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Recovering from Infidelity Phase 1: Atone

– Rebuilding can ' t begin without the

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cheater's continual expression of
remorse, even in the face of skepticism. 1.
Confession 2. Behavior change,
transparency and verification 3.
Understanding what went wrong 4.
Explore cheater's reason for return 5.
Exact a high cost for future betrayal 6.

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The pathway for healing from infidelity using Gottman Method Couples Therapy could be described as the three A ' s: Atonement, Attunement, and Attachment. The first phase, Atonement , is not about forgiveness: rather, it is about the Betrayer

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Gottman (BP) Method Couples
partner (BP) acknowledging that they have hurt and betrayed their partner and being willing to listen to their partner ' s hurt and answer their questions about the affair.

Treating Affairs in Couples with Gottman
Method Couples ...

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Phase 1: Atone. The cheater must first express remorse. Rebuilding a relationship after infidelity is not possible without this action, according to Dr. Gottman. He writes that, “ The wounded partner will feel the stirrings of new faith only after multiple proofs of trustworthiness.

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Learning to Love Again After an Affair -
The Gottman Institute

infidelity, Treating couple infidelity
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emotional needs defined, 14 steps for the
betrayed spouse, Broken bonds an
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Facilitate the Atonement phase of
Gottman Method Couples Therapy for
affairs. Defend the practice of allowing the
hurt partner to express anger, insecurity,

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resentment, fear, and feelings of rejection,
rather down-regulating their expression of
emotion. Implement appropriate clinical
tools to strengthen an affair couple ' s
Attunement to each other.

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The Gottman method suggests that by
reducing negative responses and by

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replacing them with positive ones, the
relationship can prosper. The Gottman
Method identifies nine principals which
the couple must work through together in
order to nourish and maintain their
association. Love maps.

Beginner's Guide to the Gottman Method

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hurt and betrayed their partner and being
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