



6 TIPS TO BOOST CONFIDENCE

after Discovering an Affair





1 UNDERSTAND THIS IS NOT YOUR FAULT.

I know this with absolute certainty, but if you don't, it's beneficial to research the issue of infidelity so that you can start to believe that this is true.

According to Brian Bercht, an affair recovery specialist and co-founder of Beyond Affairs: "Having dealt with hundreds of unfaithful men who took the time to heal their marriages, has proven to us that though many initially blame their wives' lack of meeting one or more of their needs, the underlying issues had to do with their own inability to deal with personal junk."

2 RECOGNIZE & CHALLENGE NEGATIVE SELF-TALK

First build awareness, then work to retrain your mind with the truth. Pay attention to the way you talk to yourself so you can start to recognize the lies you're believing. Next, take time to do the work necessary to overcome any beliefs that undermine your self-worth.



3 EMBRACE YOUR STRENGTHS AND ACCOMPLISHMENTS

Celebrate your unique qualities and acknowledge your achievements (especially every baby step you take on your healing journey).

Nobody else in the world is exactly like you, and the world needs the woman you were uniquely created to be. No one person is good at everything, but you are amazing at many things. Find confidence in your strengths and the amazing woman you are!

4 STOP COMPARING YOUR LIFE TO ANYONE ELSE'S.

Social media gives you someone's highlight reel. But we don't often know what's going on behind the scenes in someone else's life. Comparison is the thief of joy and confidence. Stop comparing, period.



5 CULTIVATE SELF-COMPASSION

Treat yourself with kindness and understanding throughout the healing process. Life isn't going to look like it used to, and that's okay. Examine and reset your expectations. Give yourself more grace now than ever before.





6 SURROUND YOURSELF WITH PEOPLE WHO SUPPORT AND ENCOURAGE YOU.

Find your people, invest in your tribe, and let go of any toxic relationships that no longer serve either person. We were not made to be alone! Having the right community around you, lifting you up and walking through the good, the bad, and the messy parts of life, will allow you to feel connected and valuable, which goes a long way for boosting your confidence!



REMEMBER:

This is a journey, and each day you invest in the process gets you one step closer to healing. You do not have to stay stuck in the pain!

Personalized support thru coaching provides a safe place for you to effectively work through the heartbreak, get unstuck, and decide exactly what steps you need to take to move beyond betrayal.

Use the link below to learn more about the Journey Beyond Betrayal coaching program:

COACHING WITH KATE
@JOURNEYBEYONDBETRAYAL

