



# The Long Way Home

## Counseling after Infidelity

Michael Scott Gembola





2 Peter 1:5-9

- Take action
- Get insight

roadmap

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1. From rehearsing to reinterpreting
  2. From controlling to caretaking
  3. From vice to virtue

roadmap

# 1. Rehearsing to reinterpret

- Re-telling the narrative

A Declaration By the Representatives of the UNITED STATES OF AMERICA, in General Congress assembled.

When in the course of human events it becomes necessary for <sup>one</sup> people to dissolve the political bands which have connected them with another, and to ~~take among themselves~~ <sup>assume</sup> a new and ~~separate~~ <sup>separate and equal</sup> station to which the laws of nature & of nature's god entitle them, a decent respect to the opinions of mankind requires that they should declare the causes which impel them to ~~the~~ <sup>the</sup> separation.

We hold these truths to be <sup>self-evident</sup> ~~self-evident~~, that all men are created equal & independent, that ~~from that equal creation they derive~~ <sup>they are endowed by their creator with</sup> certain inalienable rights, that among ~~these~~ <sup>these</sup> are life, liberty, & the pursuit of happiness; that to secure these <sup>rights</sup>, ~~rights~~ governments are instituted among men, deriving their just powers from the consent of the governed; that whenever any form of government

# 1. Rehearsing to reinterpret

- Re-telling the narrative
  - Divorce narratives
  - Narratives of quick deliverance
  - Incomplete narratives
  - Narratives that diminish blame

# 1. Rehearsing to reinterpret

- Re-telling the narrative
  - A way forward

A Declaration by the Representatives of the UNITED STATES OF AMERICA, in General Congress assembled.

When in the course of human events it becomes necessary for <sup>one</sup> people to dissolve the political bands which have connected them with another, and to ~~assume among the powers of the earth the separate and equal station to which the laws of nature and of nature's god entitle them, a decent respect to the opinions of mankind requires that they should declare the causes which impel them to ~~take~~ <sup>the</sup> separation.~~

We hold these truths to be <sup>self-evident</sup> that all men are created equal, that they are endowed by their Creator with ~~unalienable Rights~~ <sup>unalienable Rights</sup> that among these are ~~Life, Liberty, and the Pursuit of Happiness~~ <sup>Life, Liberty, and the Pursuit of Happiness</sup>; that to secure these ~~rights~~ <sup>rights</sup>, governments are instituted among men, deriving their just powers from the consent of the governed; that whenever any form of government becomes destructive of these ends, it is the right of the people to alter or to abolish it, and to institute new government, laying its foundation on such principles and organizing its powers in such form, as to them shall seem most likely to promote their Safety and Happiness.

# 1. Rehearsing to reinterpret

- Confession
  - Immediate
  - Delayed
- Responsibility:
  - A process
  - Word and concept



# 1. Rehearsing to reinterpret

- Re-telling the narrative
  - Confession
  - Responsibility
- The bridge to infidelity



Entitlement

Recast

Opportunity

Minimize

Self-aggrandize

Resent

Loss

Lonely

Permission

Distance

Wronged

Disappointed

Infidelity

Pain

Fear

Shame

# 1. Rehearsing to reinterpret

- The betrayed partner's retrospective
  - Surviving
  - Navigating
  - Reflecting
  - Re-writing

# 1. Rehearsing to reinterpret

- Finding God in the story

## 2. Controlling to caretaking

- Everything is threatened
  - Family
  - Sense of self

## 2. Controlling to caretaking

- Everything is threatened
- Common missteps
  - Defensiveness
  - Counter-attack
  - Reputation damage control

## 2. Controlling to caretaking

- Common missteps
- The restoration plan



## 2. Controlling to caretaking

- The restoration plan
  - Commitment with flexibility
  - Compliance with engagement
  - Conflict with love

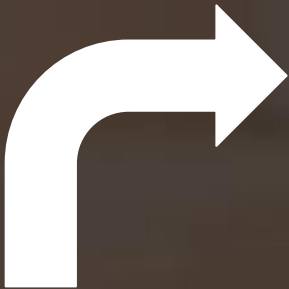
## 2. Controlling to caretaking

- The restoration plan
  - Conflict with love
    - Impatience
    - Pain
    - Separation

## 2. Controlling to caretaking

- Becoming a source of healing  
(after being a source of hurt)
  - Recognizing impact

Reflect

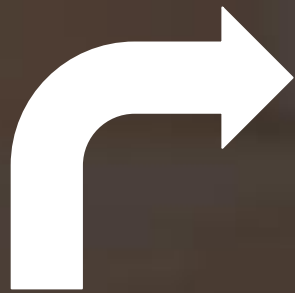


Check with spouse

Check with helper



Reflect and revise



Reflect and revise



Check with spouse

Check with helper



Reflect and revise



## 2. Controlling to caretaking

- Becoming a source of healing (after being a source of hurt)
- Help for the offended spouse: controlling and caretaking

## 2. Controlling to caretaking

- Everything is threatened
- Common missteps
- The restoration plan
- Becoming a source of healing  
(after being a source of hurt)

# 3. Vice to virtue

- A new (old) framework
- The old way
- The new life



# 3. Vice to virtue

- The new life
  - Patient endurance
  - Openness
  - Humility
  - Agency
  - Empathy
  - Hope

# 3. Vice to virtue

- Help for the offended spouse:
  - A comfort
  - A challenge

# Driving home



# Driving home

- A time of connection
- A time of service
- A time of gratitude

