

Working with Affairs in EFT

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Learn How to

- ♦ Identify different types of affairs
- ♦ Identify personal block's and triggers in working with betrayal
- ♦ Identify key points during assessment
- ♦ Identify typical patterns and themes that happen with affairs
- ♦ Identify Steps in Forgiveness
- ♦ Maintain compassion to both partners and Keep your own emotional balance throughout

An affair is a betrayal of trust/ a break in the bond.

Most important factor how the person experienced it/ level of pain

Types of Affairs

- ♦ Sexual one time
- ♦ Sexual several encounters with different people
- ♦ Sexual several times with one person
- ♦ Emotional - short term
- ♦ Emotional - long term
- ♦ Sexual and Emotional



Often the biggest challenge we have in EFT and working with betrayal is ourselves.

Close your eyes and just notice how you feel as you hear these questions

Self of therapist

Be curious about ourselves

- ♦ How does our life experience impact us?
- ♦ What did you learn about affairs growing up?
- ♦ Did someone you love have an affair (parent or partner)
- ♦ Have you had an affair?
- ♦ What did you learn about sex?
- ♦ Notice if you have an internal judgements about affairs.

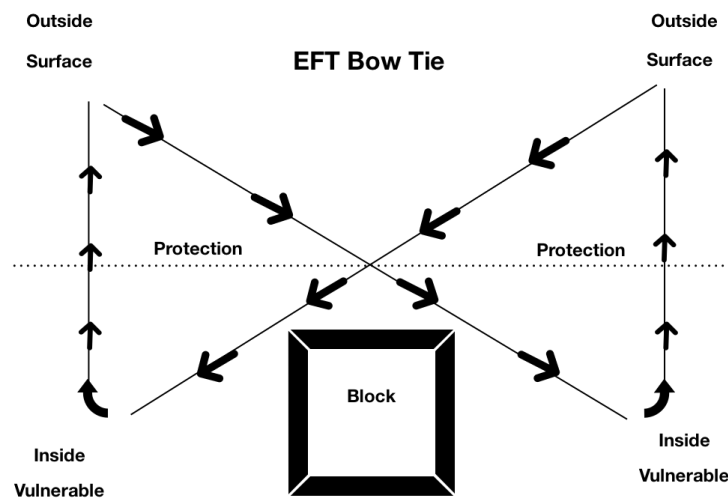


Person who Betrayed

Minimize / deny

Therapist

????? Fill in the blank



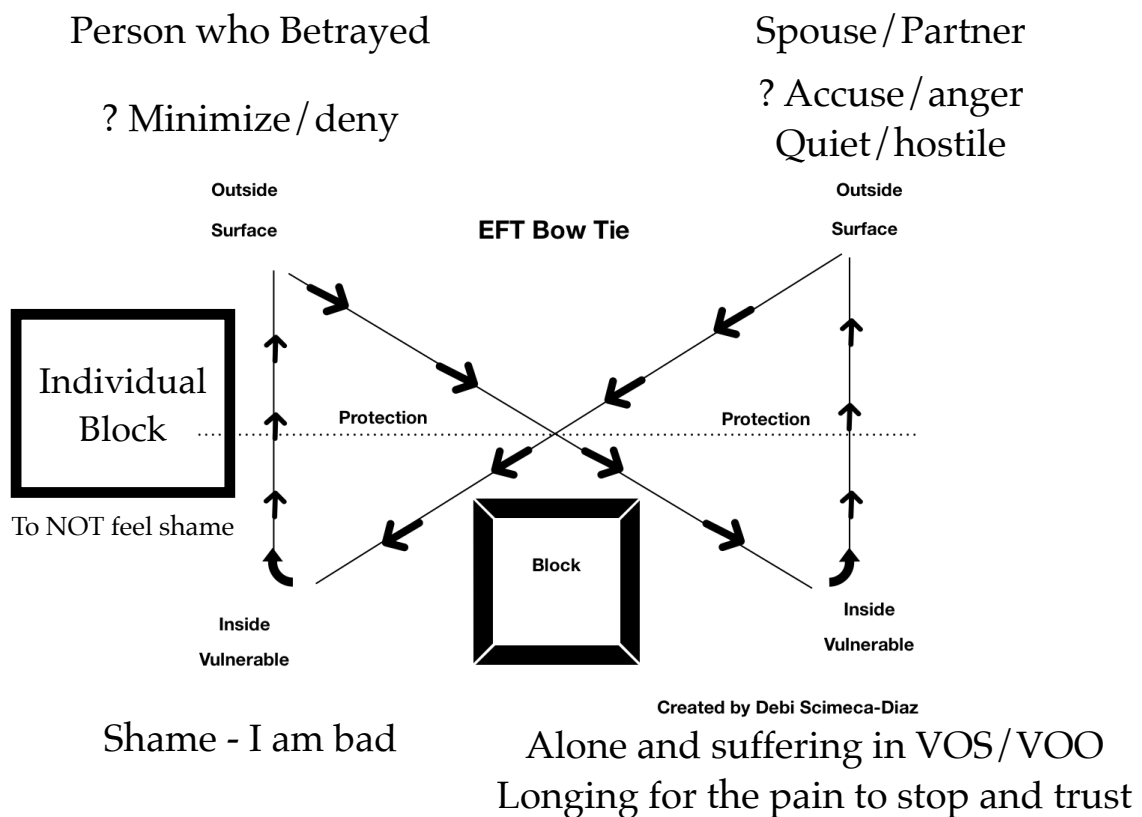
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Shame - I am bad

????? Fill in the blank

Assessment

- ◆ Past or Present affair? How far in the past?
- ◆ Does the couple feel they resolved it?
- ◆ How hot is the affair topic?
 - ◆ The hotter the topic the more soothing and validation needed from the therapist
- ◆ What happened when the affair was discovered?
 - ◆ Was remorse expressed?



Typical Patterns

- ◆ Remorse is expressed at discovery and “it didn’t” work
- ◆ Anxious questioning/snooping and dismissive defensiveness
- ◆ Shame spirals

Key Points

- ◆ Validate and support betrayed partner
- ◆ Good alliance with BOTH and See the attachment distress of both
- ◆ Put the affair in the cycle: while not lessening responsibility.
- ◆ Identify pre affair and post affair cycles
- ◆ Hold the hope in the darkness and pain

Video Clip

- ◆ Erin and Tricia- He had an affair in the past. He feels shame and she feels her worst fears are confirmed. They haven't healed around the affair and have been in a cycle for many years.

Steps in Forgiveness

NOTE: Affair recovery / Forgiveness happens after stage 1 (need safety first)

1. Wounded one distills and discloses the pain, headline version
2. Other tunes in, accepts the hurt. Openly shares how their hurtful actions evolved. Non-defensive stance.
3. Wounded one shares the core of the hurt. *Not blaming or defining the other.* Other offers their full and open attention. *Presence, not performance.*
4. Other now apologizes. Expresses real remorse: regret, sadness. Your pain hurts me.
 1. 4.5. The wounded one takes in and accept the apology.
5. Wounded one can now ask for comfort. The connection that was and is missed.
6. Partner provides the antidote by offering the comfort now. I am here now.
7. Together create a story of healing. New view of the relationship.

Sometimes our clients can't get past the affair
If this happens, our job is to help them share vulnerably that
they can't forgive no matter what the partner says or does

