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# 5 TIPS TO MOVE FROM HURTING TO HOPE





# 01 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 impact 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.

# 02

## 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.



# 03

## 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.

# 04

## 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.



# 05

## EDUCATE YOURSELF ON THIS TOPIC

Way to go! Downloading this guide is a great step to learning more about how to recover from an extramarital affair. There are also books, videos, and articles available to help you along the way. (If you need recommendations just ask!) Understanding this very messy and misunderstood issue was a big piece of my healing journey.

That's why reading books, learning from experts and other women who've experienced infidelity, and talking to other women about what's normal is what we do inside the Journey Beyond Betrayal Community.

To learn more and join us visit:

[www.journeybeyondbetrayal.com](http://www.journeybeyondbetrayal.com)

