

# Ep. 10 Sex Fast Part 2

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## SUMMARY KEYWORDS

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## SPEAKERS

Pam B., Lyschel, Bonny

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Hi, I'm Pam Blizzard from recovered peace. And I'm Lyschel Burkett with hope, redefine. And I'm Bonnie Burns of strong wives. We're so glad you're joining us.

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All right, welcome back to hope for wives, we are actually going to make a add on or a part two to our 90 Day sex fast podcast that we posted a while ago, because we got some really great questions from our listeners. And we felt like it warranted another episode. So ladies, thanks for coming back and letting us continue this conversation and speaking to some of the questions that our listeners have submitted, so I'm just going to go through them. And I'd love to hear you guys respond. And let us just share our thoughts on each of these that sound great. Sure. Let's do it. All right. So here's one of our first questions. The question is, under what circumstances is the fast helpful in when might it be harmful or unnecessary? I think that we answered the what circumstance might be helpful in our first podcast, but I would love to hear your guys's thoughts on when might a 90 day sex fast be harmful or unnecessary?

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I don't know if it's harmful or unnecessary. But I think there could be a glitch if someone's not agreeing to it because it is supposed to be mutual.

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I mean, if he is, if he is supposed to be moving towards recovery, and he's not agreeing to it, I, I think he needs to talk more with Aziza. I can't think of a situation where it would be harmful or unnecessary. I would agree with you. I think it's primarily for the addicted person to help rewire their brain. And if they're, I know a lot of men still fighting recovery, because gosh, that doesn't happen, right? will say, Oh, you know, that's not necessary. I don't need to do that. That's not going to do

anything for me. So that might be an objection that a wife might hear that it's unnecessary. I'd go toe to toe with that guy. I would say, yeah. Tell me why this is unnecessary for you. And tell me about the brain science and why your brain is terminally unique. From other addicted people, sexually addicted people believe that sex is a need. And it's not. It's a wonderful, wonderful gift. And it's a wonderful thing that can bring a lot of joy and completeness to life. Without it for 90 days, you will not die. Alright, our next listeners question was, what if we don't make it? Do we mess it all up? No, you don't mess it all up?

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You can you have some choices. So you can decide to start all over if you want. Or you just say, hey, we reconnected and from here on out for the whatever time you have left to say it's 36 days. For the next 36 days, we're going to work on being holding to our boundaries of no sex or arousal, that maybe you just need to be more intentional. If you're the higher Dr. Wife, and you just want to have more conversations, and then proceed with sexual intimacy. That's fine, too. I mean, you're not going to mess it up. But I think we have to remember what, like we talked about the purpose of it in the last, the last podcast, the purpose is to just grow in different kinds of connection. And to help the addict know he won't die without it and to rewire his brain. Yeah, I agree with that so much, because this is not a I have to have it's it's not a black and white thing. It's not like, Oh, if we didn't make it, we messed it all up. Oh, you know, we goofed. We can't do this.

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And to be fair, there may be some addictive people who go 90 days. And they're still they're still in that addictive mindset. They haven't learned any new tools. If you don't replace those coping mechanisms with another healthy coping mechanism. You could be right back where you were. But I don't want that to deter anybody. This is like, an incredible opportunity. And yeah, give yourself grace and be flexible. And I would say fail forward. Any any progress you make, if you make it seven days, that's seven days of progress. Give yourself some grace.

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I'm just being a realist here. The bullet points are the recap that we gave at the end of the last podcast where we talked about connect differently, start talking to one another sharing intimate thoughts and feelings, right. What that instruction really was if you zoom out that's emotional intimacy. And for so many couples, and especially in my own emotional intimacy was one of the greatest things that I craved. And so when that emotional connection starts happening, sometimes things like, there's an urge to want to be physical. So I, you know, I just want to be like, call that out and be real about this and being like, we're connecting. And all these other ways, like, this is amazing, because this is what it felt like when we were dating or when we first got married. We were emotionally connecting. And then all of a sudden, it was like, well, we're going to take this a step further, hopefully, if that was the, the makeup of your guys's relationship. So I would say the same. I think there's a ton of grace in this, I think that there needs to be conversations about do we start all over? Do we pick up from where we are? Pam, I think you mentioned you related to some of this to eat and chips in the last podcast. And I'm thinking if that were the example or the situation and I ate chips tomorrow, in our in our health food world, they would say start with the next meal. If you make a mistake, you start with the next meal. So there you go. Let's see if we can implement that in this

conversation too. So and I want to just expound on what you were saying that about connecting emotionally kind of Meijin to him. That's That's because women's interest in sex does not mirror how a man is interested in sex. Women are very emotionally driven, even the higher drive wives.

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When you start connecting Emotionally, it changes things. Yeah. And it's God designed it that way. Here's our next question. Does a 90 day sex fast begin on day one of sobriety, or start or the start of recovery? If your spouse has been sober for a while, but not yet in recovery? Is celibacy still effective slash beneficial. In my personal experience, our sex fast did start day one of sobriety, because frankly, I wasn't gonna have sex with him. Because we needed to get some sobriety and recovery under our belt, and I did not feel safe. That's what that boils down to. I did not feel safe. I needed to feel safe with his behaviors. I wasn't seeing safe behaviors yet. So yeah, it can start day one. I think it's a conversation, right? It's a it's a conversation that you have. And you each talk about what your needs and what your goals are for it. And does it meet our current situation? I know it's a difficult conversation to have, because you may come from different vantage points. I think, ultimately, the couple has to decide and there are that's the whole point is there are no cookie cutter right or wrong answers. I wish there were Yeah. that your spouse has been sober for a while, but not yet in recovery. Is celibacy still beneficial. I mean, if you if the wife feels safer, having this no matter where he is, in recovery, I believe it can be because you change your focus from sex to relationship building. And that is what's going to keep you feeling safe,

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as well as in the long run, help his recovery. Yeah, I think a bit of a extra that I would add to this is we have to be mindful that oftentimes guys will step into recovery or even sobriety before their wife ever steps into her own healing journey. And so I could see how this would have played out in our story where my husband was in group, he had the language of 90 day sex fast. I wasn't I didn't have language, like, what makes me safe? What do I need? What are boundaries, I had none of that language. And so I certainly have seen wives in my coaching work and in groups and things like that, where they have needed to almost essentially say, I know we've been clean for a while. But I need to, I need a 90 day sex fast. I know that you're sober. I know you're in recovery. I still need the break because she's trying to establish and determine what is safe for her and what's not. And it's just become a part of their pattern. So I could certainly see that. I mean, I appreciate the list the listeners question and I could see how it would definitely be very helpful for her. If she is just now stepping into her own recovery and healing.

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You can negotiate what's right for you. Maybe for you, it's 30 days or 60 days or 120 days either that you need to figure out what you what each couple needs or what each individual needs and negotiate

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up their own upon fact, the reason it's 90 days, because it takes 90 days to get hair one out of the hair follicle. So there's like a body reset. As there's a brain reset in 90 days. That's why the 90 days but you can do whatever

but you can do whatever

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Vermonters days you want to do? Next question? What if your spouse has a desire to you in months, since his last slip up, and therefore you're in a forced sexual fast that wasn't mutually planned? I'm going to speak to this first, I wouldn't call this a sexual fast. No, I wouldn't call this an intimacy avoidance or, Pam, I think you've got better language around this. But I wouldn't call this a sexual fast, because a fast is has an intent and purpose to it. And that's more of resistance and lack of connection. So what would you add to that? Pam, I would say that's neglect. That's a form of relational neglect, you know, neglect once or twice is neglect, but reap a repeated pattern of neglect is actually a form of abuse, I would just like to say that, for spouses in this situation where you have been neglected, that, you know, we hear you, that's painful. And I'm sorry, he needs some more work is,

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and you can't force them, we can't control their work. So you set boundaries around what you need.

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And maybe you need him to seek some sexual anorexia therapy. I just wanted to say that for any kind of anorexia, whether it's, you know, what is out there is called intimacy anorexia or sexual anorexia. You're right, we can't control what our partners do for their own recovery. And in situations like that, we, we even more have to dig into our own self nurturance. Self care, especially leaning into the Lord, talking to the Lord about it. Because that's one place where you will have intimacy you will be heard, seen and known. And it's, it's tough you, these wives have to do more work. It's harder for them, they have to really dig in and be even more mindful about self nurturance. And I want to be sensitive, like, I want to say, hey, we literally just threw a bunch of really important terms around based on probably 20 words and a question. However, given experience, I think it's easy for us to get to that place of saying, Oh, this, this is what this looks like. As I reread the question, there's parts of me that gets really curious about what is going on for the spouse, I know that for a lot of guys, shame is something that holds them hostage, there's no other word for it. And so the slip up could have ignited new levels of shame. And therefore, he's not able to move through those. So for her, if she's our listener, I would say encourage him to get back into his support, he's the therapist is gonna help explore those things. And it's, there's nothing inappropriate about you saying, this is important to me. We have not been intimate in X amount of months, I need Can I ask you to please go explore that with your support system, whatever that looks like. And that may feel she may feel hopeless at this point is like, Oh, we've already done that. But I think until he gets some levels of breakthrough, awareness, understanding of himself, it's difficult for him to show up. And so I think what Pam just said about having to also be very sensitive to your own self nurture is going to be a part of this puzzle, and answering this question. So thanks for your words. Pam. That's great.

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You're welcome. And the only other thing I would add is, there's power in your voice. I know it's frustrating. And I know you can feel helpless, but continue to use your voice continue to say, when

this happens, or doesn't happen. This is how I feel these are my emotions. Would you consider doing some more work around this? Because I need and that's the nonviolent communication method. That's just really taking ownership for your own feelings, but yet still using your voice, which is so important to make a request and don't keep silent about it. That's a kind way to make a request. Yeah, just last thought is that a healthy sex life is part of a healthy marriage. You can build something new and different, where you're, if you're the lower drive, sexual interest can be really boosted. If you're the husband, who has some aversion.

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I will say gently, a healthy sex life is a part of a healthy marriage. So you know, please, please look into that.

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Thank you, ladies, so much for revisiting this topic with me and with our listeners. I really appreciate that. And so we just want to thank you for joining us. We hope that we've been in a bright spot in your recovery journey. If you'd like to leave us a question or comment, please go through the contact button on our website. Also help a friend by leaving a five star review on iTunes so that others can find this. Thanks so much