

AFFAIR and SEX ADDICTION RECOVERY FOR PARTNERS

FREE ONLINE RESOURCES:

VIDEOS and PODCASTS:

Affair Recovery Center - free videos on a variety of topics:

<https://www.youtube.com/channel/UCeneINV1yWUhjo1xCjz099Q/videos>

On Trauma:

Trauma, Part I, look for Part II next—

<https://www.youtube.com/watch?v=vZ8sdPQZpWI>

Healing Apology (what you may never hear but need to):

<https://www.bing.com/videos/search?q=hope+rising%2c+2018+apology+from+the+unfaithful&view=detail&mid=1AFC7E0D58AF11351F471AFC7E0D58AF11351F4-7&FORM=VIRE>

Dr. Jake Porter videos:

<https://www.youtube.com/channel/UCMVU7SheKr5t2qle9fuWLpQ>

The Empowered Divorce podcast

<https://amiewoolsey.com/amie-woolsey-podcasts>

Free videos:

<https://www.youtube.com/@amiewoolsey/videos>

Sex and Relationship Healing, Robert Weiss & others: Free Webinars for partners:

<https://sexandrelationshiphealing.com/your-own-sexual-behavior/weekly-webinars/partners/>

Choose Recovery Services – Luke and Alana Gordon and team

<https://www.chooserecoveryervices.com/videos/>

Michelle Mays' videos

<https://michellemays.com/resources/learn/#videos>

Rise Up Restored

<https://riseuprestored.com/podcast>

For Wives:

<https://thedebbiechavezshow.com/>

<https://theappreciatedwife.com/>

Support Groups for Betrayed Spouses:

Affair Recovery Center – help for individuals and couples struggling with infidelity, founded by Rick Reynolds. Help for betrayer and the betrayed. Many free and paid-for resources, videos, etc. Plus confidential online support groups, assessments: www.affairrecovery.com

Affair Recovery – program specifically for betrayed spouses:

<https://www.affairrecovery.com/product/harboring-hope>

Be Broken – A Christian ministry to couples and individuals wounded by a partner's sexual brokenness. They offer workshops, online resources, professional training, lists of counselors, articles. Especially helpful for individuals/couples coping with sex addiction.

<https://2.bebroken.com/>

Wives Care Groups: <https://2.bebroken.com/wives-care-groups.html>

1-800-497-8748.

Authentic Hope. <https://michellemays.com/>

<https://michellemays.com/understanding-betrayal-trauma/>

Beauty Beyond Betrayal: Hope and Healing for Christian Women, podcast. Lisa Limehouse.

<https://beautybeyondbetrayal.podbean.com/>

Betrayal Trauma Recovery – by Anne Blythe and coaches, faith sensitive, variety of coaching plans (group, individual). Email: support@btr.org

<https://www.btr.org>

Free podcasts: <https://www.btr.org/podcast/>

BTR Living Free Workshop and workbook: \$235

https://client.btr.org/livingfree/?_gl=1*1h2svbh*_gcl_au*NzY1NDY1NDY4LjE3MjcxMDMzMTc

Bloom for Women – Free Classes with help for betrayal trauma. Core faculty leader, Kevin Skinner, PhD., C-SAT-Supervisor.

<https://bloomforwomen.com/freecourses/>

Brave Warriors/Facing Heartbreak – support groups; coaching – Karen Crawford

<https://restoringheartconference.org/brave-warriors/>

Hope For Spouses – a Christian website with a wealth of information for Betrayed spouses.

<https://hopeforspouses.com/>

Living Truth podcasts: Kristin & Michael, faith sensitive

<https://living-truth.org/>

Free Podcasts: <https://living-truth.org/podcast/>

Live Free Wives: Hosts groups and has a variety of coaches; scroll down on site to view. Faith-based.

<https://livefreewives.org/about-us/>

Prodigals International - Partners in Process 12 step group

<https://prodigalsinternational.org/help-for-spouses/find-a-group>
<https://prodigalsinternational.org/partners-in-process-support-network/>

Reclaimed Ministry – For Spouses of Sex Addicts and the Unfaithful

<https://reclaimedministry.com/>
<https://www.youtube.com/channel/UCmw8anJvJ13HZLr-mMce3sw>
Private Facebook Group for Spouses: <https://www.facebook.com/groups/reclaimedministry>

The Sarah Society – Sisterhood of Healing Hearts

<https://sarahsociety.com/>

Therapy: Betrayal Trauma Recovery Center, Bellevue, WA:

Dr. Connie, Dr. Jessica, and Elizabeth **425-616-1261**
<https://thebtrc.com/therapy-services/>

Choose Recovery Services

<https://www.chooserecoveryservices.com/betrayal-trauma/>

Courses

<https://www.chooserecoveryservices.com/>

Blog:

<https://www.chooserecoveryservices.com/blog/>

Courses:

<https://www.chooserecoveryservices.com/services/>

Contact Choose Recovery: (702) 277-9145 info@chooserecoveryservices.com

Safe Space (retreat center for women in betrayal trauma recovery)

<https://www.onesafespace.com/>

Other Online Resources for sex addiction and partners of sex addicts:

Online tools for addicts and partners

<https://sexhelp.com/>

Jake Porter and team: (Some free resources; sign up for all videos and classes, \$34.99/mo., faith sensitive)

<https://go.daringventuresathome.com/>

Intensives and Groups:

<https://lifeworks.ms/programs>

Roane and Eva Hunter's counseling and ministry

<https://sexgodchaos.com/>

Free Podcasts: <https://sexgodchaos.com/media>

Steve and Kathy Gallagher, Faith-based help

<https://www.purelifeministries.org/for-wives>

List of Sex Addiction/Affair Recovery Resources for Partners
Linda J. MacDonald, M.S., LMFT

Robert Weiss and others.

<https://sexandrelationshiphealing.com/> (resources for both addict and partner)

<https://sexandrelationshiphealing.com/for-partners/>

Ted and Diane Roberts' ministry

<https://puredesire.org/> - groups for men and for women

Ruth Erickson's website and resources (coaching, book, music)

<https://www.rutherickson.com/shop/p/unfaithful-finding-healing-after-your-husbands-affair-whether-your-marriage-survives-or-not>

Dr. Robert Weiss and team:

<https://sexandrelationshiphealing.com/for-partners/>

Free articles plus treatment options