

## Rebuilding Marriage After Adultery - Dr. Tim Lane

> Not all affairs are the same

The one night stand with a stranger

Multiple one night stand with a stranger

The one night stand with a friend The emotional affair

The longer term affair with a strong relational component

The long term/second spouse

> Typical Responses of the Betrayed Spouse (an avalanche of pain and  
> loss)

Shock and disbelief

Heightened sense of anxiety

Loss of identity

Loss of sense of specialness

Shame

Loss of faith in God

Loss of connection with others

Loss of sense of purpose

\*If the offended spouse was traumatized as a youth, the discovery of the adultery brings back all the feelings from that original trauma.

> Typical responses of the Betraying Spouse:

Relief

Impatience

Chronic anxiety

Minimizing guilt

Grieving loss of the affair

Guilt over children

Isolation, hopelessness, paralysis

Shame

> Typical differences between men and women who are betrayed:

Women try to preserve, men run

Women get depressed, men get angry

Women feel inadequate as companions

> Typical differences in the reasons they justify the adultery:

Women seek soul mates; men seek playmates Women justify it by saying it was for love; men justify it by saying it was not about love

Options:

> 2 dead end options

Stay in the marriage and never talk about the affair Stay while the unfaithfulness continues

> 2 valid options

End the marriage

Stay and work on the marriage

"Reworking a relationship after infidelity isn't easy, but neither is dissolving one." Janis Spring

Matt 19:1-9. While reconciliation is not commanded, it is held out as a viable and desirable options.

> God understands the agony of rejection and unfaithfulness  
Isaiah 54:5; Ezekiel 16:23

> God draws near to the unfaithful with hope  
Isaiah 49

> Immediate steps to end the affair - Matt 5:27-30

Begin with the Gospel

Say good-bye to the adulterer/ess. (Tim will make the call with them)

No future contact and inform your spouse if you bump into that partner

Confess to your spouse with no excuses

Immediately get a medical exam

Get outside help

> Talking about the affair

Avoid:

Silence

Or

Storm

Help the betrayed spouse make a list of questions they want to ask. Then help them determine which ones will be redemptive.

The betrayer must be open and completely honest

> Longer term process to rebuild the marriage

Phase 1 - restore trust through honesty

Phase 2 - review the marriage and it's previous strengths and weaknesses

Get beneath the surface

Develop a time line beginning with when the marriage began to weaken

Each party must honestly own the ways they contributed to the weakening of the marriage including issues from their respective pasts.

They must own the ways they can make the marriage better

Phase 3 - a better marriage or a better divorce

Infidelity: A Survival guide, don-David Lusterman