

How to Regain Your Spouse's Trust after an Affair (Part 2 of 2)

➤ Steps for mate who lost trust

1. Stop lying and start being completely **HONEST**.
2. End the relationship with whom you cheated **DECISIVELY** with **COMPLETE OPENNESS**.
3. Confess that your cheating was completely **YOUR CHOICE**.
4. Answer your spouse's questions **HONESTLY**.
5. Be open, transparent and **ACCOUNTABLE**.
6. Be _____ while your spouse learns to trust you again. *Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive. And above all these put on love, which binds everything together in perfect harmony.* (Colossians 3:12-14 - ESV)
 - 1) Avoid _____ quick forgiveness.
 - 2) Don't think that confessing, apologizing and pledging to remain honest going forward is enough for things to return to _____.
 - 3) Know that your spouse will not have much control of their _____.
 - 4) Don't try to determine the _____ it should take your spouse to be "over it" and don't ask them for a time frame. We suggest you learn the three questions (the Listening Test) in the Webinar titled "[How to Listen on the Same Wavelength](#)" on our website.
 - 5) Define and Recover Sexual Intimacy. It takes time to rebuild sexual intimacy after one spouse has slept with another person. Couples can foster renewed sexual intimacy by talking freely about their fears and desires. And this may eventually lead to physical vulnerability.
7. Spend time with your spouse and be _____ available to them. *Finally, all of you, live in harmony with one another; be sympathetic, love as brothers, be compassionate and humble.* (1 Peter 3:8 - NIV)
 - 1) Be there to _____, even though you are the one who caused the hurt.
 - 2) Be there to _____.
 - 3) You must have _____.
 - 4) Know that, for a while, your spending time with other people may cause your spouse to become _____.
 - 5) If you have to be _____, keep your phone on whenever possible so that your spouse can _____ you.
 - 6) Ask your mate _____ if they are eating, sleeping, etc., and whether they are doing okay.
 - 7) If your spouse tries to end the relationship, be *very* clear that you _____ that, and offer to make any additional corrections to support your words with behavior.
8. Make your spouse feel that he/she is the most _____ person in the world to you. It's your responsibility to counteract these feelings and convince them that you will not betray them again. *I belong to my lover, and he desires only me.* (Song of Songs 7:10 - NCV)
 - 1) Determine whether you are failing to show _____ for your spouse.
 - 2) _____ a list of at least 30 things that are special and _____ about your spouse.
 - 3) Show your spouse you _____ them.
 - 4) Show and tell other people your spouse is _____ to you.

- 5) Practice the three A's daily: _____, _____ and Appreciation.
- 6) When your relationship feels stuck and struggling, remember to stop and ask yourself this question: *"How would _____ respond?"* If you need wisdom, ask our generous God, and he will give it to you. He will not rebuke you for asking. (James 1:5 - NLT)
"I love you. You are the only one I want. We matter. I am so sorry for the pain I caused you and our family. It feels doubtful right now, but we can get through this."
9. Don't do things that further _____ your mate and add salt to the wounds.
 - 1) Be aware that just because your spouse doesn't bring up the cheating, doesn't mean they don't _____ about it constantly.
 - 2) Don't add additional _____ to the relationship, particularly in the weeks just after your cheating is discovered.
 - 3) Choose your _____ wisely.
10. Buy up every opportunity to rebuild _____.
 - 1) Develop a practice of reading Scripture and _____ together daily – see our Webinar: [Getting Closer to God and Each Other: Reading and Praying Together.](#)
 - 2) Be _____.
 - 3) Make the _____ to live as the mate you want to be.
 - 4) It may be helpful to consider yourselves _____, as if your marriage were a new relationship. (For some couples, renewing your marriage vows may be a symbolic reset to your relationship.)
 - 5) Tell your mate often you love them; say it sincerely, from the heart, looking them straight _____.
 - 6) Don't _____ your spouse again.

➤ Steps for Betrayed Mate

Remember the choices you made about **revenge** or **relationship**.

1. Remember, your spouse is not your **ENEMY**.
2. Forgiveness is a **CHOICE**, not just a feeling. Choose to forgive your mate.
3. Commit to open and honest **COMMUNICATION**.
4. For a while, you will need to talk and **CHECK IN** with your spouse everyday.
5. Live in the _____, not the past.
6. Trust yourself to _____ again.
7. Use this time to _____ yourself and your spouse better.
8. Become _____ together with God.

➤ Conclusion

Now that you know these things, you will be blessed if you do them. (John 13:17 - NIV)

➤ Couple Sharing

For Each spouse:

1. Which of the steps for you do you feel would be most helpful?
2. Which of the steps do you feel will be the hardest to practice?
3. Which of the steps do you think will have to be practiced the longest to have the desired effect on restoring trust?