

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!



Rebuilding isn't easy, but it's **possible**.

You **can** become a safe, trustworthy, and loving husband with the **right tools & support**

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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