**Frequently Asked Questions Post-Betrayal**

1. *How setbacks will be handled if they occur?*

* Immediate honesty with partner
* Creation of a new or more intensive boundary and treatment plan

1. *What about sexual activity?*

* Most couples take a break from sexual activity to focus on establishing trust and safety in their relationship. This is negotiated between the couple, but it is not uncommon for couples to cease sexual activity for at least a few months.
* A sexually transmitted infection test is recommended for both partners if there has been sexual contact with partners outside the relationship

1. *Whom do we tell?*

* Select individuals you both agree on, and the level of information to be discussed
* Selected confidants are trustworthy and supportive of the relationship
* Avoid telling people out of revenge or to hurt the betraying partner, as those individuals may not be supportive if you decide to stay together.

1. *How often do we communicate about the betrayal?*

* An agreed upon format and ritual can be helpful (e.g., brief check in daily)
* Avoidance of specific details, as these can trigger trauma reactions for the betrayed partner
* If there is conflict or intense emotions between the couple save the discussion for therapy
* Even if the conversation is productive be sure to set some limits or breaks around the conversation to engage in self-care
* Avoid name calling and yelling

1. *How do we handle certain questions about the betrayal?*

* Avoid asking specific sexual details as these can be traumatizing (e.g., what sexual positions did you engage in)