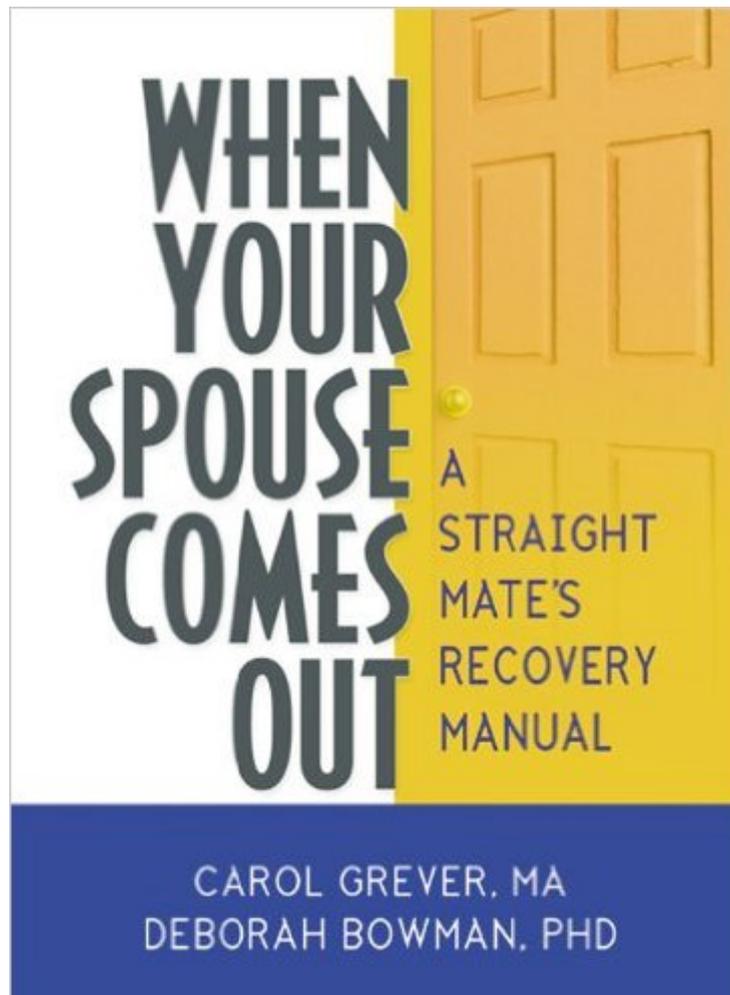


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# When Your Spouse Comes Out: A Straight Mate's Recovery Manual



## Synopsis

Effective therapeutic self-help techniques for a straight mate's recovery One of the most traumatic events that can happen in a marriage is discovering your mate is gay. *When Your Spouse Comes Out: A Straight Mate's Recovery Manual* is a comprehensive exploration of the trauma that provides practical steps that successful individuals have taken to keep this event from ruining their future. This guide offers solid therapeutic techniques for self-help and presents poignant true stories that illustrate that the damage is not irreparable. The book examines the various reactions to the coming-out event, the personal challenges and obstacles often experienced, and shares lessons learned and some of the secrets of transformation. When this crisis hits home, isolation, depression, anger, grief, and self-recrimination take root. *When Your Spouse Comes Out: A Straight Mate's Recovery Manual* presents role models, analysis, practices, and activities promoting long-term emotional recovery for heterosexual men and women whose intimate partners are gay. The text includes integrated exercises helpful for class work and student discussion and case studies of people who recount their stories and explain their recovery. Topics in *When Your Spouse Comes Out: A Straight Mate's Recovery Manual* include: different straight spouse responses to the coming out event diverse ways gay mates approach coming out typical stages of coping by straight spouses health risks how to tell the children helping children with the resulting challenges paths toward healing recreating family and more *When Your Spouse Comes Out: A Straight Mate's Recovery Manual* offers a self-directed path to recovery which can be used individually or in the context of a support group. This guide is invaluable for straight spouses working alone or in groups, therapists, counselors, group facilitators, librarians, families of gays/lesbians, and their mates.

## Book Information

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## **Customer Reviews**

This much needed text by Carol Grever and Deb Bowman serves as an outstanding self-help resource for spouses and ex-spouses of men coming out during marriage. It is well-organized, thoughtful, sensitive, and insightful as Carol shares her personal and professional experiences in this difficult family crisis. Many women in this situation often feel isolated and as if they are terribly alone in coping with difficult decisions that must be made. This text provides exercises and guidelines for all who need this kind of guidance to survive and heal.

I'm really surprised more people aren't reading this book. It truly is a manual with descriptive and prescriptive information that serves as a guide to any straight spouse trying navigate this troubling time in their life. Each chapter is a small step toward understanding, action, and healing. What I really appreciate about the way the author's have laid out their guidebook is that no two experiences are the same in real life, and, they take great lengths to bring that out in the varied stories they present. I'm not a straight spouse..or a gay husband..but in reading through this book I was able to get an intimate inside-look at the complexities that make this such an unknown phenomenon, even to many counselors. But, in many ways, this experience is parallel to other marriages that involve unique disruptions including your basic betrayal by adultery, but it brings to mind cases I've seen that included a spouse who found out their spouse has a 2nd family in another state; a spouse who was embezzling from their friends; a spouse with an underage affair; a spouse who lost all most of their savings to gambling, and other infrequent challenges faced by some married couples. This book isn't for everyone but for those spouses looking for a resource to help them through their struggle..this is a great place to start.

I wish this book had been available when my first husband came out of the closet to me in the

1960's. Straight spouses and their children are fortunate to have this helpful resource available today. Grever and Bowman's book is divided into three sections and uses personal stories to illustrate some of the variety of ways people (1) discover their straight/gay marriages, (2) underlying psychological forces at work in such situations and (3) the secrets of building a positive new life. As the title suggests, practical, therapeutic advice is provided for adult partners facing their anger, health risks, sense of embarrassment and isolation and other common issues.

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Divorce - Remarriage and the Innocent Spouse: Counseling for Betrayed Believers (Straight Talk Bible Study) (Volume 1)  
Gambling Addiction Recovery: Gambling Addiction Recovery and Cure of Your Life (Addiction Recovery, Addictions Gambling, Quit Smoking, Addictions)  
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