

Proactivity, Reassurance and Consistency

These are your primary tasks of what to focus on during the healing and recovery process. These line up very well with the trust, safety and security you are working on as well.

Reassurance: here you want to focus on giving the your partner reassurances around your commitment to the relationship

- Some examples: I want to be here and put in this work, you mean so much to me and this hard work is worth it, I am not going anywhere, etc.

Proactivity: here you want to focus on coming to your partner proactively with a few things: (1) if you remember or think of new details/information around the affair itself, you should be going to your partner right away and giving the information - you should NOT wait to be asked, (2) give reassurances proactively, you should NOT have to ask for them, and (3) fulfill your partner's needs proactively/meet their Love Language proactively

Consistency: here you need to focus on being as consistent as you can be - say reassurances often, be proactive consistently, etc.

- You should not be consistent in the initial weeks only, but throughout the entire process of healing