

Module Nine

# After the Wound

*“Sexual betrayal leaves a specific kind of damage that ordinary marriage advice does not reach. Rebuilding requires more than forgiveness – it requires rebuilding the entire relational architecture.”*

**Complete this worksheet individually before sharing with your spouse. Honesty here is more important than comfort. There are no wrong answers – only honest ones.**

MODULE FOUNDATIONS

- 1 Sexual betrayal is distinct from other marital wounds because it attacks the one domain where a spouse was most vulnerable – the place where they were most naked, most exposed, and most trusting.**
- 2 Pornography use by a husband is experienced by most wives not as a moral failure but as a personal rejection – she was available, she was willing, and he chose a screen.**
- 3 Chronic sexual refusal – sustained over months or years – constitutes a form of marital wound that is rarely named as such; the refused spouse carries the damage of repeated rejection without cultural permission to call it what it is.**
- 4 Premature pressure to resume sexual intimacy after betrayal – before the wounded spouse has processed the violation – produces a compliance that**
- 5 Genuine rebuilding requires transparent accountability, sustained non-sexual affection, honest naming of what happened and what it cost, and enough time for the wounded spouse’s nervous system to relearn safety with this specific person.**

SECTION

## Naming the Wound

*This worksheet addresses some of the most painful material in this course. Complete it privately first. Share only what you are ready to share. Nothing here should be used as*

**Infidelity — physical**

**Chronic sexual refusal (months or years)**

**Infidelity — emotional**

**A specific sexual incident never addressed**

**Pornography use by the husband**

**Sexual coercion or pressure within the marriage**

**Pornography use by the wife**

**Other: \_\_\_\_\_**

**2. For the wounded spouse: How long have you been carrying this? Has it ever been fully named between you — not referenced or implied, but named directly and specifically?**

**3. For the wounding spouse: Have you ever fully acknowledged what you did and what it cost your spouse — not in a general apology, but in a specific, detailed acknowledgment of the actual damage? If not, what has stopped you?**

SECTION  
2

## What the Wound Did

*These questions name what the betrayal actually did — to each spouse personally, not only to the marriage.*

**4. For the wounded spouse: Describe as honestly as you can what the betrayal did to your sense of yourself — your identity, your desirability, your ability to trust. Not what it did to the marriage — what it did to you.**

**5. For the wounded spouse: Has your body's response to intimacy changed since the wound? Do you experience shutdown, intrusive thoughts, dissociation, or inability to be fully present during sex that you did not experience before?**

**6. For the wounding spouse: What has it cost you to carry what you did — the guilt, the shame, the awareness of what your choices did to someone who trusted you? Name it honestly, not to elicit sympathy but to be truthful.**

**SECTION  
3**

**Where You Are Now**

*These questions assess whether you are actually navigating this together or separately.*

**Wounded spouse's score:**

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**Wounding spouse's perception:**

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**How? (1 = still in**

**8. Has premature pressure — spoken or unspoken — to resume sexual intimacy been part of your post-wound dynamic? For the wounding spouse: be honest about whether you have prioritized your own comfort over your spouse's recovery.**

**11. For the wounding spouse: Are you willing to provide those conditions — without a timeline, without pressure, without requiring your spouse to heal faster than they can — for as long as it takes? What makes that genuinely difficult?**

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SECTION  
5

## Both Voices

*The wounded spouse shares first. The wounding spouse listens without defending, explaining, or minimizing until the wounded spouse is completely finished.*

**12. For the wounded spouse: What is the one thing you most need your spouse to understand about what this cost you — that has never been fully heard? For the wounding spouse: What is the one thing you most want your spouse to know — not to defend yourself, but to be honest about what you carry and what you are committed to?**

**MY ANSWER:**

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**MY SPOUSE'S ANSWER:**

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SECTION  
6

## Commitment

*Rebuilding is a direction, not a moment. Name one specific, sustained commitment each of you is making.*

**MY COMMITMENT:**

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