



## Podcast Companion Workbook

# Episode 44 - Why Are The Unfaithful So Afraid to Do Recovery Work?

or

Facing the Fear:

Breaking Free from Inhibition to Heal After Betrayal

## Welcome!

Congratulations on taking the courageous step to work through your fears and move deeper into your relationship recovery!

This workbook is designed to deepen your reflection, challenge shame-driven inhibitions, and support your healing and the healing of your relationship.

## How to Use This Workbook:

- Complete the exercises after listening to the podcast episode.
- Be as honest and compassionate with yourself as possible.
- Small steps lead to big healing.

## Section 1: Reflection Questions

1. In what ways have fear and shame kept me from fully showing up for my betrayed partner?
2. When I imagine telling my partner a difficult truth, what worst-case scenarios immediately come to mind?
3. Are these fears based on today's reality, or old wounds and shame from the past?
4. What is one small truth I could risk sharing that feels manageable?
5. How does my shame-based thinking exaggerate the danger of being honest?

## Section 2: Empowerment Language Shift

**Rewrite the following fear-based statements into empowering language:**

*(Example: Change "I can't tell her everything" to "I can choose honesty even when it's scary.")*

- "I can't tell her/him everything"
- "I'm afraid I'll destroy her/him if I admit this"
- "I always mess things up"
- "If I show emotion, he/she'll think I'm just being manipulative"

## Section 3: Action Challenges for the Week

### Day 1

Tell your partner one small, vulnerable truth today

### Day 2

Practice affirming yourself: "I can handle whatever happens"

### Day 3

Reflect on a time you faced a fear and survived and write it down with your thoughts and feelings

### Day 4

Go one full day without criticizing - your partner or yourself - or complaining

### Day 5

Share a feeling without trying to explain or make it logical

### Day 6

Catch and reframe one shame-driven thought

### Day 7

Celebrate one moment of courageous self-expression

## Section 4:

### Affirmations for Facing Fear and Shame

I can handle whatever life gives me

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I am not my mistakes

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Vulnerability is my strength. not my weakness

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Shame loses its power when I speak my truth

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I rebuild trust one brave step at a time

## A Word of Encouragement:

Facing your fear and choosing connection is the greatest gift you can give to yourself and your betrayed partner.

You are capable.

You are growing.

Keep going.