

DOUGLAS WEISS, PH.D.

HELPING HER HEAL

DVD COMPANION GUIDE



CONTENTS

One. Welcome	7
Two. Who I Am	11
Three. What Happened	15
Four. Your Disposition	33
Five. Good Grief	39
Six. Anger	47
Seven. Understanding Her	53
Eight. Grief	65
Nine. Lying	69
Ten. Telling the Truth	79
Eleven. What She Expects	87

A black and white photograph of a cloudy sky. In the center, there is a diamond-shaped frame with a double-line border. Inside the frame, the following text is written in a clean, sans-serif font:

BE THE KIND OF MAN
THAT CAN BE THERE
FOR HER AS SHE HEALS
AND RECOVERS FROM
THE IMPACT OF HER
TRAUMA.

Introduction

She has been hurt, betrayed and traumatized by the events that have unfolded for her. She is in significant pain in a multifaceted, multidimensional manner that would be challenging for any man to understand.

Even though you created the circumstances and chose to injure, betray and traumatize your spouse or significant other, you can be part of her healing if she chooses to stay in a relationship with you. The DVD *Helping Her Heal* is broken into two major sections. In Section One, you are introduced to the impacts betrayal has had on your wife or significant other. In Section Two, you are given tools and ideas, tried and tested over decades, that can help you help her heal.

I am very proud of you for being the type of man that, even though you made poor decisions in the past, can be there for her as she heals and recovers from the impact of the trauma.

For over 30 years, I have personally seen men mature and become great husbands, women heal and become stronger in the process, and marriages and families make it through the current storms and learn to love again.

Doug Weiss, Ph.D.

A grayscale photograph of a mountain range with a white border. The mountains are covered in snow or light-colored vegetation, and the sky is a uniform, light gray. The text is centered over the image.

*Be patient
in the
healing
process.*

ONE...

Welcome

In this welcome section, Dr. Weiss lists the five major reasons why he produced this DVD. In the spaces below, write out these reasons:

1. _____
2. _____
3. _____
4. _____
5. _____

Now, before we go any further, list the exact events that have caused your wife or significant other the pain she is in. (Be specific)

1. _____
2. _____
3. _____
4. _____
5. _____

Up to this point, in your opinion, how is your wife or significant other dealing with processing this pain?

Who, in your opinion, is 100% responsible for the pain she is choosing to heal from?

Why? _____

What are you hoping to learn from this DVD as you move forward?
