

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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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*