

**HEALING FROM INFIDELITY:  
STRATEGIES FOR WORKING THROUGH BETRAYAL  
MICHELE WEINER-DAVIS, LCSW**



**HEALING**  
*from*  
**INFIDELITY**

*"I'm prepared to deal with the inevitable ups and downs in my marriage, but if my spouse ever cheats, that's definitely a deal-breaker. I will leave."*

People often report that the discovery of their spouses' affairs is the most traumatic experience of their lives. Millions of couples reach impasses as they struggle to move beyond intense emotional pain, mistrust, resentment and never-ending arguments.

Even with the best of intentions, couples are typically clueless about how to mend their shattered marriages. Eventually, many seek professional help.

But because specific affair recovery training is rarely offered in graduate schools, even highly skilled, experienced therapists often find themselves feeling uncertain about the best way to coach couples through the intensely emotional process.

Today's presentation, Healing from Infidelity, is based on over three decades of experience of helping couples heal and rebuild their marriages after an affair.

**Michele's model is:**

- Marriage-friendly
- Based on what works
- Applicable to non-traditional relationships
- Sequential- 3 stages (For today's presentation, the emphasis is on methods for handling the immediate crisis or stage 1)
- An adjunct to other couples' therapy models

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HealingfromInfidelity.com

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**General thoughts on healing**

- Two primary reasons people consider divorce after betrayal
- Affairs are destructive for marriages
- Universal rules don't work very well
- Healing often takes a long time and it's not a straight line
- Two separate journeys
- Spending time together helps
- Balance between discussing the affair and doing other things is necessary
- Don't throw in the clinical towel

**Tasks for the betrayed spouse**

- Express feelings
- Choose confidantes carefully
- Ask for details if it helps
- Express appreciation for transparency

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- Ask for reassurances without accusing
- Identify what might help

Ask about and listen for exceptions- problem-free times, times when the problem seems more manageable or has a constructive outcome

- Coach spouse to ask for what he or she needs
- Learn ways to get back on track
- Regain positive self-concept and access sources of resilience

**Tasks for the Unfaithful Spouse**

- End the affair
- Show empathy
- Show remorse
- Share details about the affair
- Be willing to do what it takes to reassure your partner
- Expect ups and downs and be patient
- Examine personal reasons the affair occurred

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- Learn ways to get back on track
- Identify triggers and create an action plan

**When a spouse isn't ready to discuss the affair**

- Holding a secret

**Resources for therapists and couples**

Healing from Infidelity: A *New* Professional Training- 6.5 CE's available  
<https://tinyurl.com/y8lbfpm1>

Two-Day Personal Intensives with Michele Weiner-Davis in Boulder, CO  
For info: 303-444-7004 or [Virginia@divorcebusting.com](mailto:Virginia@divorcebusting.com)

The Last Resort Technique Video Training- A Road Map for the Spouse Who  
Wants to Save the Marriage  
<https://tinyurl.com/y9yzd9va>

The Marriage Breakthrough® Seminar Video- A 6-Hour Seminar for Couples  
<https://tinyurl.com/y9932pmy>

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Divorce Busting® Telephone Coaching- When only one spouse wants to work on the marriage

<http://divorcebusting.com>

**Recommended reading**

Glass, S. NOT Just Friends: Rebuilding Trust and Restoring Your Sanity after Infidelity. New York: Free Press, 2002.

Nelson, T. The New Monogamy: Redefining Your Relationship After Infidelity. California: New Harbinger Publications, 2012

Perel, E. The State of Affairs: Rethinking Infidelity. New York: HarperCollins Publishers, 2017

Plump, W. A Roomful of Yearning and Regret, The New York Times, Modern Times Section. December 9, 2010

Stosny, S. Living and Loving After Betrayal: How to Heal from Emotional Abuse, Deceit, Infidelity and Chronic Resentment. New York: New Harbinger Publications, 2013.

Weiner-Davis, M. [Healing from Infidelity: The Divorce Busting Guide to Rebuilding Your Marriage After an Affair](#). MWD Training Corp., 2017.

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Weiner-Davis, M. *The Sex-Starved Marriage: Boosting Your Marriage Libido*. New York: Simon & Schuster, 2003.

Weiner-Davis, M. *The Divorce Remedy: The Proven 7-Step Program for Saving Your Marriage*. New York: Simon & Schuster, 2001.

Weiner-Davis, M. *Divorce Busting: A Revolutionary and Rapid Program for Staying Together*. New York: Simon & Schuster, 1992.

**Links to posts written by Michele on infidelity**

<https://www.psychologytoday.com/blog/divorce-busting/201701/screw-monogamy-not-so-fast>

Screw Monogamy? Not So Fast

<https://www.psychologytoday.com/blog/divorce-busting/201701/talking-about-the-affair>

Talking about the Affair: To Ask or Not to Ask, That is the Question

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<http://www.psychologytoday.com/blog/divorce-busting/200810/infidelity-leave>  
Infidelity Leave

<http://www.divorcebusting.com/blog/i-didnt-mean-to-have-an-affair-it-just-happened/> I Didn't Mean to Have an Affair, It Just Happened

[http://www.huffingtonpost.com/michele-weinerdavis/10-things-you-must-know-a\\_b\\_7247708.html](http://www.huffingtonpost.com/michele-weinerdavis/10-things-you-must-know-a_b_7247708.html)

10 Things You Must Know about Infidelity

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