



When Your Spouse Comes Out: A Straight Mate's Recovery Manual (Haworth Series in GLBT Family Studies (GLBTFS))

Carol Grever, Deborah Bowman

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Effective therapeutic self-help techniques for a straight mate's recovery

One of the most traumatic events that can happen in a marriage is discovering your mate is gay. *When Your Spouse Comes Out: A Straight Mate's Recovery Manual* is a comprehensive exploration of the trauma that provides practical steps that successful individuals have taken to keep this event from ruining their future. This guide offers solid therapeutic techniques for self-help and presents poignant true stories that illustrate that the damage is not irreparable. The book examines the various reactions to the coming-out event, the personal challenges and obstacles often experienced, and shares lessons learned and some of the secrets of transformation.

When this crisis hits home, isolation, depression, anger, grief, and self-recrimination take root. *When Your Spouse Comes Out: A Straight Mate's Recovery Manual* presents role models, analysis, practices, and activities promoting long-term emotional recovery for heterosexual men and women whose intimate partners are gay. The text includes integrated exercises helpful for class work and student discussion and case studies of people who recount their stories and explain their recovery.

Topics in *When Your Spouse Comes Out: A Straight Mate's Recovery Manual* include:

- different straight spouse responses to the coming out event
- diverse ways gay mates approach coming out
- typical stages of coping by straight spouses
- health risks
- how to tell the children
- helping children with the resulting challenges
- paths toward healing
- recreating family
- and more

When Your Spouse Comes Out: A Straight Mate's Recovery Manual offers a self-directed path to recovery which can be used individually or in the context of a support group. This guide is invaluable for straight spouses working alone or in groups, therapists, counselors, group facilitators, librarians, families of gays/lesbians, and their mates.

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