

Completing the following worksheet helps identify the source of your spouse's feelings of inadequacy that led to the infidelity.

My Spouse's History of Painful Life Experiences	What That Experience Told My Spouse About His/Her Worth As A Person

Having reflected on your spouse's history of life hurts, write a narrative that connects the dots between those painful events and the infidelity that has hurt you so deeply. The narrative might go something like this:

My spouse lived with criticism and put downs from his (her) parents, siblings, and extended family. That was toxic. It makes sense that this led to the belief that he (she) was inadequate and unworthy. My spouse's cheating was a desperate attempt to convince himself (herself) that he (she) really was worthy. None of this justifies the cheating, but the infidelity was NOT because there was something wrong with me!

Now, take time to write your own narrative for what happened to your spouse that led to the infidelity. Release any responsibility for the cheating!

GRANT CREDIT FOR THE CONSEQUENCES

It is incredibly difficult to forgive someone who gets off “Scot-free”. Understanding how the act has hurt or cost your offender is an important component of forgiveness. Again, this is not to create empathy for the offender; rather it is to recognize that there are consequences even for those who appear to have gotten away with abuse. When no consequences can be identified, this may involve releasing the perpetrator to “God” or “The Universe” for retribution.

For each arena of the lifespace, contemplate what your spouse’s infidelity has cost.

CONSEQUENCES MY SPOUSE FACED BECAUSE OF THE INFIDELITY		
Family	Children	
	Parents	
	Parents-in-law	
	Siblings	
Friends		
Work	Boss	
	Colleagues	
	Clients	
Hobbies & Activities		

IDENTIFY THE WISDOM

Jung is credited with saying that “Pain is the journey to wisdom.” Through pain, important truths emerge that contribute to the wisdom of ages. Those who have forgiven deeply become Wisdom Keepers. In the AA Big Book, one of The Promises is, “No matter how far down we fall, we come to see how our experience can benefit others.” It is important to identify the critical life-lessons you learned as a result of healing from the wounds and working through the process of forgiveness.

As a result of your spouse’s infidelity, what life lessons have you learned about yourself, your capacity to cope and your resiliency? What did you discover about other people? What did you learn about the world?

	I learned that:
Myself	I am ...
	I can ...
	I will ...
	My faith/spirit is ...
Other People	My children are ...
	My parents are ...
	My siblings are ...
	My in-laws are ...
	My friends are ...
	My faith community are ...
	My coworkers are ...
	My recovery community is ...
The World	Adversity is ...
	Blessings are ...
	Pain is ...

<p>Going forward, what will you take from these lessons that will guide you when new challenges occur in your life?</p>

Which of these life sessions do you wish you had known at the time you discovered your spouse's infidelity? How would that have helped you?

VERIFY THE AMNESTY

Granting amnesty does not minimize or justify the actions or the harm of the person who harmed you. There comes a point, however, where you will release the spouse who betrayed you from the expectation that he/she owes you anything to make up for the infidelity. Granting undeserved amnesty will be more of a gift to you than to your spouse who committed the infidelity. It will free you from the energy-draining preoccupation with the infidelity and your spouse. This is the freedom that Al-Anon members embrace that is reflected in the slogan "I will not let him live rent-free in my mind."

Often, betrayed partners begin the amnesty statement with a reaffirmation that what was done was not and never will be okay, but that the partner will thrive. Here is a sample amnesty statement.

Your infidelity has left me with permanent scars that I will carry for the rest of my life. What you did was not okay and never will be, but I will be okay. I have a bright future ahead of me and I will not be held back by focusing on your cheating. I don't want, expect, or need you to do anything to make restitution for your infidelity. I am going on with my life and you should too.

When you are ready, write an amnesty statement releasing your spouse from any expectation of making further restitution for the infidelity.

EMBRACE LIFE WITH VISION AND MISSION

Having worked through the process of forgiveness, you will be free to move forward and embrace life with purpose and meaning. Many who have worked through the process of forgiveness choose to construct a new personal vision and mission statement which includes using the wisdom gained from the painful experiences to bring healing to others and to be an instrument of peace.

Often businesses post their mission statements in their reception areas. Few people take the time to write a personal mission/vision statement. A mark of good recovery from intimate partner betrayal trauma is living life with a sense of deep purpose and meaning. A personal mission/vision statement can be a commitment to living life to the fullest.

Complete these sentence starters to clarify for yourself what your vision for life is.

When I am being the best version of myself, I am ...
I value ...
I enjoy ...
I am inspired by people who ...
My goals for the future are ...
My bucket list includes ...

Use these sentences to write a personal mission/vision statement.