



3 Powerful Ways To Heal from Crazy-Making



1. MIND

Do you feel confused and troubled?

Strategy: Stop rumination in its tracks!

Ask yourself, "How much rumination do I want to do before I stop?" First, once you realize you're in a rumination loop give yourself some grace. Ruminating is normal when you've suffered betrayal. Then establish a 2- or 3-minute time limit. At the end of 3 minutes, if you are still haunted by painful thoughts, try doing something else like taking a walk while you tune into your sensory (i.e. sight, smell, touch) experiences. Being active and connecting with the physical space around you on a sensory level are some of the best ways to stop rumination.

2. BODY

Do you panic when thoughts come racing in?

Strategy: Lose your mind and find your senses!

When disturbing thoughts creep in and you feel your anxiety rising, sit in a chair with both feet on the ground. This tells your body where you are. Next, slowly look around the room allowing your eyes to drift from one picture on the wall to the next. This is called orienting, and it brings awareness to your surroundings. Then take a deep breath in, followed by a long steady exhale. Repeat this breathing pattern until you feel your heart rate slow. Last, tell yourself, "I'm going to be okay. I'm here and God is here with me." These somatic exercises will be sure to calm your anxious mind.



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3.SOUL

Do you ache from guilt and shame?

Strategy: Create your Compassion Committee!

Self-compassion is a vital component to healing. Think of two or three people you know that support you. When you begin to doubt your value, think of your Compassion Committee Members. What would these people say to you if they heard your thoughts? Keep in mind, your Compassion Committee can be made-up of anyone, including Jesus himself! If you are a Believer what scripture truth speaks to you? Perhaps this one will work. Repeat after me, "I praise you because I am fearfully and wonderfully made; Your works are wonderful, I know that full well." Psalm 139:14

A Bonus...because You're worth it!

Do you struggle to know what's true?

Strategy: Consider the proof!

In early discovery, partners of sex addicts experience a powerful shift in the way they view themselves, their relationship and even the world. What you understood your reality to be before betrayal has been shattered to pieces. If your partner is still denying, distorting truth and gaslighting I urge you to pay attention to discern your reality to begin identifying what is true for you. Your reality in the present moment is what you're experiencing with your 5 senses (sight, sound, smell, taste, and physical sensations) Ask yourself, "What did I see/hear/experience that could be documented with a camera or video recorder?" The answer to this question is your current reality.

Beautiful Friend, my sincere hope is you will find these and other trusted resources helpful and healing. Please don't isolate. You are not alone. We see you; we have been in your shoes and we can help. Please contact us now.