Discussing the history of the affair

* For safety, reserve the difficult discussions for the therapy space.
* Discussing history ineffectively can lead to more damage and destroy trust
* Intervene if these discussions are happening at home and being counterproductive

Confession: should be about creating intimacy and strengthening the relationship and not solely for relieving guilt, as that is just another way of being selfish and offending the partner.

Discover/History

* Which details are important?
  + Those that establish safety
  + Warn that knowing the information can create trauma and triggers

Resolution

* Address adulterates (looking at the soil that made the affair possible

Casting a vision

* Becoming trustworthy: learn to live in the box
  + Search for trust building/forgiveness metaphors
* Trusting