

tant to confess the problem.

2. Let your spouse and closest friends know about your addiction. Sure, it is going to hurt, but the pain will be much worse if you wait. Your marriage might already have suffered serious damage.

3. Talk to your minister. He will be able to advise you on ways to handle your particular situation.

4. Find an accountability partner. You will need someone that understands your struggle and is willing to hold you accountable on a daily basis.

5. Join a recovery group. There are now many excellent resources that can help you overcome sexual addiction. Celebrate Recovery, Overcomers, Promise Keepers and many other sources are available.

6. If you have a computer that you use to view pornography, move it into a public area of the house. If necessary, refuse to spend time online without another adult present.

What if My Spouse is Addicted?

Learning that your spouse has a sexual addiction can be extremely painful. However, once you understand how pervasive sexual addiction is, you can begin to empathize with your mate. After all, it could be you experiencing the problem. Here are some suggestions to help your spouse overcome their addiction.

Pray, pray, pray! There is a lot of hurt and anger. Your marriage may have already been damaged. You need to ask God for His healing, wisdom and the strength to battle the addiction.

Forgive your mate. You are

both battling Satan. This is not the time to be divided.

Join a recovery group with your mate. You do not have to be in the same sub-group as your spouse. Many recovery groups have dedicated sub-groups for the spouses of addicts. The tools you obtain will help you both.

Looking Forward

In the next issue, I hope to explain how to protect your family from Internet pornography. Your kids are being targeted in a deliberate marketing campaign. Besides, they probably know more about the Internet than you do!

† These statistics have been derived from a number of different reputable sources including Google, WordTracker, PBS, MSNBC, NRC, and Alexa research.

‡ Alexa Research www.alexa.com

‡ Source: Cooper, Alvin, Dana E. Putnam, Lynn A. Planchon, and Sylvain C. Boies. "Online Sexual Compulsivity: Getting Tangled in the Net." *Sexual Addiction and Compulsivity*, 6:79-104. (Taken from Amaranano, J. "Sex addicts get help."

The Arizona Republic, p. A1. 1999

†† Promise Keepers

‡ Source: J. Budziszewski "Virtual Unfaithfulness: Pornography use in a Marriage" www.pureintimacy.org

‡ Source: John Eldridge "The Sacred Romance" ISBN:0785267239

Grandpa's Little Angel

Photo submitted by Pastor Jim Roberts

Have any of you noticed that Pastor Roberts seems to be off in the clouds lately? That is certainly understandable with a little angel like this for a granddaughter!

'Fess up, folks! Isn't she a cutie? Of course! How could she not be, with Hazel's bloodline?

Shannon Ellery Piazza was born November 4th, 2003, to Mr. Robert's daughter, Rose and her fiancée Paul. And Grandpa is oh so proud! Maybe we need to invite the Piazzis for a visit soon?



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