

5 TIPS TO MOVE FROM HURTING TO HOPE:

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1) REMEMBER THAT YOU ARE ENOUGH!

Your husband's decision to have an affair wasn't because you aren't pretty enough, skinny enough, sexy enough, young enough....fill in the blank with anything. Most husbands are unfaithful because they are looking to fill a void in themselves that has NOTHING to do with you. You both made vows on your wedding day, and he didn't keep them. That's on him, not on you.

2) Focus on your own path to healing

Unfaithfulness in marriage is one of the most traumatizing and painful things a woman can experience. Don't let anyone tell you otherwise. Whether you recently discovered an affair, or have been dealing with the betrayal for many years, the pain and trauma impacts you.

But you can be healthy and whole again when you decide to work towards that.

While everyone's healing journey looks different, acknowledging the hurt, and engaging in a plan for the journey beyond the betrayal is extremely important.

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3) Set clear boundaries that you are willing and able to follow through with.

Boundaries are not rules or threats. It's not "do this or else..." But more along the lines of "If you choose to do X then I will have to do Y." The boundaries you set are parameters designed to help your relationship get back on track. For example, one of my boundaries was that if my husband watched pornography or texted another woman then we would sleep in different rooms until I could trust him again.

Only set a boundary you are confident you can stick with. If your spouse does X and Y doesn't happen then he will learn that your boundaries are just threats and not legitimate ways to help you move forward, which means he'll likely cross them over and over again. Holding firm to your boundaries will be a key part of the healing process.

4) Accept that you can't force someone to change.

You can't control someone else, but you can implement boundaries to protect yourself and accelerate the healing process.

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5) **Talk with someone who has experienced infidelity in her marriage.**

Navigating infidelity can feel very isolating, and like nobody in the world could possibly understand how you feel. And honestly there's a lot of people who won't understand how you feel. But there's also A LOT of women who can relate. 20% of married women will experience unfaithfulness at some point during marriage. Find someone who understands; listen to her story, and let her hear yours.

And telling our stories, and supporting each other as we learn to do all these things, is what the Journey Beyond Betrayal community is all about! To learn more visit:
www.journeybeyondbetrayal.com

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