

DEALING WITH INFIDELITY

STEP 1	STEP 2	STEP 3	STEP 4	STEP 5
<p>A – Confession – plausible explanation – completely terminate the affair.</p> <p>O – Ask questions – Full disclosure minus explicit details</p>	<p>A - Remorse</p> <p>O – Expressions of grief and hurt</p>	<p>A – Formal apology</p> <p>O – Decision to forgive</p>	<p>A – Trust building</p> <p>O – Making affair less. Submitting emotions to decision to forgive. Thought stopping.</p>	<p>A & O – Couples counseling Strengthen deficits Build on strengths</p>

18-24 Months

<p>Highest level of Turmoil. O wants to talk more A wants to talk less</p>	<p>Lots of up and down emotions. Very difficult to trust. Low end of trust continuum.</p>	<p>Emotions begin to stabilize. Still building trust.</p>	<p>Trust is building. Emotions are more stable and dependent on current interactions.</p>
<p>*False peace trying to regain balance and not experience constant pain.</p>			