

Thriving After Infidelity™

By Emma K Viglucci, LMFT



10 Steps for Moving from Discovery to
Thriving in Love

You are in the throes of discovering an affair in your relationship and it feels like your world is falling apart. An affair doesn't have to end your relationship!

There are many things that can happen while in a relationship with our partner that can be extremely painful. But aside from actually losing our partner, infidelity is pretty high on the feeling devastated scale.

If an affair has been recently discovered in your relationship, you are going through a myriad of feelings along with being totally ambivalent and confused as to the future of the relationship.

Your initial reaction might be to dump your partner, as how could they... But you might not want to break up the relationship and are feeling out of sorts about what this means about you and for the relationship.

Also, the trust is completely out the window, and you feel like you don't even know who your partner is anymore and don't understand how this could have happened...

The pain you feel is intolerable and you don't know how to proceed.



Emma K Viglucci



**ASIDE FROM
ACTUALLY
LOSING OUR
PARTNER,
INFIDELITY IS
PRETTY HIGH ON
THE FEELING
DEVASTATED
SCALE ...**

Stop the torture that comes from discovery, get your new footing, and transform your relationship so that's better than ever before...



THIS MASTERCLASS HELPS YOU:

Part I ~ Get Through the Discovery

The initial steps after the discovery set the fate of the relationship and the tone for how to come back stronger – this has to do with coming off the cliff, creating safety to figure out next steps, getting on the same page about what happened, and understanding the why behind it all

Part II ~ Rebuild the Trust

Things begin to get easier after the initial blow and you are able to go through the steps of implementing healing and rebuilding practices – this has to do with establishing transparency, giving (and receiving) a genuine apology, providing restitution, and doing a closure ritual

Part III ~ Thrive in Love

You feel a surge of newness and hope and are now able to invest in the steps that create change in the dynamics that allowed for the possibility of an affair – this has to do with upgrading your mindset and using a heart-centered approach to changing your dynamics

~~ IMPORTANT ~~

Block time off to dedicate to get started on your transformational processes. For your dedicated time, create a cozy and inspiring space to help you get in the mood and support your work. Turn off all distractions and sequester yourself (LOL)

Have the following handy as well:

- Candle or diffuser, aromatherapy oils
- Zen music or nature sounds
- Water or tea
- Journal and/or Working Notebook
- Pens, color pens, highlighters, stickers and other supplies that you would enjoy
- Calendar



GETTING THROUGH THE DISCOVERY

~ PART I ~

GETTING THROUGH THE DISCOVERY

The initial steps after the discovery set the fate of the relationship and the tone for how to come back stronger – this has to do with coming off the cliff, creating safety to figure out next steps, getting on the same page about what happened, and understanding the why behind it all

Getting through the discovery is one of the hardest things you'll have to go through in your relationship. If you've had, or have other hardships, this is not a statement to minimize those but rather to validate how terrible and awful this place feels... My heart is with you.

This part focuses on facilitating the first few steps of the rebounding process:

STEP 1: Regroup

The immediate aftermath of the discovery feels like the bottom fell off from under you. Your world got turned upside down and you can't seem to get your footing. Your reality is spinning out of control, and you don't know what to make of things. You might be freaking out about what this means for the relationship.

Note, this is painful for both partners even for the one that cheated... A lot of times, this gets lost in translation. An affair is something that happened in your relationship, not something that happened to you... This happened for you both and for the relationship... This does not excuse the transgression and breach of trust though, and in no way, shape or form dismisses the massive impact and pain for the person that was betrayed.

At this juncture – the only thing to do is to pause making any decisions or reacting to the situation. Just pause everything and give yourself a moment to catch your breath and regroup...



GETTING THROUGH THE DISCOVERY

STEP 2: Resource

The next thing to happen is to create space to think, feel and honor what is happening for you. A little space placed intentionally and mindfully goes a long way. Take this time to give yourself a ton of love and to nurture yourself. You need to replenish and get over the feeling of getting kicked in the stomach.

- ~ Take this time to slow down the noise, reactions and fear running through your head.
- ~ Take this time to honor your feelings, the whole range - from anger, hatred, disgust and such to embarrassment, shame, guilt, sadness, loss and the rest...

Set a time to come back together to share where you are at and discuss how to proceed. When you come back together confirm that you'd like to continue with the relationship, assuming that's where you are at, or that you'll operate as if you do until you know otherwise... And that you'd like to work on rebuilding the trust and creating a better relationship... This is what the next steps help you do...

This is the time to discontinue the affair if it is still active...

STEP 3: Disclosure

This next step is hugely important – you can get stuck in your rebounding if you cheat yourself out of thorough process... This is where you get to get on the same page about what happened.

The affair partner is at an advantage because they already have this information. The betrayed partner is in the dark... So, it is extremely important for the affair partner to share everything about the affair as they recall it. If they keep any information from their partner, then the other is still in the dark. You want to rebuild your relationship and you can't do that if your foundation has holes...

During this step you'll synchronize on your experiences creating a cohesive joint experience...



GETTING THROUGH THE DISCOVERY

STEP 4: Context

Here is where you get to put the infidelity into context, you get to understand why this happened, how your partner made the decision to deal with their needs and pain this way, what were the unmet needs and the causes of the pain. Here you also get to share what was happening for you at the same time before and during the affair...



WORK IT

In this Part we'll focus on stopping the spinning and regrouping...

STEP 1: Regroup

To stop the pain, you might feel like throwing out the baby with the bath water, exact revenge, or somehow hurt or punish your partner. Though for a moment these might seem like viable solutions, these just hurt everyone and the relationship in the long run doing more irreparable damage or creating more repair work...

~~ Instead, find an immediate outlet to ground yourself: Scream, punch a pillow, go for a walk or a run, chop wood, do breathing exercises, be in nature, hug a tree, take a bath or some other releasing and soothing activity...

These are helpful to both partners...

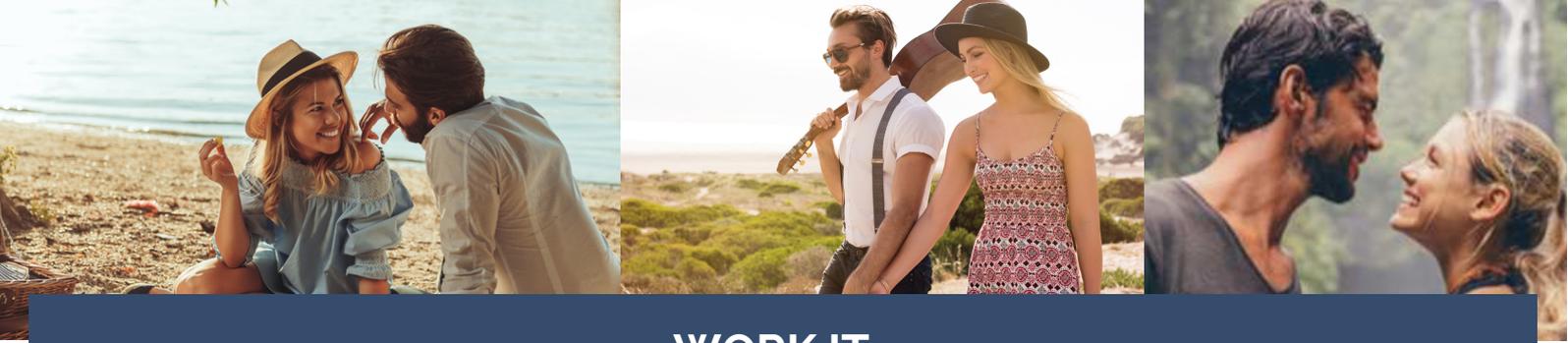
STEP 2: Resource

The sight of your partner might feel repulsive or throw you into a rage. It's a good idea to take a little bit of time here to lick your wounds and recharge... You might need a few hours or a few days... Take the time you need and make it productive.

These are applicable for both partners...

a) Focus on soothing your feelings, stopping your reeling thoughts and any compulsory behaviors you might be engaging in to cope...

Identify what you are experiencing and how you are managing yourself



WORK IT

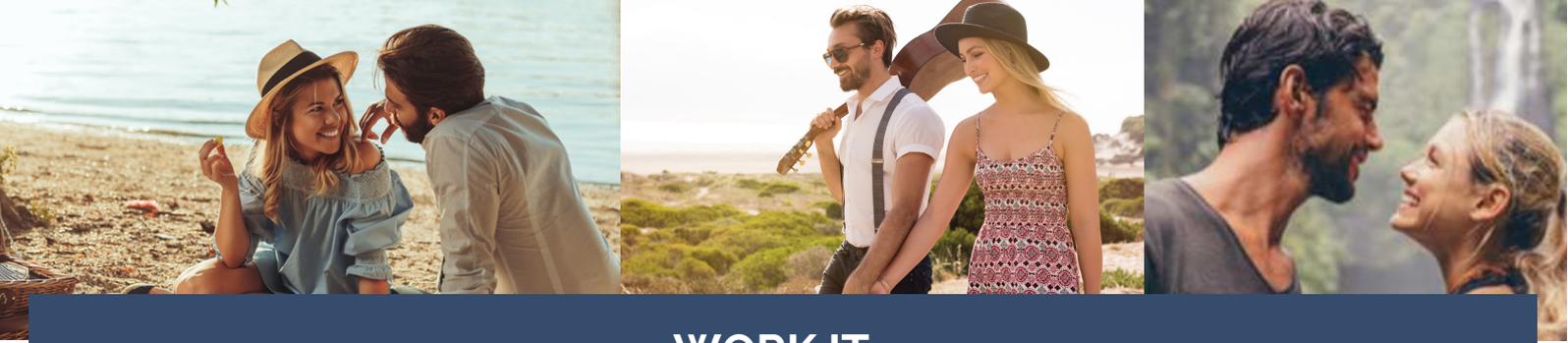
Choose and implement replacement activities and healthier habits to help you cope

b) Make a list of activities that give you joy and restore you, and sprinkle them throughout your days to keep you in a strong state

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

c) Select a time and place that feels safe and is free of distraction to have a deep conversation about the state of the union and how to move forward

~~ Share how you are both doing, how you'd like to move forward (i.e., commit to rebuilding the trust and working on the relationship), and set up another time, if now feels like too much, to start the rebuilding work starting with the next 2 step...



WORK IT

STEP 3: Disclosure

~~ Share how you are both doing, how you'd like to move forward (i.e., commit to rebuilding the trust and working on the relationship), and set up another time, if now feels like too much, to start the rebuilding work starting with the next 2 step...

~~ Follow these steps until the whole affair story is out

1. The affair partner starts recounting the story from the beginning without leaving any information out – sharing only a small portion at a time
2. The betrayed partner repeats what they hear for each portion and asks any questions about that segment (keep the questions clean and without judgement to keep safety in the process)
3. The affair partner answers all the questions thoroughly, mindfully and compassionately without leaving any information out
4. The betrayed partner repeats the answers and asks any additional questions if there are any
5. 3) and 4) are repeated until there is nothing else about this portion of the story
6. The affair partner goes on to the next portion of the story without leaving any information out
7. 2) through 6) are repeated until the whole story is thoroughly out

STEP 4: Context

This is where you get a deeper understanding of your relationship and get a chance to reconnect...

~~ The affair partner now gets to additionally explain their reasoning for having the affair, share their state of mind, what was going on for them, how they were feeling and what kept the affair going. They can also share how they are feeling about having ended the affair, including any challenges around this and any feelings of loss...

They are to share it in small portions as before, with the betrayed partner repeating and asking questions as before until there is nothing else.

~~ Now is the betrayed partner's turn to share their side of the experience- how they've experienced the relationship, what informed how they showed up to the relationship and what was going on for them, what they were feeling and anything else that might seem relevant like if they had a sense of the affair and how that felt...

They are to share it in small portions as before, with the affair partner now repeating and asking questions as did the betrayed partner before until there is nothing else.



REBUILDING THE TRUST

~ PART II ~

REBUILDING THE TRUST

Things begin to get easier after the initial blow and you are able to go through the steps of implementing healing and rebuilding practices – this has to do with establishing transparency, giving (and receiving) a genuine apology, providing restitution, and doing a closure ritual

After the intensity of the first few steps, things begin to look up. This does not mean that there is no more pain. This does not mean that the partner that cheated “got away with murder”. This does not mean that you are done talking about what happened. This does not mean that the partner that cheated can never be trusted again. This does not mean that the partner that was betrayed has to get over it now. And so on...

This does mean that you can start working on repairing, rebuilding and getting to a new place. This requires a lot of patience, grace and compassion... Make sure you have high doses of this on a daily basis...

This part focuses on facilitating the next set of steps of the rebounding process:

STEP 5: Transparency

Transparency is super important to ensure you continue to create the same reality... Remember, the betrayed partner didn't know things were going on behind their back, so they'll be on high alert now as a result. It is imperative that their heightened alertness be soothed so the rebuilding process can start...

Acquiescing to full transparency is even more important if the betrayed partner had a sense that something was happening and their reality was denied, they were made to feel crazy if you may...

This step actually provides safety for both partners as the partner that betrayed doesn't have to deal with unexpected third-degrees, eagle eyes, micromanaging, snooping and other behaviors that might otherwise happen to create safety...



REBUILDING THE TRUST

STEP 6: Apology

This is where the affair partner gets to truly apologize for having broken the trust and hurting their partner. Regardless of the reasons for having the affair, a level of trust and commitment was broken that caused significant pain. This is a massive transgression in a committed relationship that needs to be acknowledged and tended to.

The apology needs to include owning the above and capture understanding of the impact and pain it caused. The more heartfelt the easier it will be for the betrayed partner to receive the apology...

Sometimes the betrayed partner is not ready for this step and can't feel the genuineness. Don't rush to get to this step. Advise to the affair partner is to follow the betrayed partner's lead as to when is the right time for this...

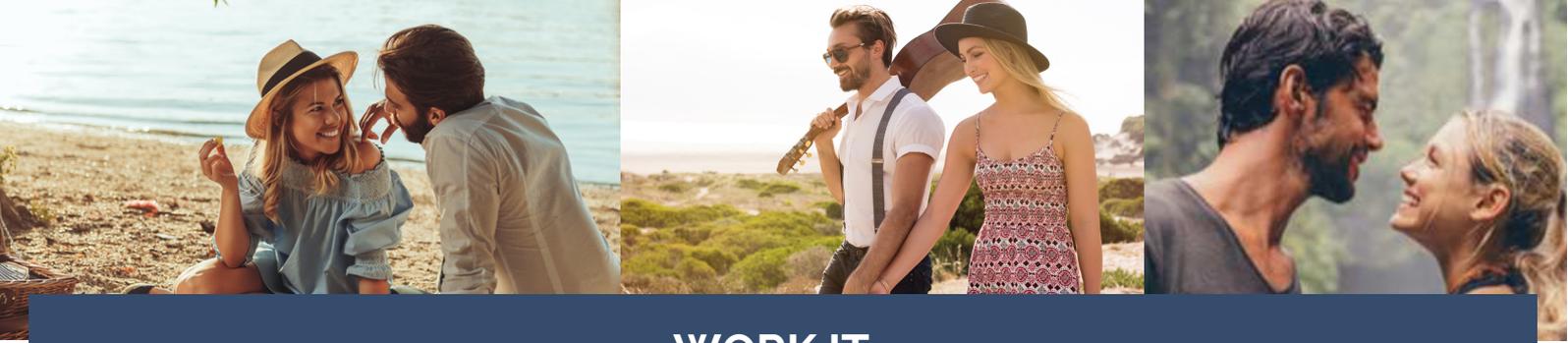
STEP 7: Restitution

The next thing is for the affair partner to make up for their infraction- that's right they don't get to get off scot-free. This is where they take a massive action to atone for their behavior... Along with the apology, this is healing for the betrayed partner to receive. And, this is empowering and redeeming for the affair partner.

STEP 8: Closure Ritual

At this point, you are doing pretty amazing... You've gotten through the massive initial pain, have course corrected and are ready to start closing this chapter to start your new relationship with each other...

The next thing to do is to do a closure ritual to symbolize letting go of this traumatic experience and embracing a new beginning...



WORK IT

In this Part we'll focus on rebuilding the trust and repairing...

STEP 5: Transparency

This step is about creating safety for the partners and realigning in the relationship...

Given how and where the affair started and took place, implement transparency tactics so the betrayed partner knows there is nothing new going on, they can easily check and not torture their partner with doubts and suspicion... This needs to be super thorough for it to properly serve the partners.

This step feels very invasive to the affair partner, so set this up with mindfulness and compassion. Do state a period of time for the duration of this level of transparency which can be extended as necessary.

a) Capture the Transparency Agreement (i.e., access to all social media, email, phone, and other devices; not business trips, changing departments or jobs; no conferences, certain outings or activities, or contact with certain friends; etc.)

1. _____
2. _____
3. _____
4. _____
5. _____

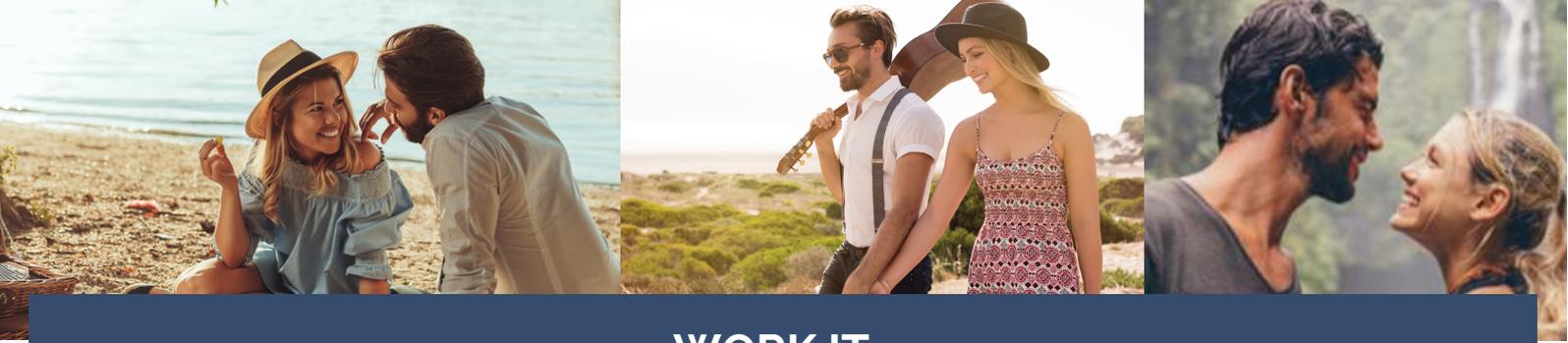
Effective until: _____

STEP 6: Apology

The affair partner is to give a rich and genuine apology as per the definition provided in its corresponding section.

~~ Craft the rich and genuine apology

~~ Design and implement a meaningful and special delivery for the apology so it reaches the betrayed partner's heart...



WORK IT

STEP 7: Restitution

The affair partner is to provide a restitution action as per the definition provided in its corresponding section.

~~ Choose a restitution action

~~ Design and implement a meaningful and special delivery for the restitution so it reaches the betrayed partner's heart...

STEP 8: Closure Ritual

You get to jointly design a closure ritual as per the definition provided in its corresponding section.

a) Brainstorm and choose the ritual: _____

b) Design and implement a meaningful and special closure ritual so it represents your closing of this chapter and the start of your new beginning...



THRIVING IN LOVE

~ PART III ~

THRIVING IN LOVE

You feel a surge of newness and hope and are now able to invest in the steps that create change in the dynamics that allowed for the possibility of an affair – this has to do with upgrading your mindset and using a heart-centered approach to changing your dynamics

You made it to the other side... Congrats!

Things are a lot easier and more fun from here. Woot!

This part focuses on facilitating the last two steps of the rebounding process:

STEP 9: Mindset

Here is where you get to really place the affair in context and reframe it as a blessing in disguise... This was your rude awakening to change course so you can create a radiant and successful relationship, your Best Relationship, and an Epic Love Affair with Your Partner!

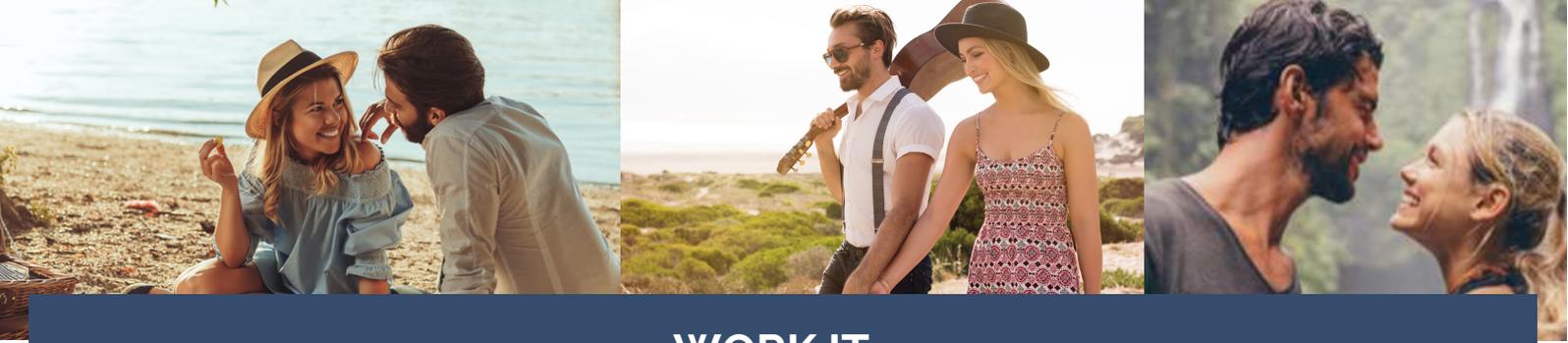
You are on your way to making that happen, acknowledge this, and pat yourselves on the back. You get a Gold Star:

STEP 10: Transformation

This is an ongoing process that you won't start and finish it here. You'll be always creating your Best Relationship... You need to tend to it, invest in it, and ongoingly nurture it for it to be the Best Relationship...

The key for this step though is to identify and clarify your triggers, your needs, your desires and wishes and share them with each other so you can jointly mind them...

This is where mindfulness, intentionality, and proactivity come into play big time. And, this is where your Self-Love plays a huge role...



WORK IT

In this Part we'll focus on setting up the new course and starting the new journey...

STEP 9: Mindset

In this step you get to position the affair in a different light as noted in its corresponding section. You get to reframe it and view it from a positive perspective...

a) Create a positive narrative of your recent experience with the affair and how it's a pivotal point in your relationship



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STEP 10: Transformation

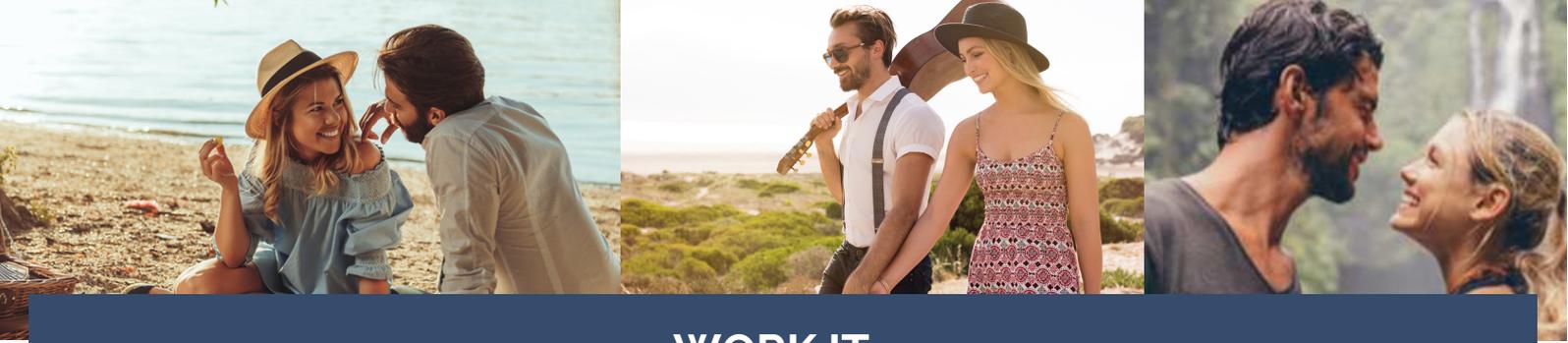
In this step you get to position the affair in a different light as noted in its corresponding section. You get to reframe it and view it from a positive perspective...

a) Learning yourselves and each other better... (Use your journals if necessary)

Capture your sensitivities, dislikes, triggers and vulnerable feelings you usually experience

Translate your triggers, wounds and feelings, captured above into emotional needs

Capture your desires, wishes and dreams



WORK IT

Select a time to share the above with each other, make sure there are no distractions, and that you make this time special.

Discuss how you can each go about meeting your own needs, and select 2 tactics you'll each implement immediately to meet your own needs and play with your dreams:

PARTNER: _____

1. _____
2. _____

PARTNER: _____

1. _____
2. _____

Select a tactic you can do for an upcoming period of time to meet one of your partner's needs, using their Love Language (5lovelanguages.com):

PARTNER: _____

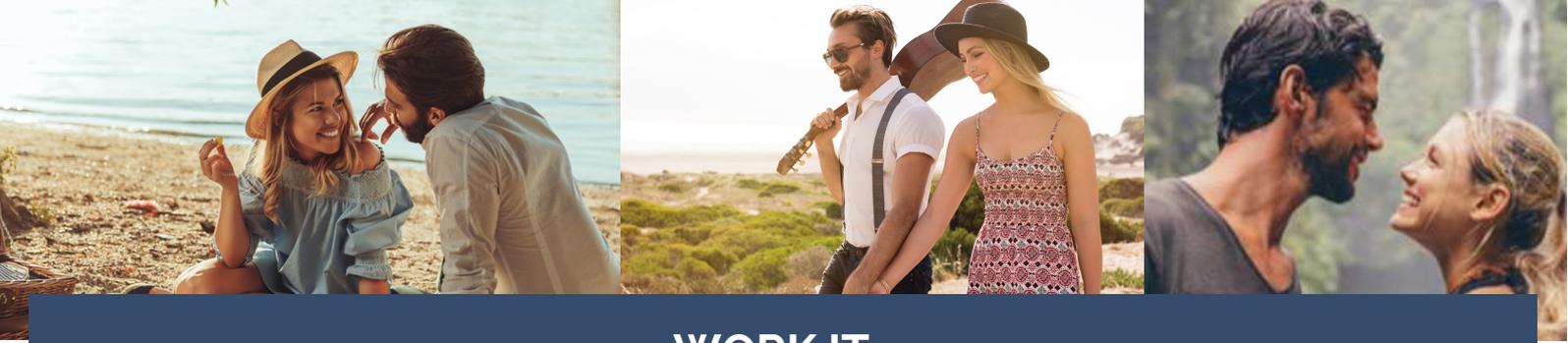
1. _____

PARTNER: _____

1. _____

When the time is up, you can either extend it or select another action to meet the same need or a different one.

Keep this going...



WORK IT

b) Implement a Self-Love Practice to stay resourced and increase resilience, to consistently connect to yourself for a richer life, and to expand your sparkle... Refer to the [Self-Love Strategy Masterclass](#) for specific Tactics.

~~ During your Personal Time create a cozy and inspiring space to help you get in the mood and support your work. Turn off all distractions and sequester yourself. (LOL)

Have the following handy as well:

- Candle or diffuser, aromatherapy oils
- Zen music or nature sounds
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- Pens, color pens, highlighters, stickers and other supplies that you would enjoy
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Select 1 of the 4 Aspects of the Self-Love Strategy to focus on and play with the related Tactics:

- A ~ Self-Honoring and Being
- B ~ Self-Management and Flow
- C ~ Self-Care and Resilience
- D ~ Self-Connection and Radiance



Thriving After Infidelity™

10 Steps for Moving from Discovery to Thriving in Love

STEP 1: Regroup

STEP 2: Resource

STEP 3: Disclosure

STEP 4: Context

STEP 5: Transparency

STEP 6: Apology

STEP 7: Restitution

STEP 8: Closure Ritual

STEP 9: Mindset

STEP 10: Transformation

Here is to your Amazing Relationship & Love!



METROPOLITAN MARRIAGE & FAMILY THERAPY, PLLC

www.MetroRelationship.com