



# SPECIAL REPORT

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# 10

Q&A

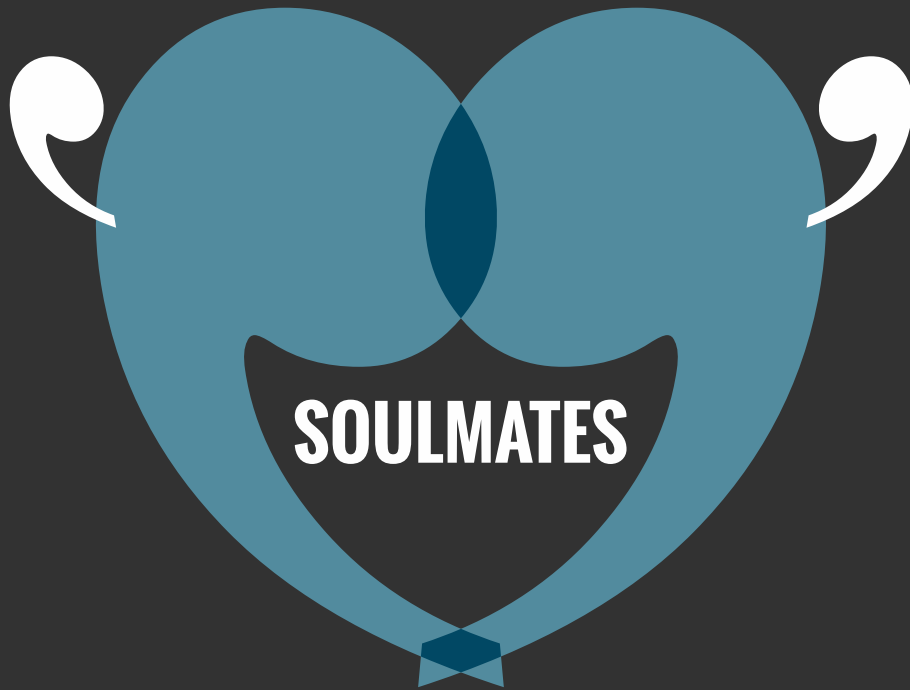
# SURVIVING BETRAYAL

10 Key Questions Answered for Betrayed Partners



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by **SUZIE JOHNSON, CPC**



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

# Surviving Betrayal

## Special Report

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# ABOUT THIS SPECIAL REPORT

Dallas, Texas

## 10 KEY QUESTIONS ANSWERED FOR BETRAYED PARTNERS

**W**elcome to my special report on **Surviving Betrayal**. This Q&A series is for anyone who's ever found themselves blindsided by the discovery of a partner's affair(s). It's made up of the 10 most frequently asked questions that I have received from betrayed partners along with a synopsis of the answers and insights I have provided for them.

### **But before we get into the heart of the matter.**

Let me first take a moment to say this. Without a doubt, I wish we could have met under different circumstances. And yet, since you're here... I must also congratulate you on your courage to seek answers to what is an unthinkable event. 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 working with me...**

You may or may not be aware of how deeply personal this goes for me. You see, I'm not just an affair recovery coach – I'm a survivor myself.

When I was in your shoes, I remember questioning everything. I remember reading everything about the subject I could get my hands on. I remember the anger, the fear, and the uncertainty. I also remember wondering if there would ever come a time where I would wake up in the morning without it on my mind.

## **GOOD NEWS, BAD NEWS**

### **THE GOOD NEWS?**

That morning did come. Today, I hardly think about it anymore. And the best part is that my husband and I rebuilt our relationship dynamics to the point that today I can honestly tell you it was the "best-worse" thing that ever happened. In fact, the relationship we have today is more superior to what we had before. I now "shudder" to think about the type of couple we would have become if that brush with infidelity hadn't jolted us out of our comfort zone.

### **THE BAD NEWS?**

It didn't happen overnight. Those first few months, we made a lot of mistakes and we took a lot of wrong turns before we finally got it right. Now, am I saying that today, our relationship is perfect? No. That's not what I'm saying (read that again). And am I suggesting that my relationship is now immune from infidelity? NO. That's not what I'm saying.

### **THE WAY I LOOK AT IT?**

We are all tested. And just like there's no guarantees in life, there's no exemptions from dealing with extramarital temptation. The only difference between where we are today and where we were all those years

ago is that we're no longer naive. Now, we both feel that we're much less vulnerable (and therefore less susceptible) than we were before. Our experience has been a lot like a vaccination, which boosted our immunity to certain temptations. And for that, I'm forever grateful.

## THE RESULT?

Having had a brush with infidelity, it drastically changed my focus. Instead of coaching generic relationship issues, I began to specialize and started only working with men, women and couples going through any kind (and any stage) of infidelity.

To date, I have worked with thousands of people from more than 65 countries and in some way, have served over 1.3 million people. It's both an honor and a blessing to get to serve this community.

## WHY AM I SHARING ALL THIS WITH YOU?

I wanted you to know, although we may have never met personally, we do have some things in common. I also wanted to reassure you that you can and will get past this; and to express the hope for you that I had for myself - that

you too can look back at this experience and come to view it as one of the "best, worst thing" that ever happened you.

And to help you do that, I have put together in this special report... the top 10 most common questions I get from betrayed partners, along with the advice and insights I share with them.

## AND I HAVE FAITH...

That these insights will help to guide you through the healing and recovery process in the shortest steps possible and *with your self-esteem intact*.

Notice: I said shortest steps, *not shortest time*. This is an important distinction because recovery cannot be rushed, because affair recovery is a marathon, not a sprint. My goal here is to reduce the number of steps needed and to help you avoid many of the usual traps, detours, delaying mechanisms and obstacles that often will prolong the pain longer than needed.

Now with that in mind, let's talk about how you can get the most out of *this* special report.



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 10 Q&A, 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.

## 10 QUESTIONS ANSWERED FOR BETRAYED PARTNERS

QUESTION #  
**01****DID I DO SOMETHING  
TO DESERVE THIS?****Q:**

Was it my fault she cheated? Did she do it because there was something wrong with me? Am I “lacking” in some way? Am I, on some level, to blame for her decision to go outside of the marriage?

**A:**

**There’s only *one* answer to this question: No.** Because, here’s what it boils down to: The decision to be faithful in a committed relationship is a choice. Mother Nature didn’t wire us to be monogamous. (In fact, biologists have long understood that monogamy is rare in mammals.) Like it or not, staying faithful to our partner is a personal choice. This means the decision to be *unfaithful* and to go against one’s commitment and principles is *also* a personal choice.

If You were never given a vote,  
that means the decision wasn’t a  
democracy - it was an individual choice.



Therefore, it would be an error to assume or accept guilt or to make yourself feel responsible for someone else’s choice, especially when you take into consideration that other people’s choices are not under your control.

**THINK ABOUT IT.**

**What you can’t control, you can’t possibly feel guilty about.** The reality is this: You were never given a vote. Therefore, that decision wasn’t a democracy – it was a dictatorship. And the fact is, you had no say in that decision. This makes you the innocent bystander – not the guilty party.

**And one more thing.**

I want you to perish the thought (and dance on its grave) that if you had been a more “perfect man”, she wouldn’t have cheated. Here’s why. There are no “perfect husbands”, because marriages are made up of humans and there are no perfect humans. So, if a person is looking for an excuse to cheat, they can always find one. And yet, there are no good reasons for cheating, only excuses.

**BOTTOM LINE?**

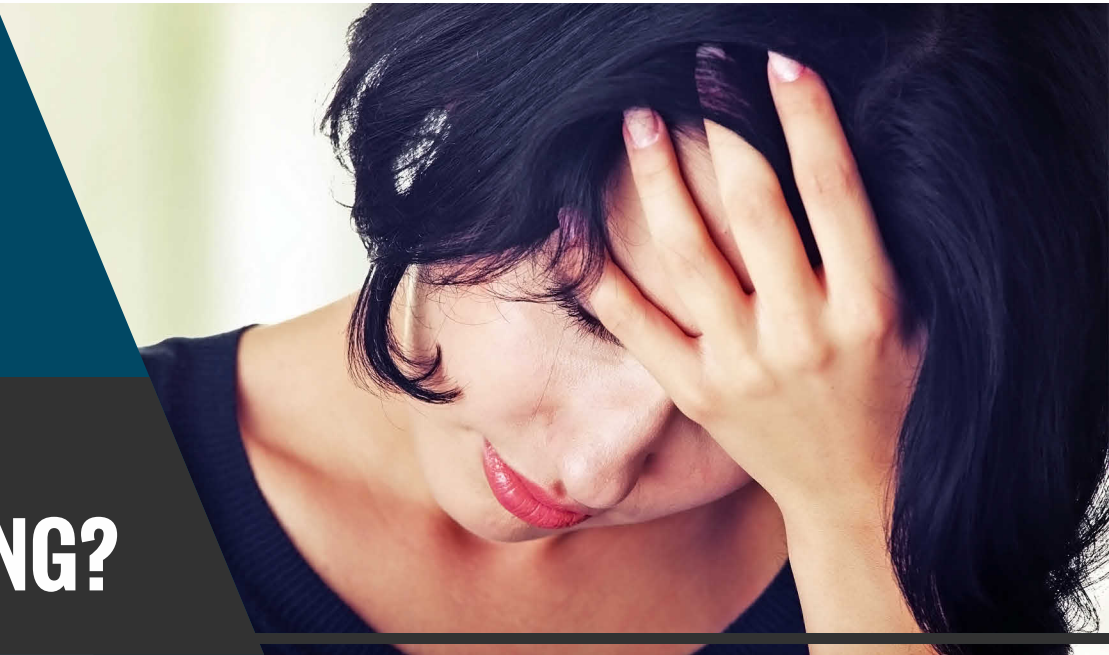
**Do not accept unearned guilt.** Do not share responsibility for someone else’s decisions. Even if the marriage was terrible, that would have been an invitation to communicate, to get counseling or to separate, but it’s still not an invitation to cheat.



# A POOR MARRIAGE IS A REASON TO

- ✓ communicate
- ✓ get counseling
- ✓ go your separate ways
- ⊘ but it is not an reason to cheat

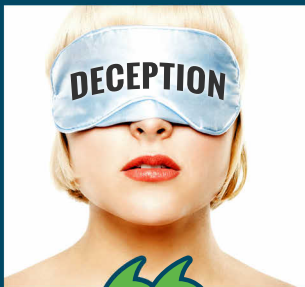
## 10 QUESTIONS ANSWERED FOR BETRAYED PARTNERS

QUESTION #  
**02****WHY DIDN'T  
I SEE IT COMING?****Q:**

"How come I'm the last to know? I feel like I've been played for a fool. Did I just bury my head in the sand? I now look back on all the times we had together and wonder... was it even real?"

**A:**

It's no surprise you didn't see it coming because that's how deception works. If you think about it, what is the goal of deception? If you said to conceal the obvious, you'd be right. Now, looking back, ask yourself if they hadn't covered up their tracks, lied about their activities, misrepresented the facts, and done what they needed to do keep you from knowing what was going on – there's no way you would have been blindsided.



Just like how a blindfold interferes with your ability to see - but does not cause blindness - so can their deception interfere with your ability to see - but in no way cause stupidity.

Therefore, the fact you didn't suspect a thing was not because you lacked intelligence; it's because they took deliberate measures to block your intelligence from detecting the truth.

***And here's another thing.***

The innocent are unsuspecting, not because they are naïve but because they are innocent. So, why would you expect to find something you're not looking for? Please note: Being trusting is not a sign of weakness – it's a sign of good faith. And what's more, the innocent aren't foolish. They aren't weak and they aren't gullible. They're strong because they are able to trust, and they're on the side of right because they haven't done anything wrong. That makes them (that makes you) powerful. Don't ever forget it.

**BOTTOM LINE?**

Don't allow your Ego to tell you, "you should have known," when steps were being taken to ensure that you wouldn't have known. And don't allow your ego to confuse your "state of innocence" with a "state of gullibility" (weakness).

The two are not the same. Instead, celebrate the fact that you are guilt-free. And being guilt-free, you have peace of mind.

# Trust

is not a sign of weakness.

Trust is a sign of  
**good faith.**



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## 10 QUESTIONS ANSWERED FOR BETRAYED PARTNERS

QUESTION #  
**03****HOW COULD THIS  
HAVE HAPPENED TO US?****Q:**

Everyone said we were the perfect couple. As far as I knew, we didn't have any major problems. We had a good sex life. We got along great. Our marriage wasn't perfect, but it was going well (at least, that's what I thought). Doesn't infidelity only happen in bad marriages? How could it have happened in a good one?

**A:**

Here's the thing. When it comes to dealing with extramarital temptations, it's not a matter of *if* you will have to deal with it; it's only a matter of *when*. And this is why infidelity has as much of a good chance of happening in a good marriage as in bad ones. Because, when it comes to dealing with extra-marital temptations, it's not about what kind of marriage you have, as much as it is about how prepared you are for handling extramarital temptations.

**KEEP IN MIND...**

No marriage is ever truly immune to infidelity. Why? Because marriages are made up of people, and all people are vulnerable to temptation. So, while having a "good marriage" is important - it's not a guarantee. And while marrying a good man is the best bet, it doesn't guarantee he won't occasionally fall from grace.

**HERE'S ANOTHER THING...**

We often confuse the word "good" with the word "perfect" and treat them as if they are synonymous. And yet, nothing could be further from the truth. Fact is, a good man isn't a perfect man (because there are no perfect men). In other words, a good man is just as subject to the same sexual and emotional push and pull as other men. A good man experiences the same insecurities, uncertainties and desires as other men. A good man has to deal with the same pressures, challenges, temptations and risks as everyone else.

**A GOOD  
MAN****VS****THE  
PLAYER**

- A good man consistently makes good decisions.
- A good man consistently keeps his word.
- A good man consistently shows up.
- A good man consistently masters his emotions.

- The player consistently makes poor decisions.
- The player consistently breaks his word.
- The player is inconsistent and undependable.
- The player is hit or miss with his emotions.

## PLEASE NOTICE...

The key word: Consistency. Notice I did not say "perfect".

## HERE'S THE REALITY CHECK.

Good men do make poor decisions occasionally, yet that doesn't make them bad men. But for the player (or serial cheater), it's the opposite. They make good decisions occasionally and poor decisions most of the time.

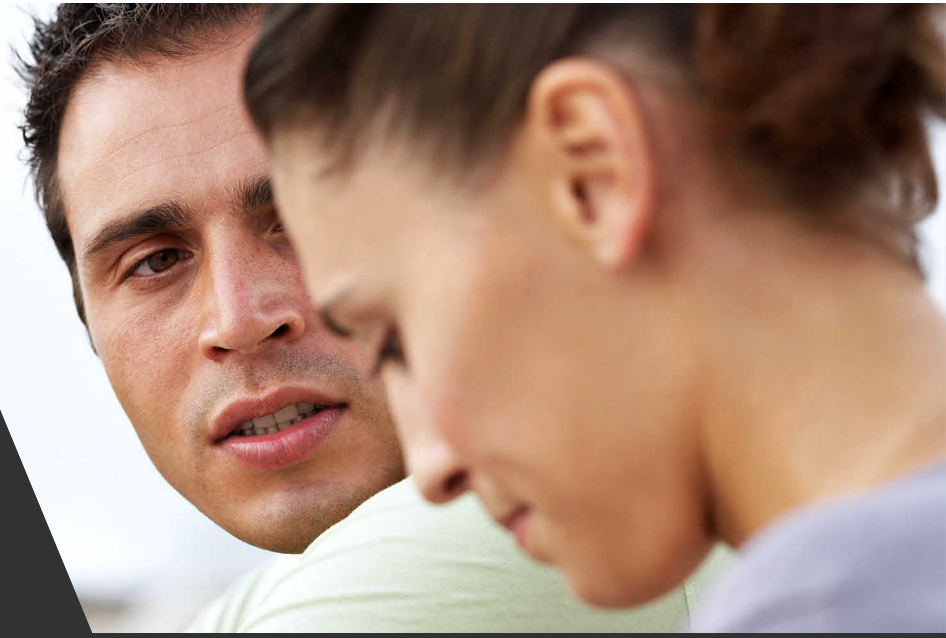
## MY SUGGESTION:

Instead of asking how this could have happened... maybe a better question might be: **What can we do to ensure this never happens again?** Now that's the type of question that changes everything.



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## 10 QUESTIONS ANSWERED FOR BETRAYED PARTNERS

QUESTION #  
**04****HOW COULD I EVER TRUST HER AGAIN?****Q:**

How could I ever trust again someone who deliberately did this to our family? How can she do this to me and to our kids? How can she be so selfish and insensitive?

**A:**

Given your situation, I understand your frustration. And it makes sense for you to feel the way you do because right now, you're dealing with two conflicting feelings.

On the one hand, she says she will never do this again. There's a part of you that wants to believe her words are true; and yet on the other hand, you do have proof that she is capable of hurting you and the kids; so there's another part of you that is afraid to believe she won't do it again. And while on the surface, it might seem this is a question of you trusting her... but if you look closer, you notice this is really a question of you trusting you.

**YOU SEE, THE WAY I SEE IT...**

The real question is which part of your own mind do you trust - the part that wants to believe or the part that's too afraid to trust? Being willing to explore the answer to that question will help you gain perspective on what you really want to do.

So, instead of trying to figure out if you should trust her; shift your focus on trying to figure out what part of your own mind you want to trust. You can begin to explore your mind by asking yourself these two questions:

**(1) what's your gut telling you?** and **(2) deep down, do you really believe she can learn and grow from this?**

**TRUE TRUST****VS****BLIND FAITH**

- You risk.
- You are vulnerable.
- Requires faith
- Takes courage
- Your conscious participation

- You're reckless.
- You feel immune.
- No faith needed
- No courage
- No conscious effort needed

**NOTICE.**

Both of those questions are about you, not her. This is a key distinction and one that many overlook in the haste to repair trust, where they mistakenly assume that the key to

repairing trust is having proof or guarantees that other person is trustworthy. And that's not really how it works.

You see, the decision to trust again always involves an element of risk. Think about it. If you have guarantees, do you need trust? Nope. If you have certainty, do you need trust? No, you don't. So, in reality, trust is the "placeholder" for absence of things like certainty and guarantees.

## HERE'S THE REALITY CHECK.

The nature of reality is filled with elements of uncertainty and unpredictability. And so, you wouldn't be able to leave your house if you didn't have the ability to trust. This is why for us humans, trust is not a theory but an important survival skill.

## AND HERE'S ANOTHER THING.

A lot of what people call trust... is really just blind faith. And often, when people say they want to trust again, what they are really asking for is to go back to when they were living in blind faith. But trust and blind faith are not the same thing.

## WHAT'S THE DIFFERENCE?

Well, first of all, to trust is to risk. But, it's a conscious risk, not a mindless one. When you truly trust, you are fully aware that you are vulnerable. You are cognizant of the risks, and yet you have faith that a favorable outcome is likely, and that faith gives you courage to proceed despite the risk.

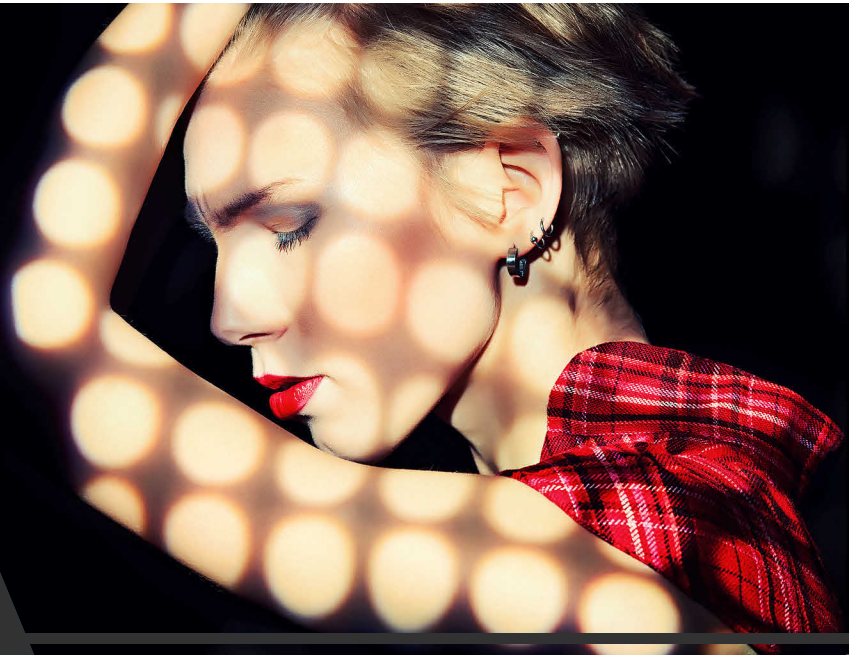
**NOTICE:** True trust is risk, it's vulnerability, it's faith, it's courage, and perhaps most importantly, it requires your conscious participation. Blind faith, on the other hand, requires none of that. There's no forethought needed, no examination, no courage no risk and no logic. There's also no fear in blind faith, because there's no awareness either.

### But here's the thing.

On the surface, having blind faith may seem easier, because as they say, ignorance is bliss. However, there are certain things that blind faith cannot give you - things like wisdom, connection and emotional intimacy. Those are things that come to those who are willing to take the conscious risk to trust. So, knowing what you now know - which type do you want? I leave that up to you to decide.



## 10 QUESTIONS ANSWERED FOR BETRAYED PARTNERS

QUESTION #  
**05****HOW AM I GOING TO SURVIVE THIS?****Q:**

I feel like my world has completely fallen apart. I'm not sure what to do from one minute to the next. My thoughts are jumbled. I feel sick to my stomach. I feel like my life is changed forever, and it will never go back normal.

**A:**

Here's what I would like you to do right now. Take in a deep breath through your nose... fill your lungs up, pause and hold it. Now exhale and sigh... and allow these thoughts to bring you some comfort.

**TOP 5 SURVIVOR'S INSIGHTS****1****YOU SURVIVE ONE DAY AT A TIME.**

When fearful thoughts come up about how are you going to survive the next weeks and months, you can take comfort in the fact that the future only comes one day at a time. So, you aren't being asked to face the future all at once - only one day at a time. This you can do.

**2****YOU ARE NOT ALONE.**

Right now, you're not the only one reading this. Someone else out there is going through a similar situation as you. In fact, chances are, there are people who are going through something worse than you do. When feelings of isolation, being singled out or the question of "why me" pops up, remind yourself: You are not the first, and certainly, you won't be the last to encounter this tragedy. Because, pain is rain, it falls on the lives of the just and unjust. None of us are spared. So, instead of "why you?" Ask, "why not you?"

**3****SEE YOURSELF AS THE WITNESS - NOT THE VICTIM OF THIS**

A big key to recovery is perspective - how you see yourself in relationship to what happens. If you see yourself like the victim of a hit-and-run accident, then from the victim perspective, it makes you feel powerless, helpless and wounded. But that's only one way to look at this event. Another way is to see yourself as the witness. After all, you weren't even present when most of the acts were committed. From the perspective of the witness, you have the power to distance your emotions, restore the balance of power and give more support to yourself and your recovery. Perhaps the most empowering part is that, as the witness to their poor choices - you more than likely hold them accountable (without blame or shame).

# 4

## BEING STRONG IS A CHOICE - NOT A PERSONALITY TRAIT.

One of the reasons that prolongs suffering after the affair is that people tell themselves that they aren't strong enough, or that they can't deal with it, or that it's too much to handle. Most of the self-defeating thoughts come from confusion about where strength comes from. You hear the idea that strength is a personality trait – like being an extravert or being an introvert. And yet, nothing could be further from the truth. Fact is, strength is a choice. It's about how you respond. It's about what meaning you choose to assign to events. It's about what you choose to believe. Notice, it's always about choice. You believe that you are strong. You are. The moment you choose to believe otherwise, that power dissipates. My suggestion? For the next 90 days, choose to believe you can. Choose to believe you will. Choose to believe the best is yet to come. Notice how making that choice changes all the other choices you make.

# 5

## SELF-HELP IS THE BEST HELP

I strongly encourage you to get counseling and coaching to help you through this, and I hope you read as much empowering content, books, articles and websites as you can around this subject. I highly recommend you attend workshops, seminars, couples retreats and join any support group or faith-based gatherings and allow others to support you through this.

However, at the end the day, know this. The most that counselors, coaches, rabbis, priests, friends and family can do is point the way. They cannot walk the path for you. Your healing, your recovery is all up to you. We can nudge, coax, encourage and inspire, but we can't do the healing for you.

### BOTTOM LINE?

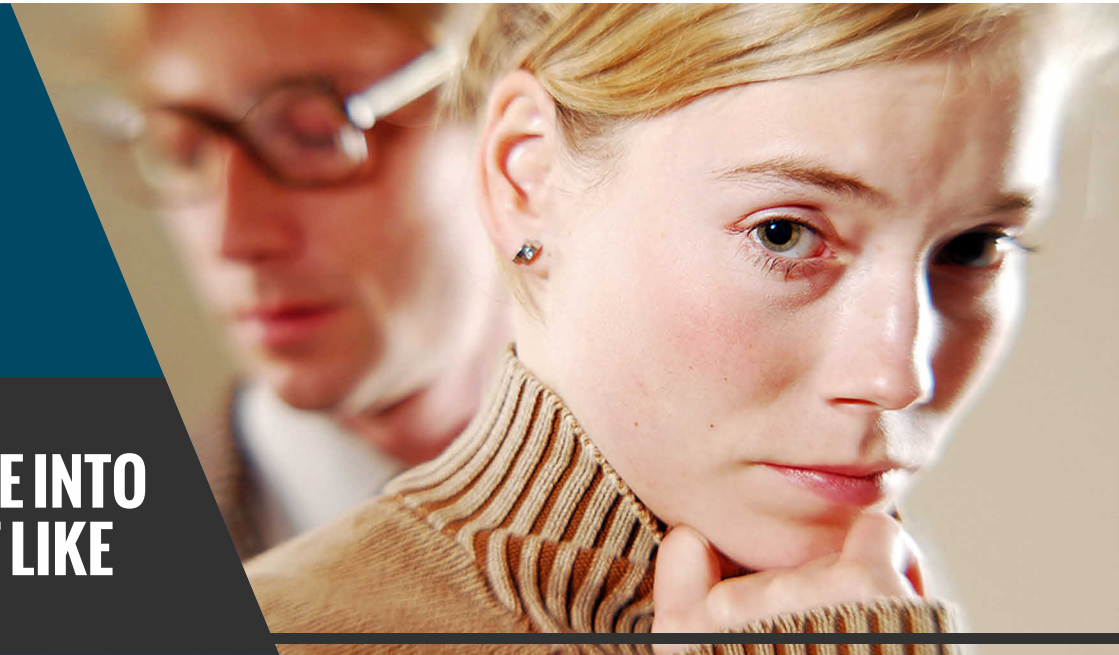
**All healing is self healing.**

Therefore the best help is helping yourself. In other words, it's not up to your partner to heal you; its not therapist to save you. What really makes the difference is you taking responsibility for helping you. Do you think you can do that? I know you can.

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**THE BEST HELP  
IS HELPING YOURSELF.**

## 10 QUESTIONS ANSWERED FOR BETRAYED PARTNERS

QUESTION #  
**06****THIS CHANGED ME INTO  
SOMEONE I DON'T LIKE****Q:**

I used to be a very positive person. I always looked at the glass as half-full. I believed that something good always came from every disappointment. But I no longer feel that way. This one selfish act has robbed me of my faith, trust and belief in people, and now I feel it's every man for himself and that we live in a dog-eat-dog world.

**A:**

Remember this: It's not the principles you believe in that makes the difference – it's the ones you *practice*. And here's the thing. It's a whole lot easier to agree with a principle "in theory" than it is to live that principle in reality.



**It's not the principles you believe in  
that makes the difference –  
it's the ones you practice.**

**REALITY CHECK**

It's time to get real with yourself, because it's only in times of crisis that our true values and core beliefs are revealed. So, this is your moment. This is where the rubber meets the road. Because, there's a huge difference between *believing in principles* and *practicing the principles you believe in*. I think this could be the defining moment, where you discover not just who you used to be, but who you really want to be.

**As you mentioned...**

You used to be a positive person, and you used to believe that something good comes out of every disappointment. But that was *before* you had to face the ultimate disappointment and *before* you found yourself wallowing in the depths of the painful emotions unleashed by infidelity.

**Here's something I've noticed.**

Life has a way of providing opportunities for us to practice what we believe in. And this could be one of those opportunities for you.

**Maybe it's time for a reality check.****Ask yourself...**

Are you really a "positive thinker", but only as long as things are going well for you? Do you truly believe that something good can come from every disappointment, but only those disappointments that don't affect you so

## 10 QUESTIONS ANSWERED FOR BETRAYED PARTNERS

QUESTION #  
**07****WHY AM I SO OBSESSED WITH THE DETAILS?****Q:**

I can't stop asking about it. I want to know everything that happened... where they went, what they wore and what they said... all the way down to the tiniest of details. Is this normal?

**A:**

There's no way for me to gauge what "normal" is, but I can tell you: it's not *unusual* for betrayed partners to want to know the details. In fact, it's been my experience that the majority of partners who experience betrayal on any level will want to know exactly what happened, with whom, when, where and why.

**HOWEVER, A BETTER QUESTION TO ASK IS THIS:**

Is it useful? Will it help you to heal? Will uncovering each tiny scrap of sordid detail help you to recover faster or to cope better? Will knowing what she wore, what he wore, where they went, what they ate, what they said, make it easier for you to find closure?

**Here's what I mean:**

When it comes to dealing with infidelity, you'll find there are no "black and white" answers and no "perfect" solutions. Every step is layered with complex emotions, and certain things will never resolve themselves to your complete satisfaction. That's why, before you demand to know the details, ask yourself: What will you do with those details? Will you use them to hurt yourself or to help yourself?

I believe it's important to know your own motives for why you want to know. Here's why. Knowing the details could either help you or harm you – depending on how you plan to use them.

**And it's important to keep in mind...**

You don't need a perfect resolution in order to experience true recovery. You don't need to tie up all the loose ends

into a neat little bow in order to let it go, and you don't have to know all the details in order to move on.

**Why?** Because the key to healing does not come from figuring it all out. In fact, if you are holding out for that "perfect moment of clarity", that one day when it all makes sense, that time where all the pieces of the puzzle comes together, and you finally understand all the reasons why – you'll be stuck in limbo for a long time.

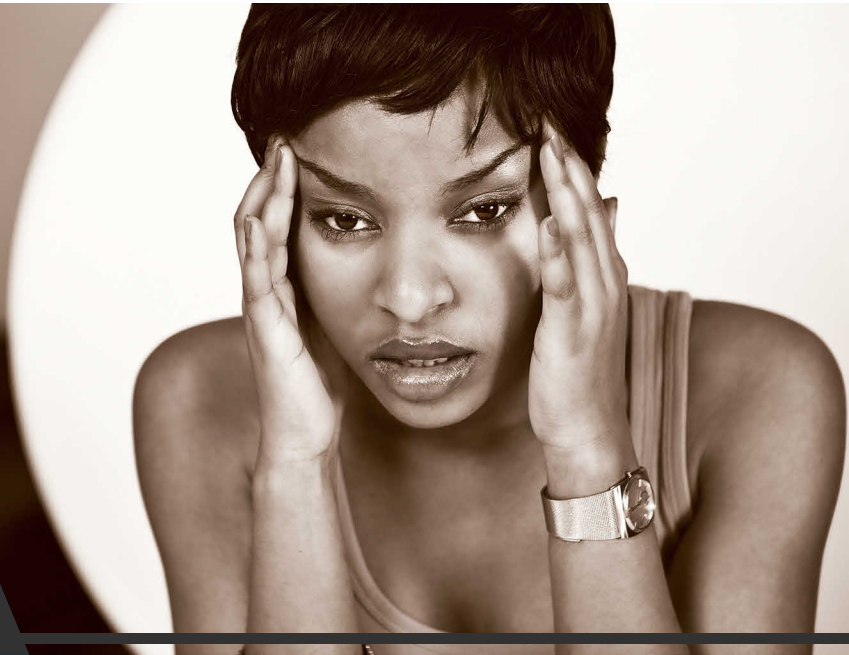
**REALITY CHECK**

**There's no perfect moment of clarity coming.** There's no blinding flash of insights that will explain everything to your satisfaction. There are no reasonable explanations for why people cheat; but there are a lot complex and complicated issues that can lead to poor decision-making and cause people to sabotage their commitments.

**MY SUGGESTION?**

**Don't treat this like a puzzle that you need all the pieces solved.** Instead, treat this like a predicament that you need all your strength to recover from. And then, make a personal commitment to not squander your time or energy on anything that's not supportive of your recovery.

## 10 QUESTIONS ANSWERED FOR BETRAYED PARTNERS

QUESTION #  
**08****WHY CAN'T I GET THE IMAGES OF THEM OUT OF MY MIND?****Q:**

I can't stop obsessing about them together. Just the thought that she did things with him that he never did with me is making me crazy! I have these awful images of them together, and I keep replaying them over and over in my head. What should I do?

**A:**

Sounds to me like you're stuck in the obsession loop – which as you know, only tortures you and doesn't help. The obsession loop is like watching a horror movie on continuous replay, except the details are taken for your own life. What makes obsessing about what they did so compulsive? Two things come to mind:

**2 REASONS WHY OBSESSING IS SO COMPULSIVE****1) OBSESSING PROMISES TO REVEAL THE MEANING**

You tell yourself that if you keep replaying and dwelling on those painful images, at some point, it will help you to “understand” or “find meaning” in the madness. Not going to happen. The fact is, all of the images you're obsessing about are made up by you (since you weren't

there). So it's not the actual truth that captivates *you*, it's your own version of the truth.

**DO THIS**

- 1. Stop the indulgence.** From this point forward, whenever you find your mind spinning off into that direction... STOP! Interrupt it. SAY NO.
- 2. Switch your attention.** Redirect your focus. Is it easy? Not always. Does it work? Yes, always! Does it get easier with practice? Absolutely! How long should you keep interrupting the obsessing loop? For as long as it takes.

**HERE'S THE THING:** When it comes to obsessing, you may have to fight this battle more than once to win it. And yet, that victory is worth it. The key is in knowing that every time you take charge of your mind – you take back some of your personal power. This means the effort is well worth the reward.

**2) OBSESSING PROMISES POWER OVER THE PAST**

You tell yourself that by thinking about them and creating images of them, you will gain some kind of power over them. But because thoughts (or images) never leave the mind of the thinker, obsessing doesn't give you power over the past – it simply *keeps*

*you stuck* in it.

## 10 QUESTIONS ANSWERED FOR BETRAYED PARTNERS

QUESTION #  
**09****HOW CAN I BE EXPECTED TO FORGIVE SOMETHING LIKE THIS?****Q:**

For me, infidelity has always been a deal-breaker. How can I forgive something so selfish, so treacherous, so unforgivable? I gave him everything and in return, he betrayed me. How can I be expected to forgive him for this?

**A:**

I wonder if you might have confusion of terms? It's important you recognize two things: One, **forgiving** is not the same as **condoning the person's behavior**. Two, forgiving is something you do for **you**; not as a favor for the other person, because forgiving mainly benefits you. Keep those two things in mind, let's get to the heart of your question.

**First of all, no one can “make” you forgive.**

Your partner can ask, they can beg, but they can't *make* you. Religion can try to inspire you, maybe even advise you to forgive, but even gods won't come down and *make* you. And given the circumstances you're in, I can tell you that many people in your shoes won't ever forgive. In fact, I would say that when it comes to infidelity, there is a higher chance that people won't forgive than they will.

So, rather than thinking you're being “pressured to forgive,” you might want to ask yourself if you might be feeling some urgency to forgive, but only because it's so painful to live with an unforgiving mind.

**AND HERE'S ANOTHER THING...**

Just because this is a deal breaker, it doesn't mean it's

unforgivable (the two are not the same). Whether or not the relationship survives, you will need to forgive in order to restore your own peace of mind. Therefore, forgiving is not a favor they have to earn. Forgiving is something you need to do for *you*.

And banish from your mind the belief that forgiveness is a sign of weakness, or that forgiving makes you a pushover. This is not even close to true.

**THINK ABOUT IT.**

If forgiving were easy, wouldn't you already have done it? And if it was a sign of weakness, would it take so much courage to do it? Probably not.

# LEARNING TO FORGIVE

## 1 FORGIVENESS IS AN ACT OF COURAGE.

It takes both faith and love to embrace it. The weak do not forgive, and that's what keeps them weak.

## 2 FORGIVENESS BLESSES YOU FIRST.

It's for your benefit. It's your mind that is restored to peace. It's your heart that it heals.

## 3 A DEAL-BREAKER IS ALSO AN OPPORTUNITY TO MAKE A NEW DEAL.

If you choose to, you can use this opportunity to walk away or renegotiate a better, more passionate marriage.



## 10 QUESTIONS ANSWERED FOR BETRAYED PARTNERS

QUESTION #  
**10****HOW LONG SHOULD I MAKE THEM WAIT BEFORE I FORGIVE?****Q:**

I want to forgive my partner, but I'm worried that if I forgive too soon, he'll see it as a sign of weakness. Won't that just send the message that I'm a doormat and he can walk all over me?

**A:**

I'll answer your question with another question: For how long do you want to suffer? Because no one can force you to forgive and or to heal quickly. You can take all the time you need to nurse your wounds and you can withhold forgiveness all the way up to forever. No one will stop you.

**The question is why would you want to?** What is the benefit of withholding your forgiveness? What is the benefit of making them wait? What is the payoff you're getting? You said it's to avoid looking like a doormat. And yet, it sounds a lot like an attempt to protect your ego. It also sounds like a way to control your partner by holding back forgiveness and making them work for it.

So far, we've seen the payoffs. The question now is what are the tradeoffs? What will it cost you to withhold that forgiveness?

**WHILE YOU THINK ABOUT THAT, CONSIDER THIS.**

- While you're avoiding forgiveness – you're avoiding happiness because there's no way to restore happiness until you let the past go.
- While you're making them “earn” your forgiveness, you're also earning their resentment because holding other people's mistakes over their heads doesn't make them like you.
- To withhold forgiveness from them is to withhold peace from yourself. Since no thought leaves the mind of the thinker, all your unforgiving thought rebounds to you.
- And while you're afraid that forgiving too soon will make you look like a doormat, ask yourself, what does withholding forgiveness make you look like? One word that comes to mind is *controlling*.

**NOW, LET'S REVISIT YOUR QUESTION.**

How long should you make them wait before you forgive? My suggestion: not a minute longer.

Instead of asking  
how long you  
should wait  
before you  
forgive,  
ask:  
For how long do  
you want to  
suffer?



# FINAL THOUGHTS



**S**o, there you have it, **the 10 most frequently asked questions** I get from betrayed partners and along with my answers and advice for dealing with each of them. I have faith that you've found something both useful here and supportive to take with you on your journey to recovery after infidelity.

Because here's what I am certain of: It's not a matter of *will* you heal; it's only a matter of *when you will shift from seeing yourself as a victim to seeing yourself as a survivor*. My goal is to help you make that shift sooner rather than later.

And to help accelerate that shift, here are my top 3 suggestions.

## MY TOP 3 SUGGESTIONS FOR YOU

- 1) Print the **Surviving Betrayal Q&A infographic** (see next page) and then use it as a visual guide to help you make the shift sooner than later.
- 2) Give serious consideration to trying my **Betrayed Partner Recovery home study program**. Not only is it a positive step in the right direction for you, it will also help you learn how heal the hurt you didn't deserve and process away the anger so it doesn't consume or take over your life.
- 3) Finally, be sure to take the time to answer the **process questions** (see last page). This will help you go deeper into your own psyche to uncover and remove hidden obstacles to healing.

Do this and I have faith that they will help to accelerate your shift from feeling like a victim to embracing the power and confidence that comes from being a survivor.

However, while reading and learning is good, it is by experience that we are transformed. It's not enough to read about how to survive - you must take action and open up yourself to it. What if you still feel some resistance to healing?

Because even if your tolerance for pain is high, it's not without limits.

Eventually, there will come a day when you simply cannot put it off anymore – a day when the fear becomes unbearable, the negative feelings become intolerable, the misery becomes too much for you to bear, and you finally reach a point where you say, "I just can't take it anymore." In that moment, you will begin to search for a way out.

**I'll leave the light on for you.**

This website... all the tools... conversations... workshops... articles... resources... will be here for you then, just as they are now... but why wait? Why put off your own happiness? It's true that everyone gets hurt, but why should anyone hurt longer than necessary? Healing awaits your decision. Make it soon.

Until we speak again,  
Remember... Love Wins!



# TOP 10 Q&A

## ON SURVIVING BETRAYAL

www.goasksuzie.com

### DID I DO SOMETHING TO DESERVE THIS?

# 1

No. Because, no marriage is perfect. So if a person is looking for an excuse to cheat, they can always find one. And yet, there are no good reasons for cheating, only excuses.

### WHY DIDN'T I SEE IT COMING?

# 2

The fact you didn't suspect a thing was **not** because you lacked intelligence; it's because *they* took deliberate measures to block your intelligence from detecting the

### 3 HOW COULD THIS HAVE HAPPENED TO

Because when it comes to dealing with extramarital temptations, it's not about what kind of marriage you have, as much as it is about how prepared you are for handling extramarital temptations.

### HOW COULD I EVER TRUST HER AGAIN?

# 4

You can begin to explore this question by asking yourself these two questions:  
(1) What's your gut telling you?  
(2) Deep down, do you really believe she can learn and grow from this?

# 5

### HOW AM I GOING TO SURVIVE THIS?

#### 5 TIPS

- Take it one day at a time.
- Remember: You are not alone.
- See yourself as the witness (not the victim).
- Remember: Being strong is a choice.
- Self help is the best help.

### 6 THIS CHANGED ME INTO SOMEONE I

This could be the defining moment, where you discover not just who you used to be, but who you really want to be.

### 7 WHY AM I SO OBSESSED WITH THE DETAILS?

Before you demand to know the details, ask yourself:

- What will you do with those details?
- Will you use them to hurt yourself or to help yourself?

### 8 WHY CAN'T I GET THE IMAGES OUT OF MY MIND?

When it comes to obsessing, you may have to fight this battle more than once to win it. And yet, that victory is worth it.

### 9 HOW CAN I BE EXPECTED TO FORGIVE SOMETHING LIKE THIS?

Rather than thinking you're being "pressured to forgive, you might want to ask yourself if you might be feeling some urgency to forgive, but only because it's so painful to live with an unforgiving mind.

### 10 HOW LONG SHOULD I MAKE THEM WAIT BEFORE I FORGIVE?

My suggestion: not a minute longer.



# NEXT STEPS



Register for my

## BETRAYED PARTNER RECOVERY HOME STUDY COURSE

- ✓ Heal the hurt
- ✓ Heal the anger
- ✓ End the obsessing
- ✓ Repair self-esteem

## LEARN HOW TO RESTORE WELLBEING AFTER BETRAYAL

[GET ACCESS NOW](#)

# PROCESS QUESTIONS

## UNCOVERING WHY

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**

As painful as this experience is... chances are, it's not the first time you've been hurt and survived. Let's take some of that past wisdom and carry it forward. Describe a time when you were faced with something unexpected and painful, and what you learned in the process.

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QUESTION #  
**02**

Describe how this experience has caused you to change (or evaluate) a long-held opinion or belief.

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QUESTION #  
**03**

The great inventor Charles F. Kettering once said, "*The price of progress is trouble.*" So now it's your turn. Taking the antidote that trouble is not a punishment but the price you must pay to progress. What type of progress would you like to see happen in this relationship, as a result of going through all this trouble?

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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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