



Affair Recovery Counselling

When an affair has happened in a relationship, and the couple choose to enter couple counselling to look at repairing their relationship, research has shown that the affair needs specialised counselling first.

This is so that all the trauma and injury caused by the affair can be worked on, to then give the relationship the best chance of healing.

The 3 phases of the Recovery program are;

Atonement

This 1st phase is the 'what' of the affair, the hurt, the crisis and the trauma this has caused. The affair causes a fracture in the relationship, the fracture causing the bridge joining the couple to collapse. This phase looks at remorse and truth from the unfaithful partner, and what the hurt partner needs to help cope with the emotional pain caused. The hurt partner needs this chance to ask questions, to understand the affair and the goal is for both partners to become collaborators in understanding and mending.

Attunement

Phase 2 starts to look at the 'why' of the affair, looking at the motives behind the affair, and what was happening in the couple's relationship that perhaps played a part. The relationship is examined; strategies are formulated and bridgebuilding starts.

Attachment

Phase 3 looks at the 'what now' and reconnecting as a couple. This stage looks at moving towards you developing 'relationship number 2'. This new relationship leaves behind all the old destructive ways of your first relationship.

Often a couple will 'bounce' between phases at first as progression is made, but after time, phase 1 and 2 are left behind and phase 3 is the point of focus as a new and better relationship is built, where you can find new ways of being together and restore trust and intimacy.