

T H I R D E D I T I O N

Surviving
INFIDELITY

Making Decisions,
Recovering from the Pain

Rona B. Subotnik, L.M.F.T., and Gloria G. Harris, Ph.D.

Surviving Infidelity Making Decisions Recovering From The Pain

Rona B Subotnik, Gloria Harris



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Surviving Infidelity Rona B. Subotnik, Gloria Harris, 2005-05 For more than ten years this resource has been offering sage advice and compassionate nonjudgmental analysis Based on the private practices of a licensed marriage and family counselor and a clinical psychologist it has been completely updated *Surviving Infidelity* Rona B Subotnik, Gloria Harris, 2005-05-01 What Now Nothing your marriage has sustained in the past compares to the pain of discovering that your spouse has been unfaithful The betrayal rage sadness and jealousy is unlike anything you ve experienced before And yet it is possible to move forward decide what to do in your marriage and most important heal For more than 10 years *Surviving Infidelity* has been offering sage advice and compassionate nonjudgmental analysis Based on the private practices of licensed marriage and family therapist Rona B Subotnik and clinical psychologist Gloria G Harris Ph D this third edition has been completely updated and gives you strategies to Understand the different kinds of affairs and why they happen including Internet and emotional affairs Cope with your emotions from grief to rage Repair the marriage if you choose to Learn what it takes to be a survivor *Surviving Infidelity* 3rd Edition brings you the new hope and the empathy you need in this difficult time

What Happens After Shattered? Dr. Deanna Sims, 2015-09-04 It is no secret that many hearts have been shattered by infidelity With affairs and sexual addiction at all time highs in our society it is no wonder that those affected by the real life trauma and agonizing pain of unfaithfulness search for ways to cope forgive and eventually heal In her comprehensive Christian self help guidebook *What Happens After Shattered* licensed mental health counselor Dr Deanna Sims shares gentle guidance that includes case examples strategies for coping and healing and over one hundred biblical passages With the hope of encouraging and supporting those on a journey to healing after infidelity Dr Sims addresses many key issues including how to identify the different types of affairs honor anger as a natural phase of grieving navigate through the discovery and disclosure phases of an affair understand narcissism and its correlation to infidelity answer questions to determine whether to reconcile or terminate the marriage implement an affair prevention plan to safeguard your marriage work toward a spirit of forgiveness *What Happens After Shattered* reinforces the important message that hope personal growth and healing are possible even after the life altering experience of an affair A unique and valuable resource for those in the Christian community Peggy Vaughan author of *To Have and To Hold* and host of *DearPeggy.com* A well thought out Christian counseling book on the topic of infidelity Rona Subotnik LMFT coauthor of *Surviving Infidelity* 3rd Edition and author of *Why Did He Cheat on Me* **Intimacy After Infidelity** Steven D. Solomon, Lorie J. Teagno, 2006 This book offers readers a compassionate and effective strategy for recovery after their partner had cheated by identifying the three kinds of infidelity overcoming the pain of betrayal and learning to rebuild a healthier affair proof relationship **Your Affair!** H. Cameron Barnes, 2011 In the face of near universal disapproval between one quarter and one half of all married Americans including 15 30% of married women at some point engage in an extramarital affair They will have either an enriching

experience or the sad destructive ugly mess for which affairs are far better known There is one self help book that every one of these millions of people wants and needs to read It has never been written Until now Your Affair is a thoughtful detailed discussion of every aspect of considering preparing for beginning and conducting a successful and emotionally fulfilling extramarital affair including advice case histories numerous first person narratives humorous anecdotes and step by step guidance for every facet of the process Contrary to what the media like to portray many of the major pitfalls are avoidable and an extramarital relationship can bring a person greater happiness and personal growth if properly managed Your Affair shows how

Transcending Post-Infidelity Stress Disorder Dennis C. Ortman,2011-09-21 Have you been traumatized by infidelity The phrase broken heart belies the real trauma behind the all too common occurrence of infidelity Psychologist Dennis Ortman likens the psychological aftermath of sexual betrayal to post traumatic stress disorder PTSD in its origin and symptoms including anxiety irritability rage emotional numbing and flashbacks Using PTSD treatment as a model Dr Ortman will show you step by step how to work through conflicting emotions Understand yourself and your partner Make important life decisions Dr Ortman sees recovery as a spiritual journey and draws on the wisdom of diverse faiths from Christianity to Buddhism He also offers exercises to deepen recovery such as guided meditations and journaling and explores heart wrenchingly familiar case studies of couples struggling with monogamy By the end of this book you will have completed the six stages of healing and emerged with a whole heart a full spirit and the freedom to love again *NOT "Just Friends"*

Shirley Glass,2007-11-01 One of the world s leading experts on infidelity provides a step by step guide through the process of marital infidelity from suspicion and revelation to healing and provides profound practical guidance to prevent cheating and if it happens recover and heal from it You re right to be cautious when you hear these words I m telling you we re just friends Good people in good marriages are having affairs The workplace and the internet have become fertile breeding grounds for friendships that can slowly and insidiously turn into love affairs Yet you can protect your relationship from emotional or sexual betrayal by recognizing the red flags that mark the stages of slipping into an improper dangerous intimacy that can threaten your marriage

Infidelity on the Internet Marlene M. Maheu,Rona Subotnik,2001 Discusses the social effects of virtual infidelity on those in committedrelationships analyzing how such affairs develop different types of sexualactivity on the Internet and how to recover from cyber infidelity

Sex Matters for Women Sallie Foley,Sally A. Kope,Dennis P. Sugrue,2011-12-13 A guide to help women understand how their bodies work and to take charge of their sexuality discussing anatomy body image trauma overcoming difficulties and related topics

I Got Caught Cheating - How Can I Save My Marriage? ,

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