

# Heal from intimate partner betrayal

[www.UnderstandingEar.com](http://www.UnderstandingEar.com)

VANESSA  
*Cardenas*  
TRUSTED ADVISOR FOR  
BETRAYAL & TRANSFORMATION

**Grief is a healthy and normal response to loss.**

It is OK that you are not OK. Your world shattered in an instant. And now there is a loss. A loss of the relationship you had before the betrayal. Attempting to suppress feelings of grief can actually prolong the grieving process. Grief can feel like being lost. The familiar things we relied on to live each day are gone. We must find new anchors or stabilizers along the way and learn a new way of relating to the world and the people around us. It is also common to replay the last few days or weeks before you discovered the betrayal, like a videotape that keeps playing the same scene over and over again looking for clues.

No one can hurry the process or provide a magic cure for grief when grief is new. It is common to feel exhausted physically emotionally and spiritually.

Changes in appetite, sleeping patterns, or health are frequently experienced. Those who are grieving often describe feelings of being out of control, isolation, and loneliness. Things that seem so important before may now seem trivial. Others may experience a sense of “life isn’t fair” or of being in a tunnel or fog while everyday life swirls around them.

All of these feelings are normal and a part of the grieving process, which follows no organized plan, rules, timeline, formula, or schedule.

Don't be surprised if you start to feel better and then feel as if a wave has just hit you all over again. There will be ups and downs in the process of grieving and eventually healing from intimate partner betrayal.

The purpose of healthy grieving is not to “get over” the betrayal of your intimate partner but to integrate the experience of this betrayal into the present life.

In this process, it is not unusual for certain memories of your beloved to become blurred. This does not mean that you are forgetting what your intimate partner has done, quite on the contrary you remember it in vivid detail. This does not mean that you are simply forgetting. The truth is your mind and body are not in sync. The hope is you will talk about your feelings with a trusted person to get out all the feelings you are having in a safe non-judgment space where you are free to express yourself and make your own decisions as to what is best for you.

Simply put, it is ok not to be ok. It is ok to grieve, just don't live in the grief. Work to move through; to allow the feelings to move through.

**You will heal from intimate partner betrayal**

Work with *Vanessa!*



## One on One Coaching

Experience a deep dive into reclaiming yourself and learn how to live in an empowered and resilient way. Together we will work on healing from betrayals, old wounds, and feeling stuck or lonely, or simply craving more from life. We identify action and accountability steps that bring you joy and peace to live your most authentic life.

### Client's report:

- Gaining clarity on their situation
- Lovingly leaving behind old wounds
- Feeling hopeful and joyous
- Finding their authentic self
- Rebuilding trust in their relationships

*www. UnderstandingEar.com*