

You don't have to go through this alone. It's not your fault. Don't isolate yourself.

Healing Relationship Trauma

Your feelings are a normal reaction. Thousands of women are going through this, too. You are worthy of being honored and cherished. Seek the support you need by clicking on the links below.

Counseling Resources

- [Addo Recovery - Relationships, Trauma, Addiction](#)
- [Heart to Heart Counseling Center - Dr. Doug Weiss](#)
- [Porn Pain Healed](#)
- [Safe Passage Counseling](#)

Video Courses, Workshops, Online Support

- [Bloom - Online Resources and Community for Women's Healing](#)
- [H2H Free Informative Video's](#)
- [Journey to Healing & Joy](#)
- [Still Waters Retreat for Wives of Sex Addicts](#)
- Pure Mind Spouses – Secret Facebook Group, request entry: chaeroth@msn.com

Books & Articles

[Moving Beyond Betrayal, by Vicki Tidwell Palmer](#)

[Intimate Treason: Healing the Trauma for Partners, by Claudia Black](#)

[Boundaries: When to Say Yes, How to Say No, by Henry Cloud](#)

[Treating Pornography Addiction, by Ph.D. Kevin B. Skinner](#)

[Treating Trauma from Sexual Betrayal, by Kevin B. Skinner](#)

[Seven Tips for Wives of Sex Addicts, by Covenant Eyes](#)

[Dear Church: Time to Stop Enabling Abusive Men](#)

Books on Co-dependency:

[Facing Love Addiction, by Pia Mellody](#)

[Facing Co-dependence, by Pia Mellody](#)