



Healing From Infidelity

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Program Outline

A Note from Michele

For years, I've been helping couples heal from infidelity. Helping couples move beyond the pain of betrayal has become my specialty. But I learned to excel in this area the hard way- on-the-job training!



Michele during a live training in Boulder, CO

While in the trenches with couples, I have learned what works- and what doesn't- and as a result, I've created a step-by-step model for working through all the issues that arise in the recovery process.

In this workshop, I describe the most common clinical conundrums you'll encounter with these couples, along with specific suggestions about how to handle each one.

This Program Outline describes the topics I will address. There is plenty of room to take

notes. If you have questions or comments,
email me at michele@divorcebusting.com

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Healing From Infidelity
The Divorce Busting® Center, Boulder, CO

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Healing from Infidelity

About Michele's Healing from Infidelity Model

This model is:

Marriage-friendly

Sequential

Based on "what works"

Focused on diffusing the crisis period

Applicable to non-traditional relationships

General Thoughts on Healing

Two Primary Reasons People Consider Divorce After Being Betrayed

Feeling lost and having no road map

Shame

Affairs are Destructive for Marriages

No sugar-coating here. Although working through betrayal can- and does- yield positive transformations, the pain can be overwhelming and long-lasting

Universal Rules Don't Work

Since no two individuals or couples are alike, you have to modify your approach to fit with each couple

Healing Takes a Long Time

Helping couples stay patient over the long haul is key

Two Separate Journeys

How recovery differs for the betrayed and unfaithful spouse

Spending Time Together Helps

How physical proximity heals

Balance Between Discussions About the Affair and Doing Other Things is Necessary

How to handle disagreements about processing the affair and putting the past in the past

Don't Throw in The Clinical Towel

How not to become hopeless yourself!

Tasks for the **Betrayed** Spouse

Express Feelings Constructively: Anger, Hurt, Rage

How to encourage betrayed spouses to speak their truths and be heard

Thoughts About Family, Friends, and Children - Needing Support

It's important to know the difference between people you can share information with and those you can't.

Ask for Details if it Helps

What information does the betrayed spouse need to heal? When is enough, enough?

Ask for Reassurances Without Accusing

Coach betrayed spouses to approach their partners in constructive ways even when they are anxious or angry

Identify What Might Help and Ask for It

Help clients recognize what *does* assuage the pain and encourage them to solicit help

Regain Positive Self-Concept and Access Sources of Resilience

Although the unfaithful spouse is an integral part of the healing process, some of the healing work must come from within

Identify Areas of Marriage Needing Improvement

Even if a marriage was on solid ground before an affair, betrayal changes all that. Move beyond the crisis period and rebuild and reconnect

Solution Focused Goal Setting: Three Solution-Oriented Criteria

State Goals Positively

Describe Actions

Break Down Goals Into Do-able Chunks

Gain Empathy for Partner

Real healing can't occur until there is a move toward compassion and empathy for the unfaithful spouse

Thought Stopping and Mindfulness

Help betrayed spouses to deal with triggering thoughts and rumination

Learn Ways to Get Back on Track

Setbacks are normal. Getting stuck isn't

Pay Attention to How Arguments End - “Truce Triggers”

Help couples recognize their unique ways of melting the ice after setbacks

Regain Personal Resources

A book recommendation for the betrayed spouse’s personal work

Forgiveness

Help clients take to heart the saying,
“Forgiveness is a gift you give yourself.”

Acceptance

What if spouses can’t forgive? Offer an alternative

Become Sexual Again

When couples have make-up sex. Laying the groundwork for becoming sexual again

A Discussion About Sexuality - Be Specific

Help couples talk openly about sex. What to do when becoming physical is difficult

Mind Reading

Pre-empt a typical problem that occurs once progress has been made

Tasks for the Unfaithful Spouse

End the Affair!

Help spouses make clean breaks from affair partners

Show Empathy

Help unfaithful spouse understand the impact of betrayal. Coach him or her to communicate this understanding

Show Remorse

Teach clients the importance of being contrite and making apologies that heal. What to do when shame interferes with remorse

Share Details

The importance of complete transparency

Be Willing to Do Whatever it Takes to Assure Partner

How to convince the unfaithful spouse about the importance of “x-treme” accountability to rebuild trust

Expect Ups & Downs

Offer a map of the territory ahead

Be Patient

Help this spouse have realistic expectations about the process of healing

Examine Personal Reasons Affair Occurred

Help the unfaithful spouse gain insight into the reasons he or she strayed.

Identify Areas of the Marriage Needing Improvement

Help this spouse become clear about what will make the marriage more loving, exciting and passionate

Identify Triggers

Having a plan to deal with temptation solidifies one’s resolve to remain committed

Ask Scaling Questions

Know how things are going from session to session

Discuss Their Definition of Commitment

Don't take anything for granted. Find out what they want their marriage to look like moving forward

Learn Ways to Get Back on Track

As before, help the unfaithful spouse to recognize effective strategies for reconciling after rough times

Forgive Oneself

Often, the hardest person to forgive is oneself. Help the unfaithful spouse feel compassion for him or herself

Working With One Spouse

What to do when someone isn't ready to end the affair or tell their spouse about it

Watch a video where I work with a woman who doesn't want to give up her affair or tell her husband about it. Do you hold a secret or not?

Grieving the Affair

Even if ending the affair is intentional, often, there is a sense of loss. Help the unfaithful spouse put that in perspective.

When One Spouse is on The Fence

How the model changes when one spouse isn't certain about the viability of the marriage

For Both Spouses

Cementing the Changes, A Celebratory Ritual

Ideas about rituals to mark the transformation

Final Thoughts

Be a pushy hope-monger!

If you're interested in more extensive online training on Michele Weiner-Davis' Healing from Infidelity Model, [click here!](#)

Feel free to write to me with questions, comments and *compliments!*

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