

SEXUAL BROKENNESS

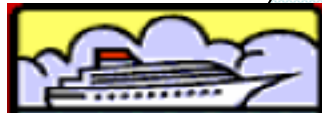
Treating Intimacy Disorders:
The Iceberg Renewal System™ and the
Example of Sex Addiction

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When I'm in trouble . . .

Behaviors

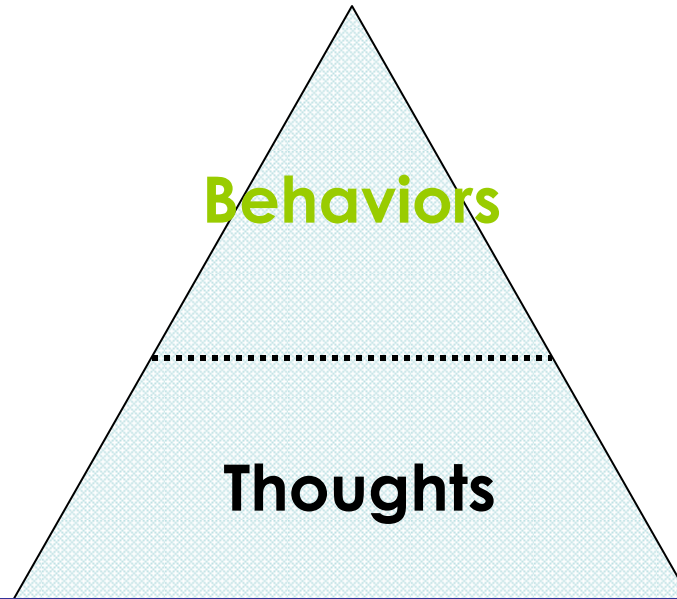


I need to take a look at my **self-defeating behaviors**, which are just “the tip of an iceberg”.

I need to look beneath my behaviors
to see why
I'm **defeating** myself and **hurting** others.

Remember the Titanic? Once the tip was spotted,
the larger problem became impossible to ignore!

When I'm in trouble . . .

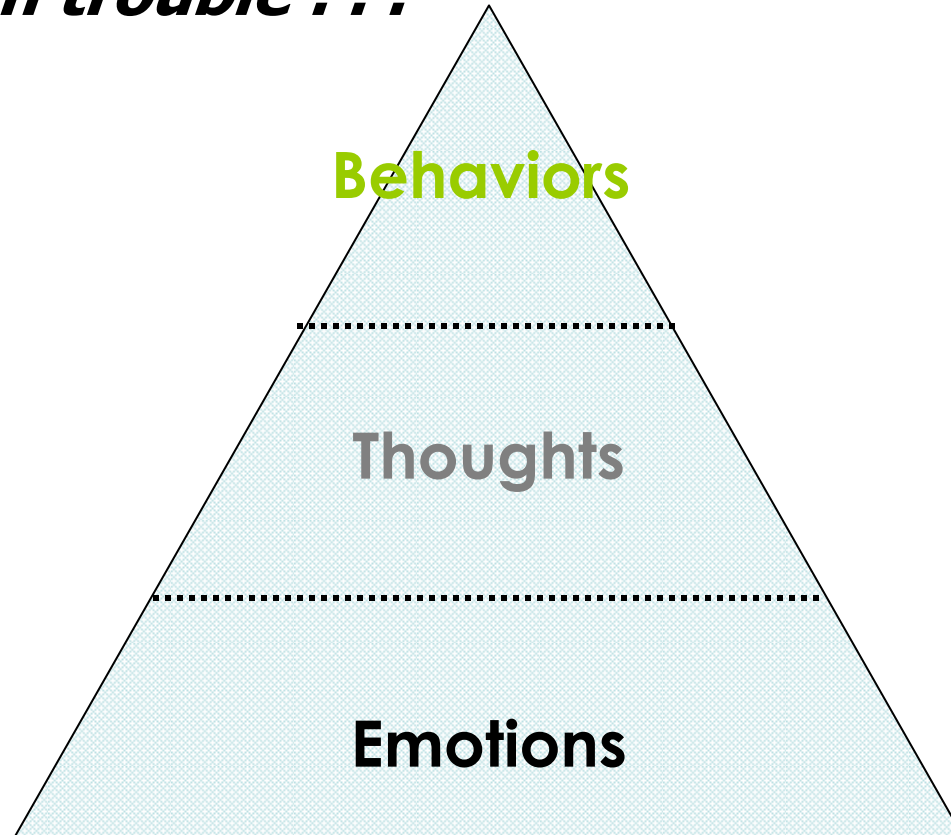


I can begin to take inventory of my **distorted thoughts.**

- ✓ What have I **downloaded** into my brain?
- ✓ How have people **challenged** my thinking?

My thought life reveals what I believe.

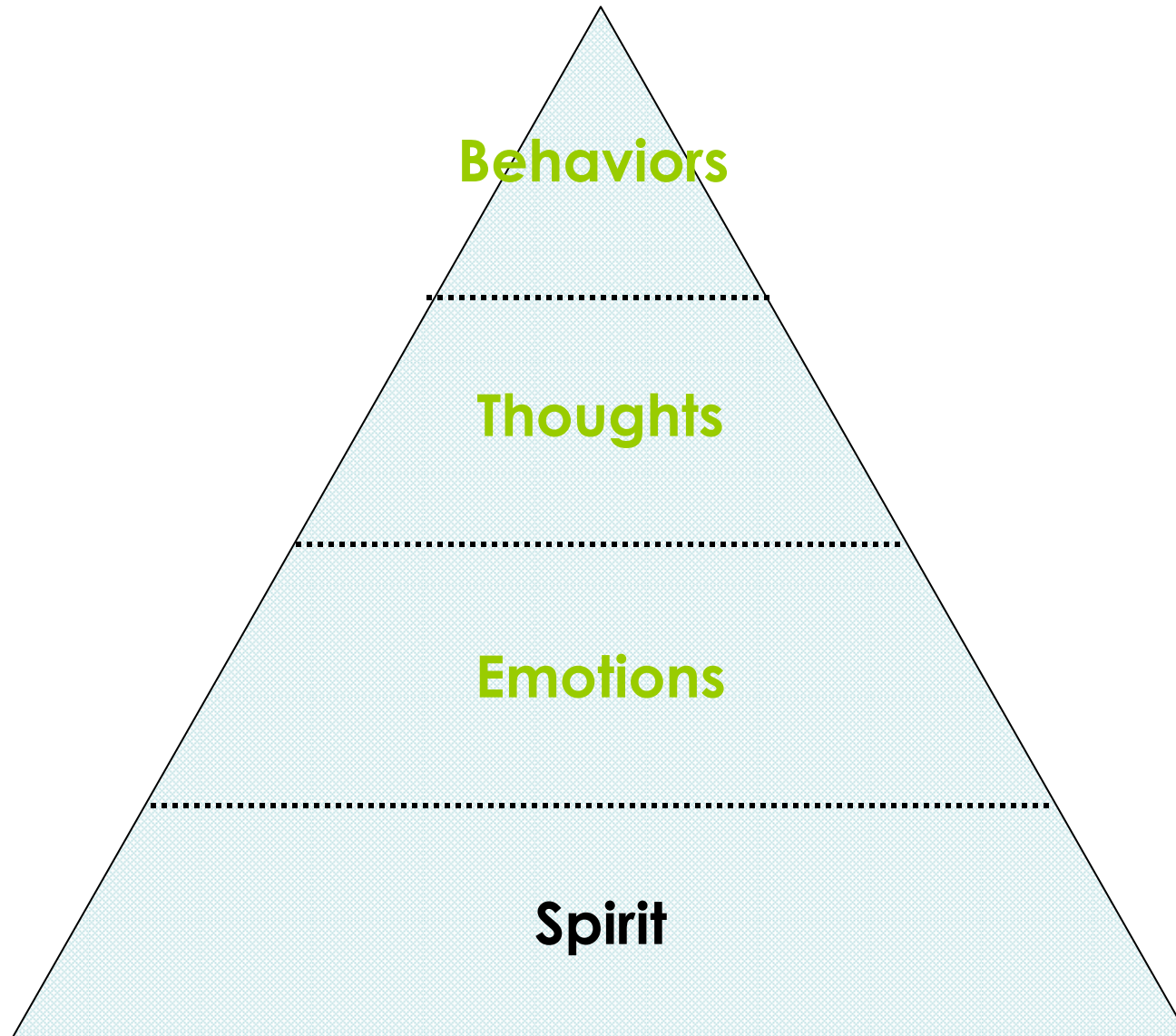
When I'm in trouble . . .



I can explore my history for **damaged emotions.**

- ✓ What emotions have I connected to **memorable** events?
 - ✓ How **old** are these feelings?
 - ✓ How are these feelings **servicing** me?

When I'm in trouble. . .



I must come to terms with my **wounded spirit**.
I am desperate!

But when I am ready to be transformed . . .

**I can cry out to God
and know by faith that He listens.**

**✓ Relationally, He engages me
and *because of His perfect love*,
I am changed and I continue to change.**

**✓ Now I am *joyfully compelled to love*, and
I walk in the Spirit.**

Spirit

Evaluation:

**I have
reacted to
life's pain.**

Behaviors

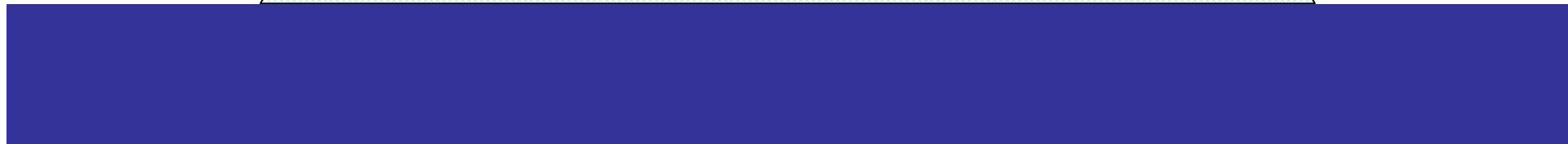
Thoughts

Emotions

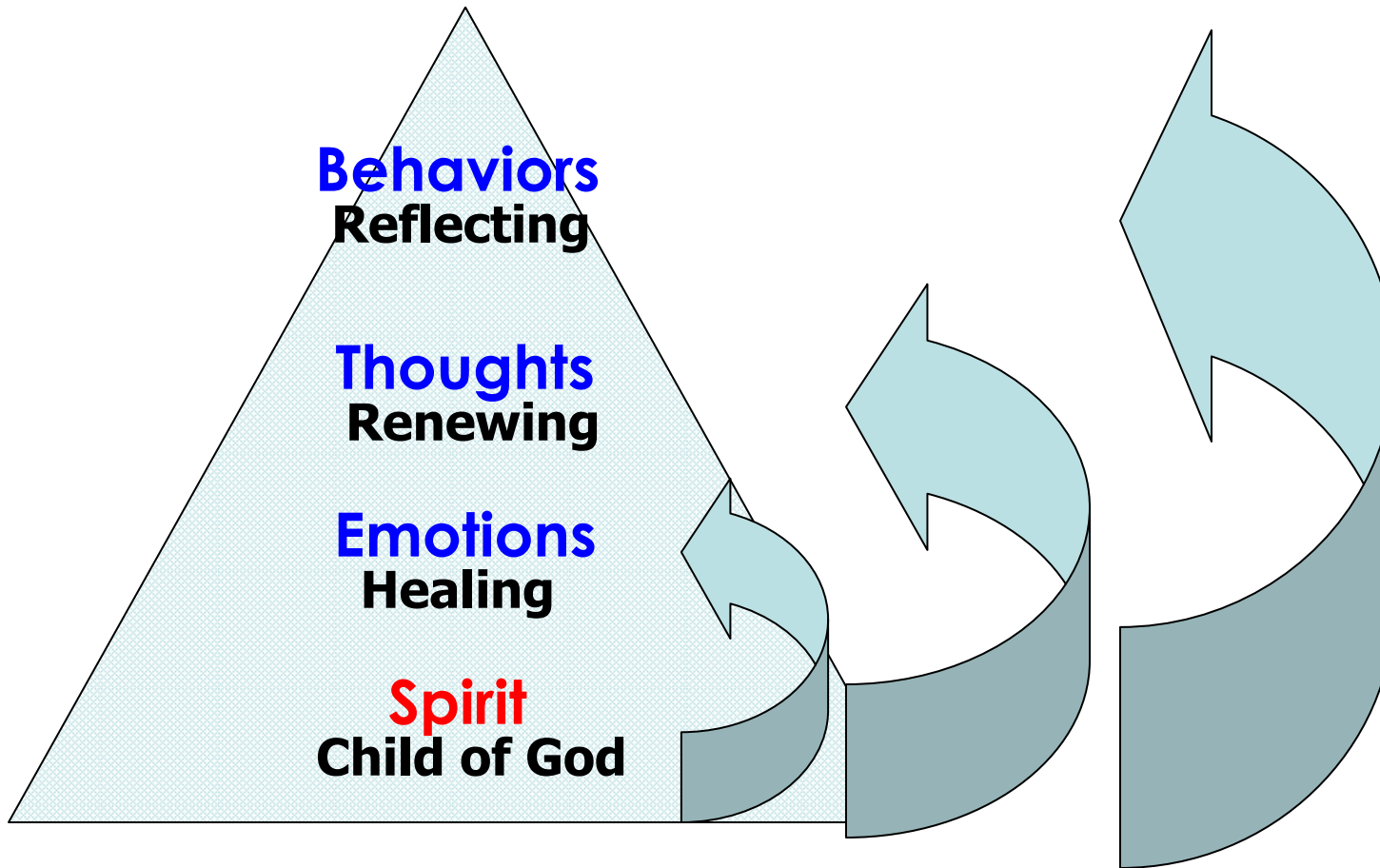
Spirit

Transformation:

**It's time for me
to *respond* to
the pleasure
found in God.**

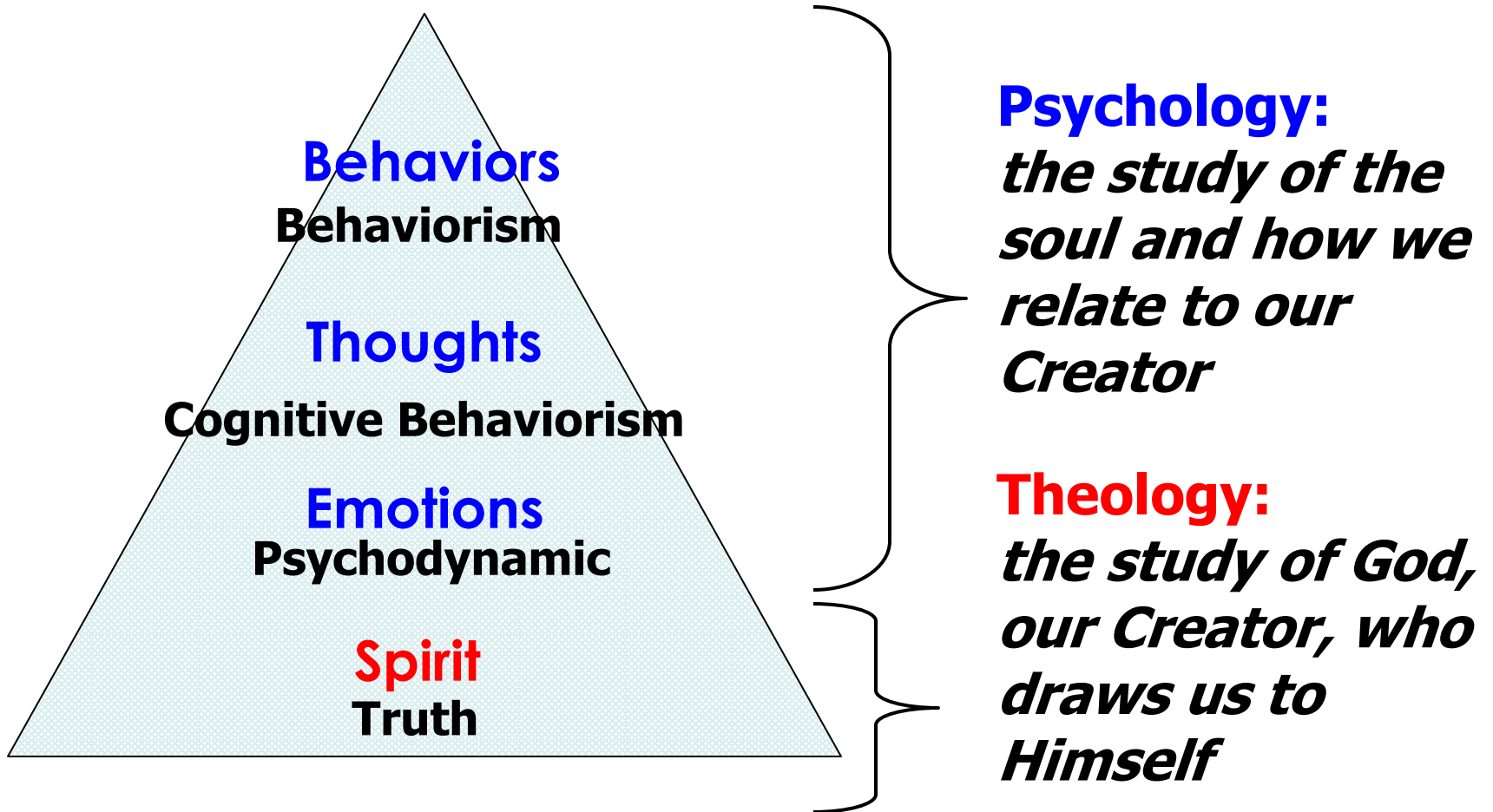


The Divine Opportunity: Sanctification (Recovery Process)



The Growth Process: Increasingly satisfied in God and relationally empowered to overcome false intimacy because of reciprocal love.

Explanation: The “why” and “how” this model works



Benefits: *faith-based, simple, and transferable!*

Two Levels of Community

Internal **God and me**

- Vertical thinking
- Oriented to God and living for the “audience of One”
- Fosters a healthy love of self based on stewardship

External **Others and me**

- Horizontal thinking
- Oriented to others for the glory of God and His kingdom
- Fosters a healthy love for others and safe relationships

Healthy Communities Inspire Me

My Internal and External Communities are:

- **Behaviorally** focused
- **Cognitively** clean
- **Emotionally** relevant
- **Spiritually** renewing

**The bottom line: Intimacy with God, self, and others
heals my addiction.**

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Be sure to visit
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This site launches October 1!