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Recovering from Infidelity Phase 1: Atone  
– Rebuilding can't begin without the  
cheater's continual expression of remorse,  
even in the face of skepticism. 1.  
Confession 2. Behavior change,  
transparency and verification 3.  
Understanding what went wrong 4.

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Explore cheater's reason for return 5.  
Exact a high cost for future betrayal 6.

## **Treating Couple Infidelity Utilizing Gottman Method Couple ...**

The pathway for healing from infidelity  
using Gottman Method Couples Therapy  
could be described as the three A's:

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Atonement, Attunement, and Attachment.  
The first phase, Atonement , is not about forgiveness: rather, it is about the Betrayer partner (BP) acknowledging that they have hurt and betrayed their partner and being willing to listen to their partner's hurt and answer their questions about the affair.

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**Treating Affairs in Couples with  
Gottman Method Couples ...**

Phase 1: Atone. The cheater must first express remorse. Rebuilding a relationship after infidelity is not possible without this action, according to Dr. Gottman. He writes that, “The wounded partner will feel the stirrings of new faith only after



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multiple proofs of trustworthiness.

**Learning to Love Again After an Affair  
- The Gottman Institute**

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healing, The three infidelities, The  
emotional needs defined, 14 steps for the

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betrayed spouse, Broken bonds an  
emotionally focused approach to  
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Facilitate the Atonement phase of

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Gottman Method Couples Therapy for  
affairs. Defend the practice of allowing the  
hurt partner to express anger, insecurity,  
resentment, fear, and feelings of rejection,  
rather down-regulating their expression of  
emotion. Implement appropriate clinical  
tools to strengthen an affair couple's  
Attunement to each other.

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as well as harmony can be gotten by just

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# Download Free Treating Couple Infidelity Utilizing **Utilizing-Gottman-Method ...**

The Gottman method suggests that by reducing negative responses and by replacing them with positive ones, the relationship can prosper. The Gottman Method identifies nine principals which the couple must work through together in order to nourish and maintain their

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## **Beginner's Guide to the Gottman Method - Depression Alliance**

The pathway for healing from infidelity using Gottman Method Couples Therapy could be described as the three A's: Atonement, Attunement, and Attachment.

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The first phase, Atonement, is not about forgiveness: rather, it is about the Betrayer partner (BP) acknowledging that they have hurt and betrayed their partner and being willing to listen to their partner's hurt and answer their questions about the affair.

**Treating Trauma and Affairs — South**

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