

Careletter

Encouragement for HopeQuest Wives | WEEK 12

Verse of the Week

And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will Himself restore you and make you strong, firm, and steadfast.

1 Peter 5:10 NIV

A Note from Your Care Team

Our prayers are with you this week as your husband leaves treatment. No matter what happens with your marriage, our prayer for you is that you will heal and grow and enjoy life as a daughter of God, more resilient and more loving because of the pain you have experienced. One of the things I (Melissa) remember praying as I sensed God asking me to stay in my marriage and wait on Him was this: **Lord, I will do this pain for You because You once did this pain for me. Just promise me You will redeem it.**

And He has. More than I could have ever dreamed or imagined.

We do not know the rest of your story, but we believe with all our hearts that God wants to restore you and make you strong, firm, and steadfast in your love for Him and for others. Faithful is He who has called you, and He will bring it to pass-if you will surrender and cooperate with Him.

We are honored to have walked with you for a little while on your journey. Thank you for trusting us with your fear and your hurt. We so admire your courage and willingness to face your pain and set your heart toward healing and growth.

God be with you. In His love, Melissa & Leah

HOPEQUEST

HopeQuest Residential Program Information



Since post-treatment care is crucial for the recovery of our clients, we work hard to help our clients be prepared for leaving the program. Men will leave the program having a list of groups in their area and often having already made their first counseling appointment. They will also have a detailed recovery plan with a list of support people, all their boundaries, and ways they intend to care for themselves. Their counselor will give them a summary of what they accomplished while in treatment and areas to target in their outpatient therapy once they get home.

One way your husband can stay connected to other men who have been through the Residential Program is by attending the HopeQuest alumni meeting on Tuesday evenings at 7:30 p.m. (EST). This is an online meeting led by former HopeQuest clients and a place for encouragement, support, and accountability with other men.

Help For Healing

The Bible tells us that we are healed by confessing our faults to one another and we are transformed by the renewing of our minds. Hopefully over the past twelve weeks, you have learned the healing power of expressing your feelings-even the really hard ones-with your husband. Being vulnerable about what is happening in us is vital for connection. The other necessary component in healthy relationships is being mindful about what we are thinking and the meanings we are making about each other. Most communication issues stem from people coming to conclusions based on the other person's facial expressions, body language, and tone of voice rather than the actual words expressed.

What I am believing about myself or the other person I am relating to will determine if I allow myself to be vulnerable or if I react in a self-protective way. When I (Melissa) am working with a couple in marriage therapy, I am always slowing things down so that each spouse can connect the dots between what they are believing in the moment and how they react. Our beliefs and judgments about our spouse are incredibly powerful. So, if I am believing that my husband is really trying and serious about his recovery, I am more likely to attempt to work through challenges with him instead of giving up in anger and hopelessness. On the other hand, if I believe that he will never change, I will dismiss and discount the positive things he is doing or ways he is relating differently.

Addiction and betrayal create huge barriers of distrust in a marriage. Trust will have to be rebuilt through consistency over time, but couuplles often flounder in early recovery because the lack of trust creates so much distress for both spouses. In those moments, the only solution is to be honest and vulnerable, validating how hard it is for each other. You can say to your husband, "I am so scared to trust you. I long to feel safe with you, but right now, I just don't. I know that must be really hard for you. Thank you for being patient with me."



Self-Care Strategies

Altogether you will have 84 self-care strategies to choose from as you practice taking care of yourself each day. Here are our final suggestions, but don't be afraid to create your own!

- **Write a rule of life.** This is your basic daily self-care plan. Mine includes things like coffee with Jesus each morning, drinking 64 oz water each day, moving at least 30 minutes each day, and an evening meditation. Write down what is vital to your own sense of well-being and establish a daily rhythm.
- **Make a list of your safe friends.** These are relationships you will invest in by staying in contact, sharing your feelings, and being curious about their hearts. Aim for three close friends but extend the list to 9 other women that you would like to get to know and grow with on your journey.
- **Take a day off.** Your husband will be leaving treatment this week, so take some time to honor your heart and process all the feelings associated with that. Spend some time in prayer with Jesus.
- **Give yourself grace to feel whatever you are feeling.** You may be excited, you may be anxious, and you may feel a mixture of both positive and negative emotions. This is NORMAL. Be kind to yourself, validating what you are feeling.
- **Remind yourself of what is true.** You are loved. You are not alone. No matter what happens with your marriage, God is for you and with you.
- **Don't forget to breathe.** Intentionally, stratigically, slowly, and often.
- **Invite one or two of your friends to pray aloud over you.** Ask for emotional and spiritual support. Where two or three are gathered in His name, His life and energy are present.

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