

Working with Your Betrayed Partner's Reactions



Your Basic Stance

Aim to be like a tree in a storm.

- Let her emotions storm against you while you stand tall.
- Take whatever comes without attacking back.
- Be available for her to lean on.
- Don't look to her for support. Seek others for that.

Your Default Response

(I'm grateful you're still dealing with me.

“I'm sorry I caused your suffering.”

“What can I do to help you now?”