

Healing the Pain of Betrayal

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This workbook contains a set of tools to address your individual healing. As you understand, process, and share the pain you feel, you'll be able to move through it individually and come together with your husband as a strong unit

Introduction

UNDERSTANDING YOUR PAIN

Having space to give your trauma a voice is a part of what creates freedom from it. It helps our brain to organize and process through it to describe the impact and caused damage. Your husband understanding your pain and being there to support you will help to provide the reassurance and strength that you need.

After finding out about your husband's addiction, describe below how you were emotionally impacted. In what ways did it change how you see yourself, if any? Include any negative beliefs about yourself that might have been created or reinforced after finding out.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

POWER REFRAME

It's crucial to learn how to challenge and reframe the disempowering stories or negative beliefs that you might have as a result of your own life experiences and also your husband's actions.

Power Reframes are an important way to separate yourself from the situation, thus challenging the shame and negative beliefs. Below is the 3 steps to the Power Reframe with an example for each:

1. Identify the observable facts of a situation.

Example – My husband relapsed.

2. What story are you telling yourself about the situation?

What meaning are you making out of the event?

I'm not pretty enough, that's why he is turning to something other than me.

3. Challenge the story and the meaning you are making and find a different, empowering meaning to give it.

My husband needs to find the tools and or use them in order to avoid relapses. His choices don't have anything to do with my looks or my worth, and I can't control what he does.

(con't)

Take each negative belief and story that you have connected to his addiction, then reframe it by changing the meaning and challenging the disempowering perception.

1. Observable facts of a situation

2. What story are you telling yourself about the situation?
What meaning are you making out of the event?

3. Challenge what you are making that mean, the story,
and find another empowering meaning to give it.

Identify some of the unproductive responses to your trauma that you find yourself doing when you're triggered or afraid?

(Example: When I'm triggered and afraid, I try to control my husband and make him do things that I think he should do.)

These responses often make things feel even worse for you. What other ways can you respond that will leave you feeling empowered and grounded? What would the best version of you do in those moments?

Example: I can remind myself that I can only control myself and I'll decide to reach out to a support person, pray, or ground myself by taking a walk and listening to music (More ideas are in the Module 1-2 Tools PDF).

After your husband shared with you (in module 1) his story and underlying hurts and beliefs he is numbing through his addiction, how does this change the way you see the situation? And him? How does this help to start to challenge the negative beliefs that you might have developed as a result of his actions?

In order to feel safe again, describe what kinds of actions and you need from your husband?
