

# PAIN CYCLE

## IDENTIFYING YOUR PAIN CYCLE

### FEELINGS

Circle the top five words that describe how you feel during conflict.

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Abandoned	Failure	Misportrayed	Used
Alone	Fearful	Misunderstood	Vulnerable
Betrayed	Helpless	Not Good Enough	Worthless
Controlled	Hopeless	Out of Control	Unappreciated
Deceived	Humiliated	Powerless	Unaware
Defected	Ignored	Rejected	Unfair
Devalued	Inadequate	Taken Advantage Of	Unimportant
Disappointment	Insecure	Unacceptable	Unknown
Disconnected	Insignificant	Unsafe	Unloved
Discouraged	Invalidated	Unwanted	
Disrespected	Judged	Unworthy	

### REACTIONS

Circle the top five reactions you experience when your buttons have been pushed.

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Act Out	Control	Invalidate	Secretive
Addicted	Critical	Isolate	Self-Depreciate
Aggressive	Defensive	Judge	Stonewall
Anger	Dishonesty	Lecture	Stubborn
Anxious	Escalate	Nag	Tantrums
Arrogant	Escape	Negative Beliefs	Threatening
Avoidant	Exaggerate	Negative Body Language	Withdraw to Avoid
Belittle	Fact Find	Numbs Out	Withdraw to Defend
Blame	Fix-it Mode	Perfectionistic	Withdraw to Pout
Broadcast	Hold Grudges	Performing	Withdraw to Punish
Catastrophize	Humor	Pessimism	Withhold
Clinginess	Innocent Victim	Provoke	“Yes, but...”
Complain	Intellectualizing	Rage	

# YOUR PAIN CYCLE

## HUSBAND'S FEELINGS

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## WIFE'S REACTIONS

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## HUSBAND'S REACTIONS

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## WIFE'S FEELINGS

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# HEART TALK WITH GOD

**LORD, I AM FEELING...** *What are the negative feelings (lies) you feel?*

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**I CHOOSE TO BELIEVE...** *What is the biblical truth that replaces the lie?*

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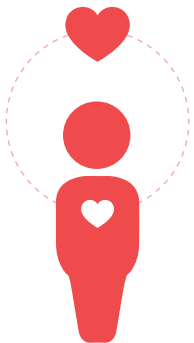
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**I CHOOSE TO...** *How can you respond like Christ?*



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# TRUTH

*(who God says I am)*

Able

Desired

Respected

Accepted

Empowered

Safe

Accurately Portrayed

Encouraged

Significant

Affirmed

Enough

Successful

Appreciated

Fought For

Treasured

Believed In

Important

Understood

Cared For

Known

Validated

Celebrated

Loved

Valued

Comforted

Not Forgotten

Worthy

Competent

Noticed

Confident

Priceless

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

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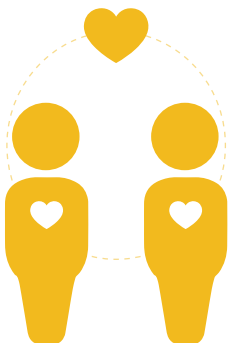
# HEART TALK WITH SPOUSE

Prior to Heart Talk choose who will be the first speaker and pray together as a couple.

STEPS	S P E A K E R	L I S T E N E R
<b>1</b>	<b>SHARE</b> Bite-sized, on topic, no blame. (e.g. "When _____ happens, I feel _____.")	<b>LISTEN WITHOUT INTERRUPTION</b> Listen for key words. <i>Feel</i> what speaker feels.
<b>2</b>	<b>LISTEN WITHOUT INTERRUPTION</b>	<b>SHARE</b> Summarize what you heard.
<b>3</b>	<b>SHARE</b> Is this accurate, yes or no? If <b>no</b> , repeat Step 1.	<b>LISTEN WITHOUT INTERRUPTION</b> If Speaker says <b>no</b> , repeat Step 1. If Speaker says <b>yes</b> , move to Step 4.
<b>4</b>	<b>LISTEN WITHOUT INTERRUPTION</b>	<b>SHARE</b> Validate your spouse's feelings. (e.g. "That makes sense." "I can see how you might feel that way." "I can see how that would be difficult for you.")
<b>5</b>	<b>LISTEN WITHOUT INTERRUPTION</b>	<b>SHARE</b> Apologize / Seek Forgiveness (e.g. "I was wrong, please forgive me for _____.")
<b>6</b>	<b>CHANGE ROLES</b> Speaker is now Listener. Go to Step 1.	<b>CHANGE ROLES</b> Listener is now Speaker. Go to Step 1.

## HEART TALK TIPS

- Ask for "Heart Talk" (*ask permission to share your feelings or hear your spouse's*).
- Emotional information is VALUABLE, PRIVATE and WORTHY of honor, respect and care.
- Communication continues until the speaker FEELS understood, not when the listener THINKS they understand.



- Caring for your feelings is not making your feelings more important than your spouse's, trying to get your spouse to change or demanding your spouse admit guilt or apologize.
- Caring for your spouse is not agreeing, being responsible for their feelings or trying to "fix-it", making changes, admitting guilt or apologizing.
- As the listener, you can make a validating and caring statement before switching roles, (e.g. "thanks for sharing your feelings", or "that makes sense" or "you and your feelings really matter to me").

# RESOURCES

## BOOKS

### BETRAYAL RECOVERY

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***Who Will You Become? A Spiritual Wake-up Call for the Tempted and Fallen*** by Linda J. McDonald

***Hedges: Loving Your Marriage Enough to Protect It***  
by Jerry B. Jenkins

***Steering Clear: Avoiding the Slippery Slope to Moral Failure***  
by Earl D. Wilson

***Restoring the Fallen: A Team Approach to Caring, Confronting and Reconciling*** by Earl & Sandy Wilson, Paul & Virginia Friesen and Larry & Nancy Paulson

***Unfaithful: Rebuilding Trust After Infidelity***  
by Gary & Mona Shriver

***Faithful and True: Sexual Integrity in a Fallen World***  
by Mark Laaser

***Torn Asunder: Recovering from an Extramarital Affair***  
by Dave Carder

***Surviving an Affair*** by Dr. Williard F. Harley, Jr. and Dr. Jennifer Harley Chambers

***No Stones: Women Redeemed from Sexual Shame***  
by Marnie C. Ferree

***Worthy of Her Trust: What You Need to Do to Rebuild Sexuality Integrity and Win Her Back***  
by Stephen Aterburn and Jason B. Martinkus

***Hope After Betrayal: Healing When Sexual Addiction Invades Your Marriage*** by Meg Wilson

***How to Help Your Spouse Heal from Your Affair: A Compact Manual for the Unfaithful*** by Linda J. MacDonald, M.S., LMFT

***Intimate Deception*** by Sheri Keffer

### DIVORCE CARE

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***Anatomy of an Affair: How Affairs, Attractions, and Addictions Develop, and How to Guard Your Marriage Against Them*** by David Carder

***Winning Your Husband Back Before It's Too Late***  
by Gary Smalley and Dr. Greg Smalley

***Winning Your Wife Back Before It's Too Late***  
by Gary Smalley, Dr. Greg Smalley and Deborah Smalley

***How to Save Your Marriage Alone***  
by Ed Wheat, M.D.

***Loving your Spouse When You Feel Like Walking Away: Real Help for Desperate Hearts in Difficult Marriages***  
by Gary Chapman

***One More Try: What to Do When Your Marriage is Falling Apart*** by Gary Chapman

## BOOKS

### MARRIAGE ENRICHMENT

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*The Five Love Languages of Apology: How to Experience Healing in All Your Relationships*

by Gary Chapman and Jennifer Thomas

*Restoring the Pleasure: Complete Step-by-Step Programs to Help Couples Overcome the Most Common Sexual Barriers*

by Clifford L. Penner, Ph.D. and Joyce J. Penner, R.N., M.N.

*How We Love, Expanded Edition: Discover Your Love Style, Enhance Your Marriage* by Milan & Kay Yerkovich

*His Needs, Her Needs: Building an Affair-Proof Marriage*

by Williard F. Harley, Jr.

*From This Day Forward: Five Commitments to Fail-Proof Your Marriage* by Amy & Craig Groeschel

*Love and Respect: The Love She Most Desires; The Respect He Desperately Needs* by Dr. Emerson Eggerichs

*Marriage on the Rock: God's Design For Your Dream Marriage* by Jimmy Evans

*Sacred Marriage: What If God Designed Marriage to Make Us Holy More Than to Make Us Happy?* by Gary L. Thomas

*The Smart Stepfamily: Seven Steps to a Healthy Family* by Ron Deal

*This Is How We Do It: Making Your Marriage A Masterpeace* by Montell and Kristin Jordan

*Cherish* by Gary Chapman

## CHURCH

### NEXT STEPS

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#### MARRIAGE CLASS

[victoryatl.com/marriage](http://victoryatl.com/marriage)

#### FORWARD

[victoryatl.com/forward](http://victoryatl.com/forward)

#### SMALL GROUPS

[victoryatl.com/smallgroups](http://victoryatl.com/smallgroups)

#### DIVORCE CARE

[victoryatl.com/caregroups](http://victoryatl.com/caregroups)

#### EMMAUS

[victoryatl.com/caregroups](http://victoryatl.com/caregroups)

# COUNSELING REFERRAL LIST

Please be advised that this is a list of Christian-based counselors that Victory is familiar with. You may desire to check with your medical insurance carrier to see if this is a covered benefit and if the counselor of choice is an “in-Network” provider.

## AMANDA DANCE

*All Counseling*

### PureHeart Counseling

3461 Lawrenceville Suwanee Rd., Suite B  
Suwanee, GA 30024  
678.802.9874

[amanda@pureheartcounseling.org](mailto:amanda@pureheartcounseling.org)

## BOBBIE KERN

*All Counseling, Adolescents*

### Precious Word Ministries

501 Crown Point Way, Suite 240  
Lawrenceville, GA 30075  
404.304.8373

[preciousword.net](http://preciousword.net)

## BRIANNA GAYNOR, PSYD

*Individual & Family Therapy, Children/Parent Support Groups*

### Physiological Services

9810-A Medlock Bridge Rd  
Johns Creek, GA 30097  
678.667.3565

[peaceofmindpsychology.com](http://peaceofmindpsychology.com)

## CATHY FLEENOR

*Women's Emotional Healing, Relationship Challenges, Divorce Recovery, Navigating Separation, Anxiety, Depression, Premarital & Marriage Counseling*

### Cathy Fleenor, MA, LLC

2550 Hamilton Mill Rd, Suite 100  
Buford, GA 30519  
678-577-9628

[cathycounselor@gmail.com](mailto:cathycounselor@gmail.com)

## CHELSEA MOODIE, LAPC, NCC

*Children (age 2+), Teens & Family*

### Fresh Start for the Mind

5400 Laurel Springs Parkway  
Suwanee, GA 30024  
404.808.1161

[chelseamoodie@freshstartmind.com](mailto:chelseamoodie@freshstartmind.com)

## DEVON MILLS

*Trauma Counseling*

### Thrive Counseling Associates, LLC

1325 Satellite Blvd, NW  
Bldg 1500, Suite 1502  
Suwanee, GA 30024  
404-220-9447

[thrivecounselingatlanta.com](http://thrivecounselingatlanta.com)

## DR. DOUG ROSENAU

*Marriage & Intimacy Counseling, Psychotherapy*

### Alliance for Change

1325 Satellite Blvd, Suite 102  
Suwanee, GA 30024  
678-693-2805

## DR. HOPE ASHBY

*All Counseling, Sex Therapy, Psychologist*

### The Hope Center of Georgia

1 Baltimore Place, Suite 209  
Atlanta, GA 30308  
404.850.9568

[dr.hope@thcoga.com](mailto:dr.hope@thcoga.com)

[thehopecenterofgeorgia.com](http://thehopecenterofgeorgia.com)

## JUMIE DUDUYEMI, MS, LPC

*Adults, Stress & Anxiety, Individual & Couples*

### Better Life Counseling

1304 Rockbridge Rd SW  
Stone Mountain, GA 30087  
678.599.3942

[jumie@blcounseling.com](mailto:jumie@blcounseling.com)

[blcounseling.com](http://blcounseling.com)

## KELLI WILLIARD & KIM GENGER

*Marriage & Family Therapy Intern*

### Building Intimate Marriages

2250 Satellite Blvd., Suite 230  
Duluth, GA 30097  
770.822.4505

[lauren@intimatemarriage.org](mailto:lauren@intimatemarriage.org)

[tyler@intimatemarriage.org](mailto:tyler@intimatemarriage.org)

[intimatemarriage.org](http://intimatemarriage.org)

## LAKEVIEW BEHAVIORAL HEALTH

*Individual & Family Therapy, Children/Parent Support Groups; Offers Inpatient/Intensive Outpatient Mental Health Care for Adolescents, Adults & Geriatric*

1 Technology Pkwy S

Norcross, GA 30092

1-877-659-4522

[lakeviewbehavioralhealth.com](http://lakeviewbehavioralhealth.com)

## MARCIA MCWHORTER

*All Counseling*

### New Beginnings Counseling Center

5074 Bristol Industrial Way  
Buford, GA 30518  
770.402.3669

[newbeginningsministries.com](http://newbeginningsministries.com)

## DR. MIRA IHEME

*All Counseling & Assessments*

### Magnolia Behavioral Health, Inc.

2227 Idlewood Rd. #2  
Tucker, GA 30084  
770.724.8093

[magnoliahealth.net](http://magnoliahealth.net)

## PATHWAY CENTER

*All Counseling & Therapy  
Mental, Emotional, Behavioral Concerns*

4530 South Berkeley Lake Rd  
Norcross, GA 30071  
770-446-5642

[pathwaycenter.com](http://pathwaycenter.com)

## SUMMIT COUNSELING CENTER

*All Counseling & Therapy for Families & Children  
The Summit Counseling Center provides professional counseling, consultation and education services, utilizing an integrated approach to care for the whole person – Body, Mind, Spirit, and Community.*

Multiple locations (see website)

678-893-5300

[info@summitcounseling.org](mailto:info@summitcounseling.org)

[summitcounseling.org](http://summitcounseling.org)

## TERRY FREEMAN

*Addictions, Trauma Survivors, Relationship Issues & Evaluations*

### Freeman Counseling & Consulting

6045 Atlantic Blvd.  
Norcross, GA 30071  
770.239.7453

[freemancounsel.com](http://freemancounsel.com)