

## **Affair Recovery Phases Overview & Projected Timeline**

**Crisis & Disclosure Phase:** immediately after discovery, lasting anywhere from 4 weeks to 2 months, consistently; now you will get pulled back into crisis along the way of healing, but it tends to only be for smaller periods of time ranging from a few hours to a few days or a week, at most

**Insight & Understanding Phase:** this is entered into upon leaving the crisis phase and once all the initial disclosures are done; the why of the affair/infidelity; understanding how our relationship will survive this; understanding what our old or previous relationship was like so we don't fall back into old patterns or ways of being that make us vulnerable again; lasting anywhere from a week to 1 month

**Transformation & Lasting Change Phase:** this is the final phase where change is implemented and sustained; you are working at transforming yourself and your relationship so that the new habits learned and new safety that was created lasts; trust is built; security is strong; this lasts anywhere from 4 weeks to 6 months (depending on the kind of transformation that needs to happen)

*\*Remember these phases can also happen simultaneously, so in total some are in the healing process for a minimum of 2 months while others can be in the healing process for up to 2 years (the most I have seen)*