

Booster #8 Affairs: My heart is with Another

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Learn How to

- ◆ Identify personal block's and triggers in working with betrayal
- ◆ Stay present, engaged and move towards high levels of hurt
- ◆ Maintain compassion to both partners
- ◆ Keep your own emotional balance throughout

Types of Affairs

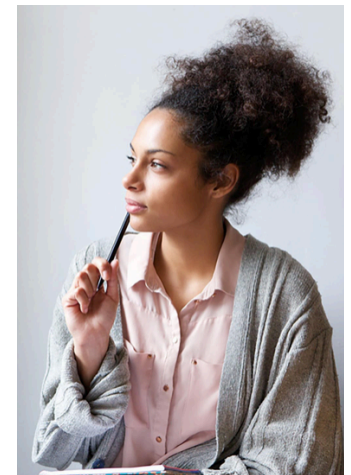
- ◆ Sexual one time
- ◆ Sexual several encounters with different people
- ◆ Sexual several times with one person
- ◆ Emotional - short term
- ◆ Emotional - long term
- ◆ Sexual and Emotional



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.

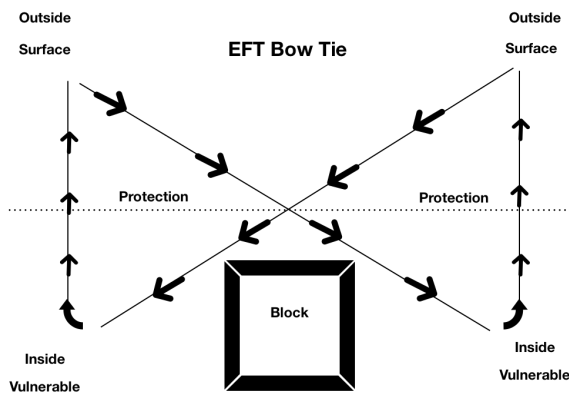


Person who Betrayed

Minimize/deny

Therapist

????? Fill in the blank



Shame - I am bad

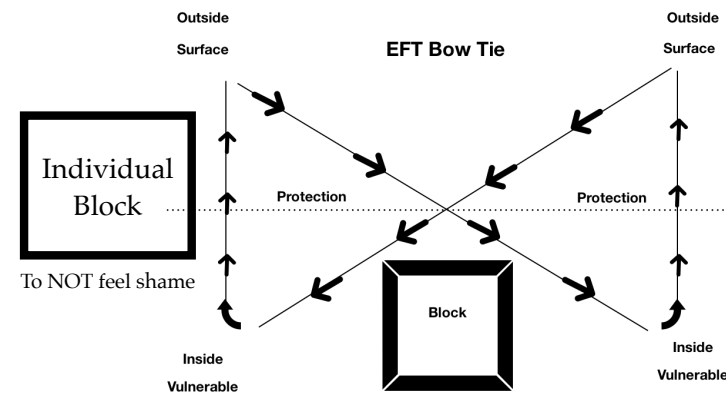
????? Fill in the blank

Person who Betrayed

? Minimize/deny

Spouse/Partner

? Accuse/anger
Quiet/hostile



Shame - I am bad

Alone and suffering in VOS/VOO
Longing for the pain to stop and trust

The best thing you can do is
process this with a
supervisor you trust

Key Points

- ◆ Must validate and support betrayed partner
- ◆ Must have good alliance with BOTH
- ◆ Must put affair in the cycle: while not lessening responsibility
- ◆ Must Identify pre affair and post affair cycles
- ◆ Must hold the hope in the darkness and pain

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



Video Clips

- ♦ Chris and Nicky- wife had 18 month sexual affair with the husband of best friend - emotional affair was for years prior to sexual. They relocated when this came out - left the church and their community