

# SAMPLE BETRAYAL & BEYOND LETTER

## BY LISA STAMBAUGH

DEAR SISTER,

Receiving this letter indicates that you have a loved one who is caught up in sexual bondage and is in the beginning stages of finding help. While we are encouraged that he is stepping out to get knowledge, healing, and support, we know this often means a woman is left behind who is desperate for answers, desperate for truth, and desperate for hope. We want you to know there are answers, there is truth, and there is hope for you.

Women initially feel very betrayed, angry, numb, and confused. While they may have known something was wrong, they didn't know exactly what it was. Even if confronted, he probably blamed her, turning the conversation back to her. If she did seek to get help specifically about his issues, she may have even been told that "men will be men," or that, somehow, the problem wouldn't be like it is if she was different in some way. These are lies that only prolong the issues and exacerbate her shame, paving the way for emotional catastrophes in her life.

The bottom line is that whether or not your husband chooses to become well, you can find healing and move forward. You do not need to continue in an emotional state of confusion, isolation, and pain. In fact, we have found that true restoration for marriages/relationships can only happen when both people choose to pursue their own healing.

One of the most helpful steps you can take is to complete the Betrayal and Beyond class for women affected by a loved one's sexual bondage. This class will give you the knowledge to grasp how sexual bondage is strangling your loved one, as well as the tools you need to move forward. We will help you identify vulnerabilities in your own life, so that you can guard against further harm and plan instead for a healthy future.

LISTEN TO THIS TESTIMONY FROM ONE WHO WENT THROUGH THIS CLASS IN GRESHAM, OREGON:

*"I came to Gresham from Montana just to attend the Betrayal and Beyond class. I felt swallowed up in darkness – the blackness that engulfed the man who had showed me a loving God, who was my friend and my marriage partner for twenty-four years. I was confused by the messages in my head and my heart. I was afraid of love, yet longed for its warm embrace. I was overwhelmed with guilt, sorrow, and shame.*

*In the class, I began to learn how to take care of myself. By listening and sharing in small group, I found that I wasn't crazy or alone! The fog of confusion began to lift as I learned what sexual addiction was and why it had destroyed the man I loved... A new depth of healing began, as I faced looking at myself in the mirror of truth. I had to take responsibility for the lies I believed, my codependency, and the anger and unforgiveness in my heart. I had to grieve all that had been lost. Then I was able to begin to set healthy boundaries to protect my heart and mind.*

*I have received great healing through this class and I know that I am God's loved and treasured daughter, held in the palm of His hands."*

We hope you will join us in this journey of healing. You do not need to bear this burden alone. You can call [contact name] at this confidential number to find out more about the class: [phone number].

Sincerely,

[Pastor or Leader's Name]

[Church Name]