



Careletter

Encouragement for TREK Wives | WEEK 10

Verse of the Week

**Let me hear of Your un-
failing love each morning,
for I am trusting You.**

**Show me where to walk,
for I give myself to You.**

Psalm 143:8 NLT

A Note from Melissa

Recovery is hard work! One of the things I encourage wives to do in the final three weeks before their husbands come home from treatment is to get away for a day or two by themselves for a personal retreat. There are many creative ways to do this at low cost if money is tight right now. Don't be afraid to ask friends or family members for permission to use cabins or vacation homes. If you are adventurous, you can even go camping by yourself.

You can include some self-care elements in your time away, but the goal of this retreat is to spend time connecting with God in whatever ways are meaningful to you. Some of the sweetest times I had with God during my early recovery were times when I was alone with Him, pouring out my heart and pausing to listen. If possible, turn your phone off for several hours, so that you are not distracted by things at work or home. Read, walk, pray, sing, listen, journal, cry. Write down what God says to you, Scripture He brings to mind, a song He sings over you. Enjoy Him. Ask Him how He is doing. Ask Him how He thinks you are doing. Let Him hold you.

The days ahead will be full of challenges and anxiety. You will need an anchor and a reserve from which to nourish yourself as you face the uncertainty of the future. So, take some time to get away with Him.

May you sense His presence as He holds you close, Melissa

TREK Program Information

I mentioned in an earlier careletter that our campus pastor has many creative ways of helping men connect with God authentically while they are in the TREK program. So many men come into treatment disillusioned with God and His people. Pastor B works one-on-one with men to help them begin to relate to God honestly. One of the most meaningful exercises clients complete as a part of their spiritual journey is building an altar somewhere on campus as a symbol of offering themselves to God and laying down idols they have depended on instead of Him.

At HopeQuest we believe that real transformation only happens when men surrender their hearts and wills to Jesus, committing to follow His leadership in their lives. Only when we are resourced by God's Spirit are we able to love others sacrificially and choose the well-being of others over our own desires and fears. So, while we use many evidenced-based treatments based on the best scientific research, Jesus is the heart of our program. We rely on Him and pray that He will enable our clients to cooperate with Him as they face their doubts, temptations, and the enemy who longs to destroy them.



Help For Healing

In the previous careletter, I talked about the importance of having your own recovery plan so that you can be intentional about moving from the pain of betrayal trauma to the resilience of post-traumatic growth. One very important part of your recovery plan is creating an emergency plan you can implement if your husband relapses. This is important for two reasons: 1) Having a plan means that you don't have to think or make decisions during the crisis. All you do is follow the plan. 2) Creating the plan gives you an opportunity to evaluate your resources and build up under-developed or weak areas of your support network.

Your emergency plan should have several statements related to behaviors your husband might engage in, how you would feel if he acted out in this way, and the choice you will make for yourself. **If you choose to... I will feel... My choice will be...** For example: **If you choose to view pornography and masturbate, I will feel rejected, hurt, angry, and scared. My choice will be to call my safe people to process my hurt, pray for wisdom, and take a time out from you emotionally and sexually. When I am ready, I will come to you to talk about what happened.**

If there is a behavior your husband might do that would prevent you from continuing in the relationship, then be very clear with him. **If you choose to drive while intoxicated, I will feel horrified, terrified, and enraged about your willingness to put lives at risk, and my choice will be to leave the marriage.**

If you don't know exactly what your choice would be, you can write that you will choose to seek wise counsel and pray about what God would have you do. The point of the plan is to have steps you can implement immediately because you have already thought through your choices and talked with your therapist and safe friends about the wisest course of action.



Self-Care Strategies

Taking care of yourself is so vital for the health of your family. Here are some ways you can practice self-care this week.

- **Wear a piece of jewelry that reminds you of God's love and faithfulness.** This can be a piece of jewelry given to you or one you bought for yourself. Anytime you notice it during the day, invite Jesus to be with you.
- **Read a devotional that personalizes God's Word to you.** I love all of Sarah Young's devotionals (**Jesus Calling**, **Jesus Always**, **Jesus Listens**, etc.) because she brings Scripture to life in this way.
- **Love your hands today.** They do everything for you. Trim or paint your nails. Apply cuticle oil and moisturizing lotion. Or splurge on a manicure.
- **Have a meal or coffee with a friend.** Ask each other fun questions as well as serious ones. Laugh, talk, and enjoy each other.
- **Try something new.** This can be a new food, a new activity, or a new friendship.
- **Write a thank you note to someone who has blessed you.** Take a moment to reflect on ways someone has ministered to you or your family and express your gratitude in a card or letter.
- **Pause your day and watch the sunset.** Thank God for the blessings of the day and release your cares and worries to Him.