

After The Affair Healing The Pain And Rebuilding Trust When A Partner Has Been Unfaithful 2nd Edition

Nothing compares to the heartbreak that people experience when they realize their partner has been unfaithful. Couples who are shocked, distraught, and overwhelmed frequently come to a standstill as they try to overcome deep emotional pain, mistrust, animosity, and never-ending fights about the betrayal. This book includes a strong roadmap for helping couples rebuild trust and mend their marriages once the crisis of an affair is discovered, all the way to forgiveness and beyond. End the affair, offer real and healing apologies, and talk about difficult feelings without arguing. Overcome terrible memories and flashbacks restore trust and accountability in their relationship and make it stronger than it was before the affair. Look for forgiveness. Sexually reconnect. With the release of AFTER THE AFFAIR HEALING FROM INFIDELITY, here is practical guidance for those who are desperate to get over the pain of infidelity and repair their relationship. Discover the secrets of how to successfully rebuild your marriage after infidelity. How to avoid the pitfalls that destroy marriages after infidelity. Important recommendations after discovery, steps for recovery after the heartbreak and depression. How the cheating partner can help you heal from his unfaithfulness. How to prevent the infidelity from reoccurring or preventing it from happening in the first place. Skills to make your partner accountable to you to forestall reoccurrence. Ways to repair the damage caused by your partner's lies.

A new approach to healing a relationship after an affair. Healing from infidelity can be tough. Couples find it a major challenge. Couples can benefit from this clear, easy - to - follow model that outlines practical steps to healing. Utilising real - life examples from couples in counselling this book will provide hope and confidence for all c...

Traditional Chinese edition of After the Affair-Healing the Pain and Rebuilding Trust When a Partner Has Been Unfaithful. The bestselling relationship bible. In Chinese. Distributed by Tsai Fong Books, Inc.

Anyone who has ever been the victim of infidelity will agree that it is one of the most horrendous things you will ever go through in your life. Up is down and down is up. You don't know what to believe, who to trust, or even if you can trust your own memories. You think the images and negative thoughts will haunt you for the rest of your life and that you could probably never love anyone again. You are either numb or in extreme emotional pain. This is the story of a woman who has been in your shoes. Like you, I was confused, angry, sad, and at least a hundred other emotions. Did I love him or did I hate him? It varied minute to minute. I looked everywhere for help in dealing with negative thoughts, images, and emotions. I had no idea where to look for help or what to do. Although I am a Christian, I had trouble with the books that said I should just pray. There had to be more! I read many books, blogs, etc. Finally, I put together several things to find what worked for me. I hope you find help in your healing journey in these pages. Whether you stay with your partner or decide to go your own way, you will still have to heal yourself!

Most books written on the topic of healing after infidelity are unapologetically geared to serve the betrayed. Finally, here is help for the offender. Born from years listening to both parties and helping both parties heal, Beth Luwandi Lofstrom, Licensed Professional Counselor, offers a clear path out of the enormous pain, chaos, and

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confusion experienced by those who have an affair. Whether your spouse knows or not, and whether the affair is ongoing, newly terminated, or long past, this guide book will take you on an efficient route to regain equilibrium, move with clarity and purpose, and come to terms with what's next for you. Easily accessible and founded on Whole Human Theory(TM) this approach is designed to serve you no matter how you're made. It gets right to the core of things so you can do your most effective and lasting healing starting right now. While the book will provide solace for every offender, it's also a must read for every therapist who hopes to truly help individuals and couples heal after infidelity. And while the betrayed partner might not find everything on its pages comforting, for those who are brave enough, it tells the real truth of why infidelity happens, what to do with this painful reality, and how to heal in a way that makes possible "the best of life for the rest of life." To learn more about Whole Human Theory(TM), the author, other writing, live events, and services offered, visit www.bethluwandi.com.

One of the world's leading experts on infidelity provides a step-by-step guide through the process of infidelity—from suspicion and revelation to healing, and provides profound, practical guidance to prevent infidelity and, if it happens, recover and heal from it. You're right to be cautious when you hear these words: "I'm telling you, we're just friends." Good people in good marriages are having affairs. The workplace and the Internet have become fertile breeding grounds for "friendships" that can slowly and insidiously turn into love affairs. Yet you can protect your relationship from emotional or sexual betrayal by recognizing the red flags that mark the stages of slipping into an improper, dangerous intimacy that can threaten your marriage.

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Infidelity is one of the leading causes of divorce and can be a devastating experience. This journal is interactive in nature as it holds you and your partner responsible for completing each page. Together you will take on the journey of healing and recovering. Page by page, you will uncover the stages of infidelity and give birth to a loving and compassionate relationship. Here's what the book can offer you: -Learn how to understand the phases of infidelity. -Understand the root cause of the affair. -Rebuild your relationship. -Restore trust. -Work through conflicting emotions. -Experience vulnerability.

Statistics show that one in every four marriages is impacted by infidelity. So the odds are pretty good that you or someone you know has experienced the searing pain of marital infidelity. But adultery is not an automatic death sentence for your marriage. You can trust again. You can restore intimacy. You can have a relationship that you will both cherish for a lifetime. Ten years ago, Gary and Mona Shriver experienced the devastation caused by adultery, and in the course of trying to save themselves, they wrote this book. Raw, transparently honest, the Shriver's story alone is an inspiration, offering hope and practical strategies for healing. Now this updated and revised edition adds other real-life stories of betrayal and forgiveness, and new information defining adultery, including the destruction of emotional affairs. Some doubt if a marriage can truly heal after the ravages of infidelity. Unfaithful proves you can. It's not easy . . . but it can be done. Is it worth it? Yes. And you hold the first step—and hope—in your hand. Having clear boundaries is essential to a healthy, balanced lifestyle. A boundary is a personal property line that marks those things for which we are responsible. In other

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words, boundaries define who we are and who we are not. Boundaries impact all areas of our lives: Physical boundaries help us determine who may touch us and under what circumstances -- Mental boundaries give us the freedom to have our own thoughts and opinions -- Emotional boundaries help us to deal with our own emotions and disengage from the harmful, manipulative emotions of others -- Spiritual boundaries help us to distinguish God's will from our own and give us renewed awe for our Creator -- Often, Christians focus so much on being loving and unselfish that they forget their own limits and limitations. When confronted with their lack of boundaries, they ask: - Can I set limits and still be a loving person? - What are legitimate boundaries? - What if someone is upset or hurt by my boundaries? - How do I answer someone who wants my time, love, energy, or money? - Aren't boundaries selfish? - Why do I feel guilty or afraid when I consider setting boundaries? Dr. Henry Cloud and Dr. John Townsend offer biblically-based answers to these and other tough questions, showing us how to set healthy boundaries with our parents, spouses, children, friends, co-workers, and even ourselves.

A step-by-step guide from Relationship Coach Mark Hinson that deals with the issues and solutions of when a marriage is threatened by infidelity. You may think your marriage is safe from adultery but that could be when it's the most vulnerable. When this happens we sometimes can be tempted to shut down and leave the marital relationship hanging on a thread wondering how did this happen, why did this happen and can the relationship survive. This book gives you a clear and helpful analysis of the adultery phenomenon and the reasons behind it while also giving you a path towards a meaningful marriage that can sustain and even thrive after infidelity has been encountered. This book speaks to both the couple as individuals and as a unit while detailing the different forms of deception and describes in general why this type of betrayal occurs and what to do once it's discovered. In the process you will also learn about the direct effect of these actions, how to heal from the pain, forgiveness and the importance of your partner healing as well. For couples who are struggling in their marriage and are looking for a way to move forward and to repair the damage caused by infidelity, *Healing From The Affair* is essential for reading.

Presents information on understanding the causes, risks, and types of infidelity, and explains how couples can promote a healthier, more intimate relationship.

Traditional Chinese edition of Brene Brown's *The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are*.

A guide for couples provides exercises that help readers overcome feelings of betrayal and recommit to marriage

An act of emotional or physical adultery should not result in the end your marriage. Find out how you can walk in true emotional healing and allow for the pure love of God to help restore your marriage covenant. If you are looking for an outlet to help encourage negativity towards your spouse following an act of emotional or physical infidelity, then this book is not for you. However, if you are looking for hope, this self-help guide is filled with practical wisdom along with prayers, my personal testimonial nuggets and the word of God to help you refocus on what's important. This book is written to help instruct and encourage people who have experienced emotional or physical infidelity within their marriages. The simple steps shared inside these pages will help to guide individuals, couples or participants in a small support group back onto the right path and to receive

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and experience the emotional healing which God has freely made available for them. "Little compares to the devastation people feel upon discovering their spouse has been unfaithful. Shocked, devastated and overwhelmed, couples often hit stalemates as they struggle to get past intense emotional pain, mistrust, resentment and never-ending arguments about the betrayal. Based on over three decades of experience helping couples recover from betrayal and save their marriages, Weiner-Davis offers a step-by-step program to help readers: - Deal with traumatic feelings after the discovery - Respond to questions about the affair - Talk about intense emotions without arguing - End the affair - Offer apologies that are sincere and healing - Overcome flashbacks and painful memories - Rebuild trust and accountability - Make their marriage stronger than before the affair - Find forgiveness - Reconnect sexually This book is filled with case vignettes of couples whose lives were shattered by betrayal but have eventually recovered and thrived."--Publisher's description.

Relationships and marriage are hard! There are some obvious things that would break a relationship, such as physically cheating on your partner, or you and your partner having radically different values, or maybe one wants kids and other is decidedly child-free. This book will: -Help you heal your broken hearts -Offer hope in your pain and sorrow -Give you room to process your anger -Guide you in rebuilding trust -Assist in understanding why you did what you didn't want to do -Free you from the chains of shame and guilt -Provide guidance to connect on all levels of intimacy

What If My Partner Is Cheating on me, How Can I Be Sure and What Next.....? Even the couples we consider perfect can be affected by cheating, either emotionally, or physical. While cheating does not have to be physical, a spouse can cheat emotionally and think that it does not affect his/her relationship. Whether physical or emotional ...helps you: - Find out the main causes of cheating and how a man and a woman view cheating - Learn the signs (some of which you never noticed) which indicate infidelity in relationships - Understand The Various Types Of Infidelity & The Role Of Technology - Find Out If Infidelity Can Be Predicted and Prevented - And much more. Typically, no one is prepared for an infidelity case especially when it affects them directly. Who could ever think that the person they love and entrust their hearts with can cheat on them? However, the good news is, you can heal from any form of infidelity. Click "Buy Now" & Invest In Yourself and Relationship!

For the 70 percent of couples who have been affected by extramarital affairs, this is the only book to offer proven strategies for surviving the crisis and rebuilding the relationship--written by a nationally known therapist considered an expert on infidelity There is nothing quite like the pain and shock caused when a partner has been unfaithful. The hurt partner often experiences a profound loss of self-respect and falls into a depression that can last for years. For the relationship, infidelity is often a death blow. After the Affair is the first book to help readers survive this crisis. Written by a clinical psychologist, it guides both hurt and unfaithful partners through the three stages of healing: Normalizing feelings, deciding whether to recommit and revitalizing the relationship. It provides proven,

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practical advice to help the couple change their behavior toward each other, cultivate trust and forgiveness and build a healthier, more conscious intimate partnership.

A world-renowned therapist, Mira Kirshenbaum has treated thousands of men and women caught in the powerful drama over what to do when an affair reaches into their emotional lives. Now, in *When Good People Have Affairs*, Kirshenbaum puts her unsurpassed experience into one clear, calming place. She gives readers everything they need to cut through the thickets of fear, hurt and confusion to find their ways to happier, more solid relationships with the person who's right for them. For example, Kirshenbaum identifies seventeen types of affairs, helping readers figure out which type they're in and what it means. Is it a: --"See-if" affair? --Ejector-seat affair? --Distraction affair? --Unmet-needs affair? --Panic affair? Kirshenbaum encourages honest answers to such questions as: --What am I missing in my marriage? --How do I decide between two people when it's like comparing an apple to an orange? --How do I decide to end my marriage, end my affair, or end them both? She leads readers through six easy-to-navigate steps that will take anyone from anxiety to clarity. *When Good People Have Affairs* will be a lifeline to any man or woman who feels caught between two lovers, and its insights are indispensable to anyone else touched by an affair.

An affair offers pain to escape. In fact, they often make things worse. To recovery after infidelity, this book can save marriages and bring a positive view of love between men and women. Without proper guidance, men have little chance of restoring relationship trust, and women must suffer mental pains. This book brings familiar faith values and scripture to deepen the discussion of taking responsibility, rebuilding trust, and restoring intimacy. Underneath the hurt and betrayal, often there is still love. The author provides a path of redemption for the men who cheat and a possibility of healing for the women they hurt.

Do you want to restore the trust in your marriage after an affair? Are you looking for an effective way to get rid of your guilt and the trauma that occurs after an affair? Would you like to help your wounded spouse find emotional healing and rebuild a stronger relationship? If your answer is yes to any of these questions, then keep reading because you're about to find what you're looking for. Marital infidelity is a traumatic experience to go through, no matter what side you're on - the cheater or the cheated one. The good news is there are many ways to fix and even strengthen the trust in you, your spouse and your marriage. Maybe your affair progressed without you even noticing it, or maybe it was a conscious decision. The truth is, affairs get complicated fast. The real emotional turmoil starts once the affair is out in the open and the person you committed your life and loyalty to feels betrayed. All the emotional pain that follows is going to shake a relationship to its core. This book has the set of tools you can easily employ to move on after an affair, rebuild the relationship with your spouse, and make it stronger than ever. In this guide, you will discover: How to rebuild trust in your marriage even if your spouse seems to resent you The secret weapon to gain

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your partner's admiration as well as put jealousy at bay, without losing any of your friends How to identify behavioral patterns and specific techniques to prevent the likelihood of an affair happening again 1 essential truth you don't want to believe, but should, to instantly reconnect with your partner and leave your mistakes behind Tried-and-true strategies to help you discover that it's possible to have an even stronger marriage after an affair ... and much, much more! So if you want to rebuild trust in your marriage, click the "Add to Cart" button now!

The best worst thing that could happen to your marriage and love affairs- Infidelity. Have you ever suffered through the pain of infidelity of a partner, questioned your judgment, and wondered why it has happened to you? Will you ever be able to come out of it and lead a normal, fulfilling life? Then keep reading. For the longest time, we have been led to believe that an affair is the death of a marriage or a relationship. Adultery has always been the green-eyed monster, and we have been led to believe that a relationship can never be the same as before. Either you are the betrayed partner, or you are the one who fell into the slippery slope of infidelity, either way, you are going through one of the toughest times of your life. All relationships are a challenge, and it's up to you and your partner to tackle this challenge. So, buckle up! It's important to understand that an affair is not necessarily the end of a relationship. What matters the most is how you respond and what you decide. Do you want to heal alone or give up on the relationship entirely, or are you ready to save it for you and work through it? Are you ready to emerge victorious from this crisis! Love After Infidelity is a handbook on all things that you may have questioned after the revelation of an affair. Was it you? Why has this happened to you? What are your options? You'll be guided on how to overcome the trauma and deal with obsessive thought and learning to manage those emotions of self-doubt and self-pity. You'll be encouraged to stand up, taking care of your emotional, mental, physical strength. It explores the various aspects of infidelity, whether you consider infidelity a physical affair, emotional, or modern-aged cyber affair. How to deal with the social issues of the affair and how to build trust again and achieve stronger intimacy!! Inside you will discover: What is Infidelity and how it has evolved throughout the decades? The different types of infidelity and the nature of the affair include physical, emotional, and cyber affairs. How to cope with the trauma of being betrayed? How to build your self-confidence? How and what protocols to establish after revelation to start working on healing and rebuilding trust and intimacy How to take care of your mental and physical health as you'll need both for the journey ahead. The process of understanding, forgiveness, and healing together as a couple, stop the resistance and opening compassionate communication. And much more... If you have been struggling to understand where to start, how to get past the trauma of infidelity, emotional or sexual, and to initiate rebuilding an intimate relationship with trust, this book is perfect for you. Do not allow yourself to live another day in the distraught and

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agony questioning yourself. Get ready to figure out the hard questions to start the healing journey! You will thank yourself later for choosing to read this book. Scroll up to the top of the page and click the "Buy Now" button. Your key to bouncing back from adversity is one click away.

After a spouse has been unfaithful, salvaging the relationship may seem inconceivable. Marital infidelity sparks pain and chaos that is difficult to navigate. But there is hope for recovery and redemption. Author Tina Konkin has been there. In *How God Used "the Other Woman,"* Konkin shares how she and her husband Ron saved their marriage after his affair and fought to make it better than ever before. How did she find the strength and grace to forgive? Konkin discovered three powerful healing principles that allowed her and Ron to rebuild their marriage in a lasting way. The couple emerged from their crisis as they sought restoration together—and found joy on the other side. Read how God transformed the brokenness of an affair into a redeemed marriage and successful marriage-coaching program. Konkin's inspiring story teems with help and encouragement, celebrating a marriage that not only survived but thrives. Simplified Chinese edition of *I Love You, but I'm Not IN Love with You: Seven Steps to Saving Your Relationship*

The pain of being cheated on is an emotional trauma that's incredibly difficult to endure, let alone heal from. The shattering realization that your partner has strayed and given themselves to another is heartbreaking. You think your life is over, you doubt you'll ever be happy again and you just want things to go back to how they were before. Perhaps you wish you could go back in time and do something - anything - to stop the affair ever taking place. Maybe you're praying that you'll wake up one day and this is all one big horrible nightmare. The dark, painful feelings that we have to endure after discovering we've been cheated on are some of the worst days we'll ever have to make it through. I know what you're going through because I've also suffered the heartbreak of infidelity - but I also know what it feels like to come out of the other side. From suffering a breakdown and neglecting myself and those around me to now thriving and able to trust again, I know you can bounce back from this traumatic time. This book won't offer judgement - I'm not here to tell you to leave the relationship nor am I an advocate for you to stay - but it will offer you the tools you need to heal. I'll offer you my thoughts and advice based on my experiences, and I'll give you a little glimpse of the pain I endured, too.

Throughout this book, I'll cover the following: • Why did your spouse cheat? • The nasty effects a cheating spouse has on us. • Coping strategies after discovering the infidelity. • Building up your sense of worth. • A non-judgemental commentary about the "should I leave the relationship or not" question you may be pondering. • How to trust a new partner. This book began as a little project for a website I was writing for, but as time went on I decided it served best as a series of books. I read a ton of books when recovering from the heartache of being cheated on, and to offer that same kind of comfort and actionable advice to someone who's in the same position as I was is amazing to me. I hope this book series serves its purpose - to help you heal and to inspire you to know your worth.

For the 70 percent of couples who have been affected by extramarital affairs, this is the only book to offer proven strategies for surviving the crisis and rebuilding the relationship — written by a nationally known therapist considered an expert on infidelity. When I was 15, I was raped. That was nothing compared to your affair. The rapist was a stranger; you, I thought, were my best friend. There is nothing quite like the pain and shock caused when a partner has been unfaithful. The hurt partner often experiences a profound loss of self-respect and falls into a

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that outlines practical steps to healing. Utilising real - life examples from couples in counselling this book will provide hope and confidence for all couples and the therapists who assist them. This is about rebuilding trust, then rebuilding and maintaining a marriage after a marriage is devastated by an affair. The discovery of infidelity can be devastating. Cheating on a spouse and lying to cover it up naturally breeds distrust and suspicion. A couple can, however, rebuild trust. The speed and degree of recovery are greatly affected by the actions of the spouse who cheated. Practical strategies rooted in biblical theology will help those who have cheated and who are serious about rebuilding trust and healing their marital relationships. Rebuilding begins with repentance and forgiveness and the rapidity of recovery is proportional to the thoroughness of each. Help your clients' relationships survive infidelity! In the Handbook of the Clinical Treatment of Infidelity, a panel of seasoned experts reflects on issues central to affairs, and on how to help couples heal and learn from them. First, editors Fred P. Piercy, Katherine M. Hertlein, and Joseph L. Wetchler provide an essential overview of infidelity theory, research, and treatment. They discuss the effect of infidelity on couples and delineate three types of infidelity—emotional, physical, and infidelity including aspects of both. They review the relatively new role of the Internet in infidelity and explore infidelity within the context of comarital relationships. Finally, they discuss the overarching theories and common models used in infidelity treatment. Also in the Handbook of the Clinical Treatment of Infidelity: Susan M. Johnson, the co-developer of Emotionally Focused Therapy (EFT), discusses affairs through the lens of attachment theory, and shows how EFT provides a way to acknowledge and express pain, remorse, and regret, and to repair this attachment bond. David Moultrup takes a Bowenian approach to infidelity, focusing attention on the underlying dynamics of the emotional system Frank Pittman and Tina Pittman Wagers outline cultural myths about affairs and do their share of debunking Adrian Blow discusses how to help couples directly address their pain—and the challenges of the healing process Brian Case highlights the role of apology and forgiveness in the healing process Frank Stalfa and Catherine Hastings focus on the treatment of “accusatory suffering”—a spouse’s obsessive holding onto and retaliating for an affair long after it has ended, and despite the offending partner’s repeated apologies and attempts at restitution Don-David Lusterman discusses individuals who have suppressed or denied traumatic stress reactions to their partner’s affair, and how to help them Scott Johnson discusses myths about affairs, from who is cheating on whom, to whether men really have more affairs than women, to the blame-filled language of “affairs,” “betrayal,” and “infidelity,” asking us to think more systematically about affairs and to see the dynamics of extra dyadic relationships as more complex and nuanced than they are typically portrayed in the literature Joan Atwood provides an overview of Internet infidelity—the factors influencing one’s involvement in this type of infidelity, and some considerations for therapists Tim Nelson, Fred Piercy, and Doug Sprenkle report on the results of a multi-phase Delphi study that explored what infidelity experts say are the critical issues, interventions, and gender differences in the treatment of Internet infidelity Monica Whitty and Adrian Carr draw upon Klein’s object relations theory and discuss how this might influence the way people rationalize their Internet infidelity Emily Brown outlines the concept of the Split Self Affair—discussing its origins, characteristics, and implications for individuals and couples, and providing detailed information on how to

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work with these couples in therapy Michael Bettinger presents extra dyadic relationship as a fact, rather than a problem, within many gay male relationships—a discussion that shows how gay male polyamory can work as an alternative to the heterosexual model of emotional and sexual exclusivity in romantic dyadic relationships Katherine Hertlein and Gary Skaggs report on the results of a study that assessed the level of differentiation and one's engagement in extra dyadic relationships The Handbook of the Clinical Treatment of Infidelity is essential reading for today's (and tomorrow's) clinicians who work with couples. Make it a p

This is a practical book about what you, individually and as a couple, can do to deal with difficult and damaging relationship events and then move on. It provides a positive model for developing a healthy couple relationship, and also provides many strategies based on real-life client experience that will assist all couples to grow together.

Discovery of your partner's affair is traumatizing. Your pain is overwhelming and very real! My Spouse Had an Affair, by Certified Relationship Coach Loraine Wiese, will be your guide to getting through those first few hours and days after discovering your spouse has had an affair. First in the Affair Recovery Series by this talented Coach and infidelity survivor, this book is designed to be easy to read and simple to comprehend by a traumatized brain. Inside you will find first steps to: Handle your stressed body. Deal with your tortured mind. Begin to mend your broken heart. Resources to navigate your healing. Infidelity is one of a few emotional traumas that can actually be felt physically. Certified Relationship Coach Loraine Wiese knows this trauma all too well. After discovering her husband's affair, she launched herself into the world of infidelity and affairs, and her own healing journey. Armed with recovery tools she has been invited to the healing journey of thousands of walking wounded, be they the faithful or unfaithful. What others are saying about this book: "Thank you Loraine, for breaking down into simply steps what is needed right after discovery day." - TT "Oh my gosh, after discovering my husband's affair, I couldn't think, my trauma brain took over. I was so angry, this book saved me from making lots of mistakes." - AL "After witnessing my wife's deterioration after I disclosed my affair, a friend who had been there recommended I get this book for my wife. It really helped her early on." - MW The help and support you seek is one click away."

Infidelity can yield devastating consequences to a couple and is often tamed the ultimate deal breaker ahead of physical abuse and emotional unavailability. Yet more than half of married people decide to weather the storm than break their relationship. Unfortunately, the healing process from an affair isn't an overnight event, and even the most loving and committed couples can be accosted by painful feelings, resentment and paralyzing guilt. The effects of an affair can be detrimental, have psychological, affect your kids and induce low self-esteem. And the worst thing is that the pain will linger for a period unknown... In this book you will learn: Stage One – Reacting to An Affair: Feeling Pain and Betrayal Stage Two – Reviewing Your Options-About Staying or Leaving the Relationship Stage Three – Recovering From An Affair: How to Rebuild Trust and Love Stage Four – Discussing What Happened After Learning About An Affair Stage Five – Learning to Forgive Your Partner After Discovering An Affair Let's get started!

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