

Intimacy After Infidelity

There is no right or wrong way to resume intimacy.
That decision is based on three main components:



1. _____
2. _____
3. _____

It often takes about _____ to sort out the above.

I feel _____ (because ...)

| | | |
|---------------|--------------|---------------|
| Angry | Hurt | Violated |
| Minimized | Victimized | Betrayed |
| Bitter | Exasperated | Vengeful |
| Offended | Resentful | Like cheating |
| Content | Embarrassed | Stuck |
| Less Than | Agitated | Anxiety |
| Ugly | Worthless | Overwhelmed |
| Misunderstood | Tired | Listless |
| Disinterested | Unsexy | Dispassionate |
| Detached | Unsatisfied | Uncontrolled |
| Relieved | Indifferent | Withdrawn |
| Depressed | Weak | Self Loathing |
| Rejected | Antagonistic | Sick |

Purpose Statement and/or affirmation

If you have any questions, please feel free to email me at jai@kinkysexysmart.com or schedule a Discovery Call on the website, www.kinkysexysmart.com. I look forward to helping you become the most outstanding version of yourself living a life full of pleasure, intimacy and healthy boundaries.

Notes