

Ep_42_Sexual_Reintegration

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SUMMARY KEYWORDS

sexual reintegration, emotional safety, recovery tools, mutual respect, intrusive thoughts, risk assessment, radical honesty, vulnerability, spiritual connection, disordered courtship, grieving losses, new relationship, mutual sexuality, healing possible, donate support

SPEAKERS

Lyschel, Pam B., Bonny

L Lyschel 00:00

Music. Hi. I'm Pam Blizzard from recovered peace, and I'm Lachelle Burkett with hope redefined, and

B Bonny 00:08

I'm Bonnie burns of strong wives. We're so glad you're joining us.

L Lyschel 00:16

Welcome to another episode of hope for wives. Today we are continuing the discussion around sexual experience for wives, healing from betrayal, sexual intimacy is a part of a healthy marriage. However, how can a wife want to engage sexually after infidelity or betrayal? So today, ladies, I would love for our first question that we're going to tackle, let's just talk about what a wife should ask herself before considering whether to engage sexually with her husband in recovery.

B Bonny 00:44

I hear from a broad spectrum of wives and questions that they ask themselves are all kind of different or that I encourage them to ask themselves, because there's the wives on the one end who've been neglected for so long, and they are actually ready to engage a whole lot quicker than the wives who have been pursued in a hyper arousal fashion. I think overall, though, the biggest question is, how safe do you feel with him? Can you predict that his behavior will respect what you require in the bedroom if he is generally safe outside of the bedroom? Yeah, you're not seeing blame shifting. You're not seeing any more justification. You're not seeing all

of those addict behaviors. If he is moving towards recovery and you are feeling safe that you're going to be cared for emotionally in the bedroom, and you're going to be seen that's that's safety, respected,

L Lyschel 01:45

honored, cared for, yeah, connected with, seen as a human being. Yes. Yes.

P Pam B. 01:55

Equal, empowered, empowered in the relationship, yes.

L Lyschel 01:59

And I was thinking of respect like from the place of I've had multiple conversations around I got triggered while we were beginning to be intimate, and I needed to stop. And I was so scared of how he was going to respond to that. And of course, having different women give different results to that situation, but that that is an indication of safety, absolutely,

B Bonny 02:25

absolutely, it's also an indication of his recovery, that he realizes that he's had a disordered relationship with sex, and it's not sex is about connecting. It's not about a climax. And so when that happens, here's some practical tools. If you did choose to re engage and you have an intrusive thought, you have choices there. You can stop. You can stop and say, We're done. You can stop and say, Can we pray right now together? And let me see what happens with this thought in the next few minutes, and then maybe we'll re engage. You know, you have choices, and you are not like and like Pam said, it's a mutual relationship. Now there's no power over if you need to stop, you can stop. I know sometimes those old scripts stick with us, even into our own recovery of this is about him. What does he need? That's that's your opportunity to take your power back and say, Yeah, stop.

L Lyschel 03:37

What other questions do you think she should be asking herself? Am

B Bonny 03:41

I living out my values? Will I be honoring myself by Re engaging or is this too risky? Am I making this risk because I'm too worried about what he's going to think or that he's not being sexually satisfied? Where are you in that rebuilding this, this sexually intimate life also starts with our own radical living in reality at all costs. Oh yeah, yeah. So I know for some of my neglected wives, they want to re engage, and they get they get into the rendezvous and they self assess and like, wait a minute, why am I doing this? I think I'm doing it for all the wrong

reasons. So being able to live in that reality before you get into the bedroom will help with risk assessment the intimacy pyramid that we've talked about before it starts with honesty. On the very bottom, all relationships are built on honesty. So if you don't even have that much, do you want to move forward? And if you do, if you're a wife that wants to sexually engage, how comfortable are you being vulnerable with him? How comfortable. Bull, are you, you know, going into that space, if you don't have the full honesty,

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Lyschel 05:09

yeah, I was thinking one other thing I would probably add to this, if she's creating a list for herself, is having conversations with your clothes on about sex. This was something that I've mentioned in previous podcasts. I feel rather ignorant in this department of all things, and not feeling very equipped as I became an adult and even a married woman. And someone asked me, Well, have you guys ever talked about it? And I was like, talk about what? What is there? I was truly, truly, so confused by that question. I was like, I don't understand what we talk about. Now. I have a better understanding of that. And part of that would be being able to talk about our apprehensions of moving back into that space. Hey, I'm afraid that if this happens, what's going to happen? And being able to invite your husband into the conversation, versus trying to navigate the narrative all by yourself, letting them be a partner in this, because it is about connection and partnership. So looking for that emotional connection around this particular topic before you guys are ever stepping into the bedroom together or wherever. Right? There's a there's even the opportunity for spiritual connection. Prior to all of this, there's some element of spiritual connection between the two of you, and physical connection, physical intimacy with each other, and being in proximity, holding hands, just being close to one another before you really step into the sexual part. Yeah, just some mile, just some markers for us to be thinking about. Is where you know, and that may sound like it's excruciatingly slow for some women, I agree with you, I've and I've even had also extending grace. I've had partners who jumped back into bed sooner than they were ready, and then they panicked because they were fearful. They're sending a mixed message to their husband, and I've also had others who are very fearful about going back into that space together, because their understanding is is that if I am sexual with my husband, he's gonna assume everything's okay and it's not, it's not okay. I'm still hurting, I'm still healing, I'm still and so she's using it as a place of it's also a milestone for her to say, I can't go here until these other things are achieved. So again, the invitation is to talk about it

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Bonny 07:39

absolutely, absolutely. And you know that is something that is very uncomfortable. Well, you just mentioned it. You weren't equipped for that. You didn't even know how to start the conversation



07:51

and get

B

Bonny 07:54

as a book, it is not written by a trade partner. It is very it's very much from the Christian perspective, though, and it's written by my friend because I'm on another podcast, but it's for healthy, godly sexuality. It's for the general population. But one of my co hosts over there has written a book called pillow talk, and it's more of a devotional that you go through. She she brings scripture in it, and she has questions for you to ask each other. And so sometimes a guided conversation is easier than just jumping into like, hey. So what do you think about sex? Or another way to start the conversation, if you're uncomfortable, is to read a book together. There is a book called The couple's guide to intimacy by the doctors bill and ginger Bucha. It's an older book, and it kind of comes from the CO dependence model more than the material trauma model. However, it has some excellent tools for re engaging. It is an excellent resource for learning what healthy, mutual, equally empowered sexuality, and I highly recommend it. It would be something you could both read out loud together as well. And it doesn't just start with, boom, here's some sex tips. It's, it's about emotional connection. So we'll put that in the show notes too.

P

Pam B. 09:25

One thing that I found personally helpful for me as I was navigating this big picture, we weren't going back to the old relationship. We were creating a brand new relationship, and it was we were separated, and it was really helpful for me to take things so slowly, as if I was meeting a brand new person for the first time, and he was recreating himself, discovering. Himself, and I was discovering new parts of myself as I was healing. We were really brand new people. So one of the things that the book you just mentioned points out is that sexually addicted people often have what's called disordered courtship, meaning, not meaning he has a disorder, meaning out of order. So going back to some very basic courtship steps, as if we were brand new people. Hey, we'll meet for coffee first and see if we don't, you know, destroy each other for coffee. And then if coffee goes well, we're going to meet for dinner, and so also going back to, you know what? Maybe we can hold hands first, and if that goes okay, and if you feel comfortable with that, I'll let you put your arm on my shoulder. And if that goes well, you can put your arm around me and hold me close. And just really stepping through those things one at a time, that helped me to gage my own comfort. It helped me to know what I needed and what I wanted. It was very, very consent based around my consent as the betrayed I got to set the conditions for the next steps. And as the Bucha is point out, most of that book is about emotional intimacy, that that has to happen first, and so taking things that slow really helped me. And when I tell that story with some wives, they're like, oh yes, that is what I want. But I also want to confirm that there are some wives that don't want to go through that, and there's no right or wrong answer here. It's what you're comfortable with. I just throw that out as one of the options that it's okay to go that slow through emotional intimacy and then step through physical intimacy the same way.

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Bonny 12:08

Yeah, and what you say about the disordered courtship, the courtship out of order. I hear that from so many of my clients, and they grieve that they grieve that they were coerced into a sexual or a physical relationship, even if it didn't involve court intercourse, but just a physical coercion that they let themselves fall into that and they grieve that. Why didn't he cherish me more in the beginning? And that is a place of grief. And you know as, going back to our our previous episode around sexual identity, we didn't talk about grieving, that's a really important

thing to allow yourself to do is to grieve those losses around your sexuality and your sexual identity, and I will say personally, I grieved keenly because my life's work had been Christian sexual education, and my husband disrespected that, and I realized it was from his trauma, but I grieved that work that I had done to connect with him on so many levels, and I realized I had been doing All the work I was the one who had emotionally labored to show up in that bedroom for him because I didn't have all the information. I didn't realize that hypersexuality was being fueled by illegitimate ways. I grieved that too. So yeah, grieving the pieces of our sexuality is so important,

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Pam B. 14:04

amen, it's that wound. It's part of healing that that sexual wound.

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Lyschel 14:12

So ladies, let's for the sake of time, what kind of hope do we want to leave these ladies, our listeners today, not ladies, but listeners today.

B

Bonny 14:20

So the hope I want to leave our listeners with is from First Corinthians seven, and it's all the verses where it says, likewise, my Bible out here, the one that I think, the one the key is the husband's body does not belong to Him, but to his wife. And likewise, her body doesn't belong to her, but to her husband. And previous to that, it says likewise, and previous to that, it says likewise. And that whole section is about mutual. Sexuality and equal power. Now where things get taken or taken askew is seven five, where it talks about, Do not deprive, but that's in that's in a healthy marriage. That's not in a marriage recovering from sex addiction. And actually, there's a big difference between deprivation and just a low frequency deprivation is you're starving, you haven't had sex in 10 years. Low Frequency, you're not going to die so and you know, that's what the 90 day sex fast is, is to show the person with the problematic behavior they won't die without sex, because sex is not a need, as culture has told us text, sex is a gift. That's a way to connect. So my hope is for the hope I want to leave you is to read through First Corinthians seven and get that sense of mutuality. The

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Pam B. 15:57

Hope I want to leave is this can be healed. You get to define a new relationship with your own sexuality. You get to define a new relationship with sex itself. And you get to say yes and no to what you do and what you don't want. And I just want to tell you that recovery is possible. Healing is possible. You may be at a point where I guess I just don't even know what it looks like right now, but you can begin at your own pace, at your own speed, to recreate this new relationship.

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Lyschel 16:58

So thank you for joining us today, we hope to be a bright spot on your recovery journey. If

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17:29

bye. You.