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## 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

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**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