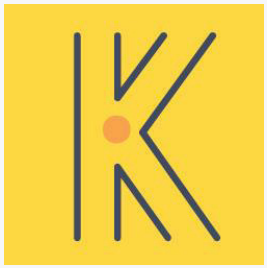
Relationship Recovery Resource Guide

KAIROS COLLECTIVE

Resources to help you recover and strengthen your relationship with your spouse, family, friends, co- workers and God, and to increase your ability to notice and overcome troubling patterns within you that might hinder these relationships from being the richly satisfying connections you desire them to be.

David & Caron Loveless
Kairos Collective
http://www.kairoscollective.com



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INTRODUCTION

We are often asked about the resources we have used in our recent journey of relationship recovery. Contained here are just some of the **actual books and resources** we have relied on to teach, coach and disciple us. Because self-awareness is ever evolving and on going; look for more resources like these from us in the future. And we'd love to learn from you; too, so please let us know about a resource you've found to be especially helpful to you.

Word to the wise:

For years, we've used this adage with just about every book or resource we've picked up: "Chew on the meat but spit out the bones." We never expect to be in 100% agreement or alignment with any authors' ideology, theology or psychology. However, we do believe it is still possible to learn valuable truths from people we might not completely agree with. All truth is God's truth. So, when we recommend a resource to you we are saying that the vast majority of the content seems solid to us and has been particularly helpful in our own journey.

If we're honest, most of us have at least one relationship we really care about that is not as vibrant and healthy as we believe it could be. Which of these might it be for you right now?

- Relationship with God?
- Relationship with your spouse?
- Relationship with extended family member?
- Relationship with your employer or work associate?
- Relationship with a friend or acquaintance?

Or

- Recovery of true wholeness within yourself?

At one time or another, we've felt the need for relationship recovery in every one of these areas. So, we hope by assembling this Resource Guide we can pass on to you the good stuff, the most meaningful and life changing materials we've come across lately that will encourage and assist you, too.

* **If you see a resource you'd like to try, just click on either the corresponding web link or the picture of the resource.**

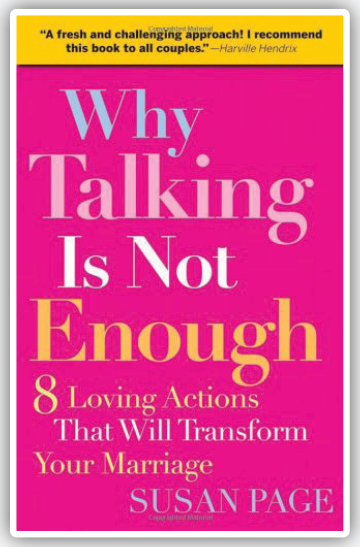
1

MARRIAGE

Why Talking Is Not Enough:

by Susan Page

8 Loving Actions That Will Transform Your Marriage

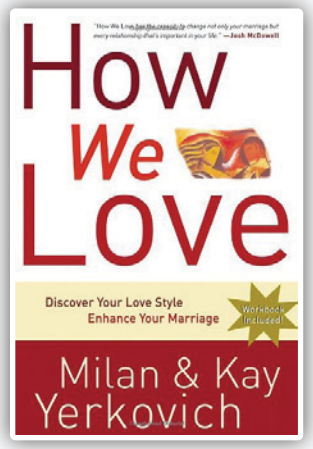


We think this book offers the freshest and probably simplest approach to resolving unsatisfactory issues within marriage that we have seen yet. Susan Page points out that in most relationships, the normal tactics of better communication and conflict resolution often end up failing—because most disharmonies come from one or two "unchangeable" aspects in your spouse.

The author invites you beyond typical Complimentarian or Egalitarian marriage models into what it would be like to experience the joy and freedom of Spiritual Partnership. Page actually suggests we learn to see our marriage as a **spiritual practice**—allowing God to use it similar to vehicles like prayer, meditation, scripture reading, solitude, to help grow you. She says most marriages fail at better communication because one spouse is usually more adept at communicating than the other, leaving the other spouse continually feeling defeated. This new model takes the pressure off "perfect communication" and offers eight very simple, doable "actions" everyone can learn to do. This approach focuses on **your own spiritual journey** and promises radical relationship breakthroughs for those who are willing to apply a higher expression of love in their relationship.

How We Love

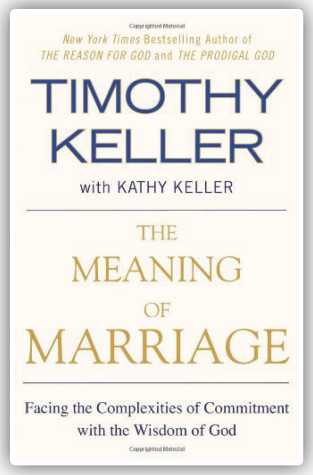
By Milan & Kay Yerkovich



This is such an excellent, practical, helpful book! We immediately started putting our learnings into practice. Marriage problems don't begin with the wedding. All couples develop a core pattern; a way of being, from our family of origin that eventually becomes a repetitive fight. But if you can learn to observe your pattern or "love style", you and your mate can help heal each other as you face your wounds together. We love this book!

The Meaning of Marriage

by Tim Keller



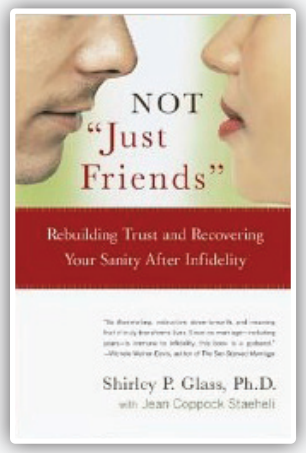
Modern culture would have you believe that everyone has a soul mate; that romance is the most important part of a successful marriage; that your spouse is there to help you realize your potential; that marriage does not mean forever, but merely for now; and that starting over after a divorce is the best solution to seemingly intractable marriage issues. But these modern-day assumptions are wrong. Tim Keller shows marriage to be a glorious relationship that is also misunderstood and mysterious, and yet can be succeeded in.

2

INFIDELITY RECOVERY

Not "Just Friends"

By Shirley P. Glass Ph. D

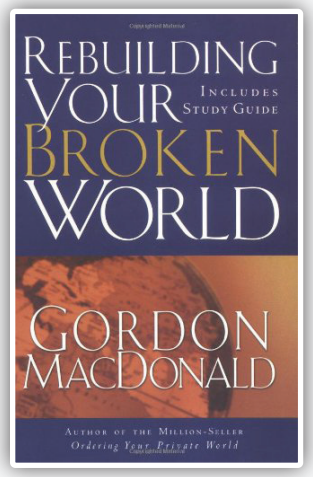


Rebuilding Trust & Recovering Your Sanity After Infidelity

Highly recommend. Excellent book for explaining and tracking the entire path of infidelity and the corresponding condition of a marriage in potential danger. Very Practical. Best simple word of advice: Steer well away from a friend of the opposite sex who is not a friend in open and full support of your marriage, equally interested in engaging with both you and your spouse. If they aren't being a friend of your marriage they aren't being a friend to you.

Rebuilding Your Broken World

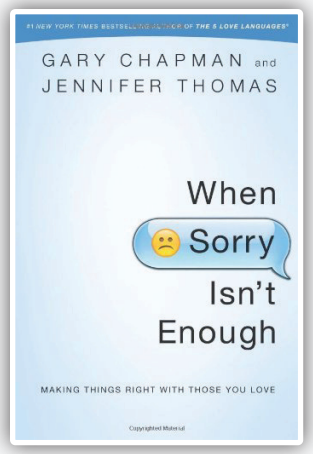
by Gordon Macdonald



Our friends, Gordon & Gail McDonald, offered huge wisdom and compassion to both of us during the early stages of our journey. They gave invaluable personal guidance and help at a time few could or knew how to. For those that know him, Gordon, is no stranger to brokenness. He draws from his own tragic personal experience and discusses the likely sources of pain, the humiliation, and the long- and short-range consequences of a broken personal world. He offers encouraging answers to the questions everyone asks when their worlds fall apart: Is there a way back? Along with his thoughtful care for David, Gordon's book offered daylight in the darkness for us.

When Sorry Isn't Enough

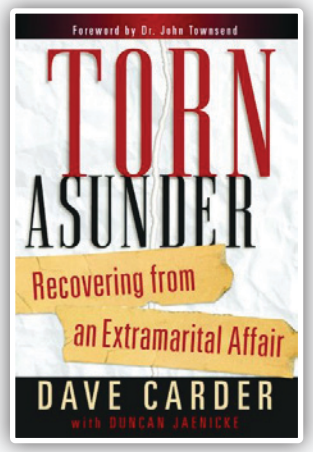
By Gary Chapman & Jennifer Thomas



In situations like infidelity, saying "I'm so sorry," can feel inept to begin to cover the damage done. This book does a great job of covering every angle of heart felt, authentic apology. It also talks about things not to say when apologizing, making restitution, genuine repentance, what to do if you really don't feel like apologizing, and more.

Torn Asunder

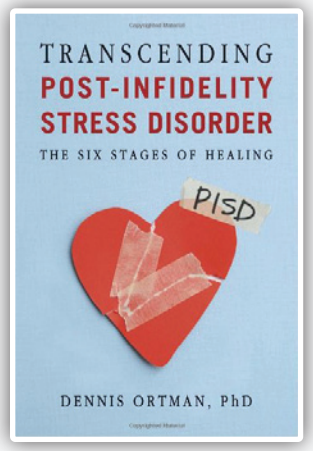
by Dave Carder



Our goal was to read a chapter a day, out loud to each other, then, process it. Some days we only got through a paragraph or two. Basically, we talked and cried our way through this entire book. It very practically dissects very irrational behavior sorting through many factors that contribute to infidelity. Then it maps out what a healthy recovery process might look like for both partners. Dave Carder takes the compassion and wisdom rooted in the Bible, and offers insight for the victims of adultery, the perpetrators, and those who seek to help hurting couples. This was a major tool for helping us better understand unthinkable events. Highly recommend.

Transcending Post-Infidelity Stress Disorder

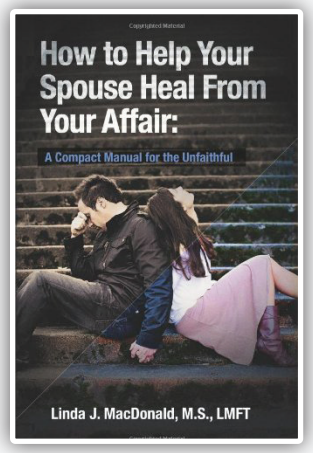
by Dennis Ortman



The impact stressful infidelity produces is massively underestimated and rarely understood. This book helped us see that the psychological aftermath of sexual betrayal is like post-traumatic stress disorder (PTSD) in its origin and symptoms, including anxiety, irritability, rage, emotional numbing, and flashbacks. By the end of this book, you will have completed the six stages of healing and emerged with a whole heart, a full spirit, and the freedom to love again.

How to Help Your Spouse Heal From Your Affair

by Linda Macdonald



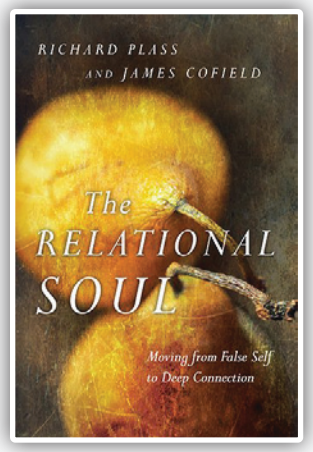
Very often, the offending partner makes terrible mistakes in their efforts to calm their spouse and stop the earthquake that has shaken their marriage to the core. These mistakes, sometimes, hasten a path to further destruction. Discover the difference between those who blow up their marriages in the aftermath of infidelity and those who successfully manage to repair and rebuild their marriages into better-than-ever relationships.

3

PERSONAL BREAKTHROUGH

The Relational Soul

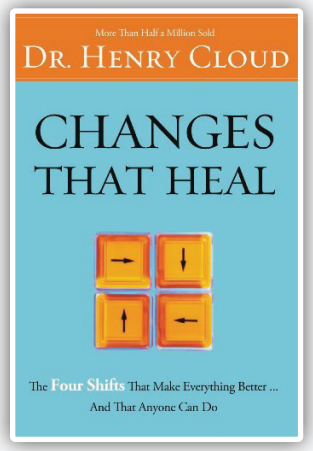
by Richard Plass & Jim Cofield



Our fantastic counselors, Rich & Jim (who we recommend in the Counseling Section) recently penned this deeply provoking book. It's premise is that loneliness is proof of our relational design. Our ability to make deep and emotionally satisfying connections rests on the capacity to trust, and we all know trust can be difficult. Early-life relational "programming" and patterns of attachment can serve as blueprints for relationships later in life, whether good or bad. But no matter our conditioning, God is out to reclaim and restructure the deepest terrain of the human soul by helping us shed our reactive "False Self" and put on our receptive "True Self." When the presence of Christ and community connects with a soul that is open, we witness the miracle of transformation.

Changes That Heal

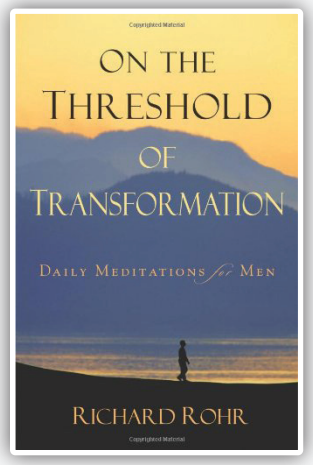
by Henry Cloud



We've found this to be a foundational book for the journey that every healthy person must go through. Dr. Henry Cloud takes you through the four essential tasks of becoming a mature image-bearer of God: * Bonding to others * Separating from others * Sorting out good and bad in ourselves and others * Becoming an adult. Changes That Heal identifies the problems that result when we fail to accomplish that task, and shows us what changes to make in our lives in order to bring about healing.

On the Threshold of Transformation

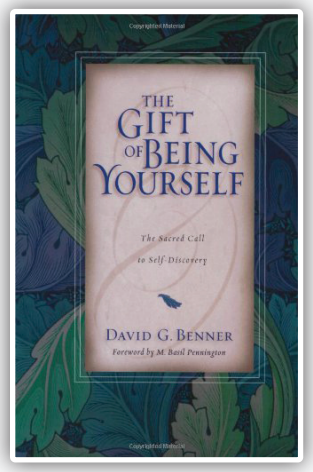
by Richard Rohr



For men, pain is very real. For David's experience of pain transcended anything he'd ever known before. Rohr helps men come to grips with the fact that some form of suffering or letting go is essential to achieving wholeness, holiness, and happiness. This book acknowledges the pain and deals with it directly and redemptively. Much of our culture today would have us believe that failure and suffering are inherently bad, but Rohr helps men see that pain—in whatever form it takes—is a primary doorway through which they can pass to reach their authentic, best selves, which is where they will truly encounter God.

The Gift of Being Yourself

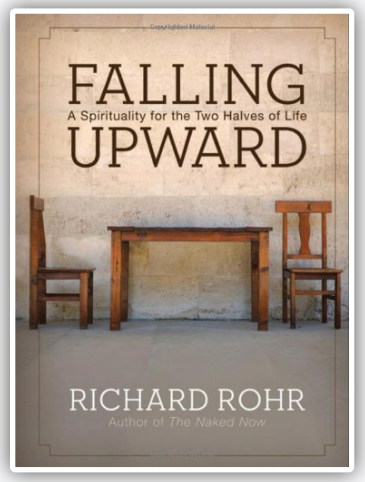
by David Benner



This book came at a pivotal point for David . In this book, Benner helps us grow into a much larger awareness of ourselves through our deepening awareness of God. The journey of transformation is not just about one or the other, but both. This book helps expose our false self, personality structures we hide behind, and it calls us to discover our true self that emerges from our uniqueness in Christ. This frees us from illusions we have about ourself.

Falling Upward

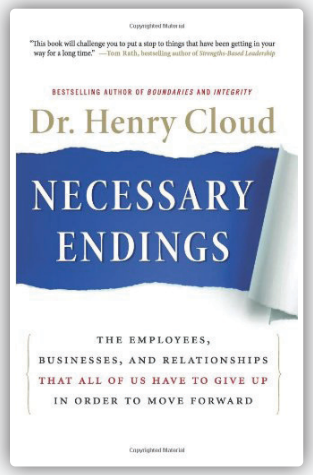
by Richard Rohr



This book has shaken us to our core... in a great way. A must read for anyone experiencing failure or loss of any kind. In it, Rohr helps readers understand the tasks of the two halves of life and to show them that those who have fallen, failed, or «gone down» are the only ones who understand «up.» What looks like falling down can largely be experienced as «falling upward.» In fact, it is not a loss but somehow actually a gain, as we have all seen with actual elders who have come into their fullness in the second half of life.

Necessary Endings

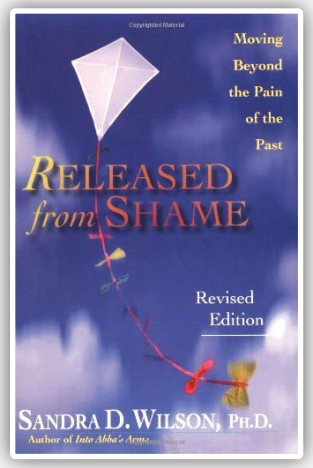
by Henry Cloud



(* Note: This book is not about the necessary ending of a marriage.) This book is about the necessary pruning that has to often take place in our lives and businesses and offers the mindset-altering method for proactively correcting the bad and the broken in them. Cloud challenges readers to achieve the personal and professional growth they both desire and deserve—and gives crucial insight on how to make those tough decisions that are standing in the way of a better life.

Released from Shame

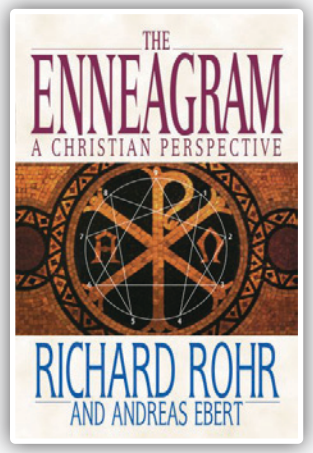
by Sandra Wilson



The shame we felt in the early part of our crisis was overwhelming. Sandra Wilson helps us better understand how God's perfect love certainly can cast out fear and shame. This book in a balanced blend of therapeutic insights, effective illustrations from counselees as well as sharing of the author's own personal story of being released from shame.

Enneagram: A Christian Perspective

by Richard Rohr



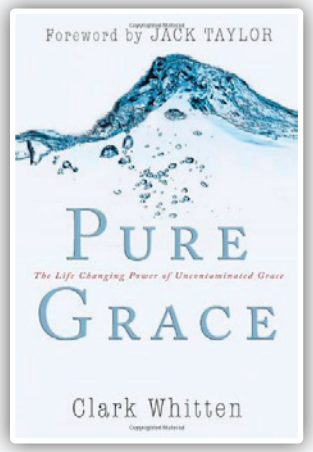
Without question the Enneagram has been the MOST significant personal assessment tool we have ever used, bar none. And we have used many good ones. This book thoroughly describes 9 Enneagram personality types, and how you can benefit from knowing yours. Rohr identifies the innate virtue of each type at its best, and the fatal flaw at play when that type is operating at it's worst. He also talks about what gifts the types naturally have, and how we can grow in them. This book is off- the- charts- essential for understanding yourself, your mate and others, and for getting free of the snares and hindrances that are keeping you from living in a fully redeemed way. Five stars!

4

PERSONAL SPIRITUAL TRANSFORMATION

Pure Grace

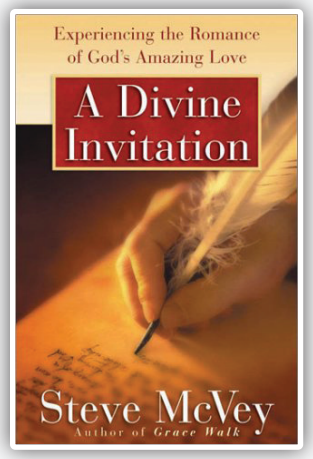
by Clark Whitten



Our close friends, Clark & Martha Whitten, their church in Orlando, FL, **http://www.graceorlando.com** and the message of Clark's book have all spoken life, hope and help in ways we will never forget. There are not words to convey our gratitude for the *pure grace* they have truly lived out on our behalf, up close, in Technicolor. Not sure where we would be without their trust in God and belief in us! Most Christ-followers accepted the concept of grace long ago, but have never learned how to live in its fullness, each day. It you want to rid yourself of the bondage and legalism of religion and fall into the deep end of the pool of God's grace, then this book is for you. You'll learn how to receive and live in the acceptance and love of God that NEVER has to be earned, but merely received. Highly recommend!

A Divine Invitation

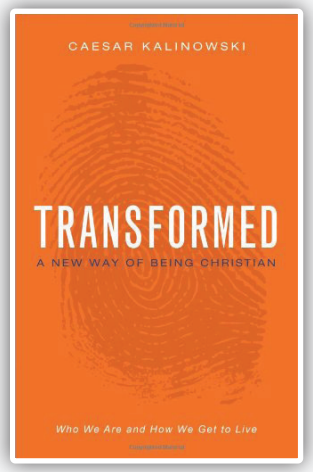
by Steve Mcvey



When we met and heard Steve Mcvey teach, we kept looking at each other... going: "huh?...how did we miss this before?" Steve takes you for a ride into God's kingdom of love and mercy and shows the lie Satan has foisted concerning God's wrath and penalty system. If you hunger for new freedom in how God feels toward you each day, then dip your soul down in this fresh drink.

Transformed

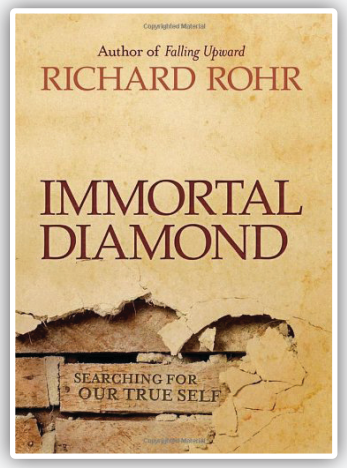
by Caesar Kalinowski



We've recently come to know, Caesar, who did a masterful job of re-enforcing for us that Christianity is less about doing and more about being. ***Transformed*** shows you that when you became a Christian everything about you changed in an instant. You received a new identity based on who Jesus is, not on who you were. As a believer, you literally become part of God's family of missionary servants. This is who you truly are—not just what you do.

Immortal Diamond

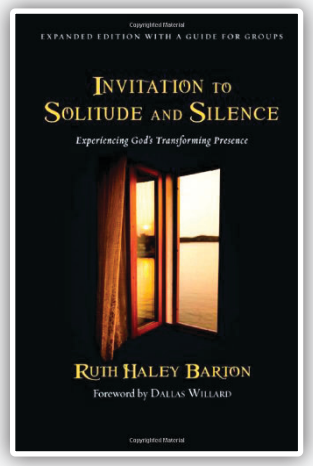
by Richard Rohr



We've been in this book countless times now. Rohr has helped us see how our ego (or the False Self/flesh) gets in the way of our spiritual maturity. But if there's a False Self, there's also a True Self. So what is it? How is it found? Why does it matter? This book likens True Self to a diamond, buried deep within us, and formed under the intense pressure of our lives that must be searched for, uncovered, separated from all the debris of ego that surrounds it. In a sense, our True Self must, like Jesus, be resurrected, and that process is not resuscitation but transformation. Prepare to be rocked!

Invitation to Solitude and Silence

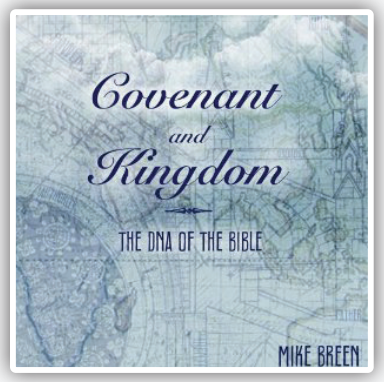
by Ruth Barton



In recent years, we owe a huge debt of gratitude to our friend and spiritual mentor, Ruth Haley Barton, who has taught us to see with new eyes how to access God through deeper awareness of our selves. She has helped us better understand in simply, profound language that *"the best thing we bring to spiritual leadership is our own transforming selves."* In this vital book, she shows how much of our faith and practice is about words--teaching, talking, reading, and praying. Yet all of these words are not enough to take us into the real presence of God where we can hear his voice. This book is an invitation to meet God deeply and fully outside the demands and noise of daily life. We don't say this lightly: This and other books from Ruth have been truly soul altering.

Covenant and Kingdom

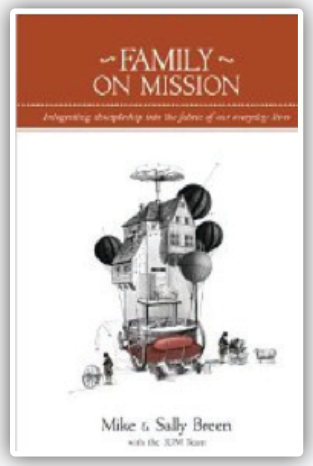
by Mike Breen



Having had many conversations on this subject with our friend, Mike Breen, it was a delight to finally see this book in print. He has a simple, yet, brilliant way of helping us identify and learn how to live into the two main themes of the bible: Covenant and Kingdom- describing them like the DNA code of scripture. After reading this book, you'll be able to identify the main themes of any passage of scripture as well as apply its truth to your own life, in fresh, life-giving ways. We use this paradigm everyday in our lives and relationships.

Family on Mission

by Mike & Sally Breen



Mike & Sally Breen help those of us who are engaged in regularly seeking to represent God's kingdom to others to learn the difference between: Family OR Mission VS. Family AND Mission VS. Family ON Mission. When God wanted to act on his promise to save the world, he started with a family and gave them a mission. This book is about a journey in leading a family on mission and how Jesus did it in an imitateable way.

5

ENNEAGRAM ASSESSMENT TOOL

As we mentioned in the previous resource, *The Enneagram* has been the MOST significant personal assessment tool we have ever used. It has played a major role in our recovery, as well as our ongoing spiritual transformation.

The Enneagram (Greek Word pronounced 'any-a-gram,' meaning 9 points) is a spiritual-psychological inventory that clarifies the primary way we engage in relationships and offers specific ways we can cultivate healthy relational interaction with God and others. It also helps us become more aware of our 'True Self' essence VS. the 'False Self' structure in which our ego typically functions. From this, one can better learn the healthy vs. unhealthy expressions of who we are and who we perceive ourselves to be.

There are many diagnostic tools (e.g. MMPI, Meyers/Briggs, DISC). From our experience, the Enneagram is the most effective tool in combining what we can celebrate as well as what we need to change.

If you are looking for a deeper relationship with Christ and with others, you will not walk away from this tool disappointed! It will invite you to *celebrate* your true self, the unique way in which you bear the image of God, as well as *challenge* you to engage in the transformation of your false self, which prevents us from being who God has designed us to be.

The Enneagram Assessment is best used through the facilitation of trained professionals. Our counselors have used this tool with us, from the very beginning of our process through the present. It has been so revolutionary for us, we recently became trained and certified by one of the world's leading experts on the Enneagram, Dr. Jerome Wagner.

If you are interested in using this tool and would like for us to facilitate the process with you, click the link:

http://www.kairoscollective.com/enneagram

6

DAILY MEDITATION

After decades of feeding other people with God's Word, we found we were exhausted. And, as we went through our recovery process, because of its intensity, we didn't always have the energy to sustain our personal devotions, yet we wanted to engage in it together in a consistent life-giving way. Our pattern most mornings is still to "listen" to the scriptures being read and taught through the daily devotionals (usually 10min in length) offered by Mike Breen and the 3DM discipleship team OR Homilies by Richard Rohr. After we listen to the teaching we share with each other what stood out to us most and spend a few minutes praying together around those words and any other impressions the Holy Spirit gives us. It has been so freeing and fulfilling leaning into the scripture this way.

http://3dmovements.com

See the button on the homepage: "Morning devotionals."

https://cac.org/richard-rohr/homilies

7

COUNSELING PROCESS

Crosspoint Ministry

http://crosspointministry.com

Dr. Richard Plass and Jim Cofield are two outstanding Christian counselors who have helped walk us through most every major step of our current journey. Their ministry is in restoring, reshaping, and revitalizing leaders and couples. They are fantastic at caring, clarifying, and coaching in matters of soul-care as well as relational vitality with others.

Marble Retreat Center

http://www.marbleretreat.org

Since 1974, Marble Retreat has provided a safe place for transformation and life giving hope to nearly 4,000 participants from around the world. Marble Retreat's 8-day program consists of an effective combination of individual and group counseling led by professional counselors in a confidential setting of recreation and rest in the mountains of Colorado.

Center For Professional Excellence (CPE)

http://www.cpenashville.com/CPE.html

Disclaimer: In our earliest stages, we went to CPE to get a thorough assessment of our issues. While they were helpful in identifying certain unhealthy family of origin root patterns in us, we didn't feel like we fit the full profile of CPE clients, as no sexual or chemical addictions were found. But we found that they are an excellent resource for those needing many forms of recovery.

The Center for Professional Excellence is a pioneer in helping impaired professionals recover their lives, their passions, and their integrity from the effects of addiction, depression, anxiety, and other behavioral problems. CPE's compassionate and gifted staff has dedicated itself to helping heal professional men who are trapped in cycles of addictions and destructive behaviors so they can utilize and fulfill their gifts, skills, and character.

Amanda Asponi

healingaffairscoach.com

Amanda is a solid, trained professional life coach who specializes in supporting individuals and couples recovering from the trauma of infidelity. She has a unique perspective of "experiential compassion" for both the betrayed and the betrayer. Her blog has a number of excellent posts that immediately draw you in and give you hope for complete healing regardless of your current situation. She brings wise, discerning counsel from a spiritual perspective.

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SUPPORT GROUP

From the beginning of our crisis, a support group of pastors, leaders and friends, gathered around David to support him in his recovery. David accepted the care and challenge of this five person group, knowing he could not walk this journey alone but needed to humble yet not humiliate himself with these men. Throughout the process he met with them one on one countless times and as a group, once a month for 17 months..

Find or create a support group or community, that is designed for whatever type of relationship recovery you are needing to go through. It needs to be one in which: you feel unconditionally loved and accepted; you can share “everything” you’re going through without needing to manage your image; you will be BOTH cared for AND challenged in; and you feel confident that their goal is not only your complete restoration, but the realization that they themselves are in some type of ongoing recovery (because EVERYONE is... just a matter of whether they are allowing themselves to be aware of it) and are helping you from a position of ongoing fresh discoveries they are making of themselves.

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MOVIES

What is it about movies that make it possible for even a story about, say, a prisoner of war, to translate directly into the emotions of our own story? We've found this phenomenon to be especially true in our season of recovery. Many movies we did not see, for obvious reasons, but some we did see tapped right into what we were feeling at the time and gave us a totally different way to process our experience.

The Railway Man

The true, redemption story of a British POW in WWII who suffers long term psychological trauma and decides to find and confront one of his captors who escaped prosecution as a war criminal. The solider returns to the scene of his torture in an attempt to let go of a lifetime of bitterness and hate.

The conclusion is riveting for anyone facing the angst of a difficult reconciliation.

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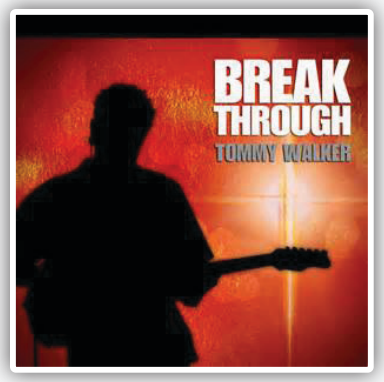
MUSIC

Indelible Grace Music: Wake Thy Slumbering Children

Indelible Grace is an artist collective in Nashville, TN that has led a movement to restore the historic practice of writing new melodies to old hymn texts. They have such a rare, original sound. The lyrics on this album both seared & encouraged us.

Check out: **All Must Be Well < Give Reviving > Cling to the Crucified (Jesus)**

Tommy Walker: Breakthrough



This entire album is great to listen to not matter what you're feeling you need a breakthrough in. We especially were moved by the songs: Break Through; We Will Remember; There Is A Rock; When I Don't Know What To Do; I'll Never Stop Believing.

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YOUR INVITATION

We hope this **Relationship Recovery Resource Guide** has been helpful to you. We suggest that you just find 1-2 resources to begin to access now. Then as you are ready for some further encouragement and help, access others in this guide.

We at **Kairos Collective** would love to partner with you for breakthroughs in your journey with God, relationships with others, or organizational and missional impact. We offer: Speaking; Coaching; Consulting; and Counseling.

We also invite you to read the blogs we publish each week. They are intended to share all we continue to learn in our own relationship recovery and their applications for you.

We'd love to partner with you. Contact us.

http://www.kairoscollective.com