

*Partner*  
BETRAYAL TRAUMA  
*The Workbook*

DOUGLAS WEISS, PH.D.

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In the book *Partner Betrayal Trauma*, I start with the subject of trust. I do this because that's where the journey with your husband or significant other began.

When you began to date him, he was charming, caring and thoughtful. Whatever else he did during the course of dating he got you to trust him or the version of him he was selling. He got you to give your whole heart to him. He was your prince charming, the one you could commit everything to and the one who would protect you. You walked down the aisle of marriage and before God, family, and friends committed to you and were all in.

You have lived life together, and maybe have even had children or grandchildren. You have a history prior to the betrayal. You have a story. You were a good woman, friend, lover, caretaker, manager and nurse.

This part of the story is important to acknowledge to yourself. Your undying trust and giving all of your complete self is why you have so much pain. His choice to betray you, and sometimes repeatedly betray you, have been crushing blows for you to absorb.

On the lines below, write and give examples of how prior to your knowledge of his betrayal, you trusted (sometimes blindly) him in these areas of your life.

*In my emotions I trusted him:*

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*Socially I trusted him:*

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*Spiritually I trusted him:*

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*Sexually I trusted him:*

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For some women the trust started to erode before the knowledge of his betrayal became known. If that is your story, write about what areas of life your trust was weakening prior to the knowledge of his betrayal and why it was weakening.

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*Area 2 was*  
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*Area 3 was*

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*Area 5 was*

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As you look at these areas of mistrust, what did you learn about:

*Yourself:*

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