

Affair REQUIREMENTS FOR RECOVERY FROM AN AFFAIR:

The plan I recommend for recovery after an affair is very specific. That's because I've found that even small deviations from that plan are usually disastrous. But when it's followed, it always works.

The plan has two parts that must be implemented sequentially. The first part of the plan is for the unfaithful spouse to completely separate from the lover and eliminate the conditions that made the affair possible. The second part is for the couple to create a romantic relationship, using my Basic Concepts as a guide.

I'll describe these two parts to you in a little more detail.

FIRST STEP: Complete separation from the lover and eliminating the conditions that made the affair possible.

- In order to do this it requires a complete understanding of the affair.
- All information regarding the affair must be revealed to the betrayed spouse, including:
 - The name of the lover,
 - The conditions that made the affair possible (travel, internet, etc.),
 - The details of what took place during the affair,
 - All correspondence and anything else that would shed light on the tragedy.

This information is important for two reasons:

(1) It creates accountability and transparency, making it essentially impossible for the unfaithful spouse to continue the affair or begin a new one unnoticed, and

(2) It creates trust for the betrayed spouse, providing evidence that the affair is over and a new one is unlikely to take its place.

- The nightmares you experience are likely to continue until you have the facts that will lead to your assurance that your husband/wife can be trusted.

An analysis of the betrayed spouse's childhood or emotional state of mind in an effort to discover why he or she would have an affair is distracting and unnecessary. It takes precious time away from finding the real solutions.

I know why people have affairs:

We are all wired for it.

- Given certain conditions, we would all do it.
- Given other conditions, however, none of us would do it.

So the goal of the first step is to **discover the conditions that made the affair possible and eliminate them.**

SECOND STEP: is to create a romantic relationship between you and your husband/wife using 10 basic concepts as your guide.

- While your relationship may be improving, it won't lead to a romantic relationship until you are being transparent toward each other.

- Unspoken issues in a marital relationship lead to a superficiality that ruins romance.

Your nightmares are only the tip of the iceberg. They are but a small reflection of the suffering you experienced when you discovered your spouse's affair, and the fear you have that the suffering will be repeated.

Infidelity is not something that can be swept under the rug. While those who have affairs want to forget about it and move on, those who are betrayed must take very specific steps before they can fully recover.

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