

Do's and Don'ts of Affair Recovery

Repairing from an affair can be an opportunity to rebuild a stronger, more deeply connected relationship. Here are things you should **DO**:

FOR THE INJURED PARTNER:

- ✓ Listen to your partner's perspective.
- ✓ Feel all of your feelings.
- ✓ Ask questions that help you heal & rebuild trust.
- ✓ Think carefully about the details you may NOT want to know.
- ✓ Be patient, forgiveness is a process, not a one-time act.
- ✓ Expect your partner to struggle with this process sometimes.
- ✓ Stay calm when expressing your feelings.

FOR THE BETRAYOR:

- ✓ Completely break off the affair.
- ✓ Listen to your hurting partner.
- ✓ Take responsibility, without defensiveness.
- ✓ Openly answer questions.
- ✓ Expect repeated fear, even when you're being honest now.
- ✓ Show you're moved by their pain & fear.
- ✓ Sincerely apologize and express regret.
- ✓ Ask how you can bring healing & reassurance.

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An affair is a trauma on the relationship with emotions and fears running high. To find the path to healing, **DON'T** engage in these behaviors:

FOR THE INJURED PARTNER:

- ⊘ Retaliate or seek revenge.
- ⊘ Pull away.
- ⊘ Make big decisions right away.
- ⊘ Bottle up your feelings because they will often get stronger.
- ⊘ Wait to get counseling.

FOR THE BETRAYOR:

- ⊘ Pull away.
- ⊘ Justify your actions or blame your partner.
- ⊘ Hide anything else.
- ⊘ Become impatient.
- ⊘ Expect one conversation to fix everything.
- ⊘ Pressure your partner to get over it.
- ⊘ Wait to get counseling.