

Got betrayed?

Immediate Action Steps
to take TODAY!

Quick Guide

By

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Discovered Betrayal?

Don't Know What to Do?

You're Not Alone!

3 Immediate Action Steps

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So many questions!

Nothing has the power to shatter you into a million pieces as betrayal does.

Only those* who have been through intimate partner betrayal trauma understand the complexities of the process of healing from this painful discovery.

The first thing you want, and need are *answers!*

Here are the five answers I share with my clients when blindsided by infidelity.

First things first.

The most important answer (*regardless of the question*)

It. Is. Not. Your. Fault!

By the end of this quick guide, you will have answers and helpful tips to:

What Just Happened? (aka: Is This Betrayal?)

Why Me? (aka: Why Did He Cheat?)

What do I do now? 3 Immediate Action Steps

*for purposes of this quick guide, the betrayed partner is a woman and the cheating partner is a man. Change accordingly to your circumstances.

What Just Happened? Is This Betrayal?

Betrayal comes in many forms. The gravity of the betrayal is very personal and is felt differently by each partner. A few common types of betrayal can include:

Physical Infidelity - physical or sexual connection outside of your relationship. there may or may not be an emotional component.

Emotional Infidelity - emotional attachment with/without physical contact.

Micro-cheating - exchanging personal information and/or discreet flirting.

Cyber Cheating - online consumption of intimate, sexual, or emotional material shared with another, porn addiction falls into this category.

In my experience and those of my clients, cheating doesn't start with sex... it starts with sneaky conversations.

Here is where it gets tricky...your mind and body will put you in a tailspin...you will likely not know up from down. in from out... and if he has been caught...9 times out of 10, the gaslighting* will start (if it hasn't already).

3 Tips I Share With My Clients

Watch for Betrayal Blindness - "if I don't see it, it's not there".

Avoid online offers to hack devices (they prey on your desperation and vulnerability) and usually are scams. Hire a reputable Private Investigator, if inclined.

Do I Stay or Do I Go? - it is too early to decide unless your safety is a concern. Your rage or your fear will control you until you are able to reign those in and have clarity, freedom from shame, and freedom from fear to make that decision.

Why Me? Why Did He Cheat?

It. Is. Not. Your. Fault!

There is nothing you have done to make your intimate partner cheat.

Please do not blame yourself and go down the rabbit hole of shame and doubt.

Do not blame yourself for his infidelity.

If he was *unhappy, unfulfilled, and/or feeling lonely*, there were so many other options than what he chose to do.

So his choice to cheat is on him, not you.

Absolutely nothing you have done gives him an automatic free hall pass for cheating.

His behavior is not your fault, never was, never will be.

What now? 3 Immediate Action Steps After Discovery of Betrayal

Stay Calm and Present

(ridiculously hard!)

You will find out much more information if you gather all the warrior strength you have within you not to rage on him. Raging causes him to shut down or rage back.

If he doesn't know you know:

Gather as much information as you can (screenshots, receipts, photos, etc.). Sleuthing *without* being obsessive.

If he knows you know:

Keep a log of his actions and behaviors. As time passes and your emotions flood, you will forget details (this is your brain's self-protection mechanism - can't help it, it's evolution).



Make a GYN appointment for STD screening

As much as your heart so badly wants to believe him and rationalizes that "it's not so bad if there was no contact" (*self-preservation again*), your partner is often too scared or ashamed to be completely honest.

It's more common for disclosure to come in bits and pieces, each time with the promise that everything is out on the table.

It may be uncomfortable to think about the possibility of having an STD or STI when you have been faithful to your partner. Despite what assurances are made, to find out for sure, see your gynecologist for testing.



Choose carefully whom you confide in

...once the toothpaste is out of the tube...



As much as you are hurting and seething and want desperately to take a Louisville Slugger to both headlights or set his belongings on fire, sharing or rather "over-sharing" floods you even more.

Regrettably, the best intentions of those we tell give way to feeling judged, which can play a big role in being stuck in a cycle of recurring angst.

I strongly encourage you to find a support group, a trusted advisor, or a therapist to share all that you are feeling and thinking in a safe nonjudgment space where you can really let loose and *get it out*.

Get support!

As brave as you are, you cannot heal alone.

Do not get stuck in your story of betrayal.

Do not allow others to make decisions for you.

I hope that this quick guide has given you some answers, insight, and, most importantly, reassurance that you are not alone.

By no means is this all-encompassing - there is so much more, but for now, know this:

You will heal.

Not everything within this quick guide will apply to you immediately. Regrettably understanding how betrayal affects you and how to heal from it is an unfolding unique process.

Each stage has its own particular emotions, issues, and never-ending questions. *Be gracious and kind with yourself.*

Remember that *you are not alone*, many others are on this journey with you and supporting you as you heal.

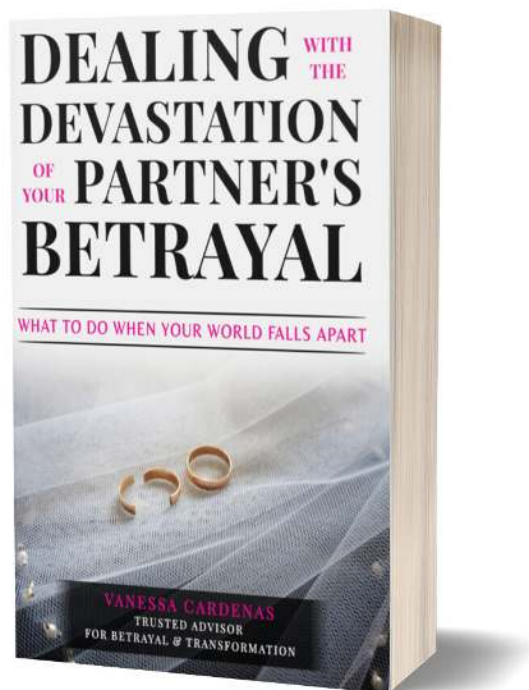
Have patience with yourself, nobody ever got better overnight.

If you have found this quick guide helpful and I sincerely hope it has, please be sure to give a thumbs up or a testimonial or simply just reach out to me via email at Vanessa@understandingear.com

Your feedback greatly helps me improve my message and further enhances my mission to help as many betrayed partners as I possibly can.

With the greatest of gratitude

Vanessa Cardenas



My new book available on [Amazon](#) over 180 pages, over 100 tips, and over 15 journal prompts to help you on your healing journey

Dealing with the Devastation of Your Partner's Betrayal: What to Do When Your World Falls Apart is a compassionate guidebook that provides individuals who have experienced intimate partner betrayal with the tools and support needed to start their healing journey and move forward. Written in a detailed and empathic tone, the book addresses the immediate aftermath of betrayal and delves deeper into the emotional and psychological effects of betrayal. It also provides practical advice for rebuilding trust and offers insight on how to set boundaries, prioritize self-care, and build a support system, and it is a valuable resource for anyone coping with the aftermath of intimate partner betrayal.

The author, Vanessa Cardenas, provides deep understanding and compassion for the reader's healing journey through intimate partner betrayal as she has lived-through experience having been blindsided by the betrayal of her husband after two decades of marriage. Vanessa includes real-life examples from her own experience and those of her many clients to illustrate the concepts discussed in this book, making it relatable and easy to understand. This book is a valuable resource for anyone coping with the aftermath of intimate partner betrayal and is committed to rebuilding their relationship to feel safe again, trust again and love again.

W A N T E V E N M O R E ?

Resources Available at [Linktr.ee/VanessaCardenas](https://linktr.ee/VanessaCardenas)

Join the [Facebook Group](#)

Connect with Vanessa at: www.UnderstandingEar.com

More ways to connect with Vanessa Cardenas, Trusted Advisor for Betrayal & Transformation ([click here](#))

https://www.instagram.com/trusted_advisor_for_betrayal/

Get Vanessa's FREE Course: [Burning Questions Answered in the Immediate Aftermath of Infidelity Discovery](#)

Inside this FREE Mini-Course, you will get answers to:

1. What Just Happened?
 2. Is this Betrayal?
 3. Why me?
 4. What Now? 3 immediate action steps to take.
- Bonuses: The #1 answer to most questions about betrayal
Answer to: Why does betrayal hurt so much?

[YouTube Channel - Understanding Ear](#)



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Meet Vanessa Cardenas, a Trusted Advisor who specializes in helping individuals who have experienced intimate partner betrayal. Vanessa's own personal experience with betrayal has given her a unique understanding and empathy for her clients' struggles, making her an invaluable resource for those seeking healing and recovery.

Vanessa received her Industrial Psychology degree from Baruch College in New York City and has been working as a C-Suite executive for 20+ years. She has been recognized for her expertise in the field of intimate partner betrayal and has been a guest speaker at various conferences and workshops.

Vanessa's own personal experience with betrayal began when she was blindsided by her husband's admission that he had met someone after 2 decades of marriage. This experience was devastating for her and left her feeling hurt, enraged, and alone. She decided to seek out all of the great wisdom from the leading experts within the field and her own journey of healing began.

Through her own personal experience, Vanessa realized the importance of having someone who truly understands what it is like to be betrayed and the importance of having a trusted advisor who can provide empathy and support.

Vanessa's approach to her clients' healing journey is rooted in lived- through experience, extensive study, deep empathy, and compassionate understanding. She helps her clients process the feelings of betrayal, rebuild trust and intimacy, and regain control over their lives. She also helps them understand the dynamics of betrayal, the reasons why it happens and strategies to move forward.

Vanessa's approach also includes providing her clients with practical advice and coping strategies to help them navigate the difficult and painful process of healing. She also helps her clients to set boundaries, prioritize self-care, and build a support system. Vanessa's dedication and commitment to helping her clients has made her a highly respected advisor for betrayal and transformation.

Her own personal experience with betrayal has given her a unique understanding and empathy for her clients' struggles, making her an invaluable resource for those seeking healing and recovery.

A gentle reminder...

IT IS NOT YOUR FAULT



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