



# Amends After Betrayal

*Healing the relationship after betrayal*

Both partners to be willing to embrace the discomfort they will encounter during the healing process. To heal a relationship, it requires that each partner be willing to go into territory that we'd all rather just avoid. By being courageous and engaging the hard, you and your partner work through the betrayal's aftermath and work toward repairing trust. This work starts individually and then will join when it is emotionally safe enough to do so.

This packet is for the partner who has betrayed trust to work through. This will help build empathy and understanding. We highly encourage you to work with a coach or a therapist as you go through this workbook to deepen your understanding, self-awareness, and recovery work.

**What are some ways your relationship has been impacted by betrayal?**

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**Have you gotten caught in the intent vs. impact?**

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**What attempts have been made to heal the relationship?**

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**What has not helped?**

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**What has helped?**

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**Tools That Can Help**  
(For Partners Who've Betrayed)

**A.V.R. (Acknowledge, Validate, Reassure)**

**Acknowledge**

*Practicing AVR requires that you acknowledge the situation and accompanying pain.*

**How well have you acknowledged your spouse's hurt?**

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**How will you acknowledge the hurt of your spouse moving forward?**

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**Validate**

This includes validation of her feelings using the five primary feelings: I can see as you discuss this issue you feel (Anger, Sadness, Loneliness, Happiness or Fear)

**How comfortable are you with validating your partner's pain? How will you work past any discomforts?**

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**How will you validate your partner's pain moving forward?**

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**Reassure**

*Reassure is the reassurance that you will be there while she heals, allowing her the time and emotional safety as she does her work. "I want you to know that I am working on my recovery skills, and I never want to go back to that old addict behavior again. I'm here and will support you as long as it takes."*

**What do you do when you get frustrated around the time it takes to heal?  
What kind of support are you getting in this area?**

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**How will you reassure your partner of your commitment to staying in the relationship?**

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**H.U.R.T.**

H: Tell the other person what you did to hurt them.

- Don't explain why you did it or what your intention was. This isn't about you. Acknowledge the hurt that the other is feeling.

U: Tell them how you think it made them feel and then legitimize their feelings.

- *Practice empathy. Try to understand what they are experiencing, the pain, the confusion, the hurt, the betrayal, the abandonment. Don't make it about you, just seek to understand their experience*

R: Express remorse for your actions

- *I feel deep sadness and pain when I think about how I've hurt you. Don't get caught up making this about you. Just own the feeling that comes up when you allow yourself to recognize and feel the pain you've cause them.*

T: Tell them you know this may take time and they can take the time they need to heal. It is okay to request time to address your issues so you can avoid doing this again.

- *I will be patient for as long as it takes you to heal. I will be here to do anything I can to help you regain ground towards a great future. I will also be working and changing me so I can grow and be aware of my vulnerabilities and myself. Notice that pattern of not making it about you. We are humans tend to make things about us. Stay with your partner in their pain and with their experience.*

**Which of the tools (AVR and HURT) do you think you would be most beneficial?**

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**Consistency over time builds trust.**

How consistent do you feel that you have been in rebuilding trust?

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How would you like to do better?

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## Conclusion

It's courageous to work on healing your relationship, for both partners! It's not an easy path, so you have to be in it for the long haul. The relationship will not be the same as before, and that is good. We are building it with a strong, healthier foundation. It will take time to create your new, stronger bond. With time, consistency, and work, healing can happen.

## Some Extra Resources That May Help

- Help Her Heal by Carol Juergensen Sheets (An empathy workbook)
- Choose Recovery For Men Podcast (Men's recovery with a focus on emotional work)
- Worthy of Her Trust by Stephen Arterburn and Jason Martinkus (How to regain trust after betrayal)
- Choose Recovery free webinars at [www.chooserecovery.com](http://www.chooserecovery.com)

