



Healing After Betrayal Trauma

UNDERSTANDING • PROCESSING • REBUILDING • MOVING FORWARD

You Are Not Alone.
HEALING IS POSSIBLE.

What Is Betrayal Trauma?

Betrayal trauma occurs when someone we trust, depend on, or feel emotionally close to violates that trust. It can happen in intimate relationships, within family, or in other close connections. Because it involves a deep breach of trust, betrayal trauma can have a significant impact on our emotional, physical, and psychological well-being.

Common Examples

- Infidelity or emotional affairs
- Dishonesty or secretive behavior
- Breaking promises or boundaries
- Abuse (emotional, physical, sexual)
- Financial betrayal
- Violation of trust by a partner, family member, or close friend

It Can Impact



Emotional Well-Being



Mental Health



Physical Health



Relationships



Self-Esteem & Identity



Sense of Safety & Trust

Signs You May Be Experiencing Betrayal Trauma

- Shock, disbelief or numbness
- Anxiety or constant worry
- Depression, sadness or grief
- Anger or rage
- Difficulty trusting
- Intrusive thoughts or rumination
- Feeling "stuck" or confused
- Questioning your reality
- Difficulty concentrating
- Changes in sleep or appetite
- Self-blame or shame
- Feeling disconnected from yourself or others

The Healing Process

1

Stabilize

Calm your nervous system and create safety.

2

Process

Feel and express your emotions in a safe way.

3

Rebuild Trust

Begin trusting yourself again and set healthy boundaries.

4

Move Forward

Create a life aligned with your values and well-being.

Healing Takes Time

There is no "right" timeline for healing from betrayal trauma. It is a process, and your experience is valid. You do not have to forget, excuse, or minimize what happened to heal. Healing is about reclaiming your sense of safety, learning to trust yourself again, and creating a healthier, more authentic life.

"What happened to you is not your fault. Healing is not about forgetting—it's about reclaiming your life."

Strategies for Healing



Practice Self-Compassion

Be kind to yourself. You did the best you could with the information you had.



Regulate Your Nervous System

Use grounding, breath work, mindfulness, or time in nature.



Process Your Emotions

Journal, talk with a trusted support, or work with a therapist.



Set and Maintain Boundaries

Protect your emotional well-being and honor your needs.



Rebuild Trust in Yourself

Listen to your intuition and recognize your strength and resilience.



Reconnect With What Matters

Engage in activities, relationships, and values that bring you joy.

Reflection Worksheet

What am I feeling most right now?

What do I need to feel safe and supported?

What boundary would support my healing?

One way I can begin trusting myself again is:

A small step I can take this week toward healing:
