

1 Exposure Phase

PRE intersects with DCSR

PRE=Pre-Existing Reality Ego
DCSR=Secret Sexual Basement

2 Not A Lie If You Believe It

3 Anchor of Appreciation

- 1
 - Begin with a deep breath together
 - Ask Jesus to remind you of something you can appreciate
 - Take a couple minutes to talk with Him about what has come to mind
 - Ask Jesus if there is anything He wants you to know about your appreciation
 - Write anything that comes to mind
 - Give your appreciation a 1–3-word name
 - When prompted, share your appreciation with the group
 - Write down the name each group member gives to their appreciation

4 Exposure Phase

PRE intersects with DCSR

PRE=Pre-Existing Reality Ego
DCSR=Secret Sexual Basement

5 EXPOSURE PHASE

- 1
 - Room 4:** Exposure Phase Integrity-Abuse
 - Room 5:** Discovery Trauma
 - Room 6:** Disclosure Trauma
 - Room 7:** Reality-Ego Fragmentation (REF)
 - Room 8:** Acute Relational Rupture and Attachment Injury

2 INJURIES (5 ROOMS)

6 ATC

- 1
 - Approach
 - Transition
 - Conditions

7 Room 7

Reality-ego Fragmentation (REF)

8 Reality-Ego Fragmentation (REF)

- Sudden or progressive loss or injury to self, partner, relationship, reality
- Cognitive Structures are damaged upon which other cognitive concepts depend
- Emotional Constructs alter or change

- “Death of Self or Reality” (relates to Criteria A of PTSD in DSM V, but is not a physical injury)
- Activates Fear into System

9 **Reality-Ego Fragmentation (REF)**

- **GLOBAL versus Localized INJURY**

- Shattering of Reality
- The floor collapses and the house falls into the secret basement
- Metaphor of a car crash – the secret sexual world crashes into the pre-existing reality
- Feels like a tsunami, house burned down, total and global devastation
- Shattered world

10

11 **Metaphor of**

- **“Car Crash”**

PRE and DCSR Collide

12 **Exposure Phase Integrity-Abuse Shaping**

- Partial and/or Staggered Disclosures
- Avoiding Responsibility-Taking or Accountability
- Pathologizing the Victim or the Relationship
- Lying, gaslighting, manipulating truth
- Anger, threats, belittling, jokes
- Minimizing, Justifying, Rationalizing

13 **REF Metaphor**

- Drop of colored ink in a clear glass of water
- A person experiencing DST-REF may say:
- *“I feel like this entire relationship has been based on lies”.*

14 **Educational Metaphor: Virus Corrupting Files**

- All Computer Files Corrupted with a Virus
- Every memory has been “tainted” or “corrupted”
- Even though it is true that great Hawaiian vacation occurred, the memory in the victim’s brain is no longer in its original form

- The emotions around that memory or attached to that experience are now also going to alter, which then changes the systems of meaning surround it

15 **Reflection**

Room 7 – Reality Ego Fragmentation (REF)

16 **Unforgotten**

Family Confession Scene

Episode 5 31:39-34:38

17

18

19 **Unforgotten**

Hospital Scene

Episode 6 9:55-11:50

20 **Reflection**

Personal Reflection on Unforgotten Scenes

21 **A Pastoral Tour Through Dr. Omar Minwalla’s 22 Hospital Rooms Of Deceptive Sexuality & Trauma**

1 Plus a 23rd Room

22 **Room 4**

Exposure Phase Integrity-abuse Shaping

23 **I Didn’t Say When . . .**

24 **Room 4**

Exposure Phase Integrity-abuse Shaping

25 **ATC**

- 1
- Approach
 - Transition
 - Conditions

26

27 Integrity-Abuse at the

Scene of the Accident Makes it Worse

An Educational Metaphor:

“At fault driver gets out of car and lights up a cigarette”

28 Post-traumatic Stress + Integrity-Abuse

- **Exposure Phase** involves both Reality Fragmentation Post-trauma symptoms but also the INTEGRITY-ABUSE
- Both and all will be stored as part of the traumatic experience for the victim

29

30 Important Points Here

- Most everyone in society is blind to this specific abuse and trauma we are calling DST
- Everyone, including driver, is in a post-traumatic state and in the context of abuse and trauma
- Abuser has own REF, safety-net altered, “go-to” person changed
- Makes sense an individual who has survived by lies will lie when caught; integrity-abuse when confronted is the norm

31 Reflection

Room 4—Exposure Phase Integrity-Abuse Shaping

List your personal “Top 5” and share with your tribe as a modification to question 1

32 Room 5

Discovery Trauma

33 Stop Lying!

34 ATC

- 1
- Approach
 - Transition
 - Conditions

35 Room 5

Discovery Trauma

36

1

- Finding out about the DCSR
- Intersection between PRE and DCSR only can occur via discovery (or disclosure, which is a type of discovery)

2

Discovery Trauma

“Finding the Basement”

37 **Discovery Trauma: Incidents plus Integrity-Abuse**

38 **Build Your Own Timeline**

39 **Taking in the Discovery Trauma Story**

- Discovery Trauma is not just the specific “D-Day”
- But also a story, an abuse and trauma story specific to discovering
- Sometimes a long story with several incidents
- Traumatic experience here will include often the integrity-abuse and how the abuser responded

40 **Reflection**

Room 5--Discovery Trauma

41 **Room 6**

Disclosure Trauma

42 **ATC**

1

- Approach
- Transition
- Conditions

43 **Disclosure Trauma**

1

- Process of partner disclosing about the secret sexual basement (DCSR)
- An intersection between PRE and DCSR
- Not just intersection but a melding process of the two realities - an exposure process - a phase

2

“Being Told about Basement”

44 **Disclosure**

1

- Often it is the person who created the basement that is disclosing
- Disclosures can be false or forms of continued integrity-abuse
- The victim trying or attempting to stabilize the psyche

and find “solid ground” will often depend on knowing what happened and what their DCSR was and is, and may continue to be

2 Being told about DCSR

45 Disclosure Trauma: Incidents plus Integrity-Abuse

46 Taking in the Disclosure Trauma Story

- Disclosure Trauma is not just “D-Day”
- But also a story, an abuse and trauma story specific to discovering
- Sometimes a long story with several incidents
- Traumatic experience here will often include the integrity-abuse and how the abuser responded

47 Formal Professionally-Guided Disclosure?

What is a Professionally Guided Full Disclosure?

A professionally guided full disclosure is a voluntary and formal process in which the abuser transfers information related to the extent and nature of his sexual acting out to his partner.

Purpose of a Professionally Guided Full Disclosure:

- To establish equality in power in the relationship
- To provide the partner with honest information so that they can make informed decisions about her life and the lives of children and family, etc.

Still Reality-Ego Fragmentation (REF)

48

49 Taking in both the Discovery and Disclosure Trauma Stories as One Meaning

- Benefit to reflect on how both these timelines relate
- Another story may emerge
- There is a lot of meaning an understanding what has happened to the person by looking at them onto of each other
- Important for understanding exposure phase

50 Get The Paper Towels!

51 Reflection

52

53 **Relational Rupture**

Room 8

Attachment Injury becomes another source of Post-Traumatic Stress in the Exposure Phase

54 **Attachment Injury and Trauma**

Attachment Injury and Trauma:

An attachment injury is characterized by an abandonment or a betrayal of trust during a critical moment of need. Attachment injuries can act as traumatic events, which then cause post-traumatic stress symptoms and/or insecure attachments and relationship templates.

Genesis 2:24

55 **Educational Metaphor**

- 1 •We are all walking on the tightrope of life
 - It ain't an easy walk, to say the least
 - If we have the assumption we will be safe and caught if we fall, we feel stabilized by the psychological assumption
 - Our primary attachment relationships are the safety-net and are the “go-to” people who help us stabilize as we walk on the tightrope of life

2 **Tight-Rope, Safety-Net, Go-To Person**

56

57 **Conflictual Attachment Survival Instincts**

58

59 **Reflection**

Room 8—Relational Rupture

60 **Reflective Art**

P.57