

Are You Ready to Transform Your Marriage?

You've committed to sobriety and integrity. Now it's time for the next level: becoming the emotionally mature husband your wife needs and you want to be.

If you have the desire to change, but you need a roadmap, the tools, and the support to make it happen- Join us!

If you'll do the work, this group will equip you to rebuild trust, lead with empathy, and create the marriage you both deserve & hope for!

"Two are better than one, because they have a good reward for their labor. For if they fall, one will lift up his companion. But woe to him who is alone when he falls, for he has no one to help him up."

Ecclesiastes 4:9-10

**Must be Sober
& Committed to
the Restoration
Process to
Join**

Why R.I.T.E. Gets Results

Created by Danielle Lew, MSW, LCSW CPC, APSATS-CCPS, former addictions counselor, wife, mom, and Jesus-lover...

Danielle saw something missing in men's recovery programs. Men were learning skills but still struggling to truly connect with their wives. **R.I.T.E. fills that gap with:**

- Trauma-informed approach that addresses real underlying issues
- Evidence-based methods proven to restore relationships
- Attachment-focused education & tools to get to the core of the challenges
- Partner-sensitive material that considers your wife's healing journey
- Faith-based foundation rooted in biblical principles
- Take the work you are doing in group to your therapist to dig deeper & save time on your personal healing

"I finally understand why my wife reacts the way she does. Instead of getting defensive, I can actually help her feel safe. Our marriage is better than it's ever been."

- Michael, R.I.T.E. Participant

What You'll Gain:

- Confidence in your integrity and character
- Your wife's growing trust and respect as she sees the change in your new way of relating
- Tools to handle conflict without defensiveness or withdrawal
- Emotional leadership skills that strengthen your entire family
- Hope for a marriage that's stronger than it was before the crisis
- Brotherhood with other men who understand your journey (option to join "Tough Love" after completion of group to continue with the community of support)

Program Overview

**12 weeks | 90 minutes weekly | Online
(attend from anywhere in the US)**

faith

**Limited to 8 men
Confidential
Integrated with
Biblical Truths
& Neuroscience**



To sign up visit:

www.rootedrefinedandrestored.com

The R.I.T.E. Process

Foundation Building

- Understand how trauma affects both of you
- Learn your attachment styles and triggers
- Break free from guilt and shame cycles
- Build unshakeable self-awareness

Emotional Mastery

- Learn how to support your wife when she's triggered
- Respond with empathy instead of defensiveness
- Handle conflict like an emotionally mature leader
- Manage stress while helping her heal

Intimacy & Connection

- Rebuild emotional, spiritual, and physical intimacy
- Create new patterns that serve your marriage
- Develop Christ-like love in action
- Plan your ongoing growth together

Ready to Begin?

Schedule Your Confidential Consult:

A private 15-minute call to see if R.I.T.E. is right for you.

Check website for next group start date & get on wait-list- don't delay spaces are limited!



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rootedrefinedandrestored.com

Have questions? Visit our website for complete FAQ and program details



R.I.T.E.

(Restoring Intimacy
Through Empathy)

MEN'S GROUP

For Christian Men Committed to
Sobriety, Healing, and Growth
After Intimate Betrayal

*Lead with empathy.
Heal Your Hurt
Love Like Jesus*