

Which Describes You?

- Codependent Enabler
- Narcissistic Abuser
- Passionate Lover



PATSY RAE DAWSON

SPEAKING GOD'S BEAUTIFUL LANGUAGE OF LOVE

Which Describes You?

- Codependent Enabler
- Narcissistic Abuser
- Passionate Lover

Patsy Rae Dawson

Marriage: A Taste of Heaven series



PATSY RAE DAWSON LLC
TRANSFORMING LIVES WITH THE POWER OF THE SCRIPTURES

Copyright Notice and Sharing Information

COPYRIGHT NOTICE: *Which Describes You? Codependent Enabler, Narcissistic Abuser, or Passionate Lover*. Copyright © 2017 Patsy Rae Dawson LLC. All rights reserved. Not to be reproduced without written permission from the author except for your personal use.

SHARING INFORMATION: *Which Describes You? Codependent Enabler, Narcissistic Abuser, or Passionate Lover* is a free eReport gifted for participating in the *Sexless Marriages & Without Natural Affection Self-Assessment Reflective Survey*. It is not available in any other way. It is copyrighted and proprietary, and by your use of this eReport, you agree not to record, duplicate, distribute, teach, or train from this information in any manner whatsoever without express written permission from Patsy Rae Dawson LLC. Any unauthorized use or distribution of proprietary concepts, materials, and intellectual property is prohibited.

If you know people who would benefit from this eReport, please encourage them to participate in the *Sexless Marriages & Without Natural Affection Self-Assessment Reflective Survey* at PatsyRaeDawson.com. Participating just as you did gives them an opportunity to examine their relationship and to be accountable for their own conduct just as you did.

If you are a preacher or elder and would like to use this information for your congregation, then contact Patsy Rae Dawson at Patsy@PatsyRaeDawson.com for information on how your congregation can participate in the survey. A unique survey URL will be created to enable a private collection of data on your congregation while keeping the identity of your members secret. The church will receive an analysis of the data to help the leaders assess what needs to be taught in your congregation. Additionally, each participating member will be able to download their own legal copy of the different eReports such as this one.

PLEASE HELP MAINTAIN THE INTEGRITY OF THIS eREPORT: Please do not share this eReport. Instead, direct others to PatsyRaeDawson.com where they can participate in the *survey* and receive their own free copy of this eReport.

Published by:

Patsy Rae Dawson LLC

PO Box 20408

Amarillo, TX 79109 USA

PatsyRaeDawson.com; EmbarrasstheAlligator.com; SongOfSolomonLoveTriangle.com

Trademarks of Patsy Rae Dawson LLC:

Butterfly Swoosh Logo

Marriage: A Taste of Heaven

SPEAKING GOD'S BEAUTIFUL LANGUAGE OF LOVE

TRANSFORMING LIVES WITH THE POWER OF THE SCRIPTURES

Except where otherwise indicated, all scripture quotations are taken from The New American Standard Bible, Copyright © 1960, 1962, 1963, 1968, 1971, 1972, 1973, 1975, 1977. 1995 by The Lockman Foundation. All rights reserved. Used by permission.

Cover picture copyright © satura86, iStock.com

Warnings and Disclaimer

Legal and Disclaimer

The contents of this eReport are for informational purposes only. It isn't the purpose of this material to provide all the information that is otherwise available. The information provided is on an "as-is" basis and without warranties of any kind, either expressed or implied. This eReport is not a replacement for professional services such as psychiatric or medical advice, diagnosis, or treatment. Always seek the advice of a qualified health provider with any questions regarding any psychological or medical condition. Never disregard professional medical advice or delay seeking treatment or diagnosis because of something you read in this eReport. This eReport does not provide legal services or legal advice.

Patsy Rae Dawson's study and faith are not a substitute for your own study and faith. You are responsible for your own well-being, choices, and decisions, including when using this material. Reliance on any information provided by this eReport is undertaken at your own risk.

2 Corinthians 13:5: "Test yourselves to see if you are in the faith; examine yourselves!"

Emergency

If you think you may have a medical or safety emergency, call 911 immediately. Most of the numbers below respond 24/7.

- National Domestic Violence Hotline: 1-800-799-SAFE (7233)
- National Teen Dating Abuse Helpline: 1-866-331-9474
- National Sexual Assault Hotline: 1-800-656-HOPE (4673)
- National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
- Crisis Text Line: Text "LISTEN" to 741-741

Never Argue with Your Gut Instincts!

If your gut is telling you something is wrong, probably 95% of the time something is wrong. Don't take a chance on being in the other 5%. Many women who are murdered had a gut feeling they were in danger, but talked themselves out of it. Go to a women's shelter or other qualified health professional and let a counselor help you analyze what is going on in your life. They are trained. You and your church leaders probably aren't.

Chapter 1

Codependent Enablers and Narcissistic Abusers: Opposite Extremes

Codependent enabling and narcissistic abuse are opposite extremes of a low self-image and the inability to love one's self or others. They are spectrum disorders of varying degrees like high blood pressure:

- They range from mild, to moderate, to severe, to life threatening.
- Untreated, they will get worse.
- The extreme end of narcissism is becoming a sociopath or psychopath. This can happen at a very young age.

Mankind Swings to Extremes When Left to Himself

Many churches unintentionally promote narcissistic abuse in husbands and codependent enabling in wives. These churches often teach distorted views of subjection and leadership by failing to balance it with teaching that God desires for husbands and wives to both love and enjoy passionate sex. Thus, couples miss out on the hormones of love that God designed to be released into a man's and a woman's blood stream when they unite in passionate lovemaking.

When God's plan is followed, these wonderful stress-relieving, bonding hormones spill over to bless the children. The whole family becomes more calm and loving toward each other. The children grow up with healthy self-images and able to make wise marital choices. If they get into a bait-and-switch bad marriage, their understanding of passionate love and their good self-images often protect them and help them make healthy choices. (Adapted from Dawson, *Song of Solomon Love Triangle*, Chapter 5).

On One Extreme Are Codependent Enablers

Codependents have very weak personal boundaries and submit to the feelings and actions of another person to the degree that the codependent gives up the control of their own feelings and lives.

Enablers do things that enable the narcissist to avoid suffering the natural consequences of his or her behavior. They make excuses and clean up the narcissist's messes which enable the narcissist to deny his or her destructive behavior and its effect on the family. Enabling prevents both the codependent and the narcissist from growing psychologically.

On the Other Extreme Are Narcissistic Abusers

Narcissists have an "inflated sense of their own importance, a deep need for admiration, and a lack of empathy for others. But behind this mask of ultra-confidence lies a fragile self-esteem that's vulnerable to the slightest criticism" (Mayo Clinic, "Narcissistic Personality Disorder," web).

Abusers practice "repetitive patterns of behaviors to maintain power and control over an intimate partner. These are behaviors that physically harm, arouse fear, prevent a partner from doing what they

wish or force them to behave in ways they do not want” (The National Domestic Violence Hotline, web).

In the Middle of the Pendulum Are Passionate Lovers

Passionate Lovers grow in their ability to express and enjoy intellectual, emotional, and sexual love over years of being in a healthy, loving marriage. They initiate lovemaking and quickly respond to the mate’s flirting and hints for lovemaking. They enjoy their own masculinity or femininity. They admire, respect, and treasure the opposite sex. The love and adoration for their mate spills over to their children to envelop them in a nurturing environment of family love that is passed on through the generations.

Observations of the Effect of Dysfunctional Homes

Generally, both codependents and narcissists grow up in dysfunctional homes with one or both parents being narcissists and/or enablers. Becoming a codependent enabler or a narcissistic abuser are the accompanying childhood survival behaviors. The disorders can show up as young as 2-years-old. They often last a lifetime and are passed on to future generations unless the codependent or narcissist works to deal with the leftover core issues from their childhood and seeks emotional, intellectual, and sexual healing.

When Children Are Bent Toward Becoming a Codependent Enabler

If the children grow up with outside sources of loving attention to help replace the lack of love in their home, they often become enablers instead of narcissists. The attention might come from a grandparent or other relative, church mentor, club relationship such as scouts, school activities and a teacher mentor, or a combination of these sources.

When Children Are Bent Toward Becoming a Narcissistic Abuser

If the children grow up trapped in the dysfunctional home without sufficient outside influences to counteract the lack of love and attention in the home, they often imitate the narcissistic parent and easily turn into a narcissistic abuser. Narcissistic children always practice their developing abusive skills on their siblings, and often their classmates.

When Siblings Are a Mixture of Codependents and Narcissists

If the children are bullied or molested by a sibling or a parent or someone else, they can become either a narcissist or an enabler. Many families contain both enablers and narcissists among siblings due to outside influences and sibling interactions.

When Children Are Bent Toward Becoming a Passionate Lover

Passionate lovers generally grow up in a home where they’ve witnessed intellectual and emotional love between their parents along with hugging and kissing. They naturally follow God’s plan for them to spend the first year of marriage giving and receiving pleasure with their spouse. This helps them mature sexually into passionate lovers to bless the rest of their lives and their children’s lives.

If the children grew up as codependents and manage to marry a passionate lover, they can quickly turn into a passionate lover, too. Generally, if they marry a narcissistic abuser, they either get out of the marriage or stay stuck in their childhood survival mode of being a codependent enabler.

God’s plan is for them to overcome their codependence so they can truly love their spouse and hold him or her accountable for their unloving actions. God gives everyone a choice. We can either perpetuate the sins of our parents or choose to start a new family tradition of truly loving each other.

Chapter 2

Codependent Enablers Versus Narcissistic Abusers

Codependent enablers and narcissistic abusers share many characteristics, but they usually manifest them differently. They possess other traits which are exact opposites. The following chart makes the similarities and differences easy to recognize.

On a piece of paper score and tally the below columns for yourself, spouse or steady date, mother, father, siblings, and children as appropriate. Expect to get a different score for your relationship with each of these people. Score your behavior for these relationships as it is now. See notes below chart.

√	The Codependent Enabler	√	The Narcissistic Abuser
	Low self-image		Low self-image
	Emotionally needy		Emotionally needy
	Love starved		Love starved—can never fill up
	Survival techniques from childhood		Survival techniques from childhood
	Supersensitive to needs and emotions of others		Supersensitive to needs and emotions of self
	Blocks insights into needs and emotions of self		Blocks insights into needs and emotions of others
	Self-denial		Denial of others
	Neglects self and goals to pursue goals of others		Exploits others to achieve own goals
	Other codependents are friends		Other narcissists are friends
	Self-hate for weaknesses		Hates others for strengths
	Openly shares strengths with others		Secretly competes with other's strengths
	Just wants to be accepted and loved		Jealous of others and believes they are envious of self
	Constantly trying to improve		Sabotages other's self-improvement attempts
	Not honest with self		Not honest with self
	Represses emotions		Exaggerates emotions
	Underestimates value of self		Grandiose view of self
	Doesn't believe compliments		Demands exaggerated compliments
	Walks on eggshells to keep the peace		Punishes non-compliance (sometimes secretly)
	Afraid of the other's temper, threats		Controls with anger, threats
	Struggles with shyness		Charming and outgoing with others
	Desires humble relations and possessions where love reigns		Arrogant and haughty—family and possessions are the best
	Invisible		Center of attention
	Judges motives for good and makes excuses for		Judges motives for evil
	Overlooks mistreatment of self		Keeps lists of perceived slights against self
	Gullible		Vindictive

Emotionally exhausted	Emotionally energized
Rescues others	Expects others to keep/make happy
Helping professions: teachers, counselors, nurses—content to be on the sidelines quietly helping others	Hero professions: First responders, EMTs, firefighters, doctors, politicians, CEOs—want to save the day and be in the newspapers, high powered jobs that draw attention to them.
Blames self for other’s problems	Blames others for problems
Accepts all the blame	Rejects any blame
Sensitive conscience	Weak conscience
Apologizes for everything even when did nothing wrong	Never apologies even when caught in overt wrong and blames others
Accepts other’s responsibilities	Doesn’t accept personal responsibility
Views everything as community property	Views everything as personal property--“What’s mine is mine, what’s yours is mine, too”
Feels unlovable	Demands all love while oblivious to others’ need for love such as children’s needs
Tries to earn love	Others never quite succeed at earning love
Sex is an expression of love	Sex is an expression of power and manipulation
Enjoys giving sexual pleasure to mate	Enjoys causing sexual pain for mate
Undeveloped sexuality because of lack of experience with loving mate	Undeveloped sexuality because withholds emotions during sex and avoids sex with mate
Mature for age—Little mother, little father	Immature for age—high maintenance personality
Slave	Master
Weak boundaries	Ignores other’s boundaries
Hates the master when won’t respect boundaries	Hates the slave when sets boundaries
Emotionally and physically exhausted trying to be the peacekeeper	Energy vampires—feed on codependents and everyone else who comes in their circle
Likes to talk things out	Doesn’t like to talk—likes to punish
Walks on eggshells trying to manage the children	Views self as super parent telling the codependent what to do
Shares feelings	Shares feelings only for manipulation and asks about other’s feelings to gain an advantage
Ignores or discounts gut feelings about mistreatment	Uses cruel treatment to teach a lesson (often secret)
Peacekeeper and buffer to protect the rest of the family	When peacekeeper dies, everything mushrooms and family may see the narcissism for the first time
Gives up family of origin to keep the peace	Supersensitive about in-laws and starts arguments to force end of relationship
Sacrifices health to keep serving the narcissist	Hypochondriac who often outlives the codependent
Commiserates with other codependent enablers	Braggs about mistreatment of others to narcissist abusers
Passive aggressive	Active aggressive
Studies people to save or make happy	Studies people to appear normal or manipulate
Naively falls for temporary improvements that things will finally get better	Perfects techniques to manipulate and hide destructive behavior—always gets worse

Don't expect a person to have all of the codependent or narcissistic behaviors. Since these learned ways of responding are like high blood pressure, a person can range from mildly codependent or narcissistic to extremes in the behavior.

Situational Codependency and Narcissism

These disorders fluctuate as your various relationships and situations change. Both codependency and narcissism grow like cancer. For example, your behavior toward your spouse will be different after years or decades of marriage than it was when you first married. It will also change as you develop skills for dealing with narcissistic abusers. The narcissist may get much worse in an attempt to gain control over you again. Likewise, your score with all family relationships will change over time in response to your changing codependency.

You may experience two narcissists who hate each other fighting over control of you such as a parent and your spouse. Or narcissistic parents and siblings may gang up on you to keep you in slave mode. People who are codependent with family members are often codependent with friends. Sometimes the only way you can get healthy is to sever friendships and then renew them (if you want to) on your terms with your boundaries.

It's not unusual to find a codependent who is mildly narcissistic. Many codependents adopt some narcissistic behaviors in an attempt to survive and control an abusive marriage or parent. Also, many narcissists go back and forth between characteristics such as active aggression and passive aggression to get what they want.

Can you think of other similarities or polar opposites between codependent enablers and narcissistic abusers? You probably can because this isn't an exhaustive list. The more you're aware of these behaviors, the more you'll be able to overcome them. You can also watch for these characteristics in your children to help them grow up to become truly loving individuals.

Please share your additions with me at Patsy@PatsyRaeDawson.com. Thank you.

Chapter 3

The Bible Promotes Self-Love so We Can Love Others

The Bible doesn't condemn self-love. Without healthy self-love, it's impossible to truly love others. Instead, God promotes loving others in the same way we love ourselves. In this way, both our self-love and other-love are balanced and beneficial to everyone.

Self-Love Is Balanced With Other-Love

Notice these classic verses about balancing self-love with loving others:

Love Others as You Love Yourself

Mark 12:30-31: "AND YOU SHALL LOVE THE LORD YOUR GOD WITH ALL YOUR HEART, AND WITH ALL YOUR SOUL, AND WITH ALL YOUR MIND, AND WITH ALL YOUR STRENGTH.' The second is this, 'YOU SHALL LOVE YOUR NEIGHBOR AS YOURSELF.' There is no other commandment greater than these."

Husbands, Love Your Wife as You Love Yourself

Ephesians 5:28-30: "So husbands ought also to love their own wives as their own bodies. He who loves his own wife loves himself; for no one ever hated his own flesh, but nourishes and cherishes it, just as Christ also does the church, because we are members of His body."

Treat Others the Way You Want Them to Treat You

Matthew 7:12: "In everything, therefore, treat people the same way you want them to treat you, for this is the Law and the Prophets."

As Adults We Are to Learn How to Love Others

Overcoming a dysfunctional home takes work. God expects us to put in the effort to succeed as these classic verses emphasize:

Think Highly of Yourself Only as You "Ought"

Romans 12:3: "For through the grace given to me I say to everyone among you not to think more highly of himself than he ought to think; but to think so as to have sound judgment, as God has allotted to each a measure of faith."

Put Off Childish Ways

1 Corinthians 13:11: "When I was a child, I used to speak like a child, think like a child, reason like a child; when I became a man, I did away with childish things."

Without Love We Are as a Noisy Gong or a Clanging Cymbal

1 Corinthians 13:1: If I speak with the tongues of men and of angels, but do not have love, I have

become a noisy gong or a clanging cymbal.

Healing for the Codependent Enabler

The modern study of narcissism began with studying narcissistic men who were also spouse abusers. After 28 years of working with female clients, Dr. Karyl McBride, began to unravel the special relationship daughters have with narcissistic mothers. She addresses this in her book *Will I Ever Be Good Enough? Healing the Daughters of Narcissistic Mothers*. In some of her writings, Dr. McBride acknowledges the damage done to men by narcissistic mothers.

The respondents to my *Sexless Marriages & Without Natural Affection Self-Assessment Reflective Survey* indicate that growing up in a home with a narcissistic parent along with a codependent parent greatly damages both young boys and girls. They often carry these emotional scars throughout their lives as they become either codependents or narcissists themselves. Consequently, I changed the quotation below by Dr. McBride to make it gender neutral and to reflect overcoming the harm of both narcissistic and codependent parental behaviors:

Healing comes from understanding and love, not blame. When we can understand the barriers to love that our mothers [parents] faced, which resulted in their inability to give us love, we can begin to take steps to ensure our own well-being. Your goal is to understand and to take responsibility for yourself and to heal.

...You need to learn to be loving toward yourself and also your mother [parents]. In the beginning stages of this process, you might feel deeply hurt, sad, angry, and even enraged. These reactions are normal, a critical step on the road to recovery. In time, as you gain more understanding of maternal [parental] narcissism [and codependency], you will be able to embrace a new kind of love to replace the distorted love you received as the daughter [child] of [both] a narcissistic mother [parent] [and a codependent parent] (6).

Codependents are constantly trying to improve and discover what is wrong with them so the narcissist will love them and treat them right. Because codependents accept personal responsibility, when they discover their enabling, they work to overcome it.

On the other hand, narcissists are unaware that they need to improve and are not motivated to make changes. Why should they change? Mistreating others gets them what they want.

The 3 Cs of Alcoholics Anonymous

Alcoholics Anonymous teaches many Cs with the most common being the 3 Cs:

You didn't *cause* it.
You can't *control* it.
And you can't *cure* it.

A fourth C is:

You have a *choice* about it.

You can begin to make your choice by accepting personal responsibility and stop being a codependent and enabling the narcissist's defective love of self while neglecting others.

Read these articles at my website PatsyRaeDawson.com to delve into this topic in greater detail (click on the “Sexless Marriages” tab):

1. [Part 1: 3 Types of Sexless Marriages in the Bible](#)
2. [Part 2: Type 3: The Hardcore Pathological Sexless Marriage](#)
3. [Part 3: 3 Ways Sexless Marriages Harm Children & What to Do About It](#)

1 Corinthians 13 Addresses Codependency and Narcissism

Looking at the inability of both codependents and narcissists to love others or even themselves gives new insights from reading 1 Corinthians 13, the Apostle Paul’s famous chapter on love. See if you don’t agree:

If I speak with the tongues of men and of angels, but do not have love, I have become a noisy gong or a clanging cymbal.

If I have the gift of prophecy, and know all mysteries and all knowledge; and if I have all faith, so as to remove mountains, but do not have love, I am nothing. And if I give all my possessions to feed the poor, and if I surrender my body to be burned, but do not have love, it profits me nothing.

Love is patient, love is kind and is not jealous; love does not brag and is not arrogant, does not act unbecomingly; it does not seek its own, is not provoked, does not take into account a wrong suffered, does not rejoice in unrighteousness, but rejoices with the truth; bears all things, believes all things, hopes all things, endures all things.

Love never fails; but if there are gifts of prophecy, they will be done away; if there are tongues, they will cease; if there is knowledge, it will be done away. For we know in part and we prophesy in part; but when the perfect comes, the partial will be done away. When I was a child, I used to speak like a child, think like a child, reason like a child; when I became a man, I did away with childish things. For now we see in a mirror dimly, but then face to face; now I know in part, but then I will know fully just as I also have been fully known. But now faith, hope, love, abide these three; but the greatest of these is love.

Personal Exercise

Print two copies of The Codependent Enabler vs. The Narcissistic Abuser chart on pages 7-8.

1. Check the items that describe you on one chart.
2. Check the items that describe your companion on the other chart.

Answer the following questions:

1. Are you a codependent enabler or a narcissistic abuser?
2. How does your choice fit you?
3. Do you recognize your companion as either a codependent enabler or a narcissistic abuser?
4. How does your choice fit your companion?
5. If you need to move to the center to become a balanced passionate lover, what behaviors can you change?

Chapter 4

Where to From Here?

You received this free eReport as a gift for participating in the *Sexless Marriages & Without Natural Affection Self-Assessment Reflective Survey*. You also received the eReport *Everyone Is an Adult Child: God Doesn't Tell Children to Love Their Parents—God Tells Children to Leave Their Parents*. When you complete the survey you'll receive an analysis of your answers.

At that time you may choose to take your problem-solving needs and healing to a whole new level. Get 1-on-1 coaching with me to transform your life with the power of the scriptures. Choose from three programs.

Ask PatsyRae for 1-on-1 Christian Marriage, Sex, & Divorce Answers

- Take steps for getting your spouse's attention regarding a sexless marriage.
- Create a passionate marriage by sharing vaginal orgasms with your mate.
- Restore your broken masculine or feminine spirit.
- Learn God's many ways of escape from an unloving marriage including, when applicable, divorce that is as honorable as partaking of the Lord's Supper.
- Protect your children.
- More topics...
- *For more information... Go to PatsyRaeDawson.com and click on Coaching.*



"Patsy's teaching and mentoring are such a radical divergence from everything else available. Imagine going straight to God's word for help and healing in your marriage! What a novel idea!!!!" (Texas Christian)

I can help you develop insights and skills so you can make healthy, loving decisions for yourself and your children. I will help:

- OPEN YOUR HEART to what true love looks, sounds, tastes, feels, smells, and acts like
- OPEN YOUR EYES to how 24/7 daytime clustered love sins translate into nighttime dead bedrooms
- OPEN YOUR MIND to God's many ways of escape from sexless marriages including divorce

Let me share with you God's many faceted approach to dealing with loveless lives. God doesn't trap anyone in sexless marriages.

Or you can choose a more detailed coaching program.

WHO ARE YOU? Become Your Best Self for Solving Your Bedroom Problems

*Nearly all sexless marriages involve
masked personalities, dirty fighting, and sexual dysfunction.*

Masking is extremely common when either marriage partner grew up in a dysfunctional home or has been in an unloving marriage for several years. Consequently, one or both of the marriage partners' life is a living lie—and they seldom realize it. One of the first steps in gaining clarity for dealing with marriage problems is to take off the mask and become authentic.

Signs of Masking Your Personality & Talents



- Extreme shyness
- Seldom laughs or laughs too much
- Seldom smiles
- Sad eyes
- Missing childhood memories
- People pleaser
- Can't say "No" to parents or spouse
- Doesn't get mad when should
- Cries all the time or doesn't cry

www.PatsyRaeDawson.com

© Patsy Rae Dawson LLC
© photo iStock.com

This coaching program helps you claim your genetic personality and problem-solving talents to move on from codependent enabling and narcissistic abuse by mentally exercising naked. (1 Timothy 4:7—the word “discipline” literally means “exercise naked.”)

1st Month: Discover Your Genetic Personality and Problem-Solving Talents

1. Take off your personality mask worksheets and picture analysis
2. Dig deeper by combining *Wired That Way* with archetypes for enhanced personality restoration
3. Claim your God-given talents worksheet



2nd Month: Set and Maintain Boundaries With Yourself and Others

1. Learn how to change the course of arguments and teach others how to fight fair
2. Examine your home of origin with adult eyes to truly grow up and move on
3. Overcome situational narcissism and codependency (opposite extremes of a lack of self-love) and stop walking on eggshells



3rd Month: Learn How to Mentally Exercise Naked to Bring Your Best Self to the Bedroom

1. Love your genetic self with affirmation statements from the Song of Solomon
2. Stop masking with toxic self-talk, other-talk, and object-talk
3. Silence and heal the voices from your past with mental exercises (the Bible calls it “exercising naked”)



Options for WHO ARE YOU? include 1 or 3 month programs or a 6-week accelerated version. Go to PatsyRaeDawson.com and click on “Coaching” to learn more about transforming your life from the inside out by discovering who you are and your genetic mode of solving problems.

Customized Christian Marriage, Sex, & Divorce Coaching

This is month-to-month coaching to continue as needed. It often alternates weeks of customized coaching out of my three books and *Challenges in Marriage* audio classes with the *WHO ARE YOU? Program*. Visit PatsyRaeDawson.com and click on “Coaching” to learn more about your options.

What People Say



“You will never know how much respect I have for you, in large part because of your willingness to thumb your nose at conventional wisdom. You put out some unbelievably good stuff. Everything is there.”
(East Coast—
Male Mentoring Client)

Patsy Helped Me Solve a Family Crisis

I worked with Patsy in the “Who Are You?” plan 1 program. I had read the book *Wired that Way* by Marita and Florence Littauer, but I had trouble feeling sure of what my main personality was. I also felt confused about how it could help in real life situations.

After a family crisis that I knew was going to get worse, I contacted Patsy. Now I feel very sure of my personality and am amazed at how much it can help in every area of life. I gained confidence in solving work and family problems. Surprisingly, discovering my genetics is helping me have more fun in life! I didn't realize how much I was suppressing my true personality.

Patsy answered all my questions and wrote a lengthy personal analysis of my personality and life archetypes. It gives me a lot to work on and apply to my life. And I can reference it when I need to.

She did a great job of identifying my strengths and how I could use them and gave me insights into my weaknesses and how to work on those. It's amazing how much easier life can be when we can be our true genetic personalities, as well as understanding other people's personalities! Patsy does an amazing job at analyzing, identifying, and coming up with a plan for you to work on. I highly recommend Patsy if you are ready to discover “Who You Are”!—Female 30ish client

My Wife Asked Me to Move Out

I contacted Patsy after my wife told me to leave. I did her [Sexless Marriages & Without Natural Affection Self-Assessment Reflective Survey](#). Together we identified four problem areas I need to work on. We

customized the 3-month *Who Are You?* program by adding weekly phone calls to give time to deal with sexual issues. Plus I wanted to accelerate my efforts to save my marriage.

I had done a personality assessment through work. But it didn't take into account my upbringing by drug and alcohol addicted parents. The work profile actually scored me for my masking--not my true genetic personality. Now that I know who I really am, I'm claiming pieces of myself that I had totally buried.

I'm enjoying my children and my wife more than ever. Best of all, I quit walking on eggshells. I used to apologize for everything, even when I didn't know what I was apologizing for just to keep the peace. I don't do that anymore. Now I'm actually solving problems instead of avoiding them.

Patsy told me that I needed to change for me regardless of what my wife did. She warned that my wife might not like the new me. But we fight a whole lot less and our home is happier and calmer. I'm not there yet, but I like how I'm changing "from the inside out" as Patsy says.

I recently recommended this program to a friend who is struggling with severe marriage problems. I told him that learning who I am helped make other things fall into place. And it's given me personal confidence I never had before. Thank you, Patsy, for sharing your wisdom.—Male 30ish client

To Heal the Present You Must Own and Move Beyond Childhood Survival Techniques

Those of us who've overcome life's trials develop organic, unique insights. It's God's way of teaching us through hindsight:

1 Peter 1:6-7: "In this you greatly rejoice, even though now for a little while, if necessary, you have been distressed by various trials, so that the proof of your faith, being more precious than gold which is perishable, even though tested by fire, may be found to result in praise and glory and honor at the revelation of Jesus Christ."

It's also God's way of turning us into unlikely experts:

Hebrews 5:12-14: "For though by this time you ought to be teachers, you have need again for someone to teach you the elementary principles of the oracles of God, and you have come to need milk and not solid food. For everyone who partakes only of milk is not accustomed to the word of righteousness, for he is an infant. But solid food is for the mature, who because of practice have their senses trained to discern good and evil."

*It's true of Dr. Karyl McBride, the daughter of a narcissistic mother. Perhaps you've read her book *Will I Ever Be Good Enough?* She's continued to uncover narcissistic truths in her newest book *Will I Ever Be Free of You? How to Navigate a High-Conflict Divorce from a Narcissist and Heal Your Family.**

*It's true of Dr. Douglas Weiss, the child of two sexual addicts. His personal struggle with sexual addiction and working with others helped him discover the core problem of sexless marriages. In *Intimacy Anorexia* he exposes the hidden addiction to enjoying inflicting pain by withholding emotional and sexual love.*

*It's true of Bonnie Kaye, M.Ed. who unknowingly married a homosexual. She struggled to overcome the assault on her sexual self-image by this dark brutal version of sexless marriages. She brought gay-straight marriages out of the closet with *The Gay Husband Checklist for Women Who Wonder.* She offers additional wisdom in *Over the Cliff: Gay Husbands in Straight Marriages* and other books.*

It's true of me, Patsy Rae Dawson, the daughter of an abusive narcissistic, histrionic mother. I share insights from coaching men and women for over 40 years on the secret of the brain for enjoying vaginal orgasms and dealing with sexless marriages, including my own. That led to increased wisdom and conviction that to heal the present, we must own and move beyond childhood survival techniques to become our authentic self.

Chapter 5

Options for a *Congregational Without Natural Affection Self-Assessment Reflective Survey*



The survey you're participating in is available in a format suitable for your congregation. When your congregation participates in the *Congregational Without Natural Affection Self-Assessment Reflective Survey*, I will set the survey up with a unique URL (web address) for only your members. I will take out identifying questions so that members' answers are truly anonymous even to the elders and other workers who might access the results.

After the survey closes, I will analyze the answers and work up a profile of the marriage problems in your congregation including statistics for the various issues. Your congregation will receive a set of resources for a structured teaching program along with recommendations on how to proceed.

Why Participate in a *Congregational Without Natural Affection Self-Assessment Reflective Survey*

To Help Christians Rise to Their Full Potential in All Areas

Almost every person who participated in the first edition of the *Sexless Marriages Survey* checked that *they never rise to their full potential* in one or more of the following areas:

- 81% as a spouse
- 40% as a parent
- 58% as a Christian
- 23% as an employee or boss

What do you think the statistics will be for your congregation?

Successful corporations would be alarmed by these numbers for their employees and managers. To avoid this problem, they routinely hire outside organizations to conduct surveys to help management increase productivity and lower turnover and burnout. We should care as much about our fellow laborers for the Lord.

Sin in the Home Makes the Congregations' Worship Vain

What goes on in the home doesn't stay there—it's molding future generations. A person's home of origin and marriage impact every aspect of a person's life—especially their faith and religious activities. Additionally, because of hidden problems in the home, God does not accept the spiritual service and prayers of religious leaders who mistreat their wives.

1 Peter 3:7: "You husbands in the same way, live with your wives in an understanding way, as with someone weaker, since she is a woman; and show her honor as a fellow heir of the grace of life, so that your prayers will not be hindered."

This is a serious problem for congregations. Many congregations are naive about the sins that go on behind closed doors. This survey gives the elders and spiritual leaders a clear picture of what their members need in the way of teaching and encouragement.

Marital Sins Lead to Atheism and Loss of Members

Many congregations complain about losing their young people. Atheism is on the rise among young people raised by Christian parents who are anything but loving at home. Read my article about the adult child of [parents who acted loving at services](#), but fought on the way home. Scroll down to see the statistics on the rise of atheism. These adult children view their parents as hypocrites who preach love on Sunday morning, but don't even like each other the rest of the time.

The Survey Assesses 19 Clustered Love Sins

The survey you participated in addresses inner-personal relationships in a thorough manner based on 19 clustered love sins from God's word that surround being without natural affection:

2 Timothy 3:1-5: "But realize this, that in the last days difficult times will come. For men will be (1) lovers of self, (2) lovers of money, (3) boastful, (4) arrogant, (5) revilers, (6) disobedient to parents, (7) ungrateful, (8) unholy, (9) unloving [without natural affection for family], (10) irreconcilable, (11) malicious gossips, (12) without self-control, (13) brutal, (14) haters of good, (15) treacherous, (16) reckless, (17) conceited, (18) of pleasure rather than lovers of God, (19) holding to a form of godliness, although they have denied its power; Avoid such men as these."

These 19 clustered love sins expose the common problems found in marriages. The 24/7 abuses of dirty fighting, financial issues, judging motives, childish problem-solving techniques, sexual addiction and adultery, dead bedrooms, child-raising difficulties, etc. revolve around being without natural affection. The survey deals with sensitive, embarrassing topics in a safe way.

Benefits of a Congregational Survey

Here's some advantages of doing an anonymous, privacy-protecting *Congregational Without Natural Affection Self-Assessment Reflective Survey*:

1. Members who are embarrassed by their marriage problems can request help anonymously.
2. If the congregation is studying God's word together regarding marriage and lovemaking, it will create healthy dialogue among the members, which will reinforce change.
3. Members who don't know how to approach their mate about problems or are afraid of backlash can begin to fine tune their understanding of God's word together in a non-threatening way.
4. The participating members will get the three free eReports to begin healing their souls and marriages (*Everyone Is an Adult Child, Which Are You? Codependent Enabler, Narcissistic Abuser, or Passionate Lover, and Analyze Your Answers*)
5. Without knowing everyone's dirty laundry, members can support each other in becoming more loving.
6. Many problems are based on ignorance and growing up in a dysfunctional home of origin. Public teaching and discussion on relevant topics helps dispel this ignorance.
7. Members who put the scriptures into practice and become more loving at home will stand out before others in the congregation as it will show in their demeanor and the way they treat their spouse, children, and others. It will make others want to solve their problems, too.
8. As families become more loving, fewer young people will reject their parents' faith. The greatest cause of skepticism and atheism is growing up in an unloving, sexless home.
9. Ephesians 5:22-31 teaches that our marriages should be a visual aid of the love that Christ has for the church. Working on marriages will enable members to reflect Christ's love.
10. As the congregation becomes more loving, non-Christians will be curious and want to know more.

Christians in the first century said, “What marriages those Christians have!”

11. Your members will become better qualified to help others with their problems. Many students have started classes in their neighborhood around their dining room table.
12. Helping families become more loving will help qualify more men and women to serve the congregation in leadership and helping positions.
13. It gives your congregation resources and trains members to offer genuine help to individuals struggling with sexual addiction, a huge underground problem in many congregations.
14. It provides trained members for loving husbands and wives to use as witnesses to apply peer pressure to stubborn spouses who refuse to give up their addiction to intimacy anorexia—being addicted to withholding sex and causing emotional and physical pain. (My experience is that most congregations do more harm than good because of a lack of accurate knowledge about sexual matters.)
15. These are just a few of the ongoing benefits of a congregational survey and study.

Your congregation will never be the same after participating in this groundbreaking survey and following up with much needed study programs to promote love among your members.

Contact me for additional information on setting up a *Congregational Without Natural Affection Survey* and advice on how to approach your leadership at Patsy@PatsyRaeDawson.com.

Thank You for Participating
in the
Sexless Marriages & Without Natural Affection Self-Assessment Reflective Survey

May God forgive us all for our sins of ignorance in the past. And may he continue to open our eyes and hearts to his wonderful teaching and creation of the way of a man with a maid (Proverbs 30:19). Finally, may he bless us all as we strive to serve him in our daily lives and follow his example in loving our mate and children.

To God be the glory forever and ever,
Patsy Rae Dawson

About Patsy Rae Dawson

Patsy Rae Dawson has coached men and women for over 40 years on how to share vaginal orgasms and deal with sexless marriages. Her unique ability to unlock the scriptures and challenge traditional views makes her a popular speaker, coach, and writer. She authored three in-depth books on marriage including two on the Bible and sex that are used in congregational studies plus numerous other publications.

Patsy has participated in and taught college-level Bible classes for over 30 years on marriage and the Bible. She was a minister's wife for 22 of those years working with congregations in Washington, Texas, and California. She is an internationally recognized expert on the Song of Solomon. CLASServices certified her as an Advanced Personality Trainer in *Wired That Way*. See her LinkedIn profile and About page at PatsyRaeDawson.com for more information. Visit EmbarrassTheAlligator.com and SongOfSolomonLoveTriangle.com for additional teaching on sexless marriages.

Sign up for *Embarrass the Alligator Newsletter* at any of the above websites. Patsy frequently publishes articles about the surprises and trends the survey reveals.