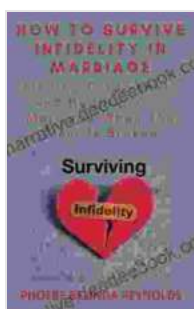


# Finding Forgiveness and Healing Your Marriage When the Trust Is Broken

If you're struggling to forgive your spouse for breaking your trust, know that you're not alone. Many couples go through this difficult experience, and it can be incredibly painful. But it is possible to find forgiveness and heal your marriage. Here are some tips to help you get started.



## How To Survive Infidelity In Marriage: Finding Forgiveness And Healing Your Marriage When The Trust Is Broken by Chris Brooks

★★★★☆ 4.6 out of 5

Language : English  
File size : 232 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Lending : Enabled  
Screen Reader : Supported  
Print length : 46 pages



## 1. Understand Forgiveness

Forgiveness is not about condoning your spouse's behavior or forgetting what they did. It's about letting go of the anger and resentment you're holding onto. Forgiveness is a choice, and it's one that can be difficult to make. But it's worth it, because forgiveness can free you from the pain of the past and help you move on with your life.

## **2. Grieve the Loss of Trust**

When trust is broken, it's important to grieve the loss. This means allowing yourself to feel the pain of betrayal and disappointment. Don't try to bottle up your emotions or pretend that everything is okay. Allow yourself to cry, scream, or do whatever you need to do to process your emotions.

## **3. Communicate with Your Spouse**

Once you've had time to grieve, it's important to communicate with your spouse about what happened. This is an opportunity for you to express your feelings and needs. It's also an opportunity for your spouse to apologize and explain their side of the story. Be honest with each other and try to see things from each other's perspectives.

## **4. Rebuild Trust**

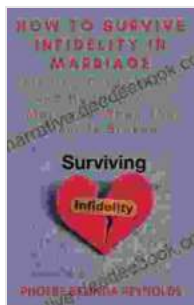
Rebuilding trust takes time and effort. It's important to be patient and understanding with your spouse. They need time to prove themselves to you again. Be willing to forgive them for small mistakes, and don't hold their past mistakes against them. Over time, you can start to rebuild trust and create a stronger marriage than ever before.

## **5. Seek Professional Help**

If you're struggling to forgive your spouse or rebuild trust, don't be afraid to seek professional help. A therapist can help you understand your emotions and develop coping mechanisms. They can also provide support and guidance as you work through this difficult time.

Forgiving your spouse for breaking your trust is not easy, but it is possible. By following these tips, you can start the healing process and rebuild your

marriage. Remember, you're not alone. Many couples have gone through this experience and come out stronger on the other side.



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