

# **SEXUAL BROKENNESS**

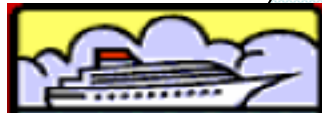
Treating Intimacy Disorders:  
The Iceberg Renewal System™ and the  
Example of Sex Addiction

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*When I'm in trouble . . .*

**Behaviors**

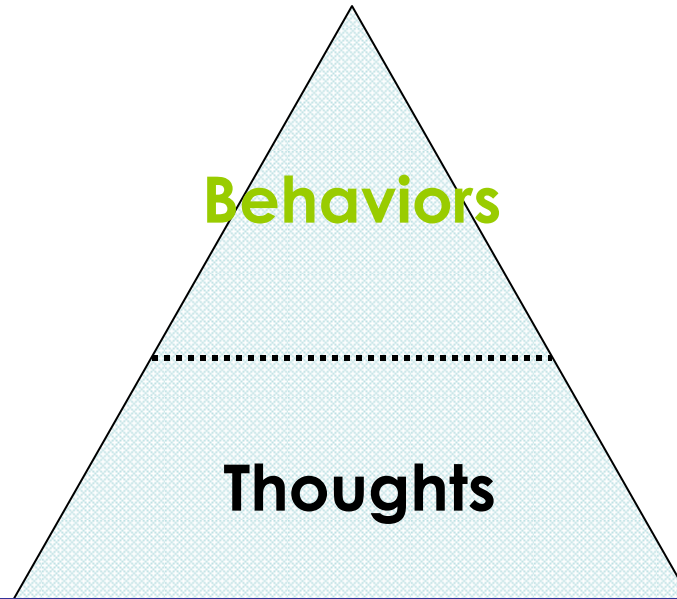


I need to take a look at my **self-defeating behaviors**, which are just “the tip of an iceberg”.

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 . . .*

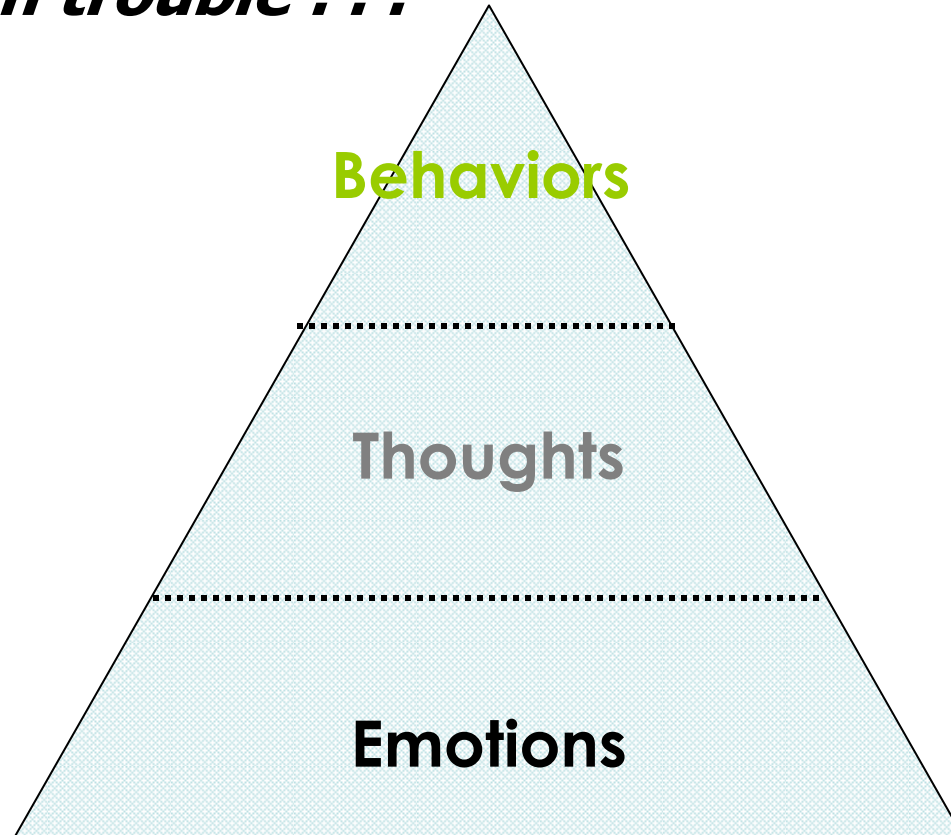


**I can begin to take inventory of my **distorted thoughts**.**

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

**My thought life reveals what I believe.**

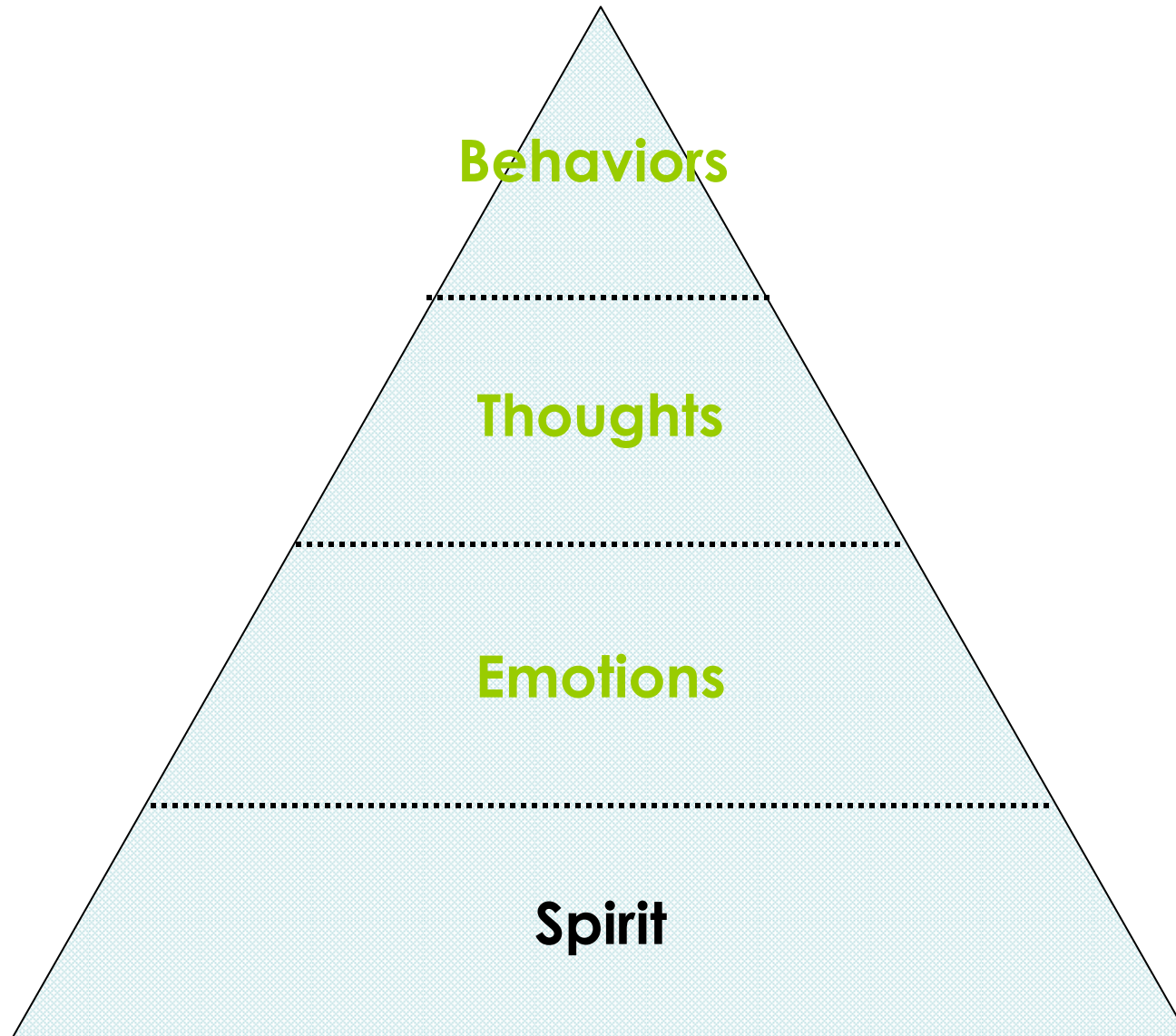
***When I'm in trouble . . .***



**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**

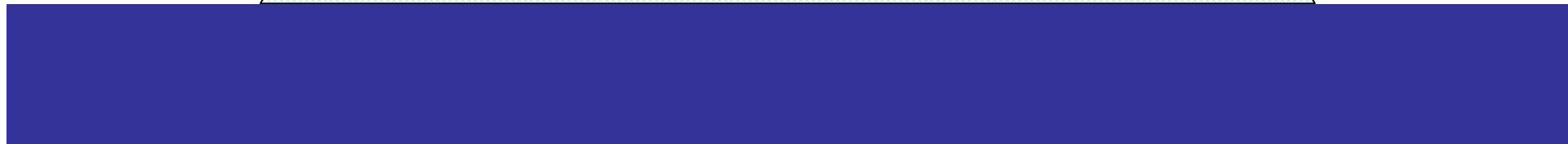
**Thoughts**

**Emotions**

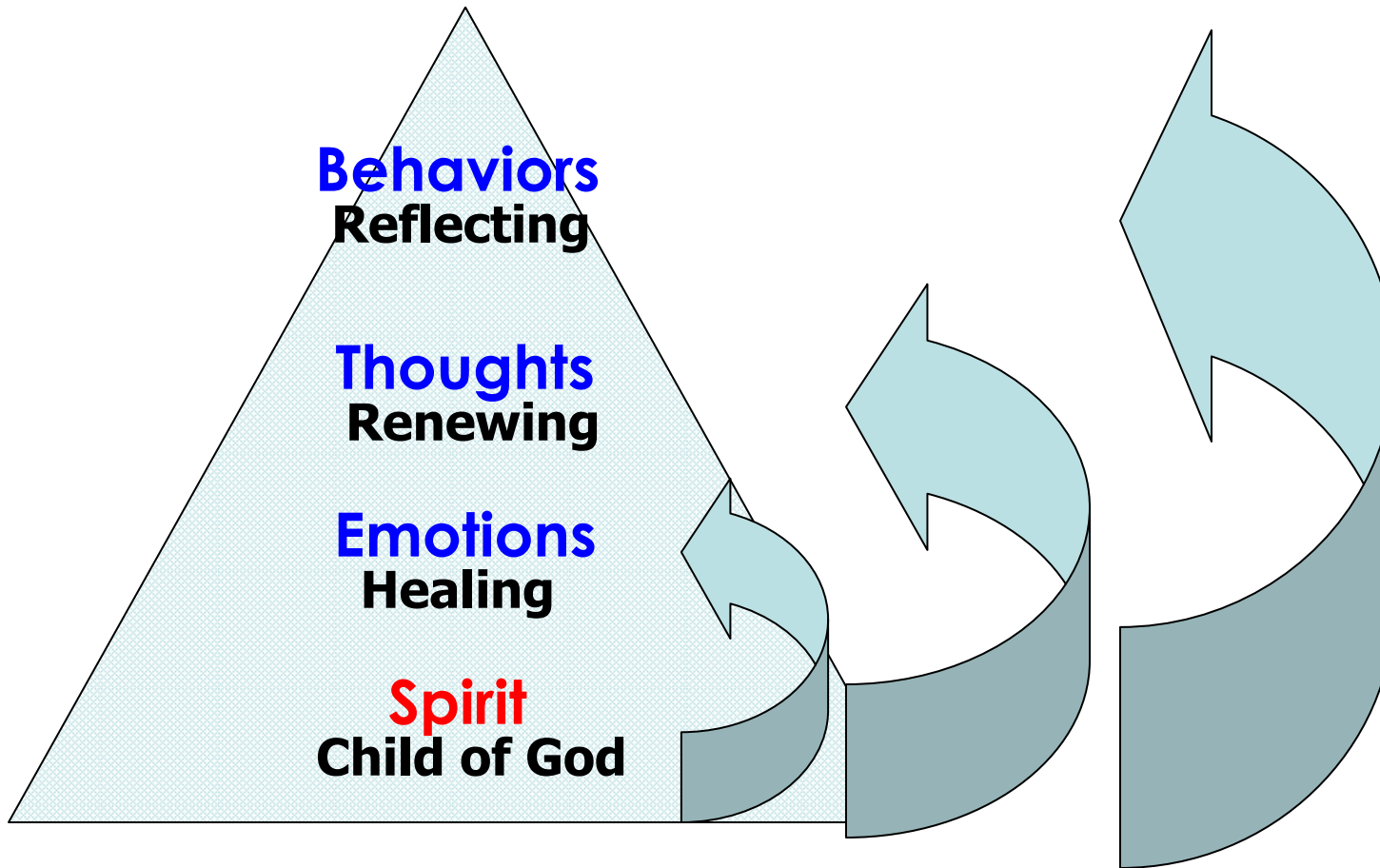
**Spirit**

**Transformation:**

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



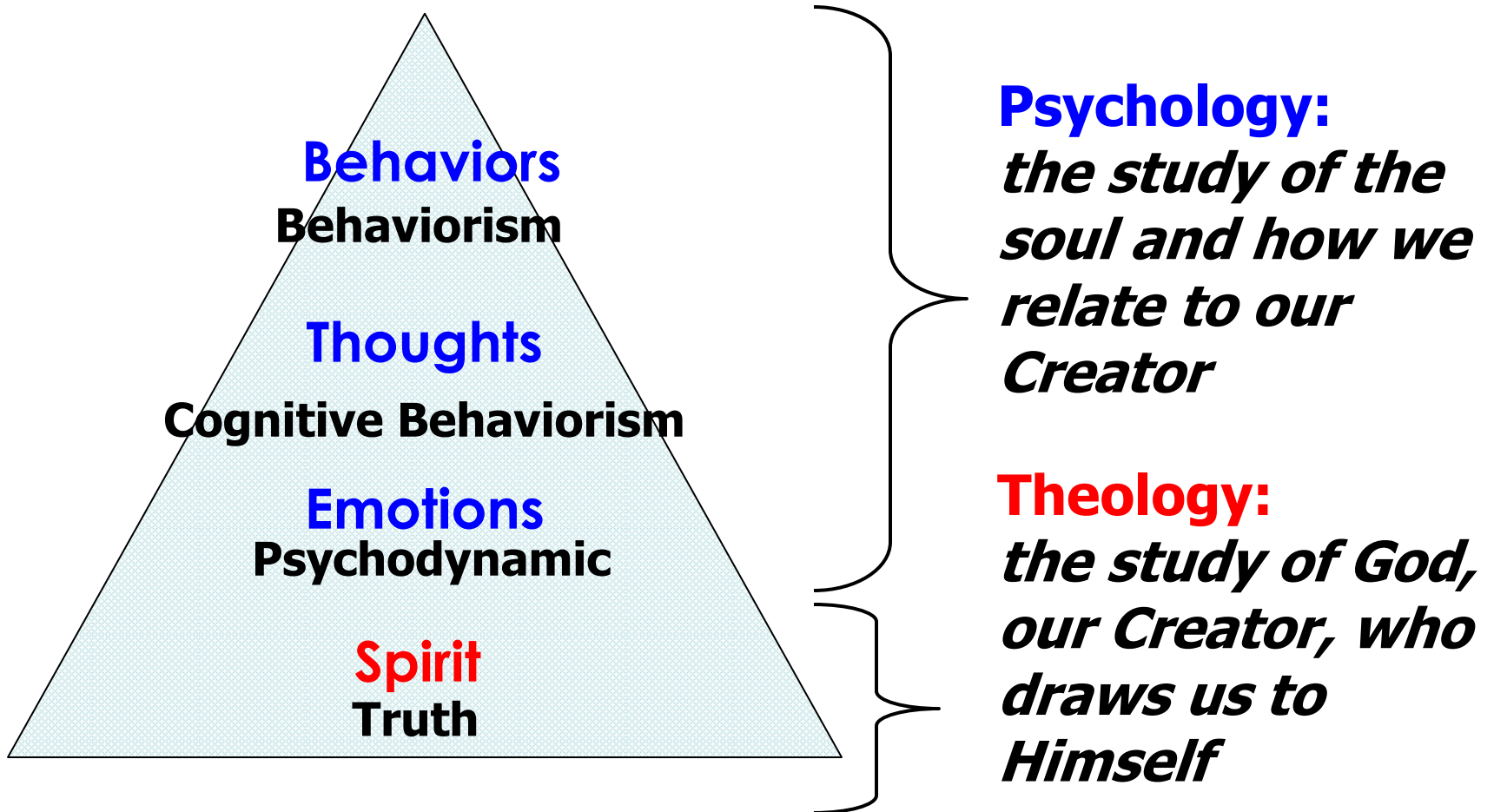
# The Divine Opportunity: Sanctification (Recovery Process)



**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.**

# Contact Information

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**Be sure to visit**  
**[www.sexualintegrity.org](http://www.sexualintegrity.org)**

**This site launches October 1!**