

The general counseling plan for marital betrayal

Before we begin to discuss the process of reconciliation between a husband and wife because of a marital betrayal let us first give recognition that marital betrayal is one of the most difficult circumstances that any couple will experience and while it is possible to successfully reconcile it will take time, patience, professionally counseling, and lots of prayer.

We should also recognize that while there are similarities in the pain and recovery process from betrayal each couple is also unique and may need additional care or change in the general plan outlined below.

Marriage Counseling works best when:

- People are willing to listen.
- People are able and willing to admit when they are wrong.
- People are more interested in improving the relationship than in being right.
- Couples are still in love, or have a strong desire to be.
- Couples can accept change, and are open and willing to change.
- A person welcomes advice and is open to therapy and change.
- People mean what they say, and are open and honest.

Establish a therapeutic relationship:

Dr. Rivest is invested in your healing and restoration of your marital relationship. It will be important that you are honest and open. He knows that counseling takes a lot of effort and he respects and appreciates all that you give to it.

The beginning of healing and reestablishment of trust:

First look at the video and answer the questions regarding the video, "Man Caught in Adultery" found at www.vimeo.com/Rivest.

Face and discuss the betrayal

What have you done so far?

Complete disclosure. See list of questions. Discuss how betrayal has affected each individual.

Expression of sorrow and genuine desire to reconcile given by both spouses.

What went wrong?

Take the Arno Profile System questionnaire. Discuss marital history with a focus on its deterioration and communication failures. Look at each spouse's temperament needs, strengths, and weaknesses.

Answer questions regarding why men/women cheat.

Dr. Rivest may ask you to complete other questionnaires to help him get a clearer picture of your unique circumstances.

Discussion of other concerns that hinder reconciliation.

It will be extremely important to look at the marriage as a whole and how both individuals contributed to the betrayal not just put the adulterer on trial.

Having said that, it is also important to determine whether the betrayer has any character or psychological problems that have led to the affair. This will be accomplished throughout the counseling process. The Arno Profile System will contribute a lot of information to help in this process.

Building a new and better marriage that heals and corrects the weakness of the former marriage:

Communication skills development.

- Provides a safe, methodology for both partners to work out their differences, voice their unhappiness, and express how they are feeling.
- Learn to argue fairly, in a less combative manner without name calling/hitting below the belt.
- Learn to communicate your needs, avoid arguments, and avoid blaming each other.
- Learn to negotiate solutions, develop “win-win” situations and reach a compromise both partners can accept.
- Learn to work through unresolved issues, and know when to bring up the past and when not to.
- Learn how to resolve conflicts in a manner that is healthier for the relationship.
- Learn more deeply who you are.
- Give you a deeper understanding of your spouse.

Learning to love each other better than before:

We will study important areas of Love, personal belief systems, forgiveness from God, and forgiving others.

Marital sexual fulfillment.

Dr. Rivest may have you do other various other exercises to help in your unique needs.

Another look at effective communications to make sure there are no lingering concerns.

Development of a personal and corporate life of prayer.

Building a faithful marriage that will last.

The creation of a marriage vision that will sustain the marriage. Review of strengths and weaknesses that will help or hinder the success of the vision. Make appropriate corrections.