

Helping Couples Recover from Affairs

By Patricia Shelton, PhD, LMFT
May/June 2013

Couples dealing with infidelity are a large part of my practice. Typical presenting issues include: one partner has discovered a suggestive email or text the other forgot to close or delete; a person has been having affairs since the relationship began and the most recent one has just been discovered; a partner has been unfaithful while the significant other was with; one partner has been having an affair with a neighbor who is the other's best friend; a partner has created a bridge out of a disengaged relationship by falling in love with someone else. Sometimes an affair has been going on for years—in one couple I saw, the 70-year-old wife learned of her husband's 35-year affair by picking up the phone on Thanksgiving and hearing them arrange to meet.

What constitutes infidelity?

Lusterman's (1998) definition of infidelity includes sexual and nonsexual infidelity by married, cohabiting, or engaged partners: "Infidelity occurs when one partner in a relationship continues to believe that the agreement to be faithful is still in force, while the other is secretly violating it."

For some, their partner's use of pornography constitutes infidelity.

An *affair* is a secret emotionally- and/or sexually-charged relationship a person has outside of a committed relationship, whether in person, by telephone, or in cyberspace (Shelton, 2003).¹

Affairs can be sexual or emotional or both. While we usually call a combined type a "love affair," an emotional affair may be even more distressing than a purely sexual one to both men and women. Since many affairs develop in work relationships, men and women are equally likely to be unfaithful.

Due to relationship dissatisfaction and unmet needs, women are more likely to have love affairs. Men, on the other hand, are nearly as likely to have a sexual affair without emotional involvement as to have a combined-type affair (Glass, 2000). Sex addiction, which is similar to philandering, is a compulsive form of sexual activity that may evolve into an affair.

The impact of infidelity on relationships and families is enormous. About a third of marriages end in divorce. Of those that survive, nearly half limp along, emotionally dead (Charny & Parnass, 1995). Frank Pittman (1989) has commented, "Whatever the problems in the marriage before a crisis of infidelity, the problems after the affair are quite different and far more serious."

Myth: The hurt partner always knows at some level an affair is going on

Adults with secure attachment are generally less suspicious and more likely to give their partners latitude than people with insecure forms of attachment (i.e., preoccupied, dismissive, or fearful/avoidant). A securely attached individual might therefore have no inkling an affair is going on. Even happily committed adults have sexual affairs. People in long-term good relationships think they will be able to accept a casual infidelity due to loneliness during business travel, but "it was always a serious crisis" when even a one-night stand actually happened (Wallerstein & Blakeslee, 1995).

Adults with preoccupied attachment might worry that their partners are being unfaithful (especially when they sense increasing distance, which alarms them), but may convince themselves they are being paranoid. Their partners' lies or gaslighting (Gass & Nichols, 1988), along with overt accusations like "you're crazy," may shame them into warding off their fear. For this reason, learning of a partner's affair may actually bring relief at first.

Interestingly, men with a dismissive attachment style are much more likely to be unfaithful to their partners than are men with other attachment styles (Allen, 2001, as cited in Glass, 2003). In my experience, avoidantly attached men are often surprised by their partners' infidelity and they ask the fewest questions about the affair.

Consequences of infidelity for the hurt partner

Betrayal of interpersonal trust often shatters unspoken assumptions about emotional safety in the relationship—one partner trusts the other will not be dishonest, hurtful, or unfaithful. This is why people use words like "devastated" and "shattered" to describe their reactions. After learning about an affair, the hurt partner may experience a full-blown trauma reaction (Glass, 1998). PTSD symptoms, especially hyperarousal (difficulties with sleeping, eating, and concentration; nightmares; hypervigilance) and obsessive rumination, may go on for a long time—at least two years, often many more (Vaughan, 1998).

It is important to normalize these common reactions so the hurt partner isn't pathologized. Both partners need to understand what's happening. Even after healing has begun, flashbacks are triggered by many kinds of cues and usually precede the anniversary of discovery. Hurt partners may feel reassured by hearing that first the frequency, then the duration, and finally the intensity of flashbacks will fade (Glass, 2002).

Many clients experience a blow to their sense of reality. Thinking they knew what was going on in their partner's lives, they blame themselves for not realizing he or she was having an affair. "Affairs are rarely detected when the involved partner is a skilled liar or compartmentalizes the involvement and remains unchanged at home" (Glass, 2002). Business travel, locked cell phones, separate phones for use with just the affair partner, texts, voicemail, email; credit card and phone bills sent to the unfaithful partner's office—there are many ways a person can hide an affair.

The hurt partner's perceptions of reality during the time the partner was unfaithful often need to be completely reworked. This is a major reason there is a need to know details about the affair (Shelton, 2003). The hurt partner has been walled out of the unfaithful partner's secret life while the affair partner has often had a window into the marriage. These walls and windows must be reversed in the course of therapy (Glass, 2003).

When people do not have reliable inner controls to contain the rage that arises, they may become dangerous. Major depression, suicidal or homicidal ideation and actions are not uncommon (Cano & O'Leary, 2000). Rage and revenge fantasies abound, and the client's ability to contain them must be assessed. Both revenge fantasies and rage seem to be a response to helplessness and hurt. They may also reflect an unconscious wish to cause the unfaithful partner to feel as much pain as the hurt partner does. Reframing them as such may attenuate the need for action.

After the initial crisis—which may last for months—the scariest phase for hurt partners seems to occur when a bit of trust and safety have been rebuilt and they have begun to let down their guard. It is here that a couple (and the couple's therapy) may get stuck. When the hurt partner is afraid to risk becoming more open or intimate, relatively small painful actions by the unfaithful partner can trigger hostility and total withdrawal. Or, the hurt partner may not let up on raging accusations despite the genuine remorse and efforts at repair made by the unfaithful partner. This state has been called "accusatory suffering"

(Seagull & Seagull, 1991, as cited in Glass, 2002).

On the other hand, I have observed this angry, fear-based, emotional-shutdown pattern most often in people whose partners were still involved in the circumstances that led to infidelity in the first place (for instance, frequent business travel, workplace encounters, or attending the same church or social functions as the affair partner). A trauma response is stirred up every time the stimulus is re-experienced. Like a core sample drawn from many layers of earth's crust, the current situation pulls up similar attachment injuries from childhood—these hurt partners had emotionally unresponsive mothers and/or experienced a parental divorce that entailed losing their most-loved parent. Continuing retraumatization triggers the defensive deactivation of attachment needs that is associated with a fearful-avoidant/angry-resistant attachment style.

Myth: Hurt partners' emotionality, obsessive thinking, and demands for affair details slow their recovery and are harmful to the relationship

Innumerable books, websites and blogs tell people how to deal with infidelity. Unfortunately, many authors state their opinions as truth, and many of the myriad opinions are contradictory (Shelton, 2003).

Emotionality and obsessive thinking

People often believe that high emotions and “obsessing” about a partner's affair indicate a histrionic personality. At best, they consider these behaviors harmful to recovery. However, emotion-focused coping is the most commonly used coping style when a painful, unchangeable situation has caused distress and problem-solving can't improve the outcome (Folkman & Lazarus, 1991). This certainly applies to infidelity (Shelton, 2003). Anger and hurt generally predominate in the hurt partner, regret and shame in the unfaithful one.

Anxious questioning, obsessively going over details, and searching for clues of continued involvement may appear to be frantic behaviors that get in the way of healing. Underpinning these activities, however, is the need to feel more secure, reestablish trust, and fill gaps in comprehension of the infidelity (Shelton, 2003).

Obsessive review occurs when a hurt partner repetitively mentally examines or analyzes aspects of the affair or of the relationship before, during, or after affair discovery (R. Weiss, 1975, cited in Subotnik & Harris, 1994). This is seen as an attempt to achieve some mastery in the face of shock and helplessness, and to create a mental narration of events so they become part of the individual's personal history. In my experience, how these issues are handled is specific to each couple; the ability of both partners to withstand and relate to intense emotions and needs must be taken into account.

Affair details

Many writers and therapists have a strong belief that discussion of affair details should be kept to a minimum. They think that details, especially sexual specifics, will engender too much hurt or harm recovery. However, Vaughan's (2002) research study of 1,083 married hurt spouses showed that the more the unfaithful partner meets the hurt partner's need to talk about the affair, the greater the hurt partner's rebuilding of trust and sense of healing. When the unfaithful partner is willing to discuss the situation as much as the hurt partner needs, and answers all of the hurt partner's questions, twice as many relationships both survive and grow.²

For a productive discussion of affair details, the hurt partner must be able to listen and respond calmly to answers given. Emotional safety is vital for both partners. The vulnerability the unfaithful partner feels when answering intimate questions contributes to trust building. Questions can be written down and answered a few at a time or in big batches when it is psychologically safe to do so. The guiding

principle is whether additional information will enhance healing.

Therapists can help hurt partners understand that becoming enraged by information they have requested negatively reinforces the unfaithful partner's willingness to be open. On the other hand, if the unfaithful partner withholds or skimps on the truth, or changes the story in the slightest way, the hurt partner will pick up on it almost immediately and the couple may go back to square one. Any lie discovered after the basic story has been described pushes recovery even further back, because the hurt partner feels betrayed all over again. Therefore, the sooner that accurate details are given, the better. (Unfaithful partners do not need to fill in details beyond what is asked for.)

Helping couples heal after an affair

Very few couples dealing with infidelity develop a thriving relationship without outside help. Hurt partners with strong barriers to leaving (e.g., religious beliefs, financial insecurity, pressure from family or friends, fear that divorce will hurt their children) often experience ongoing relationship dissatisfaction and use distancing or avoidant coping behaviors to maintain a relationship devoid of intimacy (Wieselquist, Rusbult, Foster, & Agnew, 1999).

However, when couples work with a therapist who is well-versed in dealing with affairs, they can do very well. In Shirley Glass's (2000) report on 104 heterosexual couples affairs she had treated in couples therapy, 71% stayed together (compared with 91% of non-affair couples with whom she had worked). But there were big differences among affair couples depending on who had been involved in the extramarital activity: When the husband had an affair, 82% stayed together; when the wife, 67%. When both had affairs, only 40% of the marriages survived.

My conception of the recovery process for the hurt partner involves five fairly discontinuous cognitive states and transitions: (1) ignorance and/or unrequited suspicion; (2) shattering of assumptions about the partner and the relationship; (3) formation of a new mental construct of each partner's life during the affair(s); (4) gradual rebuilding of trust and emotional safety; (5) forgiveness—or at least acceptance—of the infidelity accompanied by a heightened awareness of vulnerability and attentiveness to emotional disconnection

Some treatment guidelines

A guiding principal is that the hurt partner has not caused the infidelity. Other solutions besides an affair were possible.

- Partners dealing with an affair may be (a) certain they want to stay together, (b) certain they want to separate or dissolve the relationship, or (c) ambivalent about whether to continue the relationship. As the first step in couples therapy, it is important to establish a contract based on where the clients are in this process. If the contract is to resolve ambivalence, once a couple has decided which course to take, the therapist can help them reaching their goal of reconciliation or an amicable divorce (Glass, 2002). I have found that hurt partners may delay a decision for quite a long time, leaving their options open and perhaps unconsciously wanting the unfaithful partner to feel as insecure as they do. On the other hand, threats to leave are destructive.
- Although the unfaithful partner generally wants to move forward and focus on the relationship's future, recovery must progress at the hurt partner's pace (Spring, 1996). Unfaithful partners are often more patient when they understand the physiological/PTSD components of the hurt partner's experience, as well as the cognitive states that must be traversed.
- Concentrating on underlying issues before the crisis phase has passed will usually cause the

hurt partner to feel unsupported or even scapegoated by the therapist. With long-term infidelity or philanderers, major relationship problems may have arisen due to their (a) emotional withdrawal and avoidance of intimacy, and (b) the likelihood the unfaithful partner has created a very negative internal portrayal of the other partner, which must be continually justified in order to maintain the affair. “Selective negative focus” occurs when an individual dwells on the negative and screens out anything that contradicts it (Spring, 1996).

- If a secret affair is going on or continues after discovery, therapy cannot help the couple until it is revealed. When an affair is known but persisting, therapy that builds on a couple’s strengths may help the unfaithful partner feel some hope and therefore be willing to try a period of abstinence from the lover (Moultrup, 1990). Relapses with the affair partner are not uncommon in the beginning. It is especially hard to create boundaries around work-related or neighborhood affairs. However, healing and relationship improvement cannot begin until the affair is over and the unfaithful partner has terminated all communication with the lover.
- It is useful to ask the unfaithful partner to adopt a policy called “Stop and Share” (Glass, 2003). This entails a commitment to stop all involvement with the affair partner and to tell the hurt partner about any contact the same day it occurs. Damage to trust-building is done when there’s a delay in communicating, or the hurt partner learns of the contact without being told.
- In the initial stages of therapy, anxiety and depression in both partners should be assessed and clients referred for a medication consultation if needed. Individual sessions to provide support and allow ventilation may be useful, but painful feelings must still be brought into conjoint sessions.
- Whether a couple stays together or not, the two most important things an unfaithful partner can do are to (1) take full responsibility for having the affair without resorting to justifications, and (2) show true remorse. Hurt partners feel very alone in their pain. The unfaithful partner must understand, tolerate and empathize with the hurt partner. It takes many repeated experiences of seeing unfaithful partners’ sadness about causing them pain for hurt partners to move forward.
- It is helpful when unfaithful partners can understand hurt partners’ needs to feel more secure and rebuild trust by checking up on the truthfulness of their statements regarding whereabouts, telephone calls, e-mail, etc. (Glass, 2003; Lusteran, 1998; Spring, 1996).
- As the initial crisis fades and stability increases, the couple can gradually deepen their understanding of each other and the context in which the affair occurred—including personal vulnerabilities that contributed to relationship issues, intimacy and relationship patterns, gender roles, family-of-origin and intergenerational contributions, as well as sociocultural and ethnic factors. At this level of work, each partner takes responsibility for changing the marriage.
- When healing is nearly complete, the couple may create a metaphor or ritual that commemorates the ending of the affair and epitomizes all they have learned since then. Rituals devised to honor healing may be reenacted annually, on the anniversary of disclosure or discovery of the infidelity.

Is forgiveness a necessary part of healing?

In her book on betrayal and forgiveness, Spring (2004) describes “acceptance” as the path to surviving and transcending an injury. It involves ten steps: (1) Honoring one’s emotions; (2) Giving up the need for revenge; (3) Ceasing obsession and reengaging with life; (4) Protecting oneself from

further abuse; (5) Understanding the personal struggles that contributed to the betrayal; (6) Honestly assessing one's own contribution to the injury; (7) Challenging false assumptions about what happened; (8) Seeing the betrayer as a whole person and weighing the good against the bad; (9) Carefully considering the kind of relationship one wants with that person; (10) Forgiving one's own related personal failings.

Nevertheless, "forgiveness that is automatic or imposed is rarely deep and authentic....it cannot be willed any more than love can" (Safer, 1999). The humiliation, hurt, and sense of betrayal from long-term or very public affairs may be too great for some hurt partners to forgive completely, although the relationship may otherwise recover.

Even with all this effort, forgiveness may be elusive. In that case, resolving, rather than forgiving, brings peace too....Thoughtful non-forgiving can be just as healthy as forgiving....Instead of exhorting my patients to forgive, I help them find the courage to face every feeling they have....Forgiveness, if it comes, will follow naturally if it's the right resolution (Safer, 1999, p.49).

Phase-specific treatment strategies for facilitating recovery after an affair³

PHASE 1 Assure safety and create hope in the treatment while dealing with impact of affair:^a

- Clarify treatment contract (relationship recovery; separation; or resolving ambivalence to achieve a course of action)
- Give overview of recovery process
- Assess partners' level of psychological development
- Assess danger to self and others
- Normalize ambivalence and hurt partner's posttraumatic stress reactions, grief and loss (Kubler-Ross's five stages), and unfaithful partner's grief, loss, and impatience
- Specify possible gender differences regarding handling emotions and affair
- Handle rage and jealousy
- Determine limits on emotional expression based on how much each partner can tolerate
- Teach how emotions influence thoughts; confront negativity and distorted thinking
- Teach self-care, affect management skills, time-out and venting techniques
- Teach skills for listening and giving support
- Normalize and tolerate obsessive review
- Deal with unfaithful partner's dishonesty and support hurt partner's needs for checking on unfaithful partner
- Predict crises and relapses in the relationship, and develop strategies for handling them
- Explore and communicate reasons for hope.

PHASE 2 Recreate hope in the relationship; foster safety and commitment:

- Make agreement with unfaithful partner to “stop and share”
- Encourage/support unfaithful partner in taking responsibility for affair, continuing to show ongoing remorse, and apologizing
- Teach hurt partner how to self-soothe and change negative self-talk
- Teach hurt partner how to confront unfaithful partner and share feelings thoughtfully
- Determine whether emotional containment is sufficient for unfaithful to begin answering hurt partner’s questions about affair details
- Foster positive individual and conjoint experiences
- Increase caring behaviors
- Construct a “relationship lifeline” of positive memories and transitions
- Help partners create realistic agreements.

By end of this phase, the unfaithful partner seeking relationship recovery has resolved ambivalence and ended all contact with affair partner, and hurt partner’s post-traumatic stress symptoms/emotions are contained sufficiently for deeper work to begin.

PHASE 3 Repair and rebuild the relationship while exploring the affair context:

- Deal with communication issues and deficiencies in empathy
- Explore and work on dysfunctional relationship patterns, equity issues, and external stresses
- Identify and work with relevant issues from family of origin and early developmental history
- Increase trust (with use of reparations involving “low- and high-cost behaviors”)
- Begin to decipher/deconstruct the meaning of the affair
- Help the couple move from blame to understanding
- Foster the process of unfaithful partner answering all of hurt partner’s questions
- Address issues hampering communication and sexual intimacy.

PHASE 4 Construct a narrative of the affair:

- Assist partners’ engagement in intimate, shared reflection about the course of their relationship
- Finish up the process of unfaithful partner answering hurt partner’s questions about the affair
- Define the context of the affair: previous life-affecting events, unfaithful partner’s beliefs,

history of affair in family of origin

- Flesh out unfaithful partner's and hurt partner's narratives regarding the context of the affair
- Identify other issues needing work
- Continue to rebuild trust
- Start work on the forgiveness process.

PHASE 5 Achieve mastery of meaning and move forward to create the post-affair relationship:

- Weave results of partners' exploration of affair context into a coherent narrative
- Identify lessons learned
- Recommit (or separate respectfully)
- Reclaim lost territories (meaningful dates and geographical areas associated with the affair)
- Discuss ways to maintain emotional and sexual intimacy
- Foster forgiveness, or resolution and closure if forgiveness is not possible
- Devise rituals to signify unfaithful partner's accountability, remorse and empathy, hurt partner's forgiveness, and the couple's explicit agreements about honesty and monogamy.

Patricia Shelton, PhD, LMFT, is in private practice in San Rafael, CA, specializing in relational psychodynamic individual therapy and couple therapy. Her dissertation investigated controversies and researched strategies couples found helpful in restoring their relationships after an affair, and she has given many trainings on helping couples recover from infidelity to local therapist groups. She is Co-Director of Couple Therapy training at the Community Institute for Psychotherapy in San Rafael, an Advanced Practitioner in Emotionally-Focused Couple Therapy, and a CAMFT-certified supervisor. She was adjunct faculty for four years each in the Masters' level MFT program at Dominican University and the doctoral level Counseling Psychology Dept. at Argosy University. She is a Past president of Marin CAMFT and currently a member of CAMFT's Clinical Editorial Council. She also serves as Chair of the Steering Committee for The Northern California Community for Emotionally Focused Therapy.

References

- Cano, A., & O'Leary, K. D. (2000). Infidelity and separations precipitate major depressive episodes and symptoms of nonspecific depression and anxiety. *Journal of Consulting and Clinical Psychology, 68*, 774-781.
- Folkman, S., & Lazarus, R. S. (1991). Coping and emotion. In A. Monat & R. S. Lazarus (Eds.), *Stress and coping: An anthology* (3rd ed., pp. 207-227). New York: Columbia University Press.
- Gass, G. Z., & Nichols, W. C. (1988). Gaslighting: A marital syndrome. *Contemporary Family Therapy: An International Journal, 10*, 3-16.
- Glass, S. P. (1998, February). Beyond betrayal: Post-traumatic reactions to the disclosure of infidelity. *Professional Counselor, pp. 29-31, 52-53.*
- Glass, S. P. (2000). Infidelity. *Clinical Update, 2(1)*, 1-8. Washington, DC: American Association for Marriage and Family Therapy.
- Glass, S. P. (2002). Couple therapy after the trauma of infidelity. In A. S. Gurman & N. S. Jacobson (Eds.), *Clinical handbook of couple therapy* (3rd ed., pp. 488-507). New York: Guilford Press.

- Glass, S. P. (with J. C. Staeheli). (2003). *Not just friends: Protect your relationship from infidelity and heal the trauma of betrayal*. New York: Simon & Schuster.
- Glass, S. P., & Wright, T. L. (1997). Reconstructing marriages after the trauma of infidelity. In W. K. Halford & H. J. Markman (Eds.), *Clinical handbook of marriage and couples interventions* (pp. 471-507). New York: Wiley.
- Gordon, K., & Baucom, D. H. (1999). A multitheoretical intervention for promoting recovery from extramarital affairs. *Clinical Psychology: Science and Practice*, 6, 382-399.
- Lusterman, D.-D. (1998). *Infidelity: A survival guide*. Oakland, CA: New Harbinger.
- Moultrup, D. J. (1990). *Husbands, wives, and lovers: The emotional system of the extramarital affair*. New York: Guilford Press.
- O'Leary, K. D., Heyman, R. E. & Jongsma, Jr., A. E. (1998). Infidelity. *The couples psychotherapy treatment planner*, pp. 98-108. New York: Wiley.
- Pittman, F. S., III. (1989). *Private lies: Infidelity and the betrayal of intimacy*. New York: Norton.
- Safer, J. (1999, October). Letting go of hurt. *American Health*, 18(9), 49.
- Shelton, P. R. (2003). Personal recovery and relationship repair after extramarital involvement: An exploratory study of controversial issues. Doctoral dissertation, available at Proquest.com.
- Spring, J. A. (with Spring, M.). (1996). *After the affair: Healing the pain and rebuilding trust when a partner has been unfaithful*. New York: Harper-Perennial.
- Spring, J. A. (with M. Spring). (2004). *How can I forgive you? The courage to forgive, the freedom not to*. New York: HarperCollins.
- Subotnik, R., & Harris, G. G. (1999). *Surviving infidelity: Making decisions, recovering from the pain* (2nd ed.). Holbrook, MA: Adams Media.
- Vaughan, P. (1998a). *The monogamy myth: A personal handbook for recovering from affairs* (Rev. Ed.). New York: Newmarket Press.
- Vaughan, P. (2002). Help for therapists (and their clients) in dealing with affairs: Based on the results of a survey of 1,083 people whose spouses had affairs. Available at www.dearpeggy.com [Her entire website is extremely informative.]
- Wallerstein, J. S., & Blakeslee, S. (1995). *The good marriage: How and why it lasts*. Boston: Houghton Mifflin.
- Wieselquist, J., Rusbult, C. E., Foster, C. A., & Agnew, C. R. (1999). Commitment, pro-relationship behavior, and trust in close relationships. *Journal of Personality and Social Psychology*, 77, 942-966.

Useful Online Resource

Peggy Vaughan's extremely informative site includes many articles plus a private support network for those who sign up—
<http://www.dearpeggy.com/affairsmenu.html>

Endnotes

1. I use Spring's (1996) terminology, the most neutral I have found: hurt partner (or spouse), unfaithful partner (or spouse), affair partner.
 2. Vaughan's (1999/2002) internet-based survey was suggested by marital researcher, John Gottman. Results showed that 76% of 1083 eligible online respondents remained married after their spouse's infidelity. Those who indicated they had thoroughly discussed the entire affair with the unfaithful spouse were most likely to still be married and living together.

 Only a small percentage of hurt spouses (7%) said they did not want to know details about the affair; 31% wanted "general information," and a substantial 62% indicated they had wanted to know "everything about the affair, including sexual details." Of those who said the unfaithful partner had answered all their questions about the affair, 86% were still together, versus 55% of those who had discussed the situation very little ($p < .001$).
- Other equally significant results related to much greater degrees of healing and rebuilding of trust when the unfaithful partner had answered the hurt partner's questions: 72% of those whose spouses had answered all of their questions about the affair had rebuilt some trust, compared to 31% whose spouses had refused to answer their questions ($p < .001$). Most importantly, 65% of those who reported their spouses had answered all of their questions felt their marital relationship had improved compared to pre-affair days, versus 30% of those who said their spouses had refused to answer their questions ($p < .001$).
3. These phases have been compiled from five sources: Glass and Wright (1997); Gordon and Baucom (1999); O'Leary, Heyman, and Jongsma (1998); Spring (1996); and Subotnik and Harris (1994). HP = hurt partner; UFP = unfaithful partner.