



## **Formally ending the affair relationship**

The first step is perhaps the most difficult of them all. The purpose is for the unfaithful partner to take ownership of the pain they have caused their spouse, and to resonate with their own feelings and emotions as a result of their actions. While trust is damaged in the relationship, this serves as a “line in the sand” for most betrayed spouses, and provides great relief on many levels.

A summary of the exercise:

1. The unfaithful spouse sends a letter to the lover that communicates how much suffering the affair caused the betrayed spouse and how thoughtless it was, a desire to rebuild the marriage, and that all contact would be terminated forever.
2. The betrayed spouse reads the letter and approves of it before it's sent. If the betrayed spouse does not feel like the letter is sincere then they ask for the letter to be re-written
3. After the letter is sent (or emailed), extraordinary precautions that I'll explain in the next step are taken to avoid future contact with the lover.
4. Should you both decide against sending the letter, then the betrayed spouse decides on what to do with the letter.
5. You also discuss the action plan on what to do when the “lover” responds either now or in the future. Because they will!