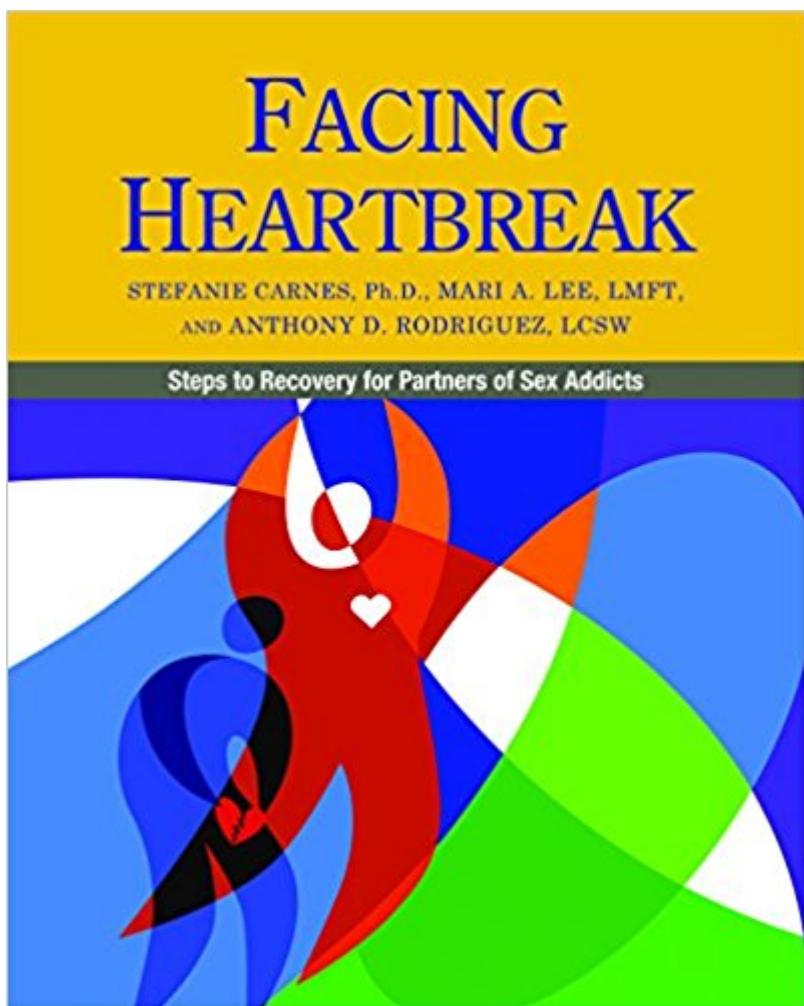


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# Facing Heartbreak: Steps To Recovery For Partners Of Sex Addicts



## **Synopsis**

When you discover that the person you loved and trusted most in the world is hiding a secret life as a sex addict, the result can be devastating. Facing that heartbreak is what this book is all about. The healing process will take time regardless of whether you decide to stay in the relationship or leave. Facing Heartbreak weaves real life stories with practical therapeutic advice and specific tasks that gently educate, empower, and guide the partner of the sex addict through a process of recovery. Using Dr. Patrick Carnes' thirty-task sex recovery model, readers will learn to heal from the heartbreak and betrayal as they discover hope and healing. Stefanie Carnes, Ph.D., has led numerous research projects on addiction and authored many publications including her nationally renowned book, *Mending a Shattered Heart: A Guide for Partners of Sex Addicts* (2nd edition, Sept. 2011). Dr. Carnes is a Licensed Marriage and Family Therapist, an AAMFT clinical member and approved supervisor. She is also certified through IITAP (International Institute for Trauma and Addiction Professionals) as a Sex Addiction Therapist and Supervisor. Dr. Carnes resides in Phoenix, AZ. Mari A. Lee, MA, LMFT, CSAT is a Licensed Marriage and Family Therapist, and a Certified Sex Addiction Therapist. Ms. Lee is the founder of Growth Counseling Services, Inc., a recovery center in Pasadena, CA, where she sees clients for individual, couples and group therapy. In addition, she is a respected writer, speaker and presenter on women's issues, compulsive sexual behavior, trauma, communication, and leads workshops and weekend intensives for women in the areas of co-dependency, self-image and esteem. Ms. Lee resides in Southern California. Anthony Rodriguez, MSW, CSAT, BCSA, LISW, LCSW, is the Founder and Clinical Director of The Men's Center. Mr. Rodriguez has pursued continuing education in the areas of treating survivors of sexual violence, anger management, addictions and other general mental health issues. He is a Certified Sex Addiction Therapist and is Board certified in treating sexual abuse by the American Academy of Experts in Traumatic Stress. He is also a technical consultant with the Office for Victims of Crime Training & Technical Assistance Center (U.S. Dept. of Justice). Mr Rodriguez resides in Iowa City, IA.

## **Book Information**

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## Customer Reviews

In Facing Heartbreak, authors and clinicians Stefanie Carnes, Mari A. Lee, and Anthony Rodriguez, combine their wisdom and experience in offering hope to traumatized partners of sex addicts. This book lays out a clear and compassionate path of healing. It is as comprehensive as it is practical in covering the range of issues faced by the heartbreak of betrayal. The authors have created an invaluable resource and companion for those seeking recovery as well as for the clinicians who treat them. --Kenneth M. Adams, Ph.D., CSATAuthor, *Silently Seduced: When Parents Make Their Children Partners and When He's Married to Mom: How to Help Mother-Enmeshed Men Open Their Hearts to True Love and Commitment*Clinical Director of Kenneth M. Adams and Associates in suburban Detroit, Michigan and Life Healing in Santa Fe, New MexicoThis groundbreaking book fills a huge gap in helping partners of sex addicts realize the full possibility of their potential for restoring their lives. Following the guidance of Facing Heartbreak will ensure the discovery of a vital, healthy self, long ago lost by deceit. This is the book I will be putting in the hands of all my clients.--Alexandra Katehakis, MA, MFTAuthor, *Erotic Intelligence: Igniting Hot, Healthy Sex While in Recovery From Sex Addiction*This is a wonderful resource for partners of sex addicts who are seeking to understand the impact of the lies, manipulation, and betrayal they have endured. Packed with easy to use, practical exercises, Facing Heartbreak is an essential guide to healing. --M. Deborah Corley, Ph.D., LMFT, CSAT Co-founder and co-owner of Santâ© Center for HealingCo-author, *Disclosing Secrets: An Addictâ™s Guide to When, To Whom, and How Much to Reveal*In the aftermath of discovering their mateâ™s sex addiction, this book provides a series of detailed exercises to help men and women work through their emotions, understand addiction, heal themselves, and make good decisions. For partners looking for a step-by-step guide to recovery, Facing Heartbreak should be required reading. I highly recommend it. --Jennifer P. Schneider, M.D., Ph.D.Author, *Disclosing Secrets; Back from Betrayal; Sex, Lies, and Forgiveness; and Untangling the Web* WOW! The authors have delivered a much needed guide for the men and women who

have been traumatized by their partnerâ™s betrayal. This is a must read for both therapists and partners. It helps betrayed partners make sense of their emotions and know there is a way out of the confusion. This much needed Patrick Carnes Task Centered Approach helps readers understand what is happening and what to do. This is not about theory, it is about healing. Thank you for your never ending dedication to excellence.--Barbara S Levinson Ph.D, RN, LMFT, CST Diplomate, CSAT Supervisor, LSOTPThe consequences and hurt evoked by infidelity and unresolved addictions are universal, regardless of race, gender or sexual orientation. Love and pain often live side by side for those surviving the loss of trust, secrecy and the betrayal that occurs for partners of sex addicts. With incredible sensitivity and insight, the authors of Facing Heartbreak provide the concrete direction and support necessary for partners of sex addicts to find answers, healing and peace.--Robert Weiss LCSW, CSAT-SAuthor, Educator, Addiction Specialist In Facing Heartbreak, authors and clinicians Stefanie Carnes, Mari A. Lee, and Anthony Rodriguez, combine their wisdom and experience in offering hope to traumatized partners of sex addicts. This book lays out a clear and compassionate path of healing. It is as comprehensive as it is practical in covering the range of issues faced by the heartbreak of betrayal. The authors have created an invaluable resource and companion for those seeking recovery as well as for the clinicians who treat them.--Kenneth M. Adams, Ph.D., CSATAuthor, *Silently Seduced: When Parents Make Their Children Partners and When He's Married to Mom: How to Help Mother-Enmeshed Men Open Their Hearts to True Love and Commitment*Clinical Director of Kenneth M. Adams and Associates in suburban Detroit, Michigan and Life Healing in Santa Fe, New MexicoThis groundbreaking book fills a huge gap in helping partners of sex addicts realize the full possibility of their potential for restoring their lives. Following the guidance of Facing Heartbreak will ensure the discovery of a vital, healthy self, long ago lost by deceit. This is the book I will be putting in the hands of all my clients.--Alexandra Katehakis, MA, MFTAuthor, *Erotic Intelligence: Igniting Hot, Healthy Sex While in Recovery From Sex Addiction*This is a wonderful resource for partners of sex addicts who are seeking to understand the impact of the lies, manipulation, and betrayal they have endured. Packed with easy to use, practical exercises, Facing Heartbreak is an essential guide to healing.--M. Deborah Corley, Ph.D., LMFT, CSATCo-founder and co-owner of Santâ© Center for HealingCo-author, *Disclosing Secrets: An Addictâ™s Guide to When, To Whom, and How Much to Reveal*In the aftermath of discovering their mateâ™s sex addiction, this book provides a series of detailed exercises to help men and women work through their emotions, understand addiction, heal themselves, and make good decisions. For partners looking for a step-by-step guide to recovery, Facing Heartbreak should be required reading. I highly recommend it.--Jennifer P. Schneider, M.D.,

Ph.D. Author, *Disclosing Secrets; Back from Betrayal; Sex, Lies, and Forgiveness; and Untangling the Web* WOW! The authors have delivered a much needed guide for the men and women who have been traumatized by their partnerâ™s betrayal. This is a must read for both therapists and partners. It helps betrayed partners make sense of their emotions and know there is a way out of the confusion. This much needed Patrick Carnes Task Centered Approach helps readers understand what is happening and what to do. This is not about theory, it is about healing. Thank you for your never ending dedication to excellence.--Barbara S Levinson Ph.D, RN, LMFT, CST Diplomate, CSAT Supervisor, LSOTP  
The consequences and hurt evoked by infidelity and unresolved addictions are universal, regardless of race, gender or sexual orientation. Love and pain often live side by side for those surviving the loss of trust, secrecy and the betrayal that occurs for partners of sex addicts. With incredible sensitivity and insight, the authors of *Facing Heartbreak* provide the concrete direction and support necessary for partners of sex addicts to find answers, healing and peace.--Robert Weiss LCSW, CSAT-S  
Author, Educator, Addiction Specialist

Stefanie Carnes, Ph.D., has led numerous research projects on addiction and authored many publications including her nationally renowned book, *Mending a Shattered Heart: A Guide for Partners of Sex Addicts* (2nd edition, Sept. 2011). Dr. Carnes is a Licensed Marriage and Family Therapist, an AAMFT clinical member and approved supervisor. She is also certified through IITAP (International Institute for Trauma and Addiction Professionals) as a Sex Addiction Therapist and Supervisor. Dr. Carnes resides in Phoenix, AZ. Mari A. Lee, MA, LMFT, CSAT is a Licensed Marriage and Family Therapist, and a Certified Sex Addiction Therapist. Ms. Lee is the founder of Growth Counseling Services, Inc., a recovery center in Pasadena, CA, where she sees clients for individual, couples and group therapy. In addition, she is a respected writer, speaker and presenter on womenâ™s issues, compulsive sexual behavior, trauma, communication, and leads workshops and weekend intensives for women in the areas of co-dependency, self-image and esteem. Ms. Lee resides in Southern California. Anthony Rodriguez, MSW, CSAT, BCSA, LISW, LCSW, is the Founder and Clinical Director of The Menâ™s Center. Mr. Rodriguez has pursued continuing education in the areas of treating survivors of sexual violence, anger management, addictions and other general mental health issues. He is a Certified Sex Addiction Therapist and is Board certified in treating sexual abuse by the American Academy of Experts in Traumatic Stress. He is also a technical consultant with the Office for Victims of Crime Training & Technical Assistance Center (U.S. Dept. of Justice). Mr Rodriguez resides in Iowa City, IA.

This is an actual workbook, complete with fill-in-the-blank charts and worksheets. It assigns exercises and asks questions designed to make you stop and think. These are accompanied by real-life stories which illustrate the points being made. The authors do a good job of breaking down the process we go through into component parts, and helping you focus on each part one by one so the entire process feels less overwhelming. However, it's not intended as a standalone resource. It's based on the assumption that readers are working with a therapist or a group session (neither of which are viable options for me) so it skips over some of the basic things I need to know. For example: "Give yourself the time you need to seek out information, get support, and process your story with others who are a safe support." But it offers no clue where to "get support" or find "others who are a safe support"! So I paired this book with "Your Sexually Addicted Spouse: How Partners Can Cope and Heal" by Steffens and Means. That book fills in some of the blanks left by this one on things like finding supportive people, and I'm still getting the benefit of the exercises here, which really do help me deal with my situation in a constructive way. This book is a valuable tool if you have other tools to use as well, and if you are prepared to actually do the exercises.

Amazing workbook!!! It helps you dig deep and see things clearer. Highly highly recommend if able to work with therapist/group/a friend/ family or even solo. To get the most of the workbook would be better with someone but great workbook either way.

Great workbook. It makes you dig deep which is painful but so needed for healing

I don't think anything could have made me feel better about the situation at that point in my life but the book had some valid points and helpful ideas.

Hate that I have to read this book but even though the topics and questions are difficult to face, the book helps you cope and deal with the heartbreak and setting boundaries. Would recommend to others.

Wordy, and useful... Don't want to be reading it in the first place since my partner is the one that screwed us up!

Excellent book for anticipating a divorce.

This is a workbook & very informative.

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