



# CHEATING

5 steps to recover  
from infidelity

L♥VEWORKX





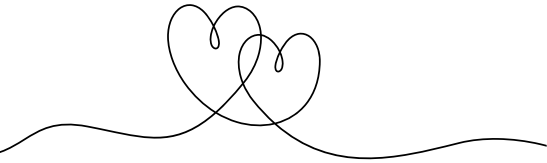
*This book is dedicated to my mother and father. They are one and other's first lovers, have been together for more than fifty years and still enjoy each other every day.*

*I am grateful you are still in my life.*

<b>Table of contents</b>	<b>4</b>
<b>Preface</b>	<b>6</b>
<b>Introduction</b>	<b>8</b>
<b>5 Steps to recover from infidelity</b>	<b>14</b>
<b>Step 1. Gather the pieces to the puzzle</b>	<b>20</b>
<i>How bad is the situation?</i>	
<i>What does it mean for me?</i>	
<i>How do I discuss it with you?</i>	
<b>Step 2. Look at the underlying problem</b>	<b>38</b>
<i>What's missing in our relationship?</i>	
<i>Not being able to resist temptation</i>	
<i>Being afraid to discuss it</i>	
<b>Step 3. Repair the damage of infidelity</b>	<b>62</b>
<i>How do I deal with my own pain?</i>	
<i>Compassion for each other's pain</i>	
<i>The power of forgiveness</i>	
<b>Step 4. Enrich your love life</b>	<b>82</b>
<i>Opening up to each other again</i>	
<i>Enrich your sexual repertoire together</i>	
<i>Consciousness and sexual development</i>	
<b>Step 5. Celebrate and deepen your relationship</b>	<b>120</b>
<i>Celebrate your relationship with rituals</i>	
<i>Pay attention to each other</i>	
<i>Strengthen your bond</i>	
<b>Next steps</b>	<b>136</b>
<b>About the author</b>	<b>140</b>
<b>Acknowledgement</b>	<b>144</b>







**Cheating is an uncomfortable yet inspiringly hopeful book. While on the one hand, it confronts us with facing the damage caused by the relational and sexual betrayal of cheating, on the other, it gives us five clear, concrete steps to repair much of that damage also, just as importantly, how the relationship can find a new starting point, where we emerge stronger and wiser from the crisis.**

We enter a relationship on our mission to find an intimate and secure bond. The determining factor of why we are able to stay together for a long time and survive a relational crisis, is attachment. Enjoying sexual intimacy and having a strong bond between us, are the tools to bring human tension, between oppressing our sexual desires and seeking boundless satisfaction, into balance. It is precisely the balance between intense reflection and healthy discipline that the author Jacqueline Evers has managed to find in this book.

Over the years I have come to know Jacqueline as a passionate and safe therapist who doesn't hold back. She is honest, empathetic, skilled and passionate. Without a doubt, Jacqueline is a pioneer in relationship damage repair and she is very much aware it is not only about repairing damage caused by infidelity, but a process needs to healthily emerge, in order to drastically decrease the chances of repeated and compulsive cheating. In this book, Jacqueline walks us through the 5 steps to recover from infidelity; from the desperation phase, to the phase in which faith in a precious loving relationship arises again.

In the 1950s and 60s, Western culture experienced a sexual revolution. After thousands of years of sexual oppression, the taboo of desires was shed and sexual freedom was embraced. In hindsight, we couldn't see that it would go from bad to worse.

Sexual oppression is disastrous for everything and everyone. You don't have to be Einstein to work that one out. But there comes a dark side with sexual freedom also, namely that it becomes limitless. Nowadays, we are confronted in Western culture with the resulting consequences: those of pornographic fixation and addiction and chronic transgressive behaviour.

Sexual oppression and sexual boundlessness are two polar force fields in which we move back and forth; not only as a culture as a whole but also within our intimate and most precious relationships.

A sexual civilization shares how to find the balance between oppression and boundlessness. With this book, Jacqueline contributes to the creation of such civilization and in doing so, she has succeeded in giving each of us an extremely valuable and timeless gift.

*Reinoud Eleveld*  
taotrainer

CRISIS

危

DANGER

機

OPPORTUNITY



## PRACTICAL EXAMPLES

**The Chinese symbol 'Wei Jie' has two meanings. Spoken together, it means 'crisis'. Separately, it stands for 'danger' and 'opportunity'. I wrote this book for couples who are in a relationship crisis. At the same time, this crisis is an opportunity for growth and deepening in your relationship.**

This book is written for people with a cheating partner, as well as people who have already cheated or are about to commit infidelity. Additionally, the book is valuable for coaches, counsellors, mediators, and couples therapists who guide couples with these problems. In 5 clear steps, I describe how you can move on in a relationship after a partner has cheated.

Much research has been conducted as to why people cheat and why people stay together. Little research has been done on the different steps to get out of a relationship crisis when one of the partners has cheated. When people go into couples therapy, the partners and sometimes also the therapist, feel uncomfortable with the situation.

Every year, many relationships are troubled by infidelity. And understandably, it is intense for both partners to deal with. If your partner has cheated, my aim is for you to grow closer through this crisis. You may not know exactly how to get through this together or what the outcome will be. Either way, by taking it on, you will come out stronger.

In my therapy practice, I see a lot of regret from partners who are genuinely surprised that they, themselves, have cheated. They see themselves as reliable people and never imagined they would do this. They self-punish, let the anger of their partner in and feel incredibly guilty and powerless.

I also help people struggling with secret relationships. These are often people who have agreed to be honest with each other when they get feelings for someone else. Yet, despite that promise, when the time comes it is still difficult to be honest.

# READING GUIDE

**This book has been split into 5 steps. It is more useful to go through the book step by step.**

Each step begins with an explanation of why it is important to go through the step and what it is you can do. Additionally, you will read about experiences of both partners in each step.

At the end of each step, you will find tips for both partners and clear exercises with which you can improve your relationship.

Both men and women cheat. Therefore, it goes without saying that where I talk about a woman, this can also be a man and vice versa. And when I talk about relationships, it can be about heterosexual as well as same-sex or bisexual relationships. The book is written from the perspective of a woman who finds out her husband has cheated on her.

---

## Tip for him

*Often, if you hurt your partner, you want to take away her pain. You cannot undo what has been done. What you can do is acknowledge your partner's emotions. You can do this by naming your partner's feelings. What your partner needs is to feel understood.*





Voice Dialogue:

## Compassion

*When I speak from my heart,  
I also know that you are in pain. It  
makes me feel gentler when I listen  
to you with compassion. This causes  
your pain to also become my pain.  
I want you to be happy. I want to  
better understand you.  
I want us to reconnect.*



## VOICE DIALOGUE

**Voice Dialogue is a personal development method by Hal & Sidra Stone. This method opens a door to a new way of looking at different aspects of yourself. We often have multiple voices in our minds that may want contradictory things. It is interesting to listen to these different parts within yourself as it helps you understand yourself better. It also helps you understand your partner better. Pieces of Voice Dialogue are included in each chapter.**

In the context of relationships, you can recognize different parts of yourself, such as fear, despair, vulnerability, desire, shame, gentleness, compassion, forgiveness, courage, discovering intimate pleasure, enjoyment, attention, acceptance and so on. Pieces of Voice Dialogue are included in each chapter to help you see the other side to things. To switch to a different perspective. To help you get out the perspective you are stuck in and open up to a more loving perspective.

The exercises in  
the book help  
you to  
restore your  
relationship.

### **What do we mean by 'cheating'?**

Cheating is by definition something you do that has not been agreed on with your partner. If you agree with your partner to be monogamous, then cheating or infidelity violates honesty and trust. Cambridge Dictionary describes infidelity as '(an act of) having sex with someone who is not your husband, wife, or regular sexual partner\*'. According to sexologists, an affair usually meets three elements: an emotional connection, secrecy and sexual chemistry.

*\*[www.dictionary.cambridge.org](http://www.dictionary.cambridge.org)*

### **Why do people cheat?**

The reasons for committing adultery are, more often than not, the same: lack of intimacy or positive attention, or the flame has fizzled out in the relationship. Cheating offers thrills, the temptation of the 'new and unexplored' and is a welcome escape from the daily grind, plus it boosts confidence.

As a couples therapist, I see the struggle with both partners when cheating is taking place in the relationship. Many people cheat because their partner does not pay them enough attention. Sex, we can live without for a while, but not attention and love - these are basic necessities mankind will always seek.

Underlying motives for cheating include; revenge, arousal, receiving attention and recognition, sexual variation, unmet needs, feeling emotional closeness, self-discovery, a "midlife crisis" and the opportunity that presents itself. It can be a way to leave the primary relationship, but also to maintain and improve the relationship.

### **What is the effect of cheating?**

For many people, the discovery of cheating instigates a serious relationship crisis that can last for months. Cheating can really rock the boat on the stability and security within a relationship. This is why it is so important to actively work on this. Contrary to myth, time does not heal all wounds.

Cheating can have serious consequences, both individually and on the relationship. How difficult that is, varies from person to person and relationship to relationship. The discovery of infidelity is often experienced as traumatic. People talk about this using words such as shock, disbelief, anger, sadness, despair, fear, shame, guilt, depression, loneliness, lack of safety, injury and abandonment.

### **There is much more to divorce than just the financial aspect.**

Divorces are expensive; and extremely expensive for wealthy people. Giving up a familiar relationship for possible loneliness is not an attractive perspective either. Generations before us, the reason people hardly, if ever, divorced was down to the promise of remaining faithful to one another 'until death do us part'. Previously, if couples did divorce, it was because they were unhappy, nowadays we divorce, more often than not, because we can be happier. And that either requires you to give up your familiar life to find happiness elsewhere, or invest in your current relationship.

It's not easy to let go of everything you have built together. Fear and insecurity often keeps people from separating for a long time. You have become used to each other, you have children together, you don't want to hurt your family, your parents and your friends with your choice to separate. Yet, at the same time, that leaves you trapped in the relationship for years in which rigid patterns, daily arguments or distant behaviour become normal.

### **When do you split up?**

That is, of course, a trade-off that you make yourself. Some reasons are: if you are unable to talk about this together, if the situation with your partner doesn't change or when your partner continues to lie. Or if your partner cares a lot about himself and less about you, if violence plays a role in your relationship or perhaps addiction. Or when you feel that you are no longer mentally or emotionally resistant to your partner's behaviour.

Sometimes it is better to make a decision and take your loss. When you look back on this period afterwards, you often see that it was indeed a wise decision to leave the relationship. Right now, while you are in the thick of it, it is probably very difficult to imagine that things could be different, and for the better.

### **Can we repair the damage of cheating?**

Cheating affects attachment emotions. Those are the desire for connection and the fear of abandonment. It is attachment which is the determining factor in considerably reducing the chance of cheating and with which you considerably increase the chance of recovering the relationship following infidelity. The stronger your attachment, the greater the resilience of your relationship. This book is filled with exercises to repair attachment injuries, dust off your relationship crisis and breathe new life into it. Allowing you to fall in love again.

## **EXTRAS WITH THIS BOOK**

Hopefully this book will inspire you to get the most out of it. As extra support during this process, I have made a series of 15 videos in which you'll find information to help you get started with the exercises in the book.

You can find the video series at:  
[www.lovethebook.nl/videoseries](http://www.lovethebook.nl/videoseries)

I wish you a lot of strength during this period and good luck with going through the steps, and above all, I wish you a lot of love in your life.

*Greetings from my heart,  
Jacqueline Evers*



**CHEATING** ♥

**5 steps to  
recover from  
infidelity**



**With the 5 steps in this book, I help you and your partner to come out of this rollercoaster ride together. This is done by listening to each other with compassion, processing the pain and deepening the relationship. I briefly describe the steps, so that you get an overview of the phases that you go through together.**

# OVERVIEW OF THE 5 STEPS



## STEP 1

### Gather the pieces to the puzzle

If your partner has cheated, you try to collect all the pieces of the puzzle at once. You strive to find every little detail, yet you don't want to know anything at all. Sometimes it's not good to know everything as that only makes the pain worse if you want to stay with your partner. You want to know how bad the situation is, what the consequences will be for you and how you will discuss this with your partner.



## STEP 2

### Look at the underlying problem

Once you have recovered from the shock, and calmed the initial strong emotions, it is important to look at the underlying problem together. That also allows you the opportunity to determine whether you want to, and can, continue together, and what you can and want to do about it. There are three levels to look into what is happening: we look at the problem, the causes and the undercurrent.





## STEP 3

### Repair the damage of infidelity

They say “Time heals all wounds”. Only we have to do something with that time. Otherwise those wounds start to smell. And those are the ones that never heal. Cheating affects your sense of basic security. As such, your self-esteem may be compromised and you may wonder if you’ll ever trust your partner again. Which in turn raises strong emotions. It is in this step that we process that pain.



## STEP 4

### Enrich your love life

In this step, we look at regaining enjoyable intimacy with your partner following their cheating. Since couples often fall into a pattern of routine and habit regarding sex in a relationship, and this leads to infidelity, you will be given tools to enrich your sexual repertoire to keep the spark there.



## STEP 5

### Celebrate and deepen your relationship

A crisis offers opportunities for growth, and a relationship crisis is no different. At first, you may feel your world is collapsing, but when you embark on this process together you will come out stronger. This relationship crisis offers you an opportunity to be seized with both hands, to work on a healthier and stronger relationship and to deepen the bond between yourself and your partner.

# Reassurance

I always come  
home for you.







**STEP 1** 



**STEP 1** ♥

Gather the  
pieces to  
the puzzle

## HOW BAD IS THE SITUATION?

If your partner has cheated, you will be shocked. Life as you know it collapses and suddenly, you doubt everything: yourself, your partner, each other and the future. Nothing is what it seemed to be. You also have to deal with a vast range of emotions. It varies from pangs of anger one moment, to the depths of sorrow the next. All of a sudden, your partner seems to have become your enemy. You want answers, can't handle the silence and despise those guilty looks.

You scramble to piece together how bad the situation is. Trying to create an overview, make a timeline and try to understand what has happened. From all those things, knowing why it happened is often the most important to you. Your partner starts in the denial phase from the panic that has arisen because the carefully guarded secret now threatens to surface. Your partner may have even blamed you for it all in his attempt to save himself. The chances are there will be arguments at this stage.

Your partner, more often than not, will be trapped in shame and can therefore not clearly see how it all got this far. There's a

difference between reason and emotion. On the one hand, he knows deep down he shouldn't have done this. Your partner will try to understand why he cheated and later disapproves of his own behaviour. On the other hand, there was also something in him that made him give in to it: a need, a loss, a longing, the mystery, the tension, the confirmation that he is considered attractive and the inability to resist it.

Your world is turned upside down.

Voice Dialogue:

### Fear

*I am afraid to lose everything, to lose you, the children, our house, our friends, family. I am afraid to be on my own. I am scared to trust you again. I fear judgment from our environment. I fear the future.*

