

## Getting Past The Affair A Program To Help You Cope Heal And Move On Together Or Apart Of Unknown New Edition On 15 February 2007

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### Getting Past The Affair A

Whether you want to end the relationship or piece things back together, Getting Past the Affair guides you through the initial trauma so you can understand what happened and why before deciding how to move forward. Based on the only program that's been tested--and proven--to relieve destructive emotions in the wake of infidelity, this compassionate book offers support and expert advice from a team of award-winning couple therapists.

### Getting Past the Affair: A Program to Help You Cope, Heal ...

Whether you want to end the relationship or piece things back together, Getting Past the Affair guides you through the initial trauma so. Discovering that a partner has been unfaithful hits you like an earthquake. Long after the first jolt, emotional aftershocks can make it difficult to be there for your family, manage your daily life, and think clearly about your options.

### Getting Past the Affair: A Program to Help You Cope, Heal ...

"Getting Past the Affair" deals with the immediate trauma of an affair, examines factors that made the relationship vulnerable to an affair and guides the partners in making decisions about the future. Anecdotes about a variety of couples add to the factual information and sage advice; the exercises are clear and realistic.

### Getting Past the Affair: A Program to Help You Cope, Heal ...

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want to end the affair. • Determine how much, if anything, to share with others about the affair—including your children, family members, or close friends. • Take care of yourself even when it seems like your lowest priority, including getting help from friends and seeing your doctor when you need to.

### Sample Chapter: Getting Past the Affair: A Program to Help ...

Getting Past The Affair: A Program To Help You Cope, Heal, And Move On -- Together Or Apart PDF. Discovering that a partner has been unfaithful hits you like an earthquake. Long after the first jolt, emotional aftershocks can make it difficult to be there for your family, manage your daily life, and think clearly about your options. Whether you want to end the relationship or piece things back together, Getting Past the Affair guides you through the initial trauma so you can understand what ...

### Getting Past The Affair: A Program To Help You Cope, Heal ...

In the aftermath of infidelity, couples often struggle with emotional turmoil and sometimes make decisions they later regret. "Getting Past the Affair" helps them overcome the initial shock, understand what happened and why, and think clearly about their best interests before they act.

### Getting Past the Affair: A Program to Help You Cope, Heal ...

Consider the following: Don't make rash decisions. If you think you might physically hurt yourself or someone else, seek professional help... Give each other space. The discovery of an affair is always intense. You might find yourself acting erratically or... Seek support. It can help to share your ...

### Infidelity: Mending your marriage after an affair - Mayo ...

"With every crisis there is an opportunity," says Kristina Coop Gordon, co-author of Getting Past the Affair. "What Greg and Carrie have described is not just luck on their part as a couple. It is not uncommon for couples who have experienced infidelity to believe that their marriage is over.

**Getting Past the Affair - First Things First**

MOVING PAST THE AFFAIR 1) Reveal The WHOLE Truth. This is an important step in the healing process. Tell the complete truth but leave out all of the extra details (ex: how big his penis was, the different ways she gave you head, etc.).

**Getting Past The Affair - Dr. Rachael**

Instead of Making Decisions.... So instead of trying to make some kind of decision to help you heal from the affair, take the time right now to take care of you. Take some time to do some self-care. Suspend making any decisions for now until you feel like you are in a good place to make a good one.

**The First Step to Get Past an Affair - The Marriage and ...**

When an affair takes place in a marriage or committed relationship, it is almost always a devastating experience for everyone. The first thing to realize is, no matter how much pain, anger, guilt, or confusion you may be feeling right now, you are not alone: What you are feeling is probably very normal.

**Can You Really Get Past an Affair? | eharmony Advice**

In the aftermath of infidelity, couples often struggle with emotional turmoil and sometimes make decisions they later regret. Getting Past the Affair helps them overcome the initial shock,...

**Getting Past the Affair: A Program to Help You Cope, Heal ...**

Getting Past the Affair Douglas K. Snyder,Donald H. Baucom,Kristina Coop Gordon — 2007-01-06 Psychology A Program to Help You Cope, Heal, and Move On-- Together Or Apart Author: Douglas K. Snyder,Donald H. Baucom,Kristina Coop Gordon

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