

# Guide to Recovery: Getting Started



Infidelity turns your world upside down. Your emotional, physical, and spiritual well-being is shattered, leaving you hopeless. We are here to give you reassurance that hope does exist, especially for you. Believe it or not, many in your same situation have taken courage to pursue a path to recovery and now experience an amazing, renewed marriage. The following guide will help you to take some first steps toward recovery.

## Step 1

**Find a** trusted and **wise friend** or mentor whom you can talk to.

Many in your situation are afraid to share their pain. Be careful and seek out someone who is trustworthy, will keep your confidence and respect your privacy. Avoid people who will give you instant advice and respond emotionally. Have courage to meet with someone who can just listen to your story and give you, after careful consideration, sound feedback. If you would prefer, you can connect with one of our mentors, someone who has walked in your shoes, will respect your privacy, and will provide much needed encouragement and feedback. To do so, go to:

<http://www.affairrecovery.com/subscription>.

## Step 2

**Journal**; write down feelings, prayers, questions and advice you've received.

Journaling allows you to process your emotions, a necessary step to begin the healing process. Take time to write down some questions that you'd like to ask your friend or mentor as mentioned above.

## Step 3

**Educate yourself** on infidelity by reading helpful articles and books.

To begin the process of understanding why this happened, we highly encourage you to learn about infidelity; we recommend the following articles and books.

### Articles

“20 Common Mistakes of the Hurt Spouse”

“20 Common Mistakes of the Unfaithful Spouse”

“The Shocking Truth About Trust”

To read these articles go to [www.AffairRecovery.com](http://www.AffairRecovery.com) > Top Articles

### Books

	Author	Topic
<u>Torn Asunder</u>	Carder	Education on Infidelity
<u>The Myth of the Greener Grass</u>	Petersen	Education on Infidelity
<u>Every Man's Battle</u>	Arterburn	Fighting Temptation
<u>Shame and Grace</u>	Smedes	Grace and Self Forgiveness
<u>Redeeming Love</u>	Rivers	Love
<u>Return of the Prodigal Son: A Story of Homecoming</u>	Nouwen	Love
<u>Why Marriages Succeed or Fail</u>	Gottman	Marriage
<u>The Seven Principles for Making a Marriage Work</u>	Gottman	Marriage
<u>Sacred Marriage</u>	Thomas	Marriage
<u>No Stones: Women Redeemed from Sexual Shame</u>	Ferree	Sexual Addiction (Female)
<u>False Intimacy</u>	Schaumburg	Sexual Addiction
<u>Lonely All the Time</u>	Earl	Sexual Addiction
<u>Living with Your Husband's Secret Wars</u>	Means	Sexual Addiction for Women
<u>Men's Secret Wars</u>	Means	Unfaithful Men

## Step 4

**Seek out qualified help** to begin the healing process.

To pursue healing, be sure and carefully seek out help from groups that specialize in infidelity and sexual issues. In fact, we recommend going to [AffairRecovery.com](http://AffairRecovery.com) to get started. Our courses were created by professionals who have walked in your shoes. Each course uses the power of anonymous small groups and provides a proven path to recovery. Our courses have played a unique role in keeping 90% of our couples together and in the healing process for both hurt and unfaithful spouses. To pursue healing today, visit [www.AffairRecovery.com](http://www.AffairRecovery.com).