

# Betrayal Trauma Recovery Free Recovery Resource Pack

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Practice Pages, Scripts, Checklists, Ledgers, and Quick Reference Tools from The Three Returns

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Return to your body. Return to reality. Return to yourself.

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This resource pack is educational and reflective only. It is not medical care, psychotherapy, legal advice, financial advice, or a substitute for professional support.

## Important Note

This resource pack is not medical care, psychotherapy, legal advice, or financial advice. It is a practical companion to support reflection, stabilization, and decision-making. If your situation includes physical violence, stalking, coercive control, threats, financial entrapment, sexual coercion, or fear of retaliation, use local emergency, domestic violence, legal, medical, and mental health resources immediately.

## How to Use This Pack

Use this pack when you need the practical parts of the book without searching through chapters during a hard moment. You do not have to complete every page. Choose the tool that matches the problem in front of you.

- If your body is flooded, begin with Part One.
- If you are trying to separate evidence from fear or hope, begin with Part Two.
- If you know what is happening but struggle to act differently, begin with Part Three.
- Use the scripts as starting language. Edit them so they sound like you.
- Print pages as needed. The goal is not a perfect workbook. The goal is steadiness, reality, and self trust.

## Quick Reference: The Three Returns

This quick reference lists the named tools, protocols, scripts, and exercises by chapter.

### Index at a Glance

Framework Area	Tools and Chapter Numbers
Part One - Return to Your Body	The Discernment Gap (Ch. 2); Rules of the Discernment Gap (Ch. 2); Truth versus Injury Filter (Ch. 3); Trickle Truth Ultimatum (Ch. 3); 24 Hour Hold (Ch. 3); Four Step Spike Response (Ch. 3); Survival States (Ch. 4); Professional Containment script (Ch. 5); Fact Problem versus Interpretation Problem (Ch. 5); Craving Audit (Ch. 6); Body Repair List (Ch. 7); System Maintenance and Somatic Release (Ch. 7).
Part Two - Return to Reality	Old Rule Review (Ch. 8); Boundary Rehearsal (Ch. 9); Root Cause Autopsy (Ch. 10); Boring Tuesday Test (Ch. 11); Pain and Relief Map (Ch. 11); Return Rule (Ch. 12); Transparency Bridge (Ch. 14); If He Refuses the Bridge (Ch. 14); Green, Red, Gray Zone Map (Ch. 15); 6 Month Pause (Ch. 15); Quiet Audit (Ch. 15); Reality Ledger (Resource Pack).
Part Three - Return to Yourself	Sovereign Reset (Ch. 16); What I Will Not Renegotiate While Flooded (Ch. 16); Body Consent Check (Ch. 17); De Escalation Protocol (Ch. 17); Re Entry Without Lying (Ch. 17); 30 Day Household Financial Triage (Ch. 18); Audience Boundary Scripts (Ch. 18); Affair Child Sovereign Audit (Ch. 18); Long Haul Protocol (Ch. 19); Anniversary Pre Mortem (Ch. 19); Joy Permission List (Ch. 20); Self Trust Covenant (Ch. 21).

# Part One - Return to Your Body

## Chapter 1 - First Stabilization Page

If you are flooded, do not begin with meaning. Begin with state.

*I am activated. I do not need to decide my whole future in this state. My next job is to stabilize.*

### Immediate Stabilizers

- Eat or drink something with substance.
- Write down the known facts in short lines.
- Tell one stabilizing person, not the whole world.

### Known facts


### Body state


Next stabilizing action

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## Chapter 2 - Discernment Gap and Survival Script Review

What I know today

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What I feel in my body today

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What I need today

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Which survival script runs me fastest under threat

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What it protects

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What does it cost?

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### The Rules of the Discernment Gap

- Call a ceasefire on self interrogation for the next thirty days.
- Trace the script. Notice when it tries to manage his emotions for him.
- Re enter the body on purpose through grounding, movement, water, or sensory reality.

## Chapter 3 - Spike, Pattern, and the 24-Hour Hold

### The Truth versus Injury Filter

Question	Answer / Notes
Reality question	Does the answer help me understand timeline, health risk, duration, money, or contact status?
Image question	Does the answer give me a visual or comparison I cannot unsee?
Decision	If the answer feeds images but does not restore reality, it may be self-harm dressed up as truth-seeking.

### The 24-Hour Hold

Field	Write it here
Trigger and time	
Facts only	
Story my fear is adding	
Still relevant tomorrow?	

### The Four Step Spike Response

- Name it: I am activated. This is a spike.
- Separate facts from story.
- Decide whether this is a pattern question or a spike question.
- Ask only for reality. No pain shopping. No image feeding.

*I want truth, not more injury. I am going to ask for reality, not details that poison me.*

## Chapter 4 - Survival State Check

### Survival State Worksheet

Field	Notes
Current survival state	
What this state makes me want to do	
What it is trying to protect me from	
What it costs when it runs the whole room	
Grounding action under five minutes	

## Chapter 5 - Mental Load and Professional Containment

### Facts, Missing Facts, and Fear Stories

Facts I know	Facts I still need	Stories my fear is telling

One conversation that needs to happen

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One conversation that needs to wait

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One action that lowers cognitive load in the next twenty-four hours

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*I am navigating a heavy family health matter right now and my bandwidth is thinner than usual. Thank you for your patience.*

## Chapter 6 - The Craving Audit

Person, platform, or pattern functioning as an escape hatch

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One form of access I will reduce today

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The real craving underneath it

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*Relief is not the same thing as rescue.*

## Chapter 7 - Body Repair List

### What my body has been paying

- poor sleep
- jaw tension
- headaches
- stress eating or loss of appetite
- nausea
- racing heart
- skin neglect
- no movement
- skipped appointments
- no sunlight

### My additions

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### What care actually looks like this week

- eat breakfast three times
- schedule one checkup
- take a twenty-minute walk
- go to bed before midnight twice
- buy groceries that make survival easier
- stop body checking after every trigger

### My three realistic care actions this week

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### System Maintenance and Somatic Release

- Maintenance: protein, hydration, sleep protection, medical follow up, sunlight, movement, less burden where possible.
- Release: rhythmic walking, stretching the jaw, hips, and neck, shaking out arms, paced breathing, hot shower, dancing, weighted blanket, cold water on the face.

## Part Two - Return to Reality

### Chapter 8 - The Old Rule Review

The rule I learned early about love was

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The rule I learned early about safety was

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The role I learned to play in order to stay connected was

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When I get triggered now, I become

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The cost of that script in my adult relationship has been

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Loyalty to myself would look like

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## Chapter 9 - Boundary Rehearsal

### Boundary Rehearsal

Prompt	Answer
Repeated pattern that keeps hurting me	
What I usually do in response	
What I am trying to prevent or control	
Standard being violated	
Action actually available to me	

- I am willing to talk, but not like this.
- I am not explaining my pain to a hostile room.
- We can revisit this when the answer is direct.
- I can love you and still refuse this pattern.

My replacement line

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## Chapter 10 - Root Cause Autopsy

### Individual Deficit Audit

Area	Evidence / Notes
Actual marital problems that existed before betrayal	
Betrayal choices that were unilateral and his	
Anything I am blending together because blending feels easier than judging clearly	
Evidence that he is addressing the relationship damage	
Evidence that he is addressing his own character deficit	

## Reality Ledger

Use this when you need to combat gaslighting, spin, minimization, or your own fog with clean data.

### Reality Ledger

<b>The Spin - what I am being told happened</b>	<b>The Data - facts or evidence</b>	<b>The Anchor - boundary based on the data</b>

## Chapter 11 - Boring Tuesday Test and Pain/Relief Map

If the affair had to live inside bills, illness, resentment, parenting, fatigue, and ordinary life, what would probably change?

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### Pain and Relief Map

Prompt	Answer
When I feel pulled back toward him, I am craving	
When I get reassurance or closeness, relief lasts	
After relief fades, I usually	
Repeated pain and relief pattern	
Real safety would require	
I love him because	
I feel bound to him because	

## Chapter 12 - The Return Rule and Regardless Plan

*If you need a break, fine. But you are the one who has to reopen the conversation you paused. If twenty minutes becomes two days unless I chase you, I will treat that as avoidance, not regulation.*

### Return Rule Tracker

Topic Paused	Time / Date Paused	Did HE reopen it?	Consequence logged
		<input type="checkbox"/> Yes <input type="checkbox"/> No, I had to chase him.	
		<input type="checkbox"/> Yes <input type="checkbox"/> No, I had to chase him.	
		<input type="checkbox"/> Yes <input type="checkbox"/> No, I had to chase him.	

### Regardless Plan

Situation	What I do regardless
When he is having a good day	
When he is defensive	
When I find new information	
What I keep building whether he improves or not	

## Chapter 13 - Forgiveness and Safety Check

### Forgiveness vs. Safety

What I am being told forgiveness should mean	What actual safety would still require

*Mercy does not require me to lie about what is still true.*

## Chapter 14 - Transparency Bridge

### Transparency Bridge

Temporary bridge terms	Nonnegotiable signs of safety

Is transparency reducing guessing or training me to become a better detective?

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*I am not going to spend hours proving why temporary transparency matters after deception. I will log refusal as data and make decisions accordingly.*

## Chapter 15 - Green, Red, Gray Zone Map

### Zone Map

Green evidence	Red evidence	Gray evidence

What decision would I be closer to if I trusted evidence more than hope?

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### The 6 Month Pause

Divorce is off the table for this window unless safety requires immediate action.

Permanent reconciliation is also off the table.

I resign as the manager of his repair.

What patterns will I measure during this window?

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## The Quiet Audit Ledger

Item	Status: Found / Need Access / Missing	Action / Notes
Legal consult for education		
Credit report		
Tax returns		
Bank accounts		
Mortgages or leases		
Insurance policies		
Credit cards		
Personal passwords		
Private email		
Emergency fund if safe and legal		
Childcare schedules		
School pickups		
Medications		
Key contacts		
Bills		
How the house actually runs		

## Part Three - Return to Yourself

### Chapter 16 - The Sovereign Reset

This is the turn from surviving him to authoring yourself.

Self-trust is not blind trust in your gut. It is the practice of checking internal signals against patterns, facts, and boundaries, then acting with self respect anyway.

#### What I Will Not Renegotiate While Flooded

#	Line
1	
2	
3	
4	
5	

## Chapter 17 - Body Consent Check and De Escalation Protocol

Right now, sex feels like

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### Current Yes / No List

Yes	No

*I am here, but I just got activated. I need to stop right now.*

### De Escalation Protocol

- Hard stop. Sit up. Break physical contact. Separate before explaining.
- Name it without apology.
- Regulate before renegotiating. Decide whether you want comfort, space, or no touch.
- If he gets defensive, shut it down.

*Do not make this about your ego. My body is reacting to the trauma of your affair. I am not punishing you. I am protecting myself.*

### Re Entry Without Lying

What feels safe	What might become safe	What is off limits for now

## Chapter 18 - Household Reality and Audience Boundaries

### Children Scripts

*Mom and Dad are having some adult problems, and we are giving each other a little space right now. You did not cause this, and you do not have to solve it. We both love you and you are safe.*

*We are working through a serious problem in our marriage. I am not going to put adult details on your shoulders, but I am also not going to pretend the house is not tense. You are not responsible for managing either of us.*

### 30 Day Household Financial Triage Ledger

Item	Status: Done / Need Access / Missing	Action / Notes
Accounts		
Cards		
Apps		
Subscriptions		
Discretionary spending		
Passwords		
Emergency cash		
Household labor		

### Audience Boundary Scripts

*I know you care about us, but we are handling a serious marital issue privately right now. I am not discussing the details, and I need you not to bring this up with me again.*

*I love you, but I cannot keep rehashing this today. I need support that helps me breathe, not more adrenaline.*

*Please do not discuss adult issues with the kids. That is not appropriate and it is not helpful.*

### Affair Child Sovereign Audit

*I understand that you may have legal obligations, but I am not automatically volunteering for relational access, co parenting labor, or emotional management around this situation. We will define what touches this household and what stays outside it.*

Zero personal involvement does not mean zero impact. Account for money, time, logistics, and the emotional climate of the home.

## Chapter 19 - Long Haul Protocol and Anniversary Pre Mortem

### Trigger Protocol

Trigger	Body response	Regulation step	What I need next

*Yes, my body is still remembering what happened. I am not bringing this up to punish you. I had a physiological trigger. If you respond with frustration instead of steadiness, you make it harder for me to heal.*

### Anniversary Pre Mortem

Date / season / place	What I need two weeks before	What helps	What makes it worse

## Chapter 20 - Joy Permission List

List ten forms of clean pleasure that do not depend on the state of the marriage.

### Joy Permission List

#	Clean pleasure
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

If I let myself feel better, I am afraid that means

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One ordinary act of joy this week

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## Chapter 21 - Self Trust Covenant

Write five lines. Begin each line with I will or I will not.

### Self Trust Covenant

#	Covenant line
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

## Script Library

Use these as plain language starting points. Edit them so they sound like you.

Screenshot this page. Keep it in a separate photo album on your phone so you do not have to search for words when your heart rate is high.

### Emergency Script Library

Use for	Script
Stabilization	I am activated. I do not need to decide my whole future in this state. My next job is to stabilize.
Truth not injury	I want truth, not more injury. I am going to ask for reality, not details that poison me.
Work containment	I am navigating a heavy family health matter right now and my bandwidth is thinner than usual. Thank you for your patience.
Return Rule	If you need a break, fine. But you are the one who has to reopen the conversation you paused.
Direct answer	We can revisit this when the answer is direct.
Not soft right now	I am not ready to be soft right now.
Sexual trigger stop	I am here, but I just got activated. I need to stop right now.
Bedroom defense boundary	Do not make this about your ego. My body is reacting to the trauma of your affair. I am not punishing you. I am protecting myself.
Audience boundary	I know you care about us, but we are handling a serious marital issue privately right now. I am not discussing the details.
Amplifier friend boundary	I love you, but I cannot keep rehashing this today. I need support that helps me breathe, not more adrenaline.
Child protection boundary	Please do not discuss adult issues with the kids. That is not appropriate and it is not helpful.
Affair child boundary	I understand that you may have legal obligations, but I am not automatically volunteering for relational access, co parenting labor, or emotional management around this situation.
Long haul trigger	I had a physiological trigger. If you respond with frustration instead of steadiness, you make it harder for me to heal.
Public divorce language	We reached the end of what was repairable. I am focusing on my children and my future now. I am not discussing the details of my divorce.

## **Closing Reminder**

You do not need to do this perfectly. The return is not a performance. The return is the repeated choice to stabilize your body, tell the truth about reality, and stay with yourself when pressure rises.

Return to your body. Return to reality. Return to yourself.