

Rebuilding Trust After an Affair

This worksheet draws on the Gottman Method and Emotionally Focused Therapy (EFT) to help couples process betrayal and begin the work of rebuilding emotional safety and trust. There are two sections — one for each partner.

Part 1: For the Hurt Partner

Use these prompts to reflect on your emotions and needs. This is your space to begin processing what has happened.

- What do you need to know or understand about the affair to begin to heal?

- What has felt the most painful or confusing about the betrayal?

- What do you need in order to feel emotionally safe in this relationship again?

- When do you feel most connected or understood by your partner?

- What do you fear might happen if you are vulnerable now?

- I feel... (e.g., hurt, angry, afraid, rejected)

- What I need most from you right now is...

- I begin to feel safer when...

Part 2: For the Partner Who Strayed

Use these prompts to explore your accountability, empathy, and the steps you're willing to take to rebuild trust.

- What do you understand now about how your actions impacted your partner?

- What do you most regret about what happened?

- What led you to disconnect from the relationship emotionally?

- How have you taken responsibility so far?

- What do you fear in talking about the affair openly?

- What do you want your partner to know about your commitment to rebuilding trust?

- What I regret most is...

- I want to rebuild trust by...

This worksheet is best used alongside therapy. For guided support rebuilding your relationship, contact Sarah MacFarlane.

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