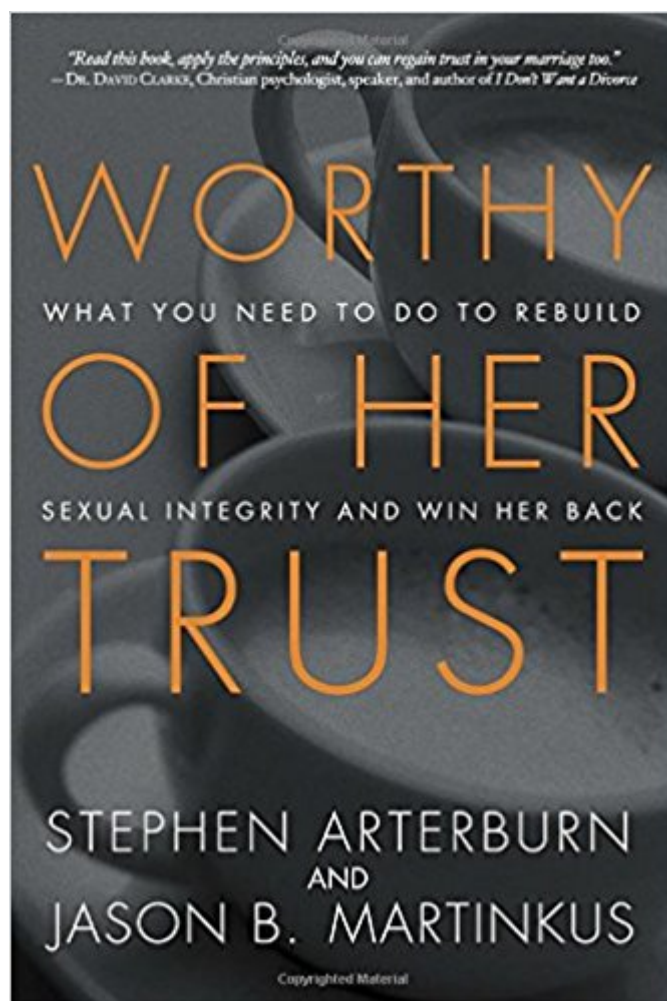


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# Worthy Of Her Trust: What You Need To Do To Rebuild Sexual Integrity And Win Her Back



## Synopsis

You Can Win Her Back—A Few challenges in life are as difficult as regaining a wife's trust—and few are as ultimately worthwhile. Trust can be rebuilt in your marriage! With patient, loving, self-sacrificing effort, it's possible that one day your wife will risk her heart with you again. And she may even have more respect and love for you than before. In *Worthy of Her Trust*, Jason Martinkus relates how he repaired his own marriage after revelations of sexual addiction. Along with Stephen Arterburn, Jason offers exercises and tools rooted in counseling principles to help your marriage begin again. This comprehensive guide discusses:

- How to be truly and effectively transparent
- Combating the "he must not love me" myth and other untruths
- What to do about the Internet, office temptations, and travel
- Encouragement for wives who wonder if trust can ever be restored
- The "five-minute phone call" and other daily trust-building strategies
- What meaningful forgiveness and restitution look like
- The Amends Matrix—a concrete exercise to admit past wrongs and cast a vision for a faithful future

Including insights from Jason's wife, Shelley, *Worthy of Her Trust* guides you through the process of rebuilding your relationship so it is stronger than ever.

## Book Information

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## Customer Reviews

Praise for *Worthy of Her Trust* "Can you rebuild marital trust after sexual sin? Yes, and Jason Martinkus and Stephen Arterburn will show you how. Jason and his wife, Shelley, take you on their deeply personal and spiritual journey from betrayal to trust. Read this book

and apply the principles, and you, too, can regain trust in your marriage. — Dr. David Clarke, Christian psychologist, speaker, and author of *I Don't Want a Divorce* — “This book opens the reader’s eyes to the difficult truth and reality of what it takes to rebuild trust in a relationship devastated by sexual betrayal. My marriage would not have survived without God’s grace and the wisdom and essential guidance found in *Worthy of Her Trust*. Any man committed to winning back his wife at all costs needs to read this book! — Curtis, Arizona — “No matter how tragic and seemingly irreparable your marriage may be, there is hope. My husband wanted to rebuild trust in a hopeless situation. He learned and continues to implement the amends matrix, and he has kept 242 days of the T-30 journal. We have not only experienced reconciliation, but we have been restored individually. For that I am eternally grateful! If you are both ready to let God redeem the past and help you build trust again, *Worthy of Her Trust* will show you how. — Susan, Colorado — “Finally, for one of the darkest periods of any relationship, Jason has delivered a no-nonsense, inspired approach for rebuilding shattered trust. By sharing his compassion and insight, he has opened the door for true transformation and growth. This is a must-read book if moving forward is your goal. — Dave, California — “*Worthy of Her Trust* is the go-to, step-by-step resource for professionals or anyone seeking guidance through the trust-building process. Martinkus presents a model of relationship intimacy — based on closeness and honesty — a connection that becomes both the context and motivation for the redemptive journey. — Bob Sklar, LMFT

Stephen Arterburn is coauthor of the bestselling *Every Man* series, founder and chairman of New Life Clinics, host of the daily *New Life Live!* national radio program, creator of the *Women of Faith* Conferences, a licensed minister, and the author of more than one hundred books and editor of ten Bible projects. He lives in Laguna Beach, California. Jason B. Martinkus worked in the corporate world for years before becoming a national speaker for the *Every Man’s Battle Workshops* and president of *Redemptive Living*, a Denver-based counseling ministry dedicated to helping men with sexual integrity issues. He has a master’s degree in counseling from Denver Seminary.

I was driving to Denver for business, and heard an interview with Jason on a Christian radio station. As he started to talk about his history and purpose for writing the book, I was amazed at the horrible things that had happened in his marriage. I was interested in listening, but I really wasn’t thinking about how this might impact my life. If anything, I started to feel pretty good about my marriage in

light of the things that had happened to this couple due to sexual integrity issues. I was fine until Jason started to talk about his road to recovery. He started to list off all the ways he had abandoned his wife, left her feeling hopeless and hurt. He talked about this ideal sculpture of a relationship that they had started their marriage with, and how he had destroyed that sculpture over time. In my mind I was picturing the difference between a six year old taking down Lego pieces two by two and changing the shape of the sculpture, versus a two year old who comes in and completely destroys the Lego sculpture with one fail swoop. Whether it happened in one major event, or a series of events over time, this wife was destroyed. Her picture of marriage lay scattered across the floor. It was in his explanation of a path to rebuilding trust that the interview began hitting very close to home. Suddenly I found myself thinking of all the little ways I had broken down my wife's trust over the years. In our 13 years of marriage, I too had torn down the pieces of her sculpture. I didn't do this in large destructive swings with a wrecking ball, but I had done it by repeatedly tearing it down, piece by piece. If you knew my wife and I, you would say we are an example for others. You would say that our marriage appears strong. We get along great, and really are best friends. We do ministry together in our youth group, we do foster care in our community, we have two biological children who are well behaved, and we have adopted a child domestically who was born into some unfortunate circumstances. On the outside, everything is great. On the inside, we are just as messed up as a couple in the midst of a battle over sexual integrity. It wasn't through Jason's story of failure, but through his message of trust-building that I realized how my actions had eroded away at the mountain of a man my wife needed as her husband. The biggest realization that completely overwhelmed me, was that I had also had an affair that had destroyed the trust in my marriage. My affair wasn't physical. In fact, it wasn't even with another woman! My affair had been with my job. I had let my career and work come before my family, and I was proving to her (time and again) that she wasn't important to me. I will show up 15 minutes early to any and all work appointments, but arrive home 30 minutes late when she's had a rough day with the kids. I'll completely rearrange my schedule for a client, but won't be there for an important foster care hearing. You get the idea. My failures also came through in other relationships. We love to give each other a hard time, always joking around. However, I had taken this too far when other people were around. For the sake of a little friendly joking, I was actually eroding away at her self esteem and failing to defend her by not applying some limits in public settings. I was also failing to properly defend her in relationships with our extended families, and had left her feeling abandoned by the very man who was put here to protect her and sacrifice himself for the sake of his wife. I told my wife about the book, and she devoured it. She's a much faster reader, so she was through it before I could get a page turned into

the third chapter. We decided instead to start over, and read through it together, chapter by chapter. This book took us back to scripture, took us to the picture of a man being willing to love his wife as Christ loves the church. For the first time in our 13 years, I started to see a glimpse of what that meant. It's easy to say it when it's right there to read in Ephesians 5:25, but applying it was always a mystery. The book hasn't made me an expert over night, but I am certainly seeing more clearly. If you're going to read this book expecting to apply a 10-step process to recovery, you are wrong. If you are hoping this book will give you the fix you need in order to restore your marriage by the end of the year, you are wrong. If you are unwilling to open your heart in order to allow this book to communicate a conceptual view of marriage and your wife's God given needs, don't waste your time. However, if you would be so willing as to open your heart and allow God to do some work. Take what a man has written and reference back to what God has said in His Word, and allow steps to be taken that could change the trajectory of your marriage. This is all very new to my wife and I, but I can see that we are now headed into a better direction. Understand that God created your wife with different needs, different desires, and move to meet those demands in order to affect her response to you in every situation. Use this book in premarital counseling, use it when your marriage is mature and healthy, and use it when disaster strikes. It's an effective guide to understand what it takes to be the man God intended you to be inside of your marriage. Don't just look at the infidelity, and don't literally apply everything from the book. Talk about these things with your wife, and apply solutions based on the thoughts conveyed by one man's experience, and by God's holy designs for one man and one woman to be joined together as one flesh.

My wife bought me this book and I wasn't interested. However, I'm very happy I read it. It's written well and has a lot of personal stories by the author instead of just being preachy! There's a lot I can not relate to in his stories but all I can understand the meaning behind them. I've learned a lot of helpful tools and really recommend this to any man that has issues with communication

Wow, just wow. Self help books don't always speak to me but this one was on point, from start to finish. The author gets it and does a great job explaining what to do after a trust break in a marriage or relationship. This will forever be on my shelf (digitally) and I hope to revisit it yearly.

Very helpful book! Exceeded my expectations! Any woman who's trying to deal with the wreckage of sexual betrayal from her man needs to read this book, too it's not just for men! The author really "gets it". I'm reading it with my ex, as we're exploring building something new. It's been a great help!

If you have ever betrayed your wife and want your best chance at making amends and healing your marriage, don't hesitate getting this book. Own up to your poor choices and the pain it has caused. Humbly follow the practical path presented and see God work a miracle of healing and hopefully restoration.

This is a must read for anyone dealing with sex addiction in their life. I started reading this and then quickly ordered a copy for my husband. I found it to be so incredibly validating. This book said everything I was saying and thinking and so much more. It was so healing just reading it. I am very thankful my husband is reading it too and he is humbling himself to see the truth in it. I think hearing this from a man who has been there (instead of just me saying what I needed) helped my husband to listen to me and see how much he can contribute to my healing.

great book for rebuilding relationships.

amazing

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