

# **Surviving Infidelity - A Therapeutic, Educational Support Group**

**Gain the Knowledge, Skills & Strength Needed for Surviving a Relational Betrayal**

**13 Consecutive weeks of combined educational, experiential exercises, and group discussions designed to help you heal, learn and grow !**



## **DOES THIS SOUND FAMILIAR**

Being the victim of relational betrayal is one of the most painful heart wrenching types of betrayals because it hurts on so many different levels. It usually begins with your partner not only denying everything but making you feel like you are "the crazy one" for just *asking questions*. This is called gaslighting and continues until you discover the evidence and you confront your partner with the facts and truth. And when your partner admits to the infidelity, you are likely to be met by more pain and confusion in a long, drawn-out staggered disclosure of with bits and pieces of the truth. The entire process feels yet like another betrayal. You are not only in a lot of pain due to the infidelity, but also feeling confused from having been betrayed over and over again (i.e., via infidelity, gaslighting, lies and half-truths). Infidelity may also leave you thinking I "am not enough" for my partner, what does this other person have or do that I don't? Feeling they must be better than me. And you may even start to blame yourself for the infidelity. The gaslighting and lying may leave you feeling like you can't trust yourself or anyone. Your self-esteem may be destroyed, and you might feel you will never be able to have healthy relationships again.

**This Group Fills Up Fast  
Register Now!**

### Meeting Times:

Every Sunday for  
13 Weeks from 4:00pm -5:30pm

### Location:

Fort Lauderdale Behavior Therapy  
1975 E. Sunrise Blvd. #509 Fort Lauderdale

**Call for more info: 954-951-3077**

**Visit: [www.BehaviorAddictions.com](http://www.BehaviorAddictions.com)**

## **TOPICS INCLUDE:**

- ❖ Managing the disclosure process and why it seems to go on forever?
- ❖ Dealing with your emotional hurt & painful feelings of hate, rage, anger, love, resentment & confusion.
- ❖ How do you decide to stay in your relationship or leave your partner? And if you stay can you really repair this broken relationship?
- ❖ Can you learn how to trust again safely and responsibly in this or any another relationship?
- ❖ Learn about intimacy, vulnerability and shame and see how they are connected.
- ❖ Learn why you didn't recognize or see the signs of sexual addiction.
- ❖ Learn to cope with the trauma of discovery.
- ❖ Learn to manage the current crises and find hope.
- ❖ Learn to make a recovery plan and have a support even a self-care plan!
- ❖ Understand how to communicate your feelings more effectively, be able to teach your spouse how to be a better communicator.