



YOUR *First Steps* **TO STABILIZING** **AFTER HIS** **BETRAYAL**

You didn't choose this,
but you can choose your
next step.

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WHAT YOU NEED TO KNOW: YOU'RE NOT CRAZY. YOU'RE NOT STUPID. AND THIS IS NOT YOUR FAULT.

If you're reading this, I'm guessing you recently discovered your husband was unfaithful. Whether it was a physical affair, pornography, an emotional affair, online messages, or something else, you're now staring at a reality you never saw coming. And it hurts like nothing you've ever felt before.

Your mind is racing. Your heart is shattered. Your future feels uncertain.

Let me pause here and say this clearly: There is hope. There is a path forward. Even if right now, you don't know what it looks like.



STEP ONE: BEGIN UNDERSTANDING BETRAYAL TRAUMA

Healing begins when you start telling yourself the truth about what you're living through.

Right now, you're not just dealing with heartbreak **you're experiencing betrayal trauma**. Your body, mind, and soul are reacting to a deep violation of trust.

This is why you might be experiencing:

- Racing thoughts
- Sleepless nights
- Waves of anger, numbness, or panic
- Trouble eating, focusing, or functioning

This is a normal response to an abnormal experience.

You are not crazy. You are not weak.

You are dealing with a traumatic event and trauma can be healed..

SOME OF MY RECOMMENDED RESOURCES:

**Intimate Deception
by Dr. Sheri Keffer**

**Shattered Vows
by Debra Laaser**

**Transcending Post-
infidelity Stress
Disorder (PISD): The
Six Stages of Healing
by Dennis C. Ortman**

**Good Boundaries and
Goodbyes
by Lysa TerKeurst**

**Therapy & Theology
Podcast**

**The Noble Marriage
YouTube Channel**

Part of stabilizing right now is giving yourself the gift of understanding what's happening inside you. Not everything will make sense yet. But equipping yourself with knowledge, one step at a time, will help you start making sense of what's happening.

START HERE:

- **Choose 1-2 trusted resources** to begin learning about betrayal trauma (books, podcasts, articles)
- Focus on **resources that validate your experience**, not ones that minimize your pain

You don't have to become an expert overnight! Knowledge is power but, healing is still a process. Give yourself grace to learn slowly.

STEP TWO: DELAY BIG DECISIONS

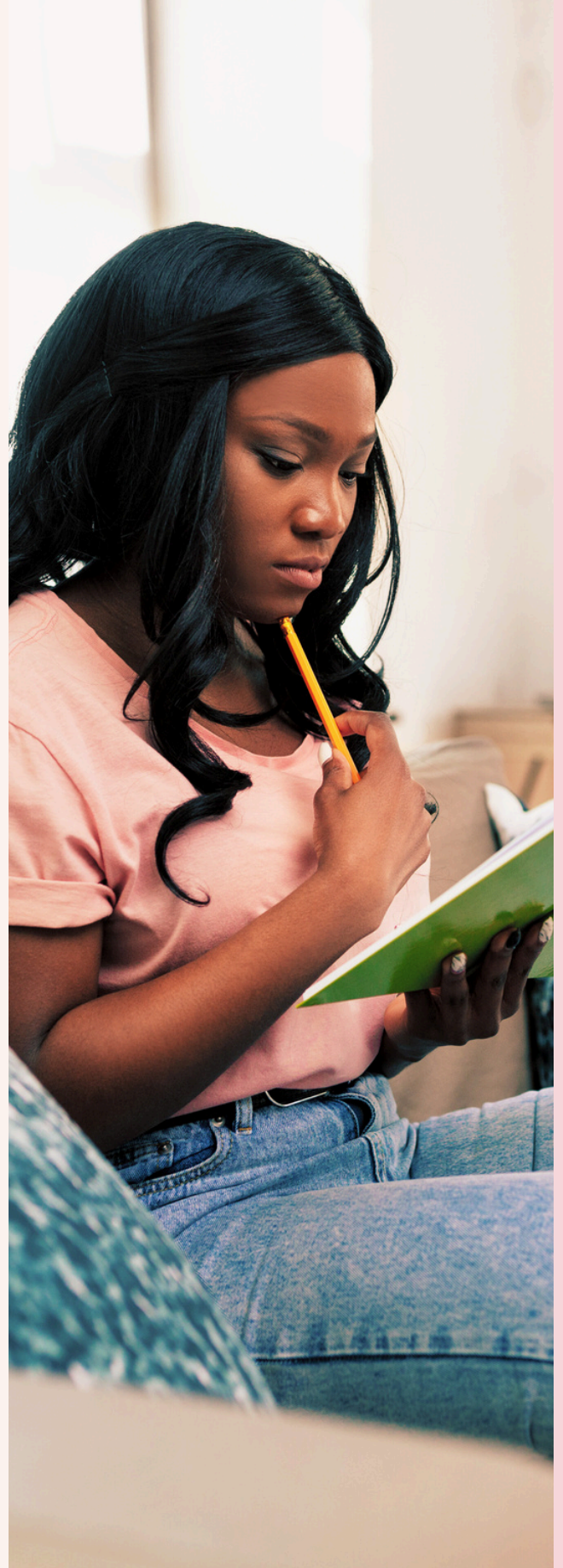
When life feels out of control we'll often grasp at anything to help us regain control.

You may be asking yourself:

- *Should I stay? Should I go?*
- *Can I ever trust him again?*
- *Was everything a lie?*
- *What details do I want/need to know?*

These questions are normal. But you don't have to answer them today.

Right now, **your brain and body are in crisis**. And decisions made in crisis are often driven by fear, panic, or pressure, not clarity.



START HERE:

- Give yourself permission to **pause major decisions** (about the marriage, finances, family changes, etc.).
- **Focus on creating emotional and physical stability** for yourself first.
- Remind yourself: *"I don't have to figure everything out right now. I just need to take the next right step."*

Healing creates clarity.

The more you heal, the more clearly you'll see what's best for your future and be able to make confident decisions. You don't have to rush the process. Having stability so you can start healing is the priority right now.



STEP THREE: START BUILDING A SUPPORT TEAM

One of the hardest parts of betrayal is feeling like you're all alone. Most women don't want to tell anyone—maybe because of fear, shame, or just not knowing who they can trust.

But hear me clearly:

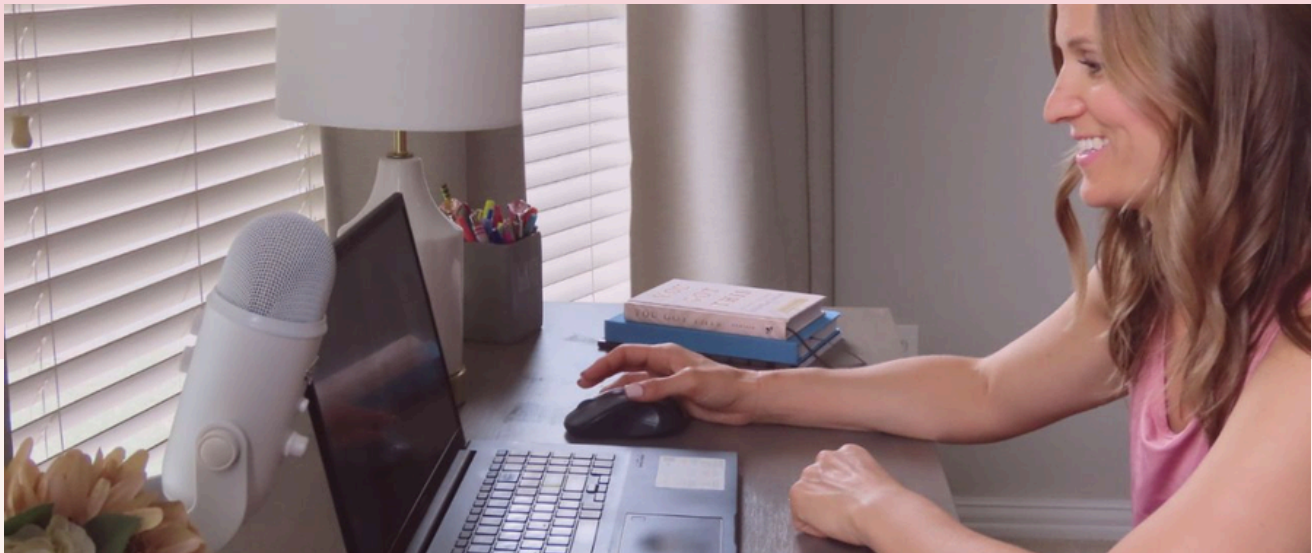
This kind of pain was never meant to be carried alone. You need support to heal.

You don't need to tell everyone.

You just need a few solid people who can walk with you through this, people who will:

- Listen without judgment
- Validate your experience
- Remind you you're not crazy or broken
- Point you toward truth, strength and hope

If you don't have anyone like that in your life right now, you are not out of options.



The Journey Beyond Betrayal exists for exactly this reason.

My 1-on-1 coaching is a safe, faith-rooted space to process your pain, untangle the confusion, and take your next steps forward with clarity and strength.

It's not just about talking—it's about **equipping you with tools** to navigate betrayal trauma, rebuild your sense of self, and take back your healing.

START HERE:

- Ask yourself: "Who are **1–2 safe people** I could invite into this part of my story?"
- If you don't have those people yet—I'd be honored to be a safe space for you. You can **book a call with me.**

You don't have to figure this out alone. You were never meant to. **Healing happens faster—and deeper—when you're doing it with others.**



STEP FOUR:

PRIORITIZE SELF-CARE (NO...IT'S NOT SELFISH)

After you discover this level of betrayal, your mind and body go through A LOT.

In order to start healing you need to make time to take care of your whole self **your heart, your body, and your relationship with God.**

Self-care is not selfish.

And it's not about pampering, escaping, or pretending everything is okay.

"Self-care is anything that allows you to show up as the healthiest version of yourself possible."

- Coach Kate -

It's giving your body what it needs to keep going.

It's giving your mind room to breathe.

It's giving your heart space to feel and heal.

It's giving yourself time to connect with the One who heals.



START HERE:

- **Move your body:** Even simple movement, like a walk outside or gentle stretching, can help release the stress and trauma stored in your body.
- **Nourish your body:** Eat foods that give you real energy. Drink water. Trauma depletes you physically, fueling your body matters.
- **Connect with God:** Prayer doesn't have to sound beautiful. It just has to be honest. God can handle your anger and hurt. He hears even the prayers you can't put into words. And if you stop to listen, you'll hear His voice too.
- **Rest when you can:** Sleep may be hard. But small routines of rest (naps, screen breaks, breathing space) are absolutely essential however you can get them in.
- **Give yourself permission to feel:** Pushing down pain won't make it disappear. Healing starts when you allow yourself to feel without shame.

Self-care isn't a one-and-done step. It's a rhythm you'll weave into your life throughout your healing journey, one choice, one breath, one small act at a time.

You are worth the effort. You always have been.

STEP FIVE: HOLD ONTO THESE TRUTHS

Right now, it may feel like your world has shattered beyond repair. But there are some things that betrayal could never take from you. And they are still true, whether you can feel them right now or not.

Here's what I want you to know:

This was not your fault. No matter what he did, his choices are not a reflection of your worth or value. You didn't cause his betrayal. His choices are his responsibility, not yours.

You have always been enough. Betrayal does not define you. Your worth was set by God long before anyone's betrayal and it remains unshaken. You are worthy of love, safety, and truth.

According to Brian Bercht, 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 blamed 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."

You are not broken beyond repair.

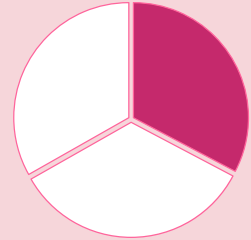
You are wounded. You are weary. But you are not beyond healing.

"He heals the brokenhearted and binds up their wounds."

(Psalm 147:3)

You are not alone.

Even when you feel isolated, you are seen, there are people who understand, and you are surrounded, both by those who've walked this road and by a God who never left your side.



**Infidelity impacts
1 in 3 marriages**

This pain will not last forever.

Healing is hard work. But it *is possible*. For those who are committed to the process there is life beyond betrayal and it is good.

Speak these truths over yourself as often as you need to.

Even when you doubt them.

Even when you can't feel them yet.

Because healing doesn't come from pretending you're okay. It comes from continuing to take steps towards healing even when everything inside you says it's impossible. If you do that, then there is always hope!

**You didn't choose what happened to you, but you
can choose how it impacts your future.**

Meet Coach Kate



I thought I was the woman who could handle anything—until five years into marriage I discovered my husband's infidelity and suddenly had no idea what to do next.

That heartbreak led me on a healing journey I never expected, and ultimately, it became the foundation for the faith-based support Journey Beyond Betrayal provides for women navigating the pain of infidelity.

I created Journey Beyond Betrayal because I don't want any woman to walk this painful road alone. Utilizing the practical tools and truths that helped me, I now help women all over the world find real and lasting healing after the heartbreak of betrayal.

As a Certified Mental Health Coach and Certified Kingdom Life Coach. I combine my personal experience with professional tools to help women heal emotionally, rebuild spiritually, and walk forward with strength and clarity.

***You don't have to do this alone.
Healing is possible!
And I'd be honored to walk that path with you.***



**Let today be the first step toward
stabilizing your heart.**

If you're interested in more support:
Learn more about Coaching with Kate

or

Book a free Connect Call

Every step you take for your healing matters!