

After Infidelity: **Tasks** for each partner when looking for recovery of your relationship.

For the betrayed partner:

1. Express feelings- anger, hurt, rage, sadness, disappointment, fear of future.
2. Ask for details; though be aware that the details will stay vivid in your head if too specific. (It's not always the facts that matter, it's the meaning ascribed to facts)
3. Seek medical testing/ treatment for STDs as needed.
4. Learn how to thought-stop.
5. Ask for reassurances without accusing or promoting shame.
6. ID what might help and ask for it.
7. ID areas of relationship that need improvement.
8. Learn ways to get back on track. (Stop the bleeding, apply antiseptic, so scars can form.)
9. Accept the loss of innocence. (Grieve the ending of that relationship as you knew it.)
10. Move towards releasing the injury, and committing to a process of moving on.
11. Also move towards forgiveness. (This is not an event. It's a process.)
12. As trust is rebuilt, let go of being the detective, as it can become more about pain shopping than is helpful.
13. Remember that healing takes time, and it's not a straight line.

For the unfaithful partner:

1. End the affair. No half ways are allowed. Be aware that you may have residual feelings for your affair partner.
2. Accept the lion's share of responsibility. There was a CHOICE you made.
3. Show remorse and empathy for the infidelity. Your partner needs to know you understand their level of hurt.
4. Share details and the whole truth as asked. (NOT Chinese water torture)
5. Seek medical testing/ treatment for STDs as needed.
6. Expect ups and downs. Don't try to mind read your partner. Ask how he/she is doing.
7. Be patient. Be patient. Be patient.
8. Be willing to do whatever it takes to reassure partner.
9. Examine personal reasons affair happened. Is this a pattern of behavior or just an incident?
10. ID areas of relationship needing improvement.
11. Commit to change and state this to your partner.
12. Forgive yourself.
13. A ritual (i.e. renewing vows, daily check-ins) can help with long term recovery.

Adapted from material provided by Michele Weiner-Davis www.divorcebusting.com

Kaye Bradley Williams, LMFT, CSAT 357 Riverside Dr., Ste. 240, Franklin, TN 37064 615-440-9087