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Whether you want to end the

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relationship or piece things back together, Getting Past the Affair guides you through the initial trauma so. Discovering that a partner has been unfaithful hits you like an earthquake. Long after the first jolt, emotional aftershocks can make it difficult to be there for your family, manage your daily life, and think ...

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**Getting Past the Affair: A Program
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**Getting Past the Affair: A Program
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If the affair involved a co-worker, limit contact strictly to business or get another job. Get help from different sources. Seek the help of nonjudgmental, understanding friends, experienced spiritual leaders or a trained counselor. All self-help books are

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not equally helpful.

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**Infidelity: Mending your marriage
after an affair - Mayo ...**

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“Getting Past the Affair” deals with the
immediate trauma of an affair, examines
factors that made the relationship
vulnerable to an affair and guides the
partners in making decisions about the

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future. Anecdotes about a variety of couples add to the factual information and sage advice; the exercises are clear and realistic.

Getting Past the Affair: A Program to Help You Cope, Heal ...

When an affair takes place in a marriage or committed relationship, it is almost

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always a devastating experience for everyone. The first thing to realize is, no matter how much pain, anger, guilt, or confusion you may be feeling right now, you are not alone: What you are feeling is probably very normal.

Can You Really Get Past an Affair? | eharmony Advice

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"Getting Past the Affair" helps them overcome the initial shock, understand what happened and why, and think clearly about their best interests before they act. Based on the combined insight of leading marital therapists and researchers, this unique program encourages couples and individuals to take things one step at a time, whether

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they stay together or part ways.

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On--Together or Apart By Douglas K.
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Introduction Susan sat motionless in front of the computer. She didn't know how long she'd been there and just stared at the screen in disbelief. "I

Sample Chapter: Getting Past the Affair: A Program to Help ...

Form a vision of the past and the future.

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... My advice is: don't! Keep the focus on
your relationship, not the affair partner.

10. Postpone final decisions.

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How To Move On After An Affair, Survive Infidelity And ...

After a violation of trust—and according
to marriage expert Peggy Vaughan an
affair is more about breaking trust than

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having sex-the best reconciler in a
marriage are small acts of kindness.

12 Ways To Recover from an Emotional Affair

MOVING PAST THE AFFAIR 1) Reveal The
WHOLE Truth. This is an important step
in the healing process. Tell the complete
truth but leave out all of the extra

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details (ex: how big his penis was, the different ways she gave you head, etc.).

Getting Past The Affair - Dr. Rachael

Relationship expert Andrew G Marshall looks at some of the key learning points to remember when you're trying to recover from an infidelity.

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16 reasons why you can't get over your partner's affair...

6 Tips to getting closure after an affair.

What works and what doesn't. The

question of getting closure affair an

affair seems to come up a lot.. In my

experience, it usually comes from an

unfaithful wife, thinking she needs to

contact her ex-affair partner to gain

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closure from him.

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**Getting Closure After An Affair-6
Tips - After My Affair**

Stopping an affair and surviving
infidelity goes beyond no dinner dates or
sex. ... Forgiveness allows you to move
past the pain and rage and to reconcile
with your partner.

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**Surviving Infidelity: How to Deal with
and Get Over an Affair**

This excellent book is a notable
exception. Written with clarity, the book
treats readers as mature adults. With a
wealth of clinical experience, these
authors clearly know what they are
talking about--they understand the

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cope, heal and move on. The complexity of feelings that need to be addressed to get past an affair, and convey that understanding in accessible language.

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In the aftermath of infidelity, couples often struggle with emotional turmoil

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and sometimes make decisions they
Later regret. Getting Past the Affair helps
them overcome the initial shock,...

Getting Past the Affair: A Program to Help You Cope, Heal ...

In Getting Past the Affair, I found the
first chapter provided a useful overview
of their program. It is so clearly and

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Compassionately written. Most of all, it takes you by the hand, detailing how and when to move forward, “past the affair.” The authors explain how to move deliberately, and with reflection at each stage.

Adult ADHD and Infidelity? Getting Past the Affair And ...

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Discovering that a partner has been unfaithful hits you like an earthquake. Long after the first jolt, emotional aftershocks can make it difficult to be there for your family, manage your daily life, and think clearly about your options. Whether you want to end the relationship or piece things back together, Getting Past the Affair guides

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