**Initial Checklist Post-Betrayal**

Betraying Partner:

* Immediate behavior change (e.g., ending of contact with affair partner, providing proof)
* Get rid of all mementos and reminders
* Negotiating of access to technology
* Answer all unanswered questions (question format or disclosure). Betrayed partners often have to ask questions repeatedly until they no longer feel the need, and this is an acceptable part of the process and should not be rushed over
* Continual expression of remorse
* Discuss triggers and how to manage them
* Boundaries with affair partner for future contact
* Immediate honesty if betraying partner has contact with affair partner

Betrayed Partner:

* Trauma education for partner and betraying spouse
* Individual support for spouse
* Develop self-soothing and boundaries
* Request ending of contact and proof
* Write down a list of questions to be answered
* STD test
* Have access to technology ongoing

Other Points:

* Avoid making decisions about ending the relationship
* Limit any damaging or abusive interactions