

10 Steps

Towards Healing
From
Infidelity



by Todd Creager

“These steps are based upon my 30+ years working with couples and 90% success rate helping them to survive and thrive after infidelity.”



Use this a guide to help you navigate and avoid the pitfalls that are stopping you from having the relationship you crave.

#1

Find A Good Therapist

that has experience with couples who have successfully gone through this process and ended up thriving.

#2

If you are the betrayed partner,

honor your own ambivalence. It is normal to both want to work it out and to run for the hills. Do not beat yourself up for trying to work it out if you decide to do that. Likewise, be kind to yourself if you decide to not work it out.



#3

If you were the one who strayed,

listen to your partner. Take the emotional hit. Don't let your guilt or defensive run the show. Stay as emotionally present as you can.



#4

Be curious

about what made you do it. Was it a need for affirmation, an acting out of a feeling, a way to sabotage the relationship before your own fears of abandonment could be actualized or was it some other reason? (Check out my blog article on Messages of Infidelity).



#5

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#6

Look at the infidelity as a symptom

of something deeper. This is not to minimize the pain of what has happened but seeing it as a sign of something deeper, allows you to develop alternative solutions. It is also more accurate because most destructive things that people do have a positive agenda attached to it. The problem is that the infidelity is a poor solution to the underlying problem or challenge.

#7

If you decide to try working it out,

make sure that you both learn how to communicate effectively and maturely with each other. There is a way to express yourself so that the partner can easily listen and there is a way to listen to encourage more and deeper expression. Couples who communicate well have a significantly higher chance of healing and thriving after infidelity.

#8

Each partner ultimately needs

to make some changes in the relationship to solve the underlying problem or deficit in a healthier way. To be clear, the cheating behavior is only the responsibility of the person who cheated, not the partner. However, at the same time, it takes both people to change the previous relationship dance so that the chance of a repeat cheat goes way down.

#9

The betrayed partner ultimately needs

to make a commitment to leave OR to be cheated on again. I say it that way because if you want to have a thriving relationship after infidelity, both partners have to be all in and eventually fully trust. (Fully trust does not mean that you don't have fears and doubt). It means that you act from your courageous part.

#10

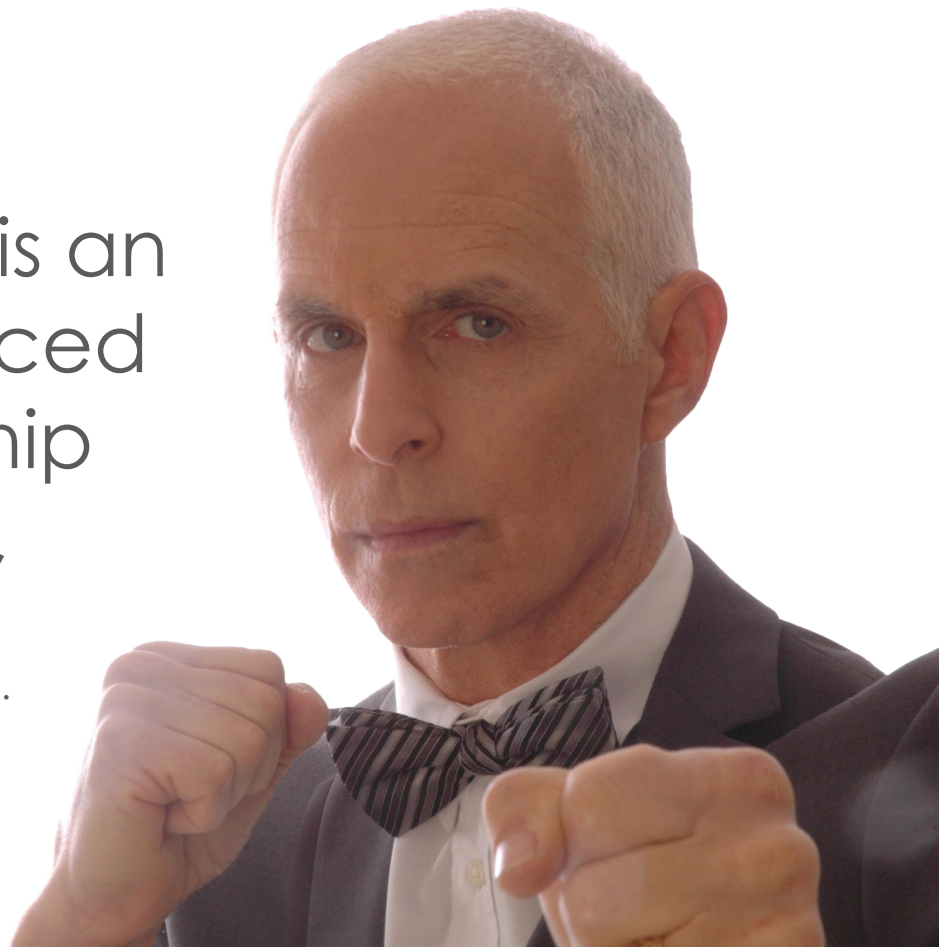
For a long time and possibly forever,

the partner who cheated has to continually speak and act in ways that evokes the trust in the partner. Your partner will not grow in trust without your help. Examples of how to evoke trust includes continuing to be open and communicate, reassuring your partner whenever your partner has some fear or suspicion, call and text frequently at times of longer physical separations and most importantly-continue working on yourself and growing as a person.



Todd Creager is an experienced relationship therapist,

specializing in
marriage, sex and
couples counseling.
From increasing
intimacy, to a
90% success rate
helping couples
overcome
infidelity, Todd
has helped



countless couples beat the issues that they face and as a result
develop a deeper more satisfying relationship with their partner.

Author of the Long Hot Marriage, and Love, Sex and Karaoke: 52 Ways to Ignite your Love Life, Todd spends much of his time helping long-term partners create passionate and thriving relationships. He provides unique and powerful insights that lead to breakthroughs which result in his clients getting closer to each other and getting the love they want.

Need help? Todd can work with you in person, via phone or skype.
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