
BAN - CHAPTER 1 - YOUR HEALING STORY BEGINS

A HEALING TIME LINE

I am cautious about giving you a time line, because it _____ for each person depending on the unique combination of factors in your situation. _____ is a reasonable time frame if you get _____, and are willing to ____ ____ _____. If you get divorced, they say it takes 1 year for every 4 years of marriage to heal. I love what one member of BAN once said to me ...

"I'm sick and tired of people telling me how long it should take for me to heal, as if I'm going to be healed in 1 year 10 months 8 days 15 hours 23 minutes and 6.7 seconds!"

It's just not this exact of a formula. What's important is that you are _____.

PHASE 1 - TRAUMA PHASE: Approximately the first 3 - 6 months

For the first 3 - 6 months post disclosure most betrayed spouses struggle with mild forms of _____.

Characterized by oscillating between 3 extreme states

-
-
-

ACTION STEPS

1. Do not make any major life altering decisions
2. Live one day, one moment at a time
3. Take care of yourself so you can take care of others
4. Get support. A therapist, counselor or coach is a good idea.

_____ IS _____ WHEN IT COMES TO HEALING FROM AFFAIRS

PHASE 2 - FIGHTING PHASE or FACING REAL ISSUES

4 months in duration would be about right, with good help.

Should I leave or should I give my marriage a chance?

Now it's time to face the _____ .

If you are given the chance it's wise to work towards saving your marriage. Should you then in the future decide to leave your marriage, you can have peace of mind _____ you did all you could. No room for future regrets.

PHASE 3 - HOPE (approximately 6 months - 1 year)

Take responsibility for any ways you may have failed your spouse in the marriage

_____ ISSUES AND _____ ISSUES ARE TWO COMPLETELY DIFFERENT THINGS.

There are no _____ marriages, and no _____ spouses, so if we go looking for the problem in the marriage that "CAUSED" the affair we will always find it, but are we finding the right thing?

PHASE 4 - BETTER BUT IT STILL HURTS (1 year & beyond)

_____ of the marriage. The realization that you can't save your marriage hits you in one form or another. You may need to face _____.

Hone the ability to listen to your _____ - to trust yourself.

PHASE 5 - ALMOST BUT NOT QUITE HEALED (2 years & beyond)

Learn to _____ again. _____ .

Make your final decision. Should you stay or should you go?

_____ to the marriage.

HEALED

I remember everything that happened, but when I remember it no longer conjures up deep feelings of pain. I have _____ my story