

*Partner*  
BETRAYAL TRAUMA  
*Step Guide*

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## *Introduction*

The Twelve-Steps have helped millions of people recover from addictions such as alcohol, drugs, co-dependency, food, sex and many other addictions. This workbook takes you thoughtfully through your own personal healing from the affects of being betrayed by your spouse or significant other. The pain and trauma of being betrayed, especially sexual betrayal, by a spouse or significant other is multidimensional and multifaceted. Your pain and trauma are real and these steps are one piece of your journey of recovery from this betrayal and trauma. These steps will allow you to work at your own pace and with as many people from a partners Twelve-Step support group as you would like involved. Some Twelve-Step groups use this workbook for their step studies.

Our prayer is that you will experience hope and strength in your personal recovery journey, in all the areas of your life that his betrayal has impacted your soul and life, so that you can once again experience the joy of living. Other resources that may help you in your recovery are available through Heart to Heart Counseling Center (see Appendix). May your healing be a gift you give to yourself and those you love.

For more information or to place orders, contact us at:

Heart to Heart Counseling Center  
719-278-3708  
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*"We admitted we were powerless over the betrayal from our spouse/significant other and that our lives had become unmanageable"*

*We*

Sadly, we all experience betrayal at one time or another in our lives. Many of us have felt betrayed in some capacity by our families, friends, co-workers, institutions or even our children. However, being betrayed by the one person you trusted more than anyone is a unique form of trauma and betrayal.

No other person stood before God, family and friends and promised to forsake all others and to love, honor and cherish just you. Marriage and significant romantic relationships are so unique and so multi-dimensional.

There are millions who have been betrayed by their spouse or significant other. However, of those millions, there are those who chose to heal and recover from their betrayal.

How many people (women or men) do you personally know that have experienced a significant betrayal from their spouse? What other people, in a broader sense, have you known that have been sexually betrayed by their spouse?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Of all the people you listed above, how many do you know that have chosen some intentional path to heal or recover from the spousal betrayal?

- |          |          |
|----------|----------|
| 1. _____ | 3. _____ |
| 2. _____ | 4. _____ |

You are one of those people. This “We” we’re referencing is the “we” of other women like you. They have received the bullet of sexual and other betrayals from their husband or significant other. They too have experienced echoes of your pain, grief, hurt, anger and confusion and this has turned them toward healing.

This “We” are some of the most powerful, courageous women I have had the pleasure of knowing over my thirty plus years of counseling. This “We” group are heroes in my eyes who have fought to heal regardless of their husbands/significant others’ choices.

List the names of women you currently know who are pursuing healing beyond the betrayal of their husband/significant other?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

What would you guess would be some of the benefits of having a “We” group of women in your life as you heal and recover from the betrayal from your spouse/significant other?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Do you currently know of any support, therapy or work groups that focus on betrayal or being a wife of a sex addict?

*Yes* *No*

If yes, what groups locally or by phone are currently available to you?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What feelings do you currently have about walking with a “We” group of women that are also healing from betrayal?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

We is the beginning of the twelve steps. These steps were not meant to be done in isolation. This “we” idea will follow you all the way through to step twelve.

Here are some behaviors that support someone who is utilizing the “We” as they heal and recover from the betrayal of their spouse/significant other:

1. Making daily phone calls for the first 90 days (this check-in call is very important).
2. Making calls when you feel triggered or have strong emotions/pictures to process.
3. Making calls when you’re impacted by your husband’s current immature/painful/gas-lighting behaviors toward you.
4. Attending an in-person or telephone /electronic group.

Currently, of the four behaviors, give yourself a grade for each.

- |                         |          |          |          |          |          |
|-------------------------|----------|----------|----------|----------|----------|
| 1. Regular calls.       | <i>A</i> | <i>B</i> | <i>C</i> | <i>D</i> | <i>F</i> |
| 2. Calls to process.    | <i>A</i> | <i>B</i> | <i>C</i> | <i>D</i> | <i>F</i> |
| 3. Calls when impacted. | <i>A</i> | <i>B</i> | <i>C</i> | <i>D</i> | <i>F</i> |
| 4. Attending a group    | <i>A</i> | <i>B</i> | <i>C</i> | <i>D</i> | <i>F</i> |

Looking at your behaviors will always tell you the truth about yourself as well as others. Around my office we have a saying “believe behavior.”

If you were honest, would your behaviors say you’re working a “we” program or a “me” program?”

We         *Yes*         *No*

Me         *Yes*         *No*

What have you learned in discussing the “we” of recovery?

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## *Admitted*

The word “admitted” is quite different for the spouse who has been betrayed. In other recoveries the person is admitting something about him or herself. Here you are admitting what someone else (who promised they never would) did to you. Admitting for you is often thrust upon you like a car wreck. Admitted in your journey can also take the form of admitting to the trauma and the impact of several levels how this trauma has impacted you.

It is common for trauma survivors to be less aware of the betrayal that is going on around them. For some, the busyness of life is so constant, they aren’t aware of what is or is not going on. There is a feeling, a sense, a knowing that something is just not right. There are red flags, bizarre instances, circumstances that he lied his way out of, or odd findings that are so intermittent you couldn’t possibly piece a puzzle of betrayal together.

In this section, not all questions will apply to all women. Respond to the statements that apply to you.

Before betrayal, describe your life.

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