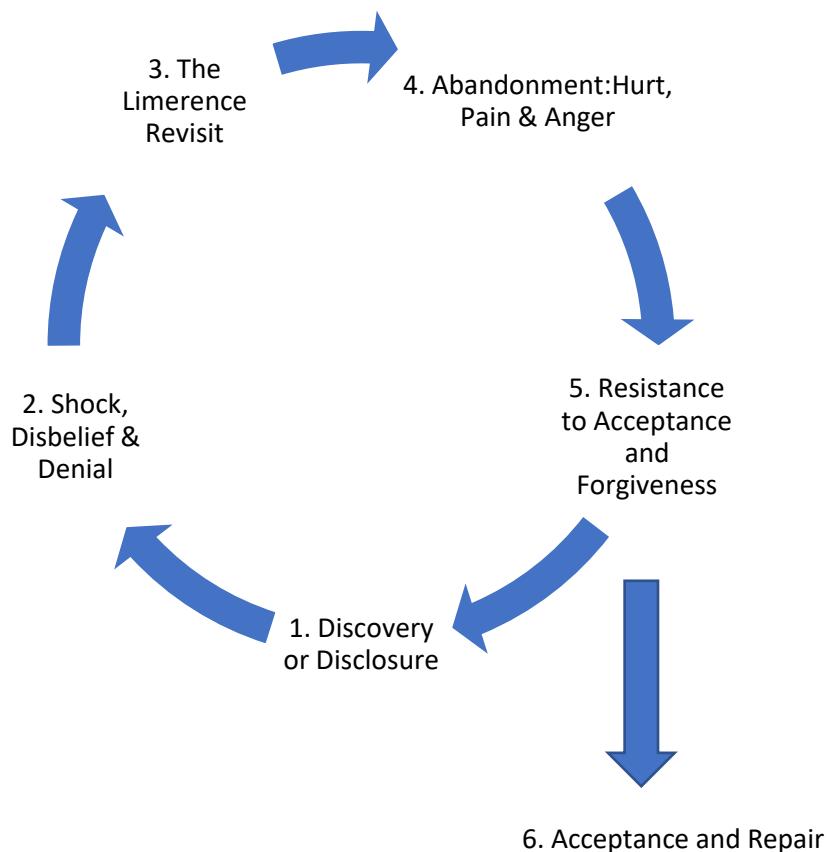


The Relationship Centre.

The Post Affair Grief Cycle ©copyright

This is a common grief reaction for the hurt person when they discover their partner is having/did have an affair. The stages oscillate and this is never a fixed model, so the stages can be missed or re-visited many times until the grief has worked through. Even then, years later, something may trigger the cycle again and some stages may be re-experienced.



1. The Discovery of the Affair.
2. After the discovery, Shock, Disbelief and Denial take over to help the person cope.
3. The Limerence Revisit. At this stage the couple can strangely find themselves in a highly charged and close emotional state, and even sex can seem wanted and wonderful. This replicates the early stages of first meeting and gives the couple some hope of repair.
4. The feelings of Hurt, Pain and Abandonment start to build.
5. As some repair happens, the hurt partner feels resistance to allowing this to happen. It's a feeling of not wanting to let their partner off the hook as 'they don't deserve it.'
6. Eventually some work starts on the Acceptance of what has happened, and gradual Repair of the damage can start.