



# SPECIAL REPORT

ISSUE NO. 137

US \$5.99 / 7.99 CAN



**07**  
**TIPS**

# HEALING ANGER

7 Tips for Healing the Anger Brought On by Betrayal



[www.GoAskSuzie.com](http://www.GoAskSuzie.com)

by **SUZIE JOHNSON, CPC**



**SOULMATES ARE NOT MADE IN HEAVEN.  
THEY ARE CREATED RIGHT HERE ON EARTH.**

# Healing Anger

## Special Report

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# ABOUT THIS SPECIAL REPORT

Dallas, Texas

## 7 TIPS FOR HEALING THE ANGER BROUGHT ON BY BETRAYAL

**W**elcome to my special report on **Healing the Anger Brought on by Betrayal**. These tips are intended for anyone who's found themselves struggling with surges of anger, outrage, irritability, hostility and the urge to lash out after the discovery of a partner's affair.

If this describes you, don't despair. Because as painful as it is to deal with all the negative thoughts and emotions that come in the anger stage... please take comfort in knowing... it does pass.

And let me say for the record: Without a doubt, I wish you and I could have met under different circumstances. And yet, since you're here, I must also congratulate you on your courage to seek help in dealing with such a painful experience. I know this can't be easy for you. And I don't just say that from a professional or clinical level. I know this from a personal level as well.

If this is your first time to work with me, you may not be aware of how deeply personal this goes for me. You see, my marriage has survived its brush with infidelity as well, so I'm not just an affair recovery coach; I am a survivor myself. And, although it's been years now, I can still clearly remember the hurt and anger that it brought up.

### THE GOOD NEWS/BAD NEWS

I was able to find ways to process my anger (notice the word process - I'll talk more about that in the special report). And that cleared the way for us to heal and go on to creating a relationship dynamics between us that's been incredible... so incredible that I now "shudder" to think about the type of couple we would have become if the emotional affairs didn't push us out of our comfort zone.

### THE BAD NEWS?

We made a lot of mistakes and took a lot of wrong turns. I looked back and realized I stayed in that anger stage for way too long... and it crossed from anger into self-righteousness, from unfairness to victim-mindedness... and from wanting justice to simply wanting to make him pay.

### WHY AM I SHARING ALL THIS?

So you can know that although we've never met, you and I already have something in common. Because by virtue of the fact that you're reading this special report, suggests that you (just like I was all those years ago) are still in anger stage.

Notice: I'm describing anger as the "anger stage," that's because affair recovery has stages like grief, and

anger is just one of those stages you have to pass through.

## HOWEVER, THERE'S A CATCH.

Anger (like its cousins lust and greed) can be highly addictive. And so, what sometimes ends up happening is that people hang out in the anger stage for way longer than necessary.

And if that occurs, anger eventually becomes toxic. Upset turns into rage. Irritability turns into bitterness. And wounded pride becomes permission for revenge. If we're not careful, what was just a one-time wound... becomes a lifelong open sore.

Think about it like this. Anger... in small doses is harmless. However, if held in mind for too long, it becomes corrosive and contaminates all other emotions.

For example: Anger strangles laughter; it dampens desire; it short-circuits intelligence; and perhaps its most lethal quality... is that anger prevents us from truly healing by causing us to constantly pick at the scabs of our wounds.

If that's **not** what you want, then I believe it's imperative for you to learn as much as you can about the anger stage. And perhaps most importantly, it's critical for you to make a decision to do whatever it takes to ensure you don't hang out in the anger stage for a moment longer than necessary.

And to help you do that... I've put together in this special report - 7 of my best tips for healing and transcending the anger stage.

## YOUR MISSION

Should you choose to accept it... is to read, learn and test. This means rather than assuming there's nothing you can do to heal anger... instead, approach with an open mind... give these tips a chance to work for you. And I promise, you (and those who love you) will be glad you did.

So, with that said... here are my 7 best tips for healing the anger, resentment and sense of humiliation brought on by the discovery of a partner's infidelity.



Dallas, Texas

# HOW TO GET THE MOST FROM THIS REPORT



## 1. READ THE TIPS WITH AN OPEN MIND.

Keep in mind, some of what I share, you already know... and yet, knowing isn't enough. The goal here is for you to connect with the information at a deep enough level, so it causes you to question your current beliefs, inspires in you a shift in perception, and strengthens your resolve to better understand. Staying open gives you the best chances of doing that.



## 2. DO THE PROCESS QUESTIONS.

At the end of these 7 Tips, I've provided you with 3 process questions similar to the ones I use with my private clients. The goal of these questions is to take you deeper than reading alone. And as far as I'm concerned, it's taking the time to answer these types of questions that will end up being the difference that makes the difference for you.



## 3. FOLLOW THE NEXT STEPS.

I've provided you with a "next steps roadmap" to follow (if it makes sense in your situation). Please note: My next steps are just one of the many options you can take. If my recommendations make sense for you... great. If not, then that's also okay. The key here is to remember that this is a marathon (not a sprint), and to survive, you've got to keep moving forward.

07  
TIPIT'S OKAY TO BE ANGRY,  
BUT NOT OKAY TO LET  
ANGER CONTROL YOU

**I** remember the nuns at catholic school telling us over and over "*A bad mood is no excuse for bad manners,*" and that statement used to annoy me, because I felt like it was encouragement to "be a fake". (Yeah, I was a bit of a rebel back then).

But it wasn't until I was much older that I realized the underlying message was not about being inauthentic or suppressing feelings; but rather, it was about taking responsibility for your own emotions and not allowing them to leak all over others.



**Healing anger begins by taking responsibility for your angry moods.** In other words, while *it's okay* to feel anger, *it's not okay* to let that anger control how you treat others. And it's *not okay* to for others to pay the price for our inability to control our angry emotions.

**I wonder, did you notice?** I am saying it's okay to feel anger (read that again). Why? Because anger is a natural reaction to negative or threatening situations such as this. In fact, very few people - if they were in your shoes - would be able to avoid feeling anger at some level; so please be assured that anger is only normal.

**BOTTOM LINE?**

**Feeling anger is not the problem.** The real problem is created by what you give yourself permission to "say" and "do" while you are angry. For example, if you're normally a very sweet person, but when you get angry you turn into a sour person, or if you're normally a very loving person but when you get angry you turn into a hateful person, then this means you're allowing that anger to take control of your personality. And now, it's not just a feeling; it's morphed into justification for bringing out the dark side.

**THE ANTIDOTE?**

**Take responsibility for your emotions.** Be aware of how you might be allowing anger to take over your personality. Make a personal commitment never to let a bad mood become an excuse to treat others poorly.

# TIP 06

## ANGER IS A COVER EMOTION



**D**id you know? Over the last decade, the US Army has spent more than \$5 billion on camouflage to conceal forces and divert the enemy from their locations. Why? Because one of the keys to winning war is the ability to remain "undetected" by the enemy; and camouflage not only helps to give an advantage by covering locations and base of power, but it also helps to protect by concealing weakness and vulnerabilities from the enemy.

*Surprisingly...*

**Anger works in a similar way to military camouflage, but on a psychological level.** Because, not only does it cover up real pain; but it can also be used as a diversionary tactic to prevent others from seeing our weakness or insecurities. In fact, the rule of thumb when it comes to anger is this: whatever you think you're angry about, chances are, that thing is not what's actually hurting you. Chances are, the anger is diverting, distracting or covering up the real issue.

**And here's another thing.** When it comes to creating distractions and diverting attention away from the real issues, anger works a lot like the movies – where the hero creates a diversionary explosion to distract the villain from noticing what's really going on. Anger is sometimes that minor explosion used to prevent others from seeing your real fear, pain or hurt.

### BOTTOM LINE?

Anger is *not* the problem. Anger is *not* the solution. So don't treat it as either of those things. Instead, treat anger as the pointer to the problem.

### LET ME TELL YOU WHY IT'S IMPORTANT TO MAKE THIS SHIFT.

If you believe that anger is the answer to the problem, then you could become dependent on anger as your helper - helping you to bolster your ego, to control or to gain compliance and obedience from other people, which puts you at risk of becoming controlling at best and a bully at worst. And if you just treat anger as the problem, you might fail to deal with the underlying issues that anger is covering up, which puts you at risk of becoming cynical at best and a chronically angry person at worst. And since you don't want either of those two outcomes, I strongly suggest you treat anger as an informant; rather than a friend or an enemy.

### DO THIS:

Next time you feel anger rising up, pause and question it. Ask yourself these three questions: **(1)** What else is this anger preventing me from feeling or noticing? **(2)** What is this anger protecting me from having to feel? **(3)** How is this anger helping to prevent others from seeing or knowing about me? Let the answers guide you towards healing the deeper issues.



**ANGER IS *NOT* THE PROBLEM.  
ANGER IS THE POINTER  
TO THE PROBLEM.**

# TIP 05

## THERE'S A DIFFERENCE BETWEEN HEALTHY ANGER AND TOXIC ANGER

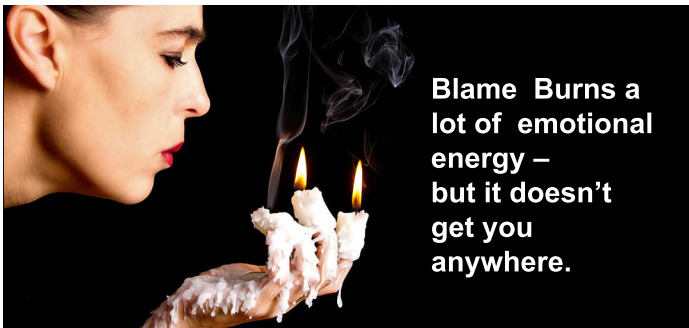


**T**here are basically two types of anger: anger *at* and anger *for*. One is destructive (toxic), while the other is constructive (good). Can you guess which is which?

### Let's review them both.

Anger *at* is toxic anger. It's directed at things we can't control or change (namely, other people or circumstances). Therefore, as long as you're angry *at* your spouse, angry *at* the affair partner, angry *at* the friends who knew and didn't tell you, angry *at* yourself for not seeing the signs or angry *at* god for allowing this to happen to you, it keeps you focused on *whom* to blame rather than *how to heal*.

**Here's the thing:** Being angry *at* people or pointing fingers *at* the wrongdoer may give your ego temporary surge of power. But that sense of power is deceiving. Because in reality, you can't change the past, and there's no way to undo what's already happened. So **blaming is like revving up a car engine while parked in the driveway**, you end up burning a lot of emotional energy, but it doesn't take you anywhere.



**Blame Burns a lot of emotional energy – but it doesn't get you anywhere.**

### On the other hand...

There's angry *for* and this can actually help your healing process. Here's why. When you're angry *for* something, it triggers a corresponding passion to work toward a positive solution. For instance, when people are angry *for* mistreated animals, it drives them to campaign for an end to animal cruelty. Or, when people are angry *for* children who don't have an equal opportunity to learn, it motivates them to improve the educational system. **Bottom line?** Being angry *for* something gives you energy, motivation to take action and make changes.

### THE KEY QUESTION.

**Ask yourself.** Are you angry at someone (blame and loss of power) or are you angry for what has happened? Which motivates positive changes? If you find you are mostly angry at a person, here's one thing you can do.

### DO THIS.

Give more attention to what you're angry *for* rather than who you're angry *at*. For example, instead of being angry *at* your partner, you might switch to being angry *for* the setback this affair has caused so you may be motivated to find ways to move forward again. This could lead you to marriage counseling, maybe to making some changes in your relationship dynamics. The key here is to remember that being *angry at* is toxic while being *angry for* is motivating.

# TIP 04

## HEALING ANGER IS ABOUT RESPONSIBILITY



**I**n one of my favorite books, "Man's Search for Meaning," the author, Viktor Frankl (who was in a concentration camp at that time), wrote these enlightening words: *"Everything in life can be taken from you except for one thing: Your freedom to choose how you respond to the situation. And that is what determines the quality of the life you live."*

**I have always found his words profound.** They point to the reality that our freedom and the quality of our life does not depend what others do to you. Instead, it totally depends on how YOU respond to what others do to you.

**Do you realize what this means?** (You probably do.) It means that even with all that has happened to you in the past - the lies, the deception, the humiliation, the discomfort and disappointments - none of those things have the power to take away your future happiness. Why? Because you have one important ace up your sleeve. What's the ace? The ability to change how you respond to it. In other words, your advantage is not in changing the past (impossible); instead, it comes from taking charge of your "Response-Ability".

**Notice how the word is spelled.** Responsibility is about owning your ability to respond. It's about taking conscious control over your responses, which is totally different than just reacting.

### HERE'S THE THING.

When an affair is first discovered, anger as an initial reaction is both natural and normal and makes total sense. But here's where the challenge comes in, if that instinctive anger becomes the person's default way of coping; you put yourself at risk of becoming an anger junkie.

### Who is the anger junkie?

This describes a person who has totally become dependent on anger to help them cope. For example, they depend on anger to help them take back control, repair ego and make themselves appear more powerful; to relieve stress, to dominate, to ensure compliance, to punish (and the list goes on).

### BOTTOM LINE?

**Anger is not responsive – it's reactive.** Anger is not empowering, it's actually disempowering. (Don't you feel guilty after?) And while it may give you temporary feelings of power - look closer, aren't you really out of control when you react in anger? This tells you that anger (while seductive) is not your friend.

### Is there an antidote the for the anger junkie?

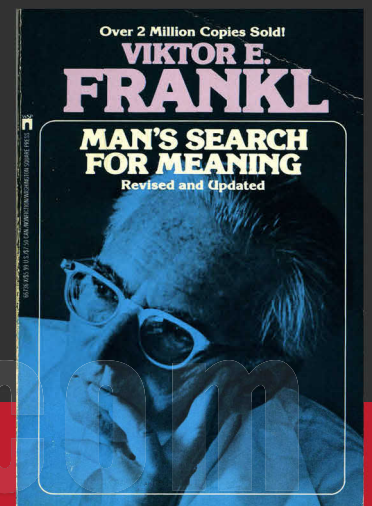
I believe there is. And it comes down to taking charge of your "response-ability, which - as Walter Frankl says - means not trying to change the past (reactionary), but rather focusing on changing the way you respond to the past (responsive).

### DO THIS:

- 1. Know it's your responsibility to heal.** Know that the keys to your healing are not in someone else's pocket. It's your responsibility to heal your own anger.
- 2. Know it's your response-ability to change.** Do not try to change the past (that only leads to powerlessness); instead, change the way you respond to the past (which leads to empowerment). Know that making this change is your response-ability, and that makes all the difference in the world.



Everything  
in life can be taken  
from you  
**except**  
for one thing:  
**your freedom**  
to choose how you  
**respond to**  
the situation.  
And that is what  
**determines**  
the quality  
of the  
**life you live.”**



**Viktor Frankl**  
Man's Search for Meaning



# AM I ..... AN ANGER JUNKIE?



## ASK YOURSELF

Do I depend on my anger to help me win?

Do I use anger to dominate, control or intimidate others?

Do I feel that getting angry is the only way to get others to take me seriously?

Do I feel a sense of relief in my anger outbursts?

Do I rely on anger to motivate and get things done?

## IF YES



1. Take charge of your "response-ability."
2. Don't try to change the past (reactionary).
3. Instead, focus on changing the way you respond to the past (responsive).

# TIP 03

## ANGER AND REGRET ARE ATTACHED LIKE SIAMESE TWINS



**D**id you know? According to recent studies, when you get angry, your IQ drops about 60 points. Let me put this into perspective. The average IQ in the United States is around 98. A drop in 60 points would result in an IQ of 38. Now here's the kicker: If your IQ is below 70, that's one of the three criteria used to measure the *mentally retarded* (the actual classification, not the rude name most people use it for).

**If you think a drop in IQ is bad - regret is worse.**

Here's the thing. According to social scientists, if emotional pain had a rating scale, the feeling of regret would top the list as one of the most painful emotions humans can feel. And this makes sense to me. Looking back on my own mistakes, while it makes me cringe to remember some of the things I've said in anger, what I really regret are the mistakes that came out of anger. That feeling of regret is painful to me, that I would do almost anything to avoid it. And since I now realize that anger and regret are attached, I go out of my way to avoid anger, just so I never have to encounter regret.

### WHAT ABOUT YOU?

Looking back, over the last few weeks and months, how many things have you said out of anger? And of all those things, how many do you now regret? If you're like most of my readers, the answer is: all of them. What about past actions? If you were to take inventory of past mistakes and past actions taken that you

regret, how many of them can be traced to some type of anger? Again, if you're like most of my readers, the answer will be the vast majority. **Bottom line?** Where you find anger, you will find regret. Therefore, the secret to avoiding one, is to avoid the other.

### KEY QUESTION:

So, what should you do when you feel that anger rising, the type of anger that makes you want to say (or do) those mean, vicious things that you know you'll regret later on? That's a good question. Here's what has helped me.

### DO THIS

When you feel anger rising, instead of trying to stop it – try to slow it down. Because, the two most dangerous elements in anger are the “speed” and the “surge”. Imagine having a slow motion button for your emotions, which allows you to slow down every aspect. You can slow down your breath (breathing from stomach instead of chest); you can slow down your words (by putting a lot of pauses between the words); and perhaps most importantly, slow down the movement in your body (walk slowly and relax your jaw). The good news is that, just by taking control of the speed of anger rising and slowing it down, it gives you control over it and reduces the chances of you saying or doing anything that you'll later regret.



I'm going to  
regret this!

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# TIP 02

## BURIED ANGER IS TOXIC TO INTIMACY



**C**an people who love each other get angry at each other? *Of course they can!* And if you love someone, is it possible for you to get angry with them from time to time? *Of course it is.*

**So, just to be clear...**

Getting angry with someone you love is NOT that you don't love them. In fact, the opposite is closer to the truth – sometimes, the more you love someone, the more anger the person seems to be able to trigger in you. (And if you've ever parented a teenager, you'll know exactly what I mean!)

**However, here's where the problem comes in.** While experiencing moments of anger is normal. We all have them. Spending all your time reliving those moments of anger is not. In fact, it can be hazardous to your health and the health of your relationships.

**Let me explain what I mean.**

The emotion of anger is like a dark cloud - meant to be a passing event. However, if you choose to hold on to anger, rather than letting it pass, then those dark clouds of anger become like a heavy fog that blocks out other positive emotions like love, laughter and sexual desire. Am I suggesting that if you've lost that loving feeling, it could be directly related to having buried anger? *Yes, that's exactly what I am saying.*

### KEY QUESTION:

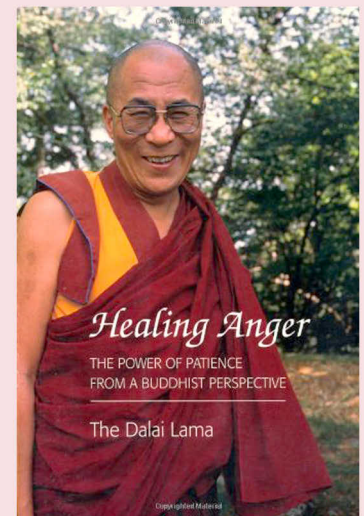
**How do you know if you're dealing with buried anger?** Take a look at the **signs infographic on the next page** for some clues.

**Here's the thing.**

Of the eight major signs of buried anger, I consider number eight - the love cynic - to be the most dangerous of them all. That's because all human beings share the primary desire to love and be loved. When you lose faith in your ability to have that desire met, it can lead to bigger issues – like depression, apathy and feelings of isolation. And since that's the last thing you want, here's what I suggest.

### DO THIS

Learn to process your anger. Don't suppress it. There are so many great tools to help you do this. If you like, you can begin with this book from the Dalai Lama: **Healing Anger: The Power of Patience from a Buddhist Perspective** (even if you're not a Buddhist, you'll find this helpful).



# 8

## SIGNS OF BURIED ANGER

### SIGN 1

#### Emotional Bulimia:

Constantly brings up the past; rehashes events long after they've been past.

### SIGN 2

#### Mental Combat:

Constantly engages in mental arguments with others. Engages in a lot of mind-created battles, and revenge fantasies.

### SIGN 3

#### Fix-it-Hypnosis:

Seems obsessed with fixing others; often fixates on the things they cannot change (like the past).

### SIGN 4

#### Keeps a Grudge Catalog:

Has a running list of grudges and grievances done to them; never lets you forget it.

### SIGN 5

#### The Guilt Pusher:

Constantly reminds others of their guilt; uses their pain to gain leverage over others; uses guilt to control or gain compliance.

### SIGN 6

#### The Appeaser:

Appears to cooperate on the surface - but is secretly defiant, and anger shows up in passive-aggressive ways.

### SIGN 7

#### You've Lost that Loving Feeling:

Have little or no libido; sex feels like a chore or burden or a favor you do for your partner.

### SIGN 8

#### The Love Cynic:

Not quite a hater. The Love Cynic has been disillusioned, and as a result, lost their faith in love, and in some case their desire *for* love.



01  
TIPHEALING ANGER  
RESTORES HAPPINESS

**T**his may come as a surprise to you (or not). But for as long as you are on this earth, you've already met the most important person you'll ever meet. *Who am I talking about? You* of course! Why are you the most important person you'll ever meet? Because no matter where you go, *you* will always be there. *You* are the one constant. *You* are always present in every situation, every moment and relationship in your life. There's just no escaping or avoiding *you*. Wherever *you* go, there *you* are. And if this is true (and it is), then here is one key question you'll want to consider.

**THE KEY QUESTION:**

What are you bringing *with you* to each moment, each encounter and each relationship? For example, are you bringing **all** of you? Are you bringing *the best* of you? Are you bringing a lot of unnecessary emotional baggage with you? **This last question is key.** When we talk about unnecessary emotional baggage, what exactly do we mean? Well, in a nutshell, unnecessary emotional baggage is made up of all the past unmet needs, disappointments, injuries, betrayals, losses, failures, mistakes and unresolved guilt that you've failed to forgive. In other words, it's made of all the things that happened in your past that you're still angry and upset about.

Am I suggesting that holding on to anger creates unnecessary emotional baggage? Yes, that's exactly what I am saying. Why? Because it keeps you living in the psychological past. What happens to people who spend too much time and energy living in the psychological past? *Here's a list of unpleasant side effects.*

Of those six major side effects, I consider number six, the unhappy mind, to be the most damaging of them all. Why? Because having an unhappy mind prevents you from noticing what **IS** working, what **IS** good, what there is to appreciate, what to be hopeful about. This also prevents you from having the one thing you want more than anything else. What is that one thing? You guessed it... happiness.

**Here's a definition to keep in mind.** Unhappiness: is burning emotional energy on the things you cannot change or control. So, what are you really doing if you're living in the psychological past? That's right. You're creating unhappiness for yourself. And since, that's the last thing you want, then here's another question you'll want to consider.

**NOW THE KEY QUESTION:**

If living in the physiological past creates unhappiness, **then what creates happiness?** That's a great question. The obvious answer is to do the opposite.

**THE RECIPE****▶ RETURNING TO HAPPINESS**

- 1 LET GO OF ANGER
- 2 RELEASE UNNECESSARY EMOTIONAL BAGGAGE
- 3 LIVE IN THE PRESENT

*Could this really be the recipe for returning to happiness?* Yes, because it is. But you don't have to take my word for it. **Try doing this for the next 30 days.** Find out for yourself.

# MAJOR SIDE **effects** of living in the psychological past



# FINAL THOUGHTS



**N**ow we've come to that place in the road where you've got to decide for yourself how much of what you've learnt you will take with you and how much you will discard.

**And as you consider that... consider this.**

Healing anger is about reasonability - the ability to respond - not react.

Because when bad things happen (and they do to all of us) and you may not be able to control what happened - but you can control how you respond to what happened, and that gives you full and total control over what happens next.

**Isn't that wonderful to know?**

I truly believe it is because it tells me that my happiness (and your own as well) is not something that's left up to whims of fate... but rather, because we have this ability to respond from a place of courage (rather than fear) and from a place of compassion (rather than anger), and to seek justice rather than revenge... much if not all of our destiny is in our own hands.

## MY TOP 3 SUGGESTIONS FOR YOU

- 1) Print the **7 Tips for Healing Anger infographic** (next page), and then use it as a visual guide to help you stay the course.
- 2) Give serious consideration to taking one of the next step options provided for you in this report. (there's a least one option that can work for you)
- 3) Finally, take the time to answer the **process questions** (last page). This will help you go deeper into your own psyche to uncover and remove hidden vulnerabilities.

Remember. To heal that anger is to take charge of that destiny... and to ensure the destination you are heading for is nothing less than happiness.

**Do you think you can do that? *I know you can.***

*Suzie Johnson*

07  
TIPS FOR

# HEALING ANGER

BROUGHT ON BY BETRAYAL



07

IT'S OKAY TO GET ANGRY;  
BUT NOT OK TO LET ANGER CONTROL YOU



05

THERE'S A DIFFERENCE BETWEEN HEALTHY ANGER AND TOXIC ANGER

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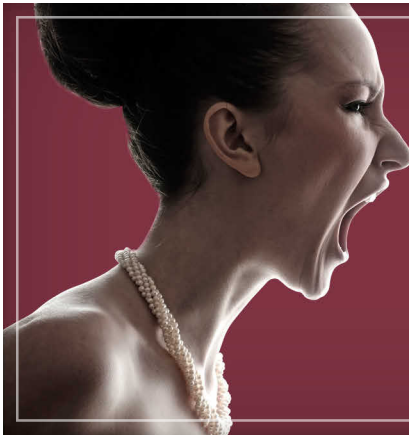
04

HEALING ANGER IS YOUR RESPONSIBILITY



03

ANGER AND REGRET ARE ATTACHED LIKE SIAMESE TWINS



ANGER IS *NOT* THE PROBLEM;  
ANGER IS THE POINTER TO THE PROBLEM

06

02

BURIED ANGER IS TOXIC TO INTIMACY



01

HEALING ANGER RESTORES HAPPINESS





# NEXT STEPS



Register for my  
**TRUE FORGIVENESS  
AFTER INFIDELITY  
HOME STUDY COURSE**

- ✓ Heal the anger
- ✓ Release the pain
- ✓ Forgive & let go
- ✓ Return to love

**LEARN HOW TO  
RESTORE PEACE  
TO YOUR MIND**

**GET ACCESS NOW**

# PROCESS QUESTIONS

## HEALING ANGER

Anne Frank became famous for keeping a diary during the Holocaust. What many people don't realize is that writing is a powerful way of processing pain. So, although Anne didn't have a therapist, she did have a way to process what she was going through. I suggest you do the same. Start with these 3 process questions and don't stop here. Keep your own journal. You'll find it can help you tremendously. And should you decide to work privately with me... then bring along these notes, because I have found working directly with you using the reflections you've written down is a more effective way to go.

QUESTION #  
**01**

The writer Thomas Mann once said, "War is only a cowardly escape from the problems of peace." I have found this to be especially true in the aftermath of infidelity when there seemed to be moments of peace, hope and even glimpses of happiness... only to have them ruined by rehashing the past and lashing out in anger. Keeping this in mind, describe your top three thoughts that repeatedly ruin peace and restart the war.

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QUESTION #  
**02**

Activist Jeannette Rankin once said, "You can no more win a war than you can win an earthquake." The same is true for dealing with infidelity – because just like in an earthquake, there are no winners in infidelity... only survivors. Keeping this in mind, list down the top 3 survival insights that you have learned so far.

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QUESTION #  
**03**

Many of our assumptions, suspicions, anxieties and fears often turn out to be false. List your top fears at this time... and then describe what it would mean should you discover them to be false.

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**THERE'S A BIG DIFFERENCE  
BETWEEN BEING A BAD PERSON  
AND BEING A PERSON WHO  
HAS MADE A BAD JUDGMENT.**



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