AFFAIR HEALING
A Recovery Manual for Betrayed Partners
by Tim Tedder, LMHC, NCC

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PLEASE NOTE:
This document provides a sample of the content which is fully available in the complete eBook. To purchase the entire manual, go to AffairHealingBook.com.

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Preface

My response to any suggestion that I write book about infidelity has always been, “Why would I want to do that?” Good affair recovery books, by authors much smarter than I, have already been written. (I will mention them in this manual, in case you are not aware.) And, besides, the process does not come easily to me. If anything I scribble comes across as interesting or insightful, it requires a lot of effort to make it seem that way. For those reasons, “write a book” has never been on my bucket list.

But you are reading this preface, so obviously I changed my mind. Why? Because I wanted to create a more versatile resource. This manual is written in a way that allows you to use it “as is” for individual healing, or with its companion manual (written for unfaithful spouses) for couple's working together. Exercises and worksheets have been included to make this an effective self-help tool.

Comments from men and women in affair recovery have been used extensively throughout the chapters. Their opinions and insights were gathered from emails, session notes, written stories, and posts in the AH Community forum. Actual names and any identifying details have been altered to protect confidentiality.

Despite my previous hesititation to add another book to the library of infidelity literature, I believe the Affair Healing manuals offer a uniquely useful approach to recovery. Time will tell how this book is judged, but I hope you will find it valuable in your journey toward healing.

Sincerely,

Tim Tedder, LMHC, NCC
Currents Counseling Services, LLC
AffairHealing.com
How To Use This Manual

Who Should Use It?
If you have been betrayed by a spouse or partner and have not decided to be done with them yet, this manual will give you clear directions toward the restoration of your marriage while maintaining your own health and wellbeing. It will help you know exactly what to do during the next weeks and months.

Use Alone or with Your Spouse
This manual is written in a unique style that allows it to be easily used as a guide for individuals or for couples. The workbook is divided into two parts: (1) exercises that are listed at the end of each chapter and (2) worksheets provided in their own section following the last chapter. Each chapter's exercise will provide instructions for the use of any recommended worksheet.

A Manual for Individuals: Although the chapters are written in a kind of progressions, feel free to jump to ones that are of most interest to you right now. Follow the Exercises for Individuals instructions provided at the end of each chapter. Go at your own pace.

A Manual for Couples: Your partner will need to use the manual was written as a companion to this one: Affair Healing: A Recovery Manual for Unfaithful Spouses (available at AffairHealingBook.com). Each chapter of this manual relates in theme to the same chapter in the companion manual, although the content is quite different.

Couples can proceed at their own pace. It is recommended that you and your spouse work through the entire manual one chapter at a time, but if you skip any parts, make sure you both are reading the same chapter number and following the Exercises for Couples instructions provided at the end of that chapter.

The PDF Advantage
This version of the Affair Healing recovery manual is available to you in PDF format, which provides these advantages:

- It can be readily downloaded.
- You can print the worksheet pages. (The Contents page shows you which pages to print for each worksheet.)
- It can be easily read on most devices, including desktop computers and tablets. (If you use a smartphone, you’ll want to rotate the document so that it appears in landscape mode for easier reading.)
Future Updates Available Online
Any additional resources or future updates to this manual will be available at AffairHealingBook.com/updates. If you would like to be notified of new resources, join the email list. Go to the same update page to sign up. (The only emails you will receive will be related to new updates or resources.)

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Note: If you need this manual but cannot afford to pay for it, use it with my blessing. When you have the opportunity to do so, please pay it forward.
Introduction

Before we consider healing, let’s take a look at what caused your injury. I assume you have been betrayed by a spouse or partner. The person who promised to love only you broke that promise by getting involved with someone else.

Was is an affair?

Clients who come to me occasionally resist calling it an “affair.” Betrayed spouses sometimes believe the word romanticizes the act of infidelity, while unfaithful spouses might feel the label makes too much of an emotionless fling. Both may have a point, but let me explain my use the word.

In this manual, “affair” will be used as a common term for infidelity, applied to a wide set of behaviors. It will refer to any breaking of a promise to remain emotionally and sexually exclusive with a spouse. By that definition, an affair will include a single hook-up (one-night stand), an ongoing sex-only relationship, encounters that were physical/sexual even if there was no intercourse, a relationship that became romantic without physical contact, as well as those that were both emotional and sexual.

Please note that whether these relationships were experienced in person or remotely (via phone or internet or any other form of non-physical contact), they are still considered affairs if they broke the emotional or sexual promises made to a spouse. Usually, the secrecy of the relationship is a pretty good measure of whether vows were being violated.

Since not all couples make promises according to the same standard, there will be some behaviors that are acceptable to one couple but considered as infidelity to another. My role as a counselor is not to define what should have been the acceptable behavioral guidelines. I only need to know what has always been the understood agreement between the two partners, and this is rarely an issue of debate. (For example, I have never met a husband who was unsure about his wife's opinion about viewing pornography or visiting a strip club.)

When such deep promises have been shattered, is it reasonable to hope for a return of trust and intimacy? The short answer is yes. The long answer is it takes time and effort and the willingness of both partners to do their part. Many couples do not recovery.

So why should you even try? I cannot answer that question for you. Perhaps you will decide that your spouse's betrayal is beyond what you are capable or willing to live with. You have every right to come to that conclusion.
But I meet many people, like you, who wonder if there is any hope for a better outcome. Even though they sometimes wonder at their willingness to work toward recovery (“I swore if anyone ever cheated on me, I'd be out the door in a heartbeat”), something keeps them from leaving just yet.

I wonder what keeps you from leaving. A relationship history too valuable to let go of? Concern for children? Fear of being alone? A spiritual conviction? The consequences of divorce? A sense that you want to at least try before letting go?

Whatever your reason, this manual will guide you through important recovery issues by teaching you how to experience genuine mending in your marriage and in your personal life.

Are you ready to begin healing?
1. Consider your options, then schedule your decision.

Community member Jodlamy:
“I just keep asking myself, why would I stay with someone who isn’t sure he wants to be with me? Why would I give him time to figure out who he wants to be with? I always thought that if I was cheated on, I would most definitely leave him in an instant. Now that it has really happened, why am I still here? Am I the weak one? Am I just asking to be hurt again? It's so hard to throw away 13 years together, all the great memories we have. Can it ever come back?”

Julia, after her husband confessed his affairs:
“I woke up the next morning exhausted, sick, still crying uncontrollably. I had to go to work but didn't speak to him when I left the house. I wanted a divorce. I couldn't even look at him; the sight of him made me sick. But at the same time, I knew I still loved him and this thought terrified me.”

On a brisk April afternoon, 27-year-old Rebekah and her boyfriend made their way through crowded sidewalks, heading to Boston's Copely Square. They had already enjoyed a day full of activity as they found a spot where they could stand and cheer for his mother who would soon cross the marathon finish line. Without warning, at 2:49 PM, the first of two homemade bombs exploded into the crowd, tearing and tossing the bodies of spectators who had been celebrating just seconds before.

At 2:48, Rebekah had a pretty good idea of what the next hours, the next days, the next years might be like. In an instant, that reality shifted. “In a matter of minutes, my entire world changed. Everything I knew was literally blown to pieces…” she later wrote. She endured 17 surgeries, relentless pain, and the eventual loss of her left leg.

Victims of an affair experience sudden trauma, too. It is different, but still deeply devastating in its own way. In the middle of normal life experiences, the bomb of betrayal explodes, sending painful shrapnel into the heart of the betrayed spouse. The initial numbness of confusion turns to anguish, then anger, then grief or despair as the wounded partner realizes that, without their consent, their life and marriage have been forever altered.

You may be reading this book right now because you are trying to make sense of what happened. Perhaps you are still in a state of shock, or maybe you have started to feel the powerful emotions that roll over those who encounter this devastating experience. Regardless of your current condition, let me assure you of two things:

1. What you are feeling, as bad as it is, is a normal reaction that others have survived.
2. You can survive, too, and this manual will help.
A certain consequence of your spouse's affair is the loss of an anticipated future. Even if your marriage survives, it will be different than the one you previously expected. Innocent trust has been lost. Betrayal is now a known experience. Without your consent, the expected story of your relationship has been erased. It is a terrible loss.

But here's the truth that every betrayed partner needs to understand: an affair only steals away one future. Just because it was the only one you ever considered, it is not the only good one you can ever experience.

Your new future will be different. It may be better in some ways, worse in other ways. But it can be a good. In fact, it *will* be good if you decide to make it so. But one question you have to consider now is whether or not this new future includes marriage to your unfaithful partner.

The answer may not be as straightforward as you once thought it might be. If others know about the affair, their contradictory opinions (you need to be strong enough to leave; you need to be strong enough to stay) likely add to your confusion.

The advice of family and friends may be helpful, but nobody else can make this choice for you. In fact, you should not allow anyone, including your spouse, to determine what you will do. Eventually, you will regain a sense of control by reaching your own confident conclusions.

**You do not have to decide right now.** If you are experiencing extremes, either feeling no emotions or being overwhelmed by them, avoid making any decision that will have permanent consequences. If you need to, give yourself some time before you consider your choices.

You have three obvious options in front of you. The first is to leave your marriage immediately and never look back. The second is to commit to staying with your spouse no matter what. And the third is to give yourself some more time before making a final choice.

Option 1: Leave Now
I want to be clear about one thing: if you have been betrayed by your spouse, you have every right to exit your marriage. When trust has been so profoundly broken, when vows have been so deeply violated, nobody should tell you that you are obligated to give your spouse another chance, even if it is your spouse's first and only affair…
Thank you for downloading this sample of the Affair Healing Manual for betrayed spouses. The complete book includes 14 chapters and 15 worksheets that can be used individually or with your partner (using the manual for unfaithful spouses).

Each chapter concludes with guidelines for ways to process the content through the use of suggested actions and worksheets. Instructions are provided for both individuals and couples, so the manual can be useful you whether you are going through the manual alone or with a partner.

To order the complete manual, or to get more information about it, go to AffairHealingBook.com. If you have any comments or questions, feel free to email me directly at tim@currentscounseling.com.

Sincerely,
Tim Tedder
About the Author

Tim Tedder is a licensed counselor who specializes in helping individuals and couples heal from the wounds of infidelity. He and his wife, Sharon (also a counselor), are the owners of Currents Counseling Services in Winter Park, Florida. When they’re not counseling, you may find them in a co-op game on Xbox, saving the world from zombie hordes or raging dragons. If you knew them, this would make perfect sense.

Tim has created several websites, each focusing on a different aspect of his recovery work:

**AffairHealing.com**
Created in 2009, this site has become a popular resource for affair recovery stories and articles. In 2015, the AH Community was added ([community.affairhealing.com](http://community.affairhealing.com)), an online, interactive forum for sharing experiences, ideas, and resources.

**CurrentsCounseling.com**
Promotes the counseling services offered by Tim and Sharon Tedder from their offices in Winter Park, Florida (just north of downtown Orlando).

**MarriageICU.com**
Information and application for retreats offered to couples who need help in their affair recovery.