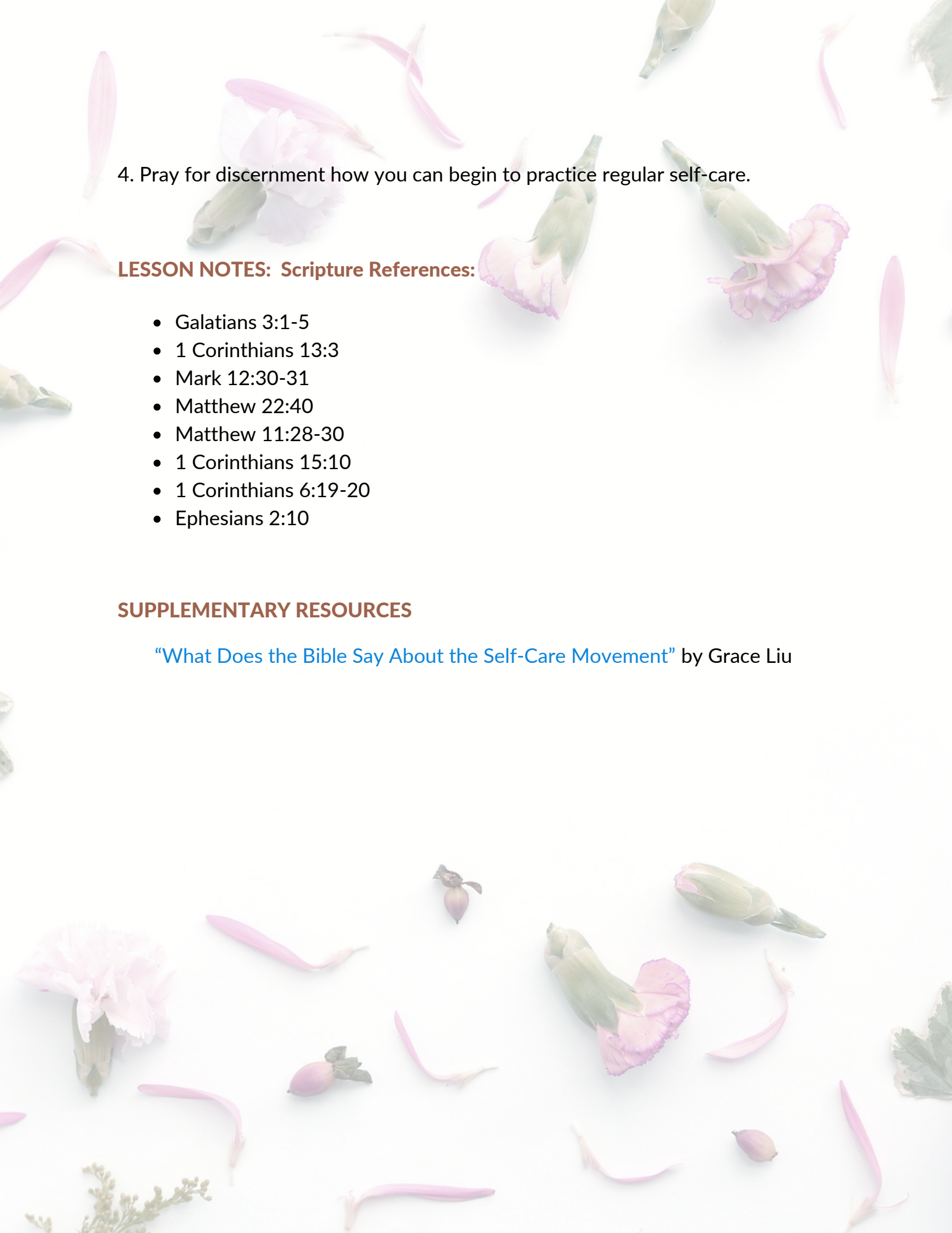
### 11.2 HOMEWORK

1. Meditate on God's will for you caring for yourself.
2. There's a kind of sacred tension or overlap we need to strive for as we balance work and rest. What does that tension look like for you?

3. Create a T-chart for yourself. On the left, write how you are tempted to not practice self-care. On the right, use a scripture to "answer" that temptation.

| How You Are Tempted | Answer the Temptation |
|---------------------|-----------------------|
|                     |                       |



The page features a decorative background of pink carnations and scattered petals. The flowers are in various stages of bloom, with some showing the characteristic ruffled edges of carnations. The petals are scattered across the white background, adding a delicate and natural feel to the design.

4. Pray for discernment how you can begin to practice regular self-care.

**LESSON NOTES: Scripture References:**

- Galatians 3:1-5
- 1 Corinthians 13:3
- Mark 12:30-31
- Matthew 22:40
- Matthew 11:28-30
- 1 Corinthians 15:10
- 1 Corinthians 6:19-20
- Ephesians 2:10

**SUPPLEMENTARY RESOURCES**

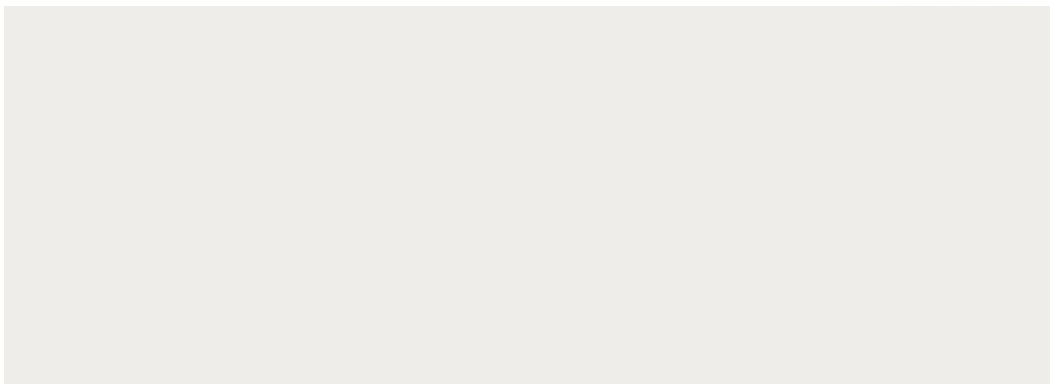
[“What Does the Bible Say About the Self-Care Movement”](#) by Grace Liu

# MOD 11.3

## PRACTICAL WAYS TO LOVE YOURSELF

### 11.3 HOMEWORK

1. Write down 3-5 items on the self-care list you'd like to adopt. Take some time to pen them into your schedule this week.



2. Share with the group what you are looking forward to the most and any other ideas you would like to add to this list.

### LESSON NOTES: Scripture References

- Psalm 139:13-1
- Romans 12:1
- 1 Timothy 6:17

### SUPPLEMENTARY RESOURCES

- [53 Practical Ways to Practice Self-Care](#)
- [Sleeping When Marriage is Broken by Sexual Sin](#)
- [Seated Deep Breathing Techniques](#)
- [Supine Deep Breathing Techniques](#)
- [Brene Brown's TEDTalk on Vulnerability](#)
- [Positive Music Z88.3](#)
- [Bible Study Fellowship](#)


My Notes

Date:

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An open notebook with a black cover is centered on a solid pink background. Several light pink tulips with green stems are scattered around the notebook. The left page of the notebook has the text "Make yourself a priority once in a while." The words "Make yourself a priority" are highlighted with a yellow brushstroke. The right page has the text "It is not selfish. It's necessary." where "It's" and "necessary." are in red.

Make yourself  
a priority  
once in a  
while.

It is not  
selfish.  
It's  
necessary.



# Module 12

## MAINTAINING BOUNDARIES



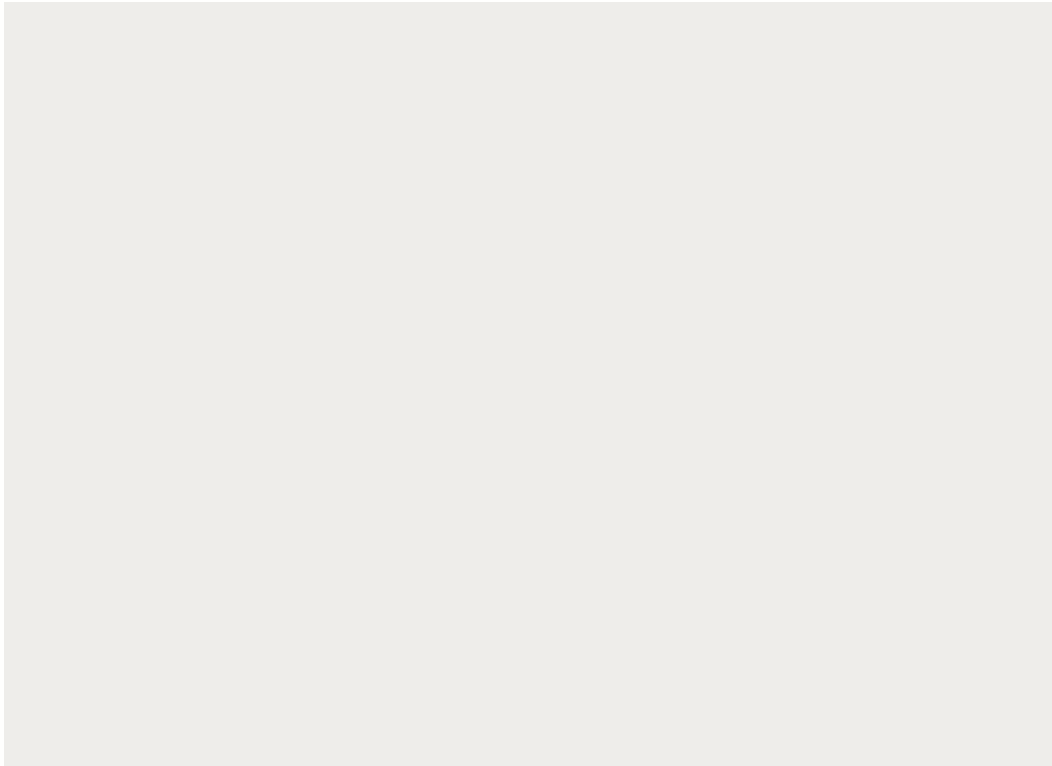


# MOD 12.1

## BOUNDARIES REVISITED

### 12.1 HOMEWORK

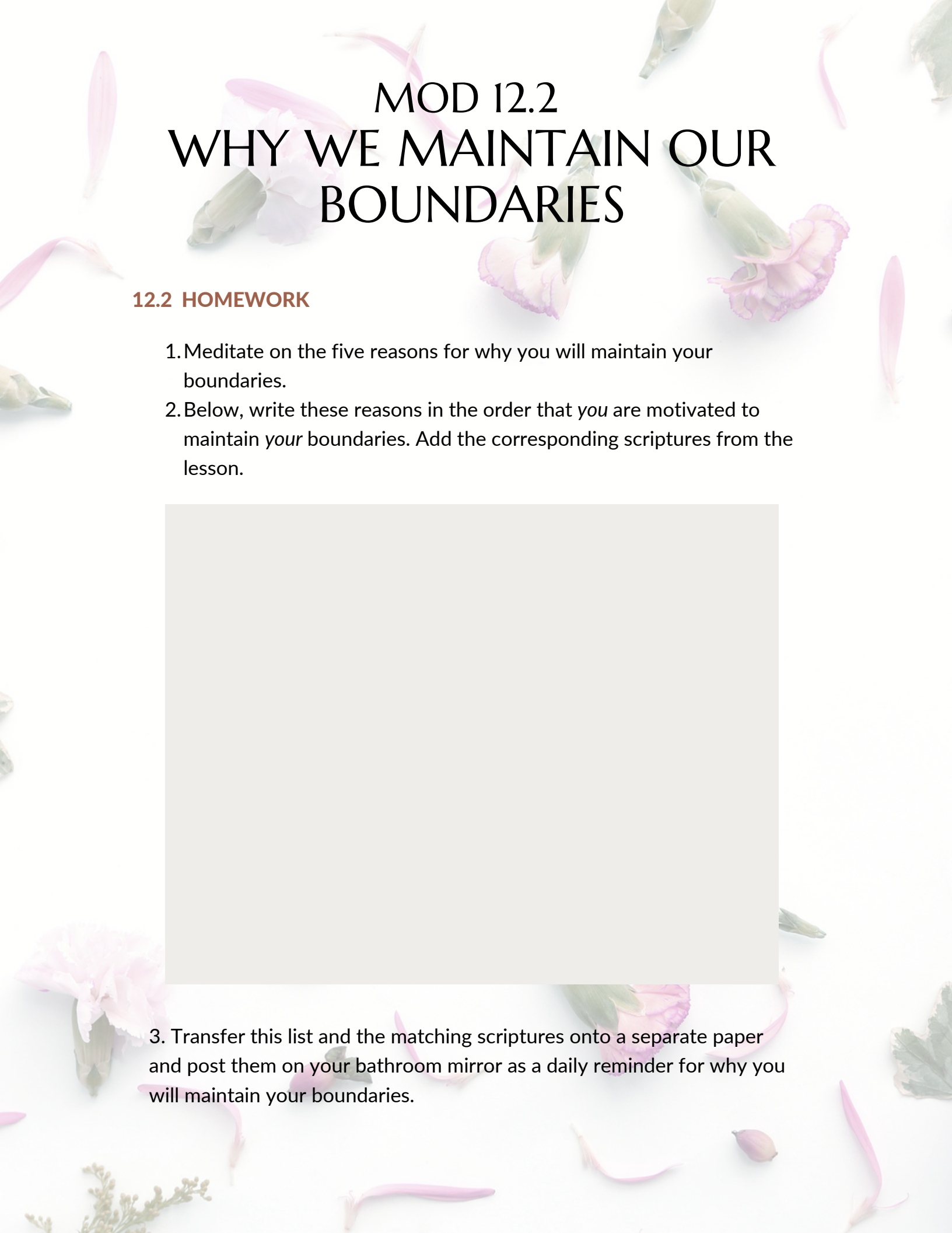
1. Review your journal notes from modules 3, 6, and 9.
2. Evaluate how you are doing with your boundaries and write about your progress and the areas you still need to work on.



3. Jump on the group and share this with the other travelers and/or with your other safe circle of others.

### LESSON NOTES: Scripture References

- John 5:19, 12:49
- Galatians 6:1-5

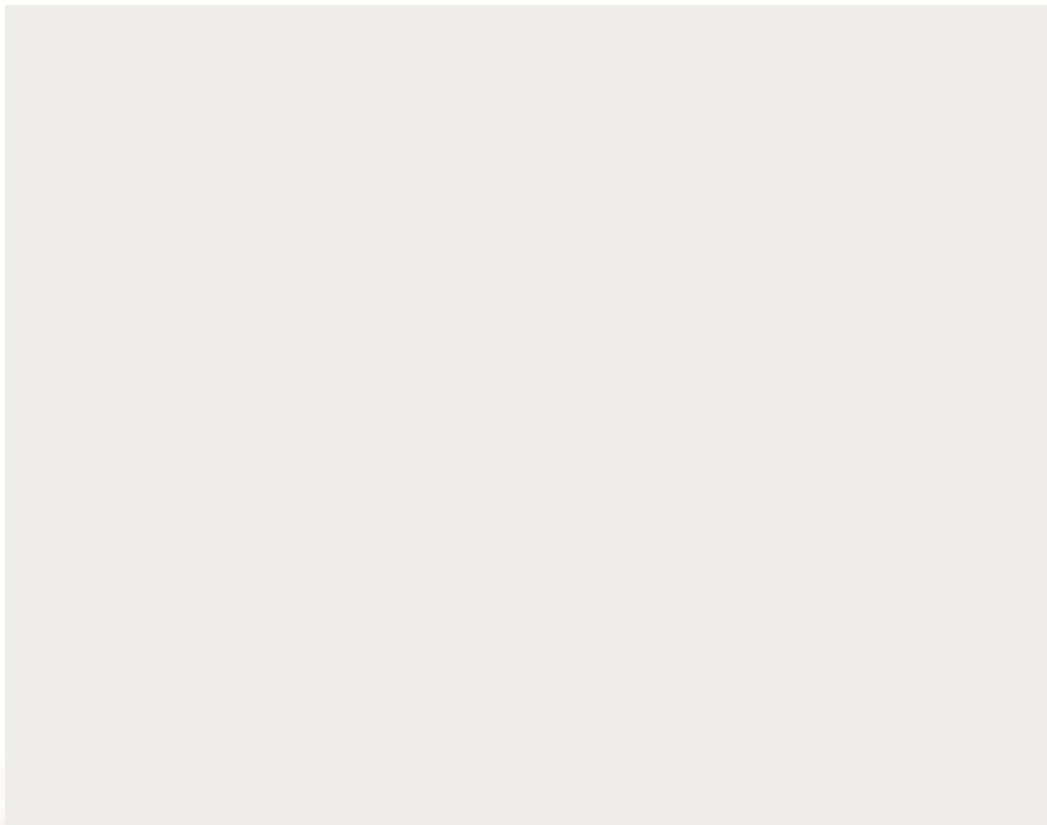


# MOD 12.2

## WHY WE MAINTAIN OUR BOUNDARIES

### 12.2 HOMEWORK

1. Meditate on the five reasons for why you will maintain your boundaries.
2. Below, write these reasons in the order that *you* are motivated to maintain *your* boundaries. Add the corresponding scriptures from the lesson.



3. Transfer this list and the matching scriptures onto a separate paper and post them on your bathroom mirror as a daily reminder for why you will maintain your boundaries.

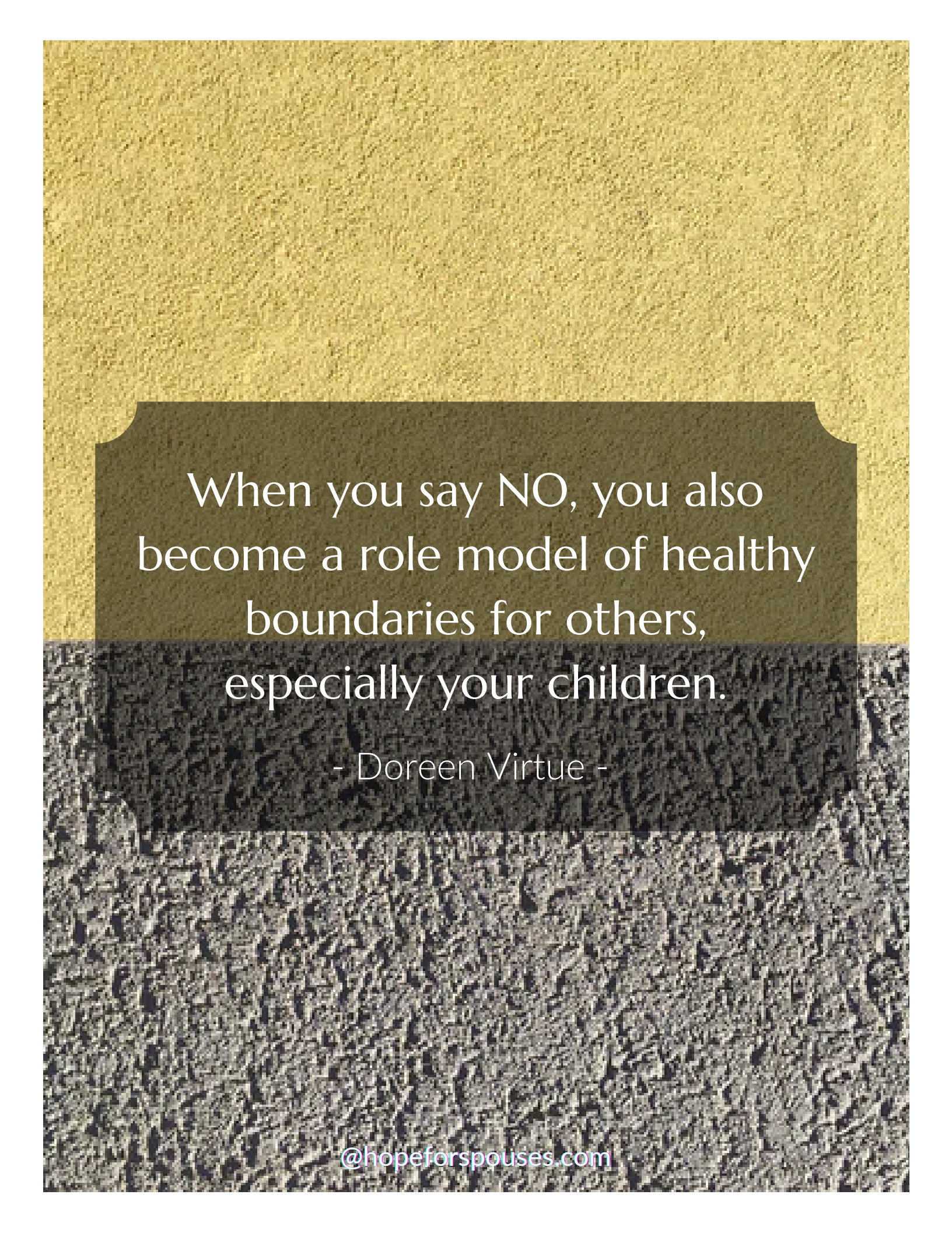
The background of the entire page is a soft-focus photograph of pink carnations and their petals scattered across a white surface. Some flowers are in full bloom, while others are buds or single petals.

## LESSON NOTES: Scripture References

- Luke 9:23
- John 14:12
- Ephesians 4:24
- 1 Peter 2:21
- 1 John 2:6
- Deuteronomy 30:15-20
- Ezekiel 22:30
- 1 Corinthians 15:58
- Matthew 5:13-16
- Proverbs 31:27-28
- Esther 4:14
- 1 Peter 5:9
- Titus 2:4
- 2 Corinthians 5:20

## SUPPLEMENTARY RESOURCES

- [Fire Inside](#) (Graphic)
- [Examples of When Jesus Set & Maintained His Boundaries](#)



When you say NO, you also  
become a role model of healthy  
boundaries for others,  
especially your children.

- Doreen Virtue -

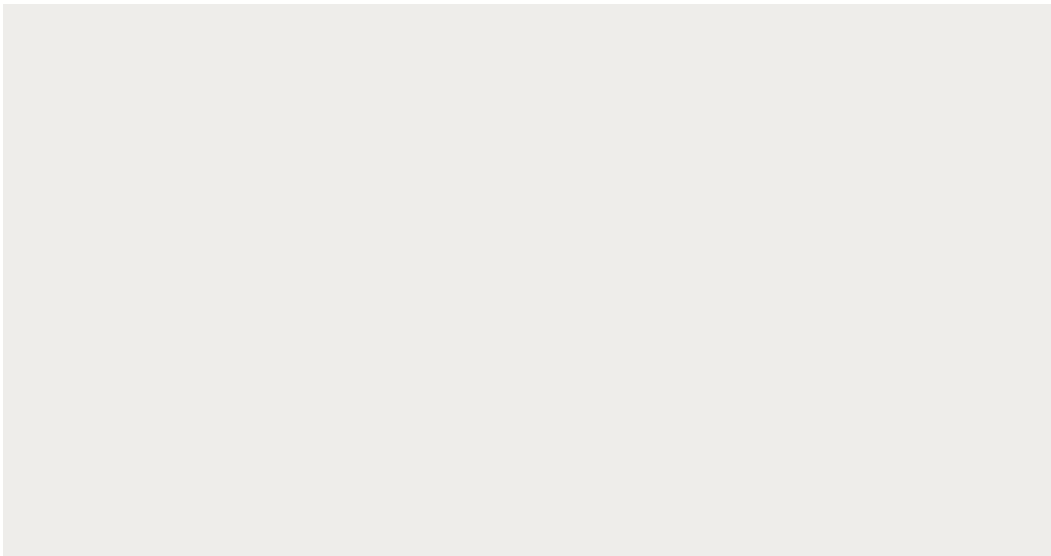




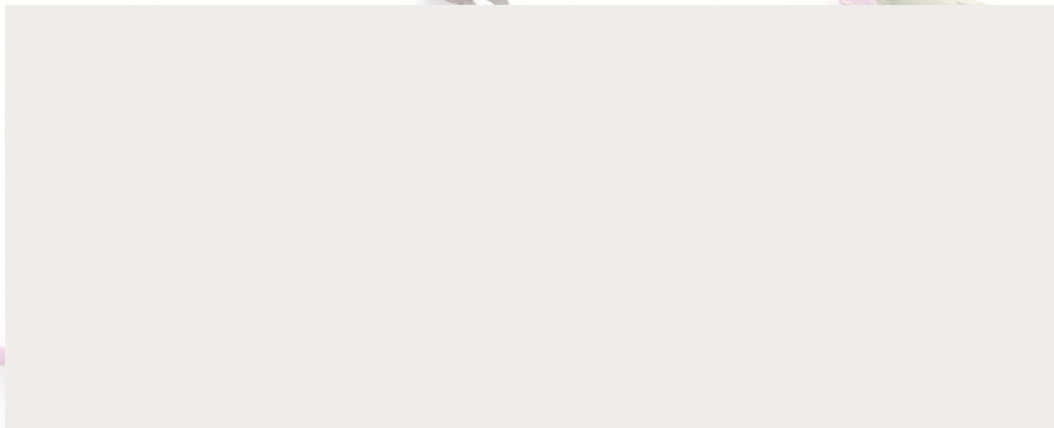
# MOD 12.3 THE WRECKING BALL OF SENTIMENTALITY

## 12.3 HOMEWORK

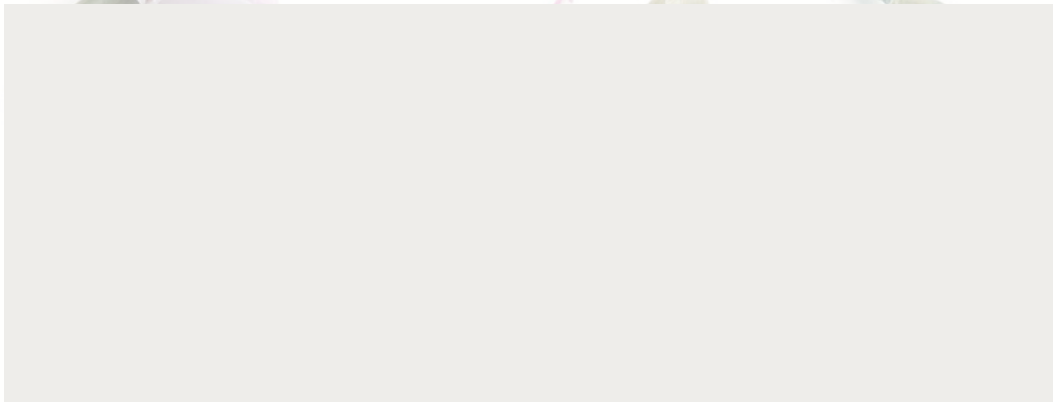
Take a raw honest look at the last few months. Write down when, if ever, have you let sentimentality lead your choices.



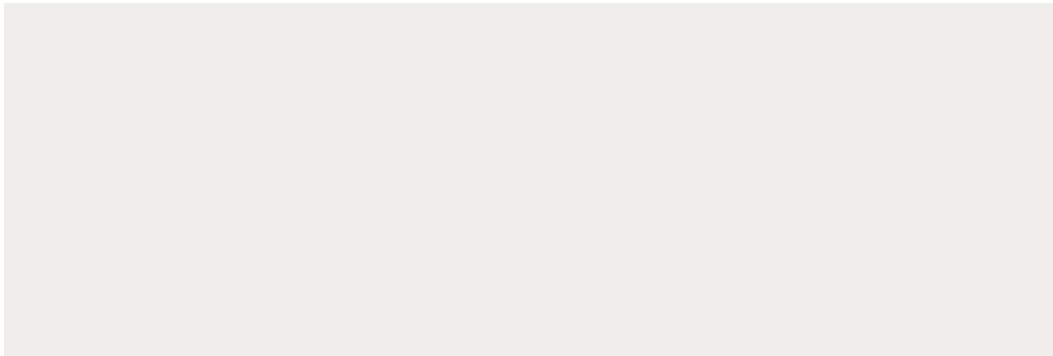
1. How did sentimentality benefit you? How did it hurt you?



2. What visceral reaction do you have when you are tempted to react sentimentally toward your spouse?



3. What steps can you take to be more aware when you are tempted by sentimentality?



### **LESSON NOTES: Scripture References**

- Numbers 11:4-6
- 1 Samuel 15
- Nehemiah
- Acts 26:20
- 2 Corinthians 7:10-11
- Romans 5:3-4
- Hebrews 12:1-3

**Affirmation Graphic**

Greatest Glory



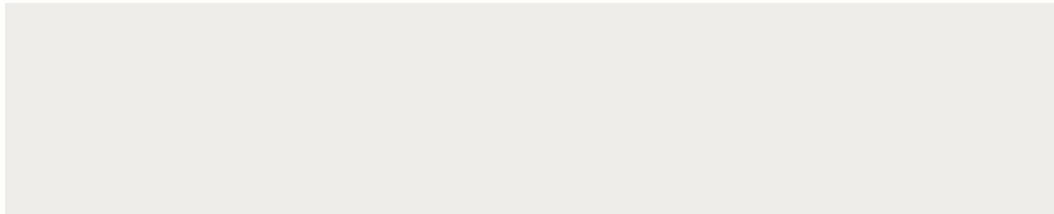
# MOD 12.4

## STANDING OUR GROUND

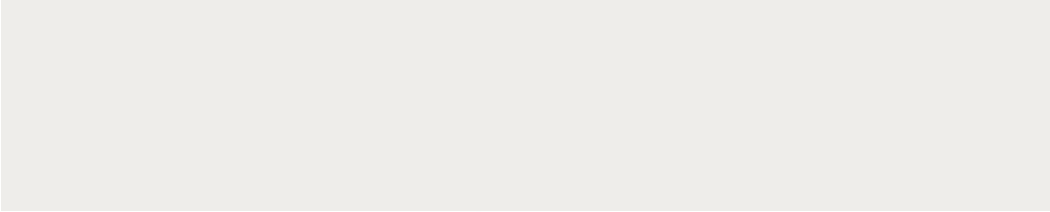
### 12.4 HOMEWORK

For your homework, go through each of your pieces of armor and inspect them, evaluating their strength and durability for this battle.

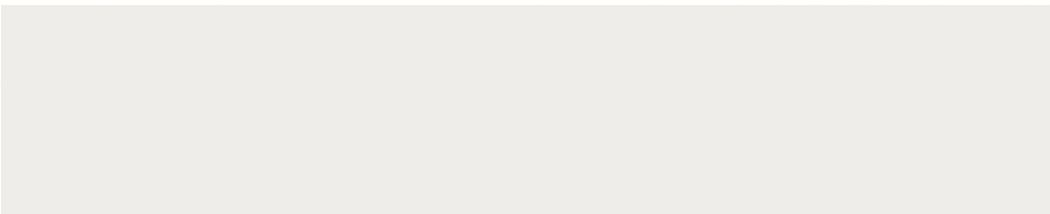
knowledge of the truth



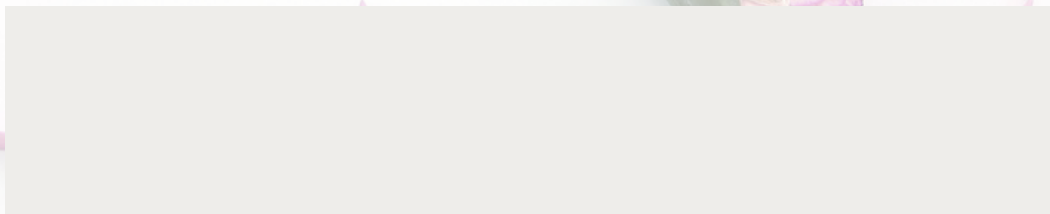
the breastplate of righteousness to guard your heart



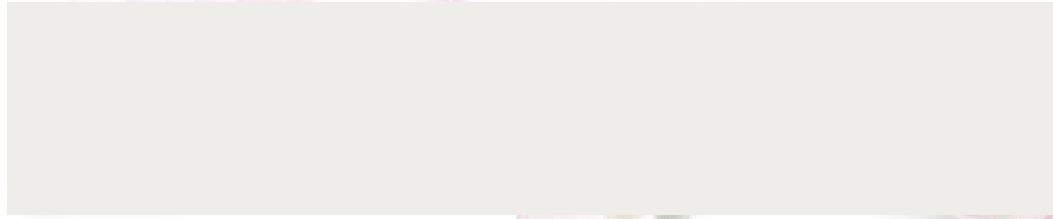
your vigilance and readiness for battle based on the gospel



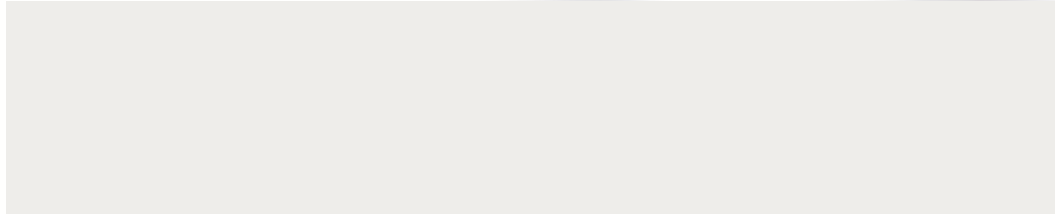
your shield of faith



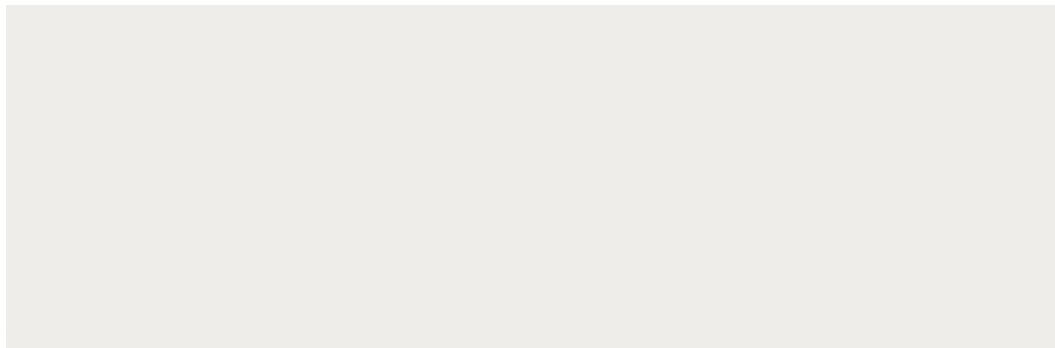
your helmet (hope) of our salvation



the skill with which you wield God's Word in your life



Which piece(s) of armor do you need to repair, reinforce, or replace so you can stand your ground when your boundaries are assaulted?



### **LESSON NOTES: Scripture References**

- 2 Corinthians 10:3-5 (J.B. Phillips)
- Colossians 1:1-2
- Ephesians 6:10-18
- Proverbs 4:23
- 1 Thessalonians 5:8

### **SUPPLEMENTARY RESOURCES**

[How to Gird Up Your Loins: An Illustrated Guide](#)

#### **Affirmation Graphic**


- [Keep Walking](#)
- [Come This Far](#)





# *Module 13*

## **PRACTICING THE PRESENCE OF GOD**

A bouquet of white baby's breath flowers and green leaves is arranged on a light-colored wooden surface. The flowers are small and delicate, clustered together. The leaves are dark green and serrated. The background is a warm, light brown wood grain.

The Lord himself goes before  
you and will be with you; he  
will never leave you nor  
forsake you. Do not be afraid;  
do not be discouraged.”

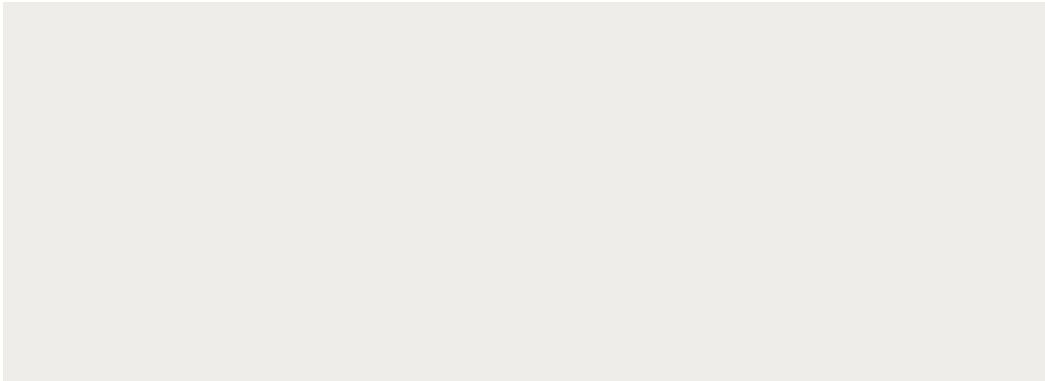
Deuteronomy 31:8

# MOD 13.1

## OUR READINESS TO PRACTICE HIS PRESENCE

### 13.1 HOMEWORK

1. Reflect on and write down what hinders you from practicing the presence of God throughout your day.



2. Share your reflections in the comments or with the group.
3. Choose one or two scriptures from today's lesson, write them on an index card, and add them to the collection on your bathroom mirror.

### LESSON NOTES: Scripture References

- Leviticus 16
- Luke 23:45
- Hebrews 9:24, 10:19-23
- Deuteronomy 31:8
- Matthew 28:29-20
- Psalm 139:5
- Hebrews 9:14, 10:14
- 1 John 1:7, 3:19-20
- Luke 8:14, Luke 10:41-42

### SUPPLEMENTARY RESOURCES

[Practicing the Presence of God](#) by Brother Lawrence (Free Audiobook on YouTube)

# MOD 13.2

## OUR AWARENESS OF HIS PRESENCE AND PURPOSE

### 13.1 HOMEWORK

Answer the following questions.

1. Are you aware of a thirst for God or have gotten used to spiritual dehydration?

2. What do you think about yourself as a “priest” in service to God?



3. What did you think your purpose was before you found out about your spouse's sexual betrayal? What do you think your purpose is now?

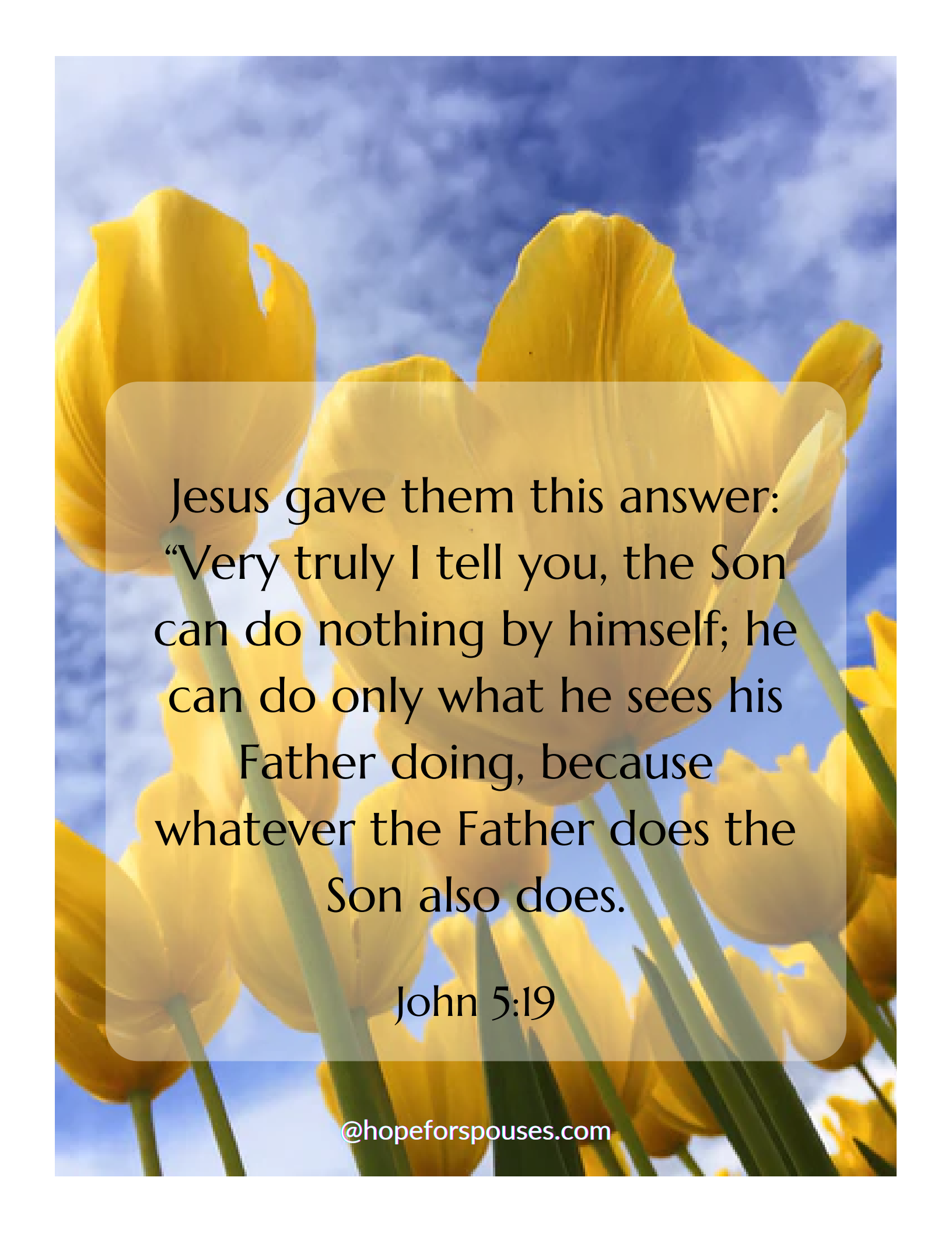
4. How well does your purpose align with the scriptures in this lesson?

### LESSON NOTES: Scripture References

- Psalm 62, 63
- Psalm 42:1-2
- John 5:19, 8:28, 12:49
- Genesis 3:8
- Leviticus 26:12
- Genesis 5:24, 6:9
- Malachi 2:5-6
- John 17:14-16
- Exodus 19:5-6
- 1 Peter 2:9
- 2 Corinthians 5:14-20
- Isaiah 61:1-6

### SUPPLEMENTARY RESOURCES

With: [Reimagining the Way You Relate to God](#) by Sky Jethani

A low-angle photograph of several bright yellow tulips against a clear blue sky with wispy white clouds. The tulips are in various stages of bloom, with some fully open and others still budding. The image is used as a background for a text overlay.

Jesus gave them this answer:  
“Very truly I tell you, the Son  
can do nothing by himself; he  
can do only what he sees his  
Father doing, because  
whatever the Father does the  
Son also does.

John 5:19

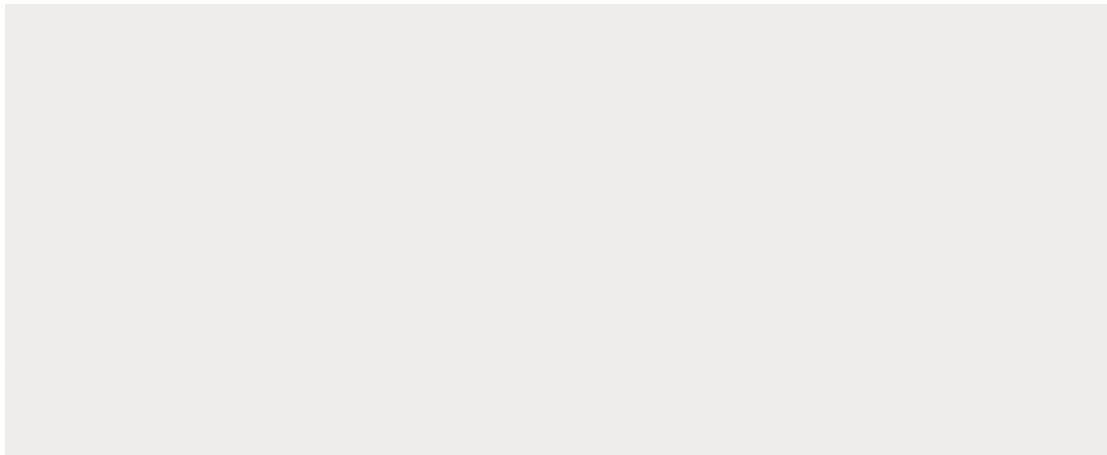


# MOD 13.3

## PRACTICALLY PRACTICING HIS PRESENCE

### 13.1 HOMEWORK

Write three ways you plan to practically practice the presence of God in your life this week; share it with the group.



### LESSON NOTES: Scripture References

- Romans 12:1-2
- Philippians 4:8-9
- Zephaniah 3:17
- Leviticus 26:12
- Habakkuk 3:16-19
- Romans 8:28

### SUPPLEMENTARY RESOURCES

[“Why Making Mistake in Betrayal Recovery is Good for You”](#)

#### Music

[“I Come to the Garden Alone”](#) by Mahalia Jackson



# WHERE DO WE GO FROM HERE?

## LESSON NOTES: Scripture References

[Isolation to Intimacy Online Recovery Program & Community](#)  
(Try our 7-day guest membership)

## Additional Hope for Spouses Resources

- Schedule a [Private Coaching session](#) with Kim, 15% off regular rate
- [Hope for Spouses Media Library](#)
- [Hope for Spouses Blog](#)
- “[A Codependent in Colossians](#)” Bible Study Series
- Join the [Hope for Spouses private Facebook group](#)

## Podcast Series

[Divorce & Remarriage](#) (5-part series) by Douglas Jacoby

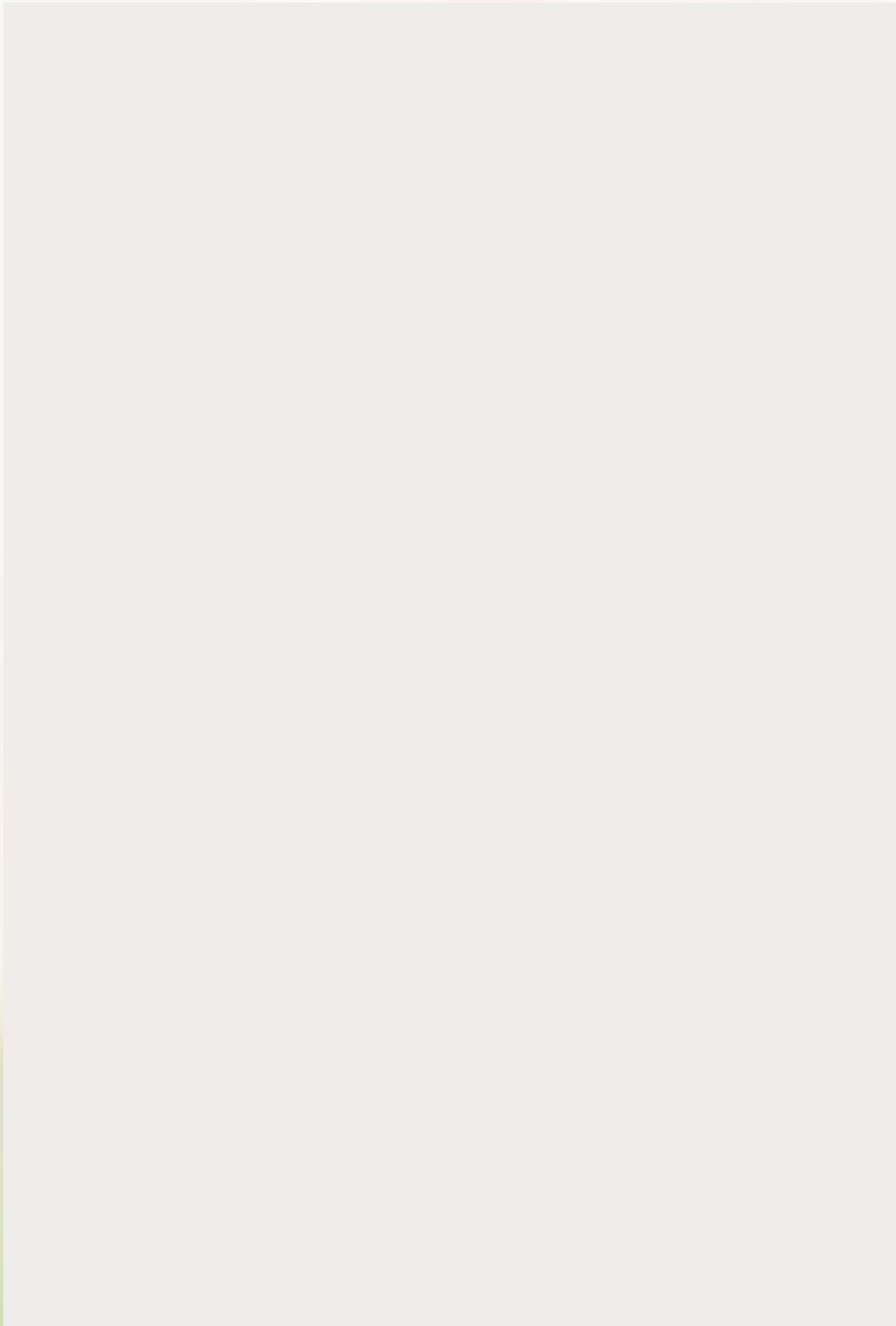
## Other Support Groups

- [Captives Free](#)
- [Hope After Betrayal](#)
- [Hope Quest's Journey](#)



My Notes

Date:



Give **God** your **WEAKNESS**

and **He** will give you **STRENGTH**





# Congratulations!

You've completed all Modules of the iSeeU  
Kickstart Betrayal Recovery Program!

