



# 3 THINGS YOU CAN DO DAILY TO MOVE BEYOND BETRAYAL

---

1



## ACKNOWLEDGE AND EMBRACE WHAT YOU'RE FEELING

It will often be painful and uncomfortable, but let yourself feel all the feelings. What you resist, persists. Letting yourself feel the bad and the good will allow you to work through this more quickly.

2



TELL YOURSELF IT'S NOT  
YOUR FAULT!

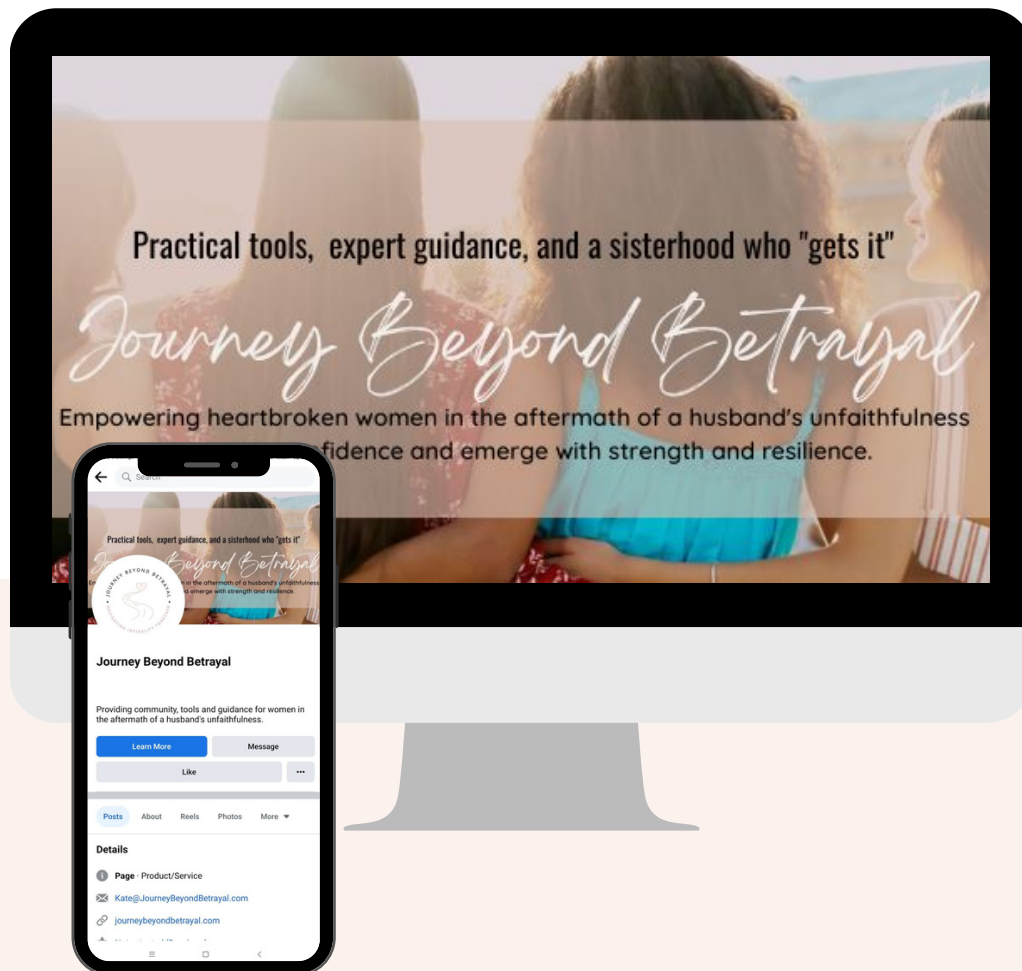
Recognize that the actions of others are beyond your control, and you deserve compassion and understanding. Focus on the things you can control, and know that you are ENOUGH!

3



SPEND 5-10 MINUTES IN QUIET  
PRAYER / MEDITATION

Practice building awareness of the good and cultivating peace. By actively seeking joy and celebrating the goodness that still exists, you can counterbalance the pain and find peace.



## REMEMBER:

---

This is a process, and as you invest in the process you will see change. You are worth the investment!

But you do not have to do this alone!  
Daily support and encouragement is available as you rebuild your self worth!

Join the amazing women navigating infidelity together inside the Journey Beyond Betrayal online community!

[WWW.JOURNEYBEYONDBETRAYAL.COM](http://WWW.JOURNEYBEYONDBETRAYAL.COM)