

# FACING the SHADOW

STARTING SEXUAL AND  
RELATIONSHIP RECOVERY

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A Gentle Path Workbook for Beginning Recovery from Sex Addiction

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PATRICK  
CARNES, Ph.D.

# Facing The Shadow Starting Sexual And Relationship Recovery

**Patrick Carnes**



## **Facing The Shadow Starting Sexual And Relationship Recovery:**

*Facing the Shadow* Patrick Carnes, 2001 Dr Carnes broke new ground with *Out of the Shadows Facing the Shadow* continued that pioneering spirit as the first book to take techniques used by thousands of people recovering from sex addiction and show step by step how to break free of this disease and live a healthier more fulfilling life This second edition adds timely material on cybersex and new science about arousal This work sets the stage for the recovery tasks at hand and then provides practical easy to follow exercises specifically designed to help understand and address them You ll learn Why denial is so powerful and what can be done to break through it How to face the consequences of your behaviors using recovery principles How to respond to change and crisis due to addiction How to manage life without dysfunctional behavior How spirituality affects recovery What to disclose and to whom How does sex addiction start and what does an addict need to know

*Facing the Shadow* Patrick Carnes, 2010 **Facing the Shadow [3rd Edition]** Patrick Carnes, 2015-12 The groundbreaking book introducing Dr Patrick Carnes thirty task model for treating sexual addiction is now UPDATED and REVISED **Do Not Use** , 2015-08-15 *Facing the Shadow* is the innovative workbook that helps readers begin meaningful recovery from an often misunderstood addiction This book guides readers through the first seven tasks in Dr Patrick Carnes researched based thirty task model of treatment the most respected therapy model available for treating sex addicts

Recovery Zone Volume 1 Patrick Carnes, Ph.D, 2009 *Recovery Zone Volume One* picks up where *Facing the Shadow* leaves off guiding readers to begin working tasks eight through thirteen of Dr Patrick Carnes innovative thirty task model This book helps readers understand that true recovery is achieved by learning to cope with difficult situations and emotions Stopping addictive behavior is the only way to start recovery However stopping the behavior is not enough to stay in recovery True recovery is achieved by learning to cope with difficult situations and emotions Dr Patrick Carnes helps readers know how to deal with difficult affective states and guides them to a place of resilience so they can decide what is important in their lives Readers will learn how to live optimally in their Recovery Zone The work sets the stage for recovery tasks 8 13 providing readers with a practical approach to recognize the underlying emotional causes that perpetuate the addiction cycle

**Recovery Zone Volume 2** Patrick Carnes, 2021-10-19 The process of therapy and treatment means stepping into an unfamiliar new world with very different perspectives processes and even its own language at times The goal of this extraordinary world is to repair restructure and build the internal structures to cope with losses trauma dysfunction toxic stress and addiction The first of the Recovery Zone series focuses on the often painful and difficult internal tasks for that transition This first book in the series by Patrick Carnes is already regarded as a classic and has been a durable best seller for the past decade The second volume is now here and Dr Carnes helps with the issue of now that I know all of this what do I do How to translate the inner transformation into my everyday world I have discovered the real me but what does that mean for me to integrate ideas and skills with my relationships work values lifestyle and be happy Much has been written about

overcoming trauma grief dysfunctional relationships and the sinkholes of the various addictions The sequel of Recovery Zone provides real answers about how to stay in the zone when traumatic events toxic stress and easy access to escape surrounds you The goal must be an Ultimate To Do List so you do not miss out on the life you want and feel a genuine call to do Core to this platform is a resilience built on ten master skills and thirty operational strategies that users describing as defining passage into a new life The joke about life being what happens when you are on the way to do something else has little reality at the end of this second volume Dr Carnes is widely known for his personal sharing his warm and engaging stories and his ability to weave complex science into something that everyone can use These materials have evolved with the help of over two thousand therapists and the experiences of many thousands of patients Another vintage of classic Carnes s writing

**Recovery from Sexual Addiction: a Man'S Guide** Paul Becker,2012-05-14 Recovery from Sexual Addiction A Mans Guide and a companion workbook help men learn how to achieve a high level commitment to change their behavior and thinking Men are introduced to insights on how to move out of compulsive behavior depressed mood and isolation into a more fulfilling life Readers will learn about the Addicts Life Scale a simple yet insightful tool that illustrates how ones mood is directly related to destructive acting out behaviors Once a man becomes aware of his mood levels he can begin to take proactive steps to reach and sustain a mood level where he feels confident and motivated to remain free of destructive acting out behaviors Book chapters are structured to help men examine their most personal issues including the nature and origin of sexual addiction the roles of anger anxiety isolation and depression in sexual addiction how co dependency fosters sexual addiction how to cultivate self awareness and improved attitude and creating a healthy life style absent sexually acting out Ultimately readers will discover the satisfaction that comes from improved relationships with their spouses children other men and God Paul Beckers unique Recovery From Sexual Addiction series includes a core book client workbook and a clinician guide The three texts use an interactive approach to help therapists and clients thoroughly explore the roots of sexual addiction and effective ways to achieve long term recovery The series is especially helpful to therapists who prefer to base recovery on principles proven by Dr Patrick Carnes Reclaiming Sexual Wholeness Todd Bowman,2022-10-11 A

Comprehensive Christian Resource for Treating Sexual Addiction and Problematic Sexual Behavior An estimated three to five percent of the U S population meet the criteria for sexual addiction and many more engage in problematic sexual behavior or have been harmed by it The statistics are startling 77% of Christian men between 18 and 30 watch pornography monthly 35% of Christian men have had an extramarital affair 1 in 6 boys and 1 in 4 girls have been sexually abused Americans spend 13 billion a year on pornography the regular viewing of which is linked to higher acceptance of violence against women and adversarial sexual beliefs Therapists and pastors are not always adequately equipped to address the unique demands of competent care for those struggling with sexually addictive behaviors Reclaiming Sexual Wholeness edited by Todd Bowman presents cutting edge research from a diverse group of experts in a single comprehensive resource intended for therapists

clergy and others in helping professions Contributors include Forest Benedict Bill Bercaw Ginger Bercaw Todd Bowman Marnie Ferree Floyd Godfrey Joshua Grubbs Josh Hook Fr Sean Kilcawley Debbie Laaser Mark Laaser Kevin Skinner Bill Struthers and Curt Thompson Reclaiming Sexual Wholeness moves beyond rote cognitive behavioral approaches and treating sexual addictions solely as lust adopting a biopsychosocial perspective that incorporates insights from attachment theory and interpersonal neurobiology The result is a thoroughly faith integrated up to date resource useful for the classroom ongoing professional studies and as a counseling resource [A Gentle Path Through the Twelve Steps](#) Patrick Carnes,2012-04-13 A Gentle Path through the Twelve Steps Updated and Expanded **Cleansed** Marcel LeJeune,2019-03-25 Those caught in the grip of porn may withdraw in shame and despair thinking there is no hope Author Marcel LeJeune shows readers that the road to freedom from pornography cannot and should not be traveled alone LeJeune offers scientific evidence of the addictive and destructive power of pornography and provides resources and suggestions for keeping your home and family safe

**Authentic Human Sexuality** Judith K. Balswick,Jack O. Balswick,2008-06-10 Jack and Judith Balswick investigate how human sexuality originates both biologically and socially lay groundwork for a normative Christian interpretation of sexuality show how authentic sexuality is necessarily grounded in relationships and explore forms of inauthentic sexuality such as sexual harassment pornography and rape **Routledge International Handbook of Sexual Addiction** Thaddeus Birchard,Joanna Benfield,2017-09-11 The concept of sexual addiction has gained increasing recognition in the academic and healthcare communities since the 1990s It has also captured the attention of the media where there has been much debate over whether it can truly be described as an addiction What is certain is that many people struggle with out of control sexual behaviour which takes over their lives and has harmful consequences for their relationships careers and finances The Routledge International Handbook of Sexual Addiction brings together a comprehensive range of perspectives on sexual addiction from a worldwide selection of scholars and therapists It sets out to define sexual addiction and to study its causes from a range of different psychological perspectives A series of presentations of sexual addiction are outlined including internet sexual addiction and the relationship between paraphilias and sex addiction The handbook considers both individual and group treatment strategies drawing on a wide range of approaches including cognitive behavioural therapy mindfulness and 12 step programmes The book studies sex addiction in specific populations including women adolescents and men who have sex with men Finally it considers some of the alternative discourses surrounding the concept of sexual addiction This is the first comprehensive reference book to bring together global viewpoints on advances in research theory and practice in one volume This handbook provides an essential guide for academics and students of psychotherapy counselling nursing addiction sexualities social work and health and social care as well as professionals in practice and in training working with sexual addiction and related issues **Courageous Love** Dr. Stefanie Carnes,2020-05-26 There is nothing that can rupture the loving connection between a couple like betrayal In Courageous Love Dr Stefanie Carnes provides a step by step guide

for repairing your relationship whether it is damaged by infidelity pornography or compulsive and addictive sexual behavior Dr Carnes teaches couples how to respond to one another with compassion and empathy and how to hold onto hope for their relationship She outlines a detailed process to getting your relationship back on track and into a new stage of development This book is a must read for couples struggling with the aftermath of betrayal **A Gentle Path Through the 12 Steps and 12 Principles Bundle** Patrick J Carnes,2012-07-17 Two book bundle Essential Twelve Step Recovery Guides from renown author Patrick Carnes Ph D It was out of his reverence and respect for the wisdom and therapeutic value of the Twelve Steps that author Patrick Carnes wrote A Gentle Path through the Twelve Steps now a recovery classic and self help staple for anyone looking for guidance for life s hardest challenges Hundreds of thousands of people have found in this book a personal portal to the wisdom of the Twelve Steps With updated and expanded concepts and a focus on the spiritual principles that lead to lifelong growth and fulfillment Carnes new edition invites a fresh generation of readers to the healing and rewarding experience of Twelve Step recovery A Gentle Path through the Twelve Principles outlines twelve guiding principles to help those in recovery These principles have existed among fellowships as a hidden curriculum of fundamental truths about recovery for decade but never before have them been distilled into a succinct set of values that when practiced help each of us to develop an essential skill set for life The principles such universal touchstones for human self realization as acceptance awareness responsibility openness and honesty are concepts that enable a deep inner study and focus to make a new life happen in recovery **Sex Addiction as Affect Dysregulation: A Neurobiologically Informed Holistic Treatment** Alexandra Katehakis,2016-09-20 Examining the neurobiological underpinnings of sex addiction Neuroaffective science studying the integrated development of the body brain and mind has revealed mechanisms linking psychological and biological factors of mental disorders including addiction Indeed its paradigm shifting theoretical umbrella demonstrated that substance and behavioral dependencies share identical neurobiological workings and thus that problematic repetitive behaviors are genuine addictions a state increasingly understood as a chronic brain disorder Clinical experience strongly suggests that sex addiction SA treatment informed by affective neuroscience the specialty of Alexandra Katehakis proves profoundly transformative Katehakis s relational protocol presented here blends neurobiology with psychology to accomplish full recovery Her Psychobiological Approach to Sex Addiction Treatment PASAT joins therapist and patient through a relationally based psychotherapy a holistic dyadic dance that calls on the body brain and mind of both Written with clarity and compassion this book integrates cutting edge research case studies verbatim session records and patient writings and art Katehakis explicates neurophysiological psychological and cultural forces priming and maintaining SA then details how her innovative treatment restores patients interpersonal sexual and spiritual relationality Transformative Social Work Practice Erik M.P. Schott,Eugenia L. Weiss,2015-08-24 Transformative Social Work Practice presents an innovative and integrative approach towards critically reflective practice with an interweaving of micro mezzo and macro applications to

real world demands Authors Erik Schott and Eugenia L Weiss explore issues commonly addressed by social workers including health mental health addictions schools and family and community violence while challenging assumptions and promoting ethically driven evidence based practice perspectives to advocate for social justice and reduce disparities The book is about redefining social work practice to meet the current and complex needs of diverse and vulnerable individuals families and communities in order to enhance their strengths in an era of unprecedented technological growth globalization and change

*Pure Heart* Shellie R. Warren, 2010-09-01 Our culture has twisted and perverted God's most intimate gift sex and sexuality And men are not the only ones who struggle with sexual sin In this frank and disarming book Shellie Warren helps female readers understand and embrace the true purpose and role of sex in their lives Whether single or married women must cope with issues surrounding body image lust adultery sexual addiction porn and more This honest treatment of a hush hush issue will free women to experience forgiveness and renewal Includes a foreword and afterword from XXXchurch founder Craig Gross

*Pure Eyes* () Craig Gross, Steven Luff, 2010-09-01 When it comes to sex and sexuality men often find themselves in a losing battle against temptation Whether it's overt pornography or simply oversexualized images of women media can be a man's worst enemy In this straightforward book Craig Gross and Steven Luff help men understand and embrace the true purpose and role of sex in their lives Whether single or married all men must cope with sexual temptation sometimes on a daily basis This honest treatment of an uncomfortable issue will free men to experience forgiveness and renewal

*Eyes of Integrity (XXXChurch.com Resource)* Craig Gross, Jason Harper, 2010-09-01 As a young pastor Craig Gross became overwhelmed with the sheer number of people he found himself counseling who were mired in the destructive world of online pornography Their lives were broken their hearts and minds corrupted How he wondered could he minister to the many hundreds of thousands perhaps millions of people trapped by sexual addiction Through accountability software and an online hub called XXXchurch.com Craig began to give hope Now with Eyes of Integrity he offers a helping hand to pastors counselors concerned friends and those personally struggling with sexual addiction Through these pages he and coauthor Jason Harper cover how bad the problem is and what can be done about it From porn proofing your home and nurturing your marriage to what to do when someone you know is in trouble the chapters in this book offer hope in what can seem like a hopeless situation

*Sexuality and Sex Therapy* Mark A. Yarhouse, Erica S. N. Tan, 2025-02-25 In this second edition of the standard Christian resource on human sexuality Mark Yarhouse and Erica Tan offer a survey and appraisal of this field that integrates the latest research within a Christian worldview and addresses recent societal trends related to gender identity non normative sexualities digital and social media and more

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