

# The Betrayed Spouse Healing Guide

## Healing Without Losing Yourself

### PURPOSE

*This tool is for the betrayed spouse only. It gives you a private, structured space to process your pain honestly, identify what you need, and clarify what genuine healing — not performance, not pretending — will require of you and of your partner.*

### INSTRUCTIONS

Complete this tool privately. Do not feel pressure to share it in its entirety. Bring it to your individual counselor first. Share selected sections with your partner only when you are ready and when it feels safe to do so.

### PART 1 — WHAT I AM CARRYING (Private)

**The question I keep asking that no one has answered honestly:**

---

---

**The image or thought I cannot stop replaying:**

---

---

**The fear underneath all of this that I have not said out loud:**

---

---

**What this has done to how I see myself:**

---

---

## PART 2 — WHAT I HAVE THE RIGHT TO

Read each statement. Check every one that you have been denying yourself or that someone has tried to take from you.

- I have the right to know the truth — all of it
- I have the right to grieve on my own timeline
- I have the right to ask the same question more than once
- I have the right to not be ready to forgive yet
- I have the right to feel angry without being told I am overreacting
- I have the right to decide what information I need to heal
- I have the right to professional support that is entirely mine
- I have the right to not protect my spouse's reputation at my own expense
- I have the right to change my mind about this marriage
- I have the right to take as long as I need

**The right I have been most afraid to claim:**

---

---

**The right someone has actively tried to take from me:**

---

---

## PART 3 — WHAT GENUINE HEALING REQUIRES OF MY PARTNER

Check every condition that must be met for you to genuinely engage in recovery. This is not a demands list — it is an honesty list.

- Complete and verifiable cessation of all contact with the other person
- Full honesty about what happened — no more partial disclosure
- Genuine remorse that focuses on my pain, not my partner's guilt
- Active and sustained individual counseling by my partner
- Full transparency — phone, accounts, location — offered freely
- Patience with my timeline without pressure or guilt
- Consistent behavior over months, not days
- Acknowledgment of specific harm caused — not just a general apology

**The condition currently unmet that is blocking my ability to move forward:**

---

---

**What I need my partner to do differently — starting this week:**

---

---

## PART 4 — WHAT HEALING REQUIRES OF ME

The thing I know I need to stop doing that is keeping me stuck:

---

---

The support I have not yet reached out for but know I need:

---

---

I am willing to commit to the following for my own healing:

- I will pursue individual counseling that is entirely mine
- I will allow myself to feel what I feel without punishing myself for it
- I will not make permanent decisions until I have proper support in place
- I will be honest with at least one trusted person outside this marriage
- I will take this one day at a time without demanding a timeline from myself

*"I did not cause this. I did not deserve this. And I am not going to let it define me. I am choosing to heal — for myself first, and then for whatever comes next. I am giving this the best I have."*

Name: \_\_\_\_\_

Date: \_\_\_\_\_