

THE HEALING PROCESS



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For the one who has betrayed the trust...

- **State Your Desire to Rebuild**

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For the one who has betrayed the trust...

- Complete Transparency

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For the one who has betrayed the trust...

- **Accept Responsibility and Explain Your Actions**

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For the one who has betrayed the trust...

- Provide a Sincere Apology

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For the one who has betrayed the trust...

- End the Destructive Behavior

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For the one who has betrayed the trust...

- Answer Questions

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For the one who has betrayed the trust...

- **Allow Your Spouse to Express Their Emotions**

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For the one who has betrayed the trust...

- **Keep Your Word Going Forward**

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For the one who has been betrayed...

- Evaluate the Situation

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For the one who has been betrayed...

- Ask Questions

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For the one who has been betrayed...

- Express Your Emotions

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For the one who has been betrayed...

- Identify Your Needs

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For the one who has been betrayed...

- **Adjust Your Expectations**

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For the one who has been betrayed...

- **Acknowledge Your Own Role**

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For the one who has been betrayed...

- Give AND Receive Love

THE HEALING PROCESS

For both of you...

- **Stay Patient AND Present**

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For both of you...

- **Make Your Spouse a Priority**

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For both of you...

- **Show Affection and Respect**

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For both of you...

- Choose Forgiveness and Growth

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For both of you...

- **Action Step: Just Do It**