

## **Stages Of Recovery From The Trauma Of Infidelity**

This section is designed to give you hope. Having the knowledge that other's have gone through this process and have struggled their way to the "The Healing" and "Integration" stages should give you the confidence that you too can make it.

Not everyone can move swiftly from one stage to another. There is a tremendous amount of emotional issues that happen during the Recovery Process and everyone needs to move along at their own pace.

### **I Traumatic Stage**

In this stage, there will probably be feeling of a sense of rage, fear, sadness, inadequacy, guilt and deeply hurt that your partner could do something like this to you. There will be a sense of urgency to get things resolved as soon as possible, so that things can return to the way it was before when you felt connected to your partner.

### **II Understanding Stage**

A place to start in recovery from the trauma is a logical understanding of why things happened so you can feel that you can have a sense of control again.

# The Infidelity Recovery Institute

## ***III Repair Stage***

This is the stage where partners get an emotional understanding of what needs to be done on both sides of the relationship and begin to feel hopeful.

## ***IV Healing Stage***

This is the stage where logical and emotional healing come together.

## ***V Integration Stage***

At this stage, couples have developed a new type of relationship, one with connection and caring. This stage is not easy but is worth the effort to work towards.

### ***Please answer the following:***

1. What stage are you in now?
2. What is stopping you from moving onto the next stage?
3. What would happen if you did moved onto the next stage?
4. What is your ultimate dream for this relationship?
5. What do you need from your coach right now?