THE HEALING PROCESS
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For the one who has betrayed the trust...

- State Your Desire to Rebuild
THE HEALING PROCESS

For the one who has betrayed the trust...

- Complete Transparency
THE HEALING PROCESS

For the one who has betrayed the trust...

• Accept Responsibility and Explain Your Actions
THE HEALING PROCESS

For the one who has betrayed the trust...

• Provide a Sincere Apology
THE HEALING PROCESS

For the one who has betrayed the trust...

• End the Destructive Behavior
THE HEALING PROCESS

For the one who has betrayed the trust...

• Answer Questions
THE HEALING PROCESS

For the one who has betrayed the trust...

- Allow Your Spouse to Express Their Emotions
THE HEALING PROCESS

For the one who has betrayed the trust...

• Keep Your Word Going Forward
THE HEALING PROCESS

For the one who has been betrayed...

• Evaluate the Situation
THE HEALING PROCESS

For the one who has been betrayed...

- Ask Questions
THE HEALING PROCESS

For the one who has been betrayed...

• Express Your Emotions
THE HEALING PROCESS

For the one who has been betrayed...

- Identify Your Needs
THE HEALING PROCESS

For the one who has been betrayed...

- Adjust Your Expectations
THE HEALING PROCESS

For the one who has been betrayed...

- Acknowledge Your Own Role
THE HEALING PROCESS

For the one who has been betrayed...

- Give AND Receive Love
THE HEALING PROCESS

For both of you...

• Stay Patient AND Present
THE HEALING PROCESS

For both of you...

- Make Your Spouse a Priority
THE HEALING PROCESS

For both of you...

• Show Affection and Respect
THE HEALING PROCESS

For both of you...

• Choose Forgiveness and Growth
THE HEALING PROCESS

For both of you...

• Action Step: Just Do It