

# Managing Triggers of Betrayal

## 1. Trigger

- \* Partner Inconsistency
- \* Ambiguous Situation
- \* Broken Promise
- \* Media/Outside Influence

## 2. Alarm/Bomb Goes Off (Betrayed Spouse)

- \* Physiological Flooding
- \* Preoccupation

### Fight

- \* Physiological Flooding
- \* Preoccupation

### Flight

- \* Avoidance
- \* "Stuffing" Concerns

## 3. Betraying Partner is Overwhelmed by Intensity/Reaction

Defends / Minimizes

Shuts Down / Avoids

## 4. Escalation of Conflict (Partner Hurt)

## 5. Over Time, the Couple Avoids Talking about Issues in Order to Avoid Conflict

- \* Greater Distance
- \* Resentments Can Fuel Acting Out

## Background Factors

*(Ever Present)*

- \* Past Betrayals
- \* Past Trauma
- \* Current Stressors

## Betrayed Partner Tasks

1. Self-care
2. Emotional Regulation
3. Expressing Needs Moderately

## Betraying Partner Tasks

1. Provide Comfort and Reassurance to Spouse
2. Work on Reliability and Thoughtfulness
3. Initiate Repair Attempts
4. Volunteer Information about Thoughts and Feelings

## Remember

*Triggers are a natural part of recovery. Managing triggers as a team provides an opportunity to build trust*