

Helping Your Spouse Heal From Your Affair

The following list summarizes the qualities of those who are most likely to be successful repairing their marriages after infidelity, according to the book *“How to Help Your Spouse Heal From Your Affair”*

- ☐ Are non-defensive
- ☐ Examine their motives for their affairs, without blaming their spouses
- ☐ Accept their roles as healers to their wounded partners
- ☐ Do not resist breaking off all contact with the affair partner
- ☐ Show genuine contrition and remorse for what they have done
- ☐ Make amends and apologize to loved ones
- ☐ Apologize often, especially the first two years
- ☐ Listen with patience and validate their spouse’s pain
- ☐ Allow their spouse a lot of room to express feelings
- ☐ Respect the betrayed spouse’s timetable for recovering
- ☐ Seek to assure spouses of their love and commitment to fidelity
- ☐ Keep no secrets
- ☐ Do not maintain close ties with those who condoned the affair
- ☐ Are willing to be extremely accountable for their time and activities
- ☐ Frequently check in with spouses as to how they are doing
- ☐ Are aware of and anticipate triggers of the affair
- ☐ Are willing to get rid of hurtful reminders of the affair
- ☐ Don’t minimize the damage the affair had on the children
- ☐ Commit themselves to a long-term plan for recovery, honesty, and spiritual growth