



*“5 Ways a Husband Can Help His Wife Heal
from
Sexual Abuse & Assault, plus a Bonus”*

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If you are the husband of a survivor, yours is a complex and intricate fight.

You are entrusted to be God’s emissary of safety and love in the inner sanctum of her deepest fear and terror. Your fight is Special Forces caliber. The rest of us are foot soldiers—worthy and respectable, but definitely not as near the Enemy as you will be.

You occupy a place where the greatest rescue can happen. Your role requires grit and raw courage.

Learn what your wife’s injury is. Fully understand the unique nature of how ongoing and systemic abuse and sexual violation master the will and intelligence of a person. While God, in his grace, has created our brains with a neuroplasticity that allows us to grow past our violations, you will be the most powerful element of her neuroplastic growth. You can help regenerate neuropathways and re-create cellular integrity in your wife’s brain, which will help her body relearn to engage in the need for sexual intimacy born of safe connection. **Your love and constancy can disprove her belief that she is bonding with you in fear.**

For some quick tips, I have made a list below. However, these tips are more thoroughly explained in my book, *From Pain to Power*, Chapter 14 “Help for Those Who Help the Overcomers.”

1. Take initiative in offering your companionship without conditions.
2. Do not remain passive, waiting for your wife to grow towards you, when she’s ready. Pursue her.
3. Decide now that you will not avoid hard situations.
4. Seek the support of a professional, and read this book for background information and helpful practices.
5. Make a list of questions that will help your wife speak to you about how she is doing or how she interprets her process. It’s normal to not understand the pain of another person.

I provide a list of ways to *Cherish Your Wife*, *How to Show Empathy*, and how *Grief Takes Time* in this chapter, too.

Bonus

When in doubt, employ The Magic Love Formula I have developed (because it describes my husband's love for me) and used in my "clinical" description of trust-love that I find so important, as I have healed.

1. Have her back around others (especially when she's not present)
2. Protect her long-term best interests
3. Give her the benefit of the doubt