

# The Relationship Institute

[www.therelationshipinstitute.org](http://www.therelationshipinstitute.org)

## Rebuilding Trust and Rekindling the Marriage after an Affair

### Ways the unfaithful spouse accomplishes these tasks:

1. The unfaithful partner pays attention to the pain s/he has inflicted on the other partner. *The unfaithful partner essentially bears witness to the pain by listening to the betrayed partner's feelings and expressions of the pain when s/he needs to do so.* The second part of this bearing witness is the unfaithful partner *apologizing sincerely for the harm s/he caused the betrayed partner, and being willing to do so often.*
2. The unfaithful partner rebuilds trust by being willing to look honestly and deeply at the reasons why s/he strayed and is willing to act to prevent any recurrence of straying from the relationship.
3. The unfaithful partner is willing to **EARN** back the trust of the betrayed partner through daily, concrete, and bold gestures and behaviors designed to make the betrayed partner feel cherished and safe in the relationship.

(Janis Abrahms Spring, Ph.D. ABPP from After the affair copyright HarperCollins, 1997)

### Ways the betrayed partner contributes to the rebuilding the relationship:

1. S/he is willing to look at her/his contribution to the relationship weaknesses and/or failures, and commit to behaving and acting in more differentiated and healthy ways.
2. The betrayed partner acknowledges the efforts of the unfaithful partner to rebuild trust.
3. The betrayed partner is willing to make the unfaithful partner feel cherished and safe in the relationship.

(Added by Lorie J. Teagno as an extension of J. A. Spring, Ph.D. work on affairs)