

## THE CRIME SHEET: TAKING AN INVENTORY OF THE PAIN

First, list all of the things that the unfaithful spouse did and said, as well as all of the things that the unfaithful spouse didn't do and didn't say, that were part of the infidelity.

## WOUNDS

[illegible]

## WHAT THE WOUNDS DID AND CONTINUE TO DO

<b>SYMPTOMS OF INTIMATE PARTNER BETRAYAL TRAUMA (Post-Infidelity Stress Disorder: PISD)</b>	
<b>INTRUSION</b> <ul style="list-style-type: none"><li>❖ Triggers</li><li>❖ Flashbacks</li><li>❖ Nightmares</li><li>❖ Images That Haunt Me</li></ul>	
<b>AROUSAL</b> <ul style="list-style-type: none"><li>❖ Physically (heart rate, respiratory rate, digestion, headaches)</li><li>❖ Startle Response</li><li>❖ Hypervigilance</li></ul>	
<b>AVOIDANCE</b> <ul style="list-style-type: none"><li>❖ Activities I Eliminated</li><li>❖ People I Avoided</li><li>❖ Hopes and Dreams I Relinquished</li></ul>	
<b>MOOD &amp; COGNITION</b> <ul style="list-style-type: none"><li>❖ Emotional Roller Coaster</li><li>❖ Spiritual Upheaval</li><li>❖ Loss of Concentration, Focus, Memory</li><li>❖ Lost Productivity</li></ul>	

## WHAT THE WOUNDS DID AND CONTINUE TO DO TO ME

TO ME AS A PERSON	
<b>TO MY SPIRIT</b> The deep sense of who I am, my values, my confidence, my connection to the Creator, my hope, my faith, my ability to pray, to worship, to embrace life	
<b>TO ME EMOTIONALLY</b> My capacity to trust my intuition and gut to keep me safe; my capacity for love, my sense of safety, my hope, my trust in others, my self-respect, my dignity, my joy, anger, rage, fear, hopelessness, humiliation, embarrassment ...	
<b>TO ME INTELECUATLLY</b> My capacity to think clearly to plan, to make decisions, to focus, to be present in the moment, to remember the past without ruminating, contemplate the future.	
<b>MY BEHAVIOURS</b> My productivity, my capacity to participate in life, to laugh, to sing, to celebrate, to have conversations, to meet people, to sleep, to relax, to play, to cry ...	

## WHAT THE WOUNDS DID AND CONTINUE TO DO TO ME

TO MY WORLD	
<b>TO MY FAMILY</b> My relationships with my children, parents, siblings, cousins ... My relationship with your children, parents, siblings, cousins ... Implications for baptisms, funerals, weddings, birthdays, anniversaries ...	
<b>TO MY COMMUNITY</b> My relationship with friends, my participation in groups, church, clubs, My capacity to go out in public and to socialize Having to explain to people	
<b>TO MY WORK/SCHOOL LIFE</b> My capacity to be productive, my confidence, my performance, my relationship with colleagues, bosses, customers, fellow students, teachers My capacity to share successes, failures, hopes, fears with my soulmate	
<b>INDIVIDUAL PURSUITS</b> My desire, enthusiasm, and ability to exercise, to create, to play, to participate in life ...	

## WHAT THE WOUNDS DID AND CONTINUE TO DO

[illegible]