

REBUILDING A MARRIAGE AFTER AN ADULTEROUS AFFAIR

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I. UNDERSTANDING AND COUNSELING THE OFFENDEE (THE ADULTERER OR ADULTERESS.

A. Contributing factors

1. Circumstantial
2. Primary

B. Counseling issues

1. Disclosure
2. Forgiveness
3. The third party
4. Deceptive patterns

5. Feelings
6. Superficial repentance
7. Unrealistic expectations, impatience, handling suspicions, lack of trust
8. Being looked on as the “Bad Guy”, shame
9. Anger, fear, discouragement
10. The children
11. Other involved parties
12. Accountability

II. UNDERSTANDING AND COUNSELING THE OFFENDED (THE NON-ADULTERER OR NON-ADULTERESS) MATE.

1. Self pity, self righteousness
2. Discouragement, depression
3. Shame, self condemnation

4. Anger
5. Badgering, repeating a matter, excessive questioning
6. Lack of trust, inordinate suspicions
7. Superficiality, covering up, minimizing
8. Forgiveness
9. Bad advice from other people
10. Fatigue, other physical problems, physical neglect
11. Sexual relations
12. Temptation to gossip, seek sympathy
13. Lack of positive feelings
14. The children
15. Impatience
16. Temptation to victimize, punish