Podcast Companion Workbook

Episode 47

5 Signs the Unfaithful Isn't Sorry... Yet

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Welcome!

If you are the unfaithful partner working to rebuild trust this workbook is for you. Healing is not a straight line—it is a winding path filled with courage, honesty, and transformation. This guide is here to help you engage with that path through reflection, accountability, and action.

How to Use This Workbook:

- Complete this workbook after listening to Episode 47.
- Journal your answers as truthfully as you can—without judging yourself for the answers.
- If/when you notice yourself shutting down, reacting, or withdrawing from your recovery, take a break and then revisit the section you are working on.
- Let curiosity lead. Remind yourself that this work is about growth and healing even though it can be difficult

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Section 1: Reflection Questions

1. What does 'being sorry' mean to you or your partner?

2. Which of the five signs discussed in the episode do you recognize in yourself or your relationship?

3. How have you seen avoidance or defensiveness show up after the betrayal?

4. In what ways has a lack of transparency affected your healing (or your partner's)?

5. What does authentic remorse look like to you—not just in words, but in actions?

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Section 2: Empowerment Language Shift

Reflect on the following questions and journal your responses. These are not meant to be answered perfectly—they are meant to be explored honestly.

- When have you used an apology to avoid deeper accountability?

- What role has image management played in your response to the betrayal?

- In what ways have you minimized or justified your actions to yourself or your partner?

- How do you respond when your partner expresses pain—do you become defensive, withdrawn, or dismissive?

- Are you willing to stay engaged even when your partner's healing takes longer than you'd like?

- How do you differentiate between feeling guilt and choosing responsibility?

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Section 3: Action Challenges for the Week

Day 1

Journal about what true remorse looks like in your life or relationship

Day 2

Identify one way you've minimized or deflected responsibility - write a direct reframe

Day 3

Practice transparency by sharing something with your partner you've been holding back (with safety in mind)

Day 4

Ask your partner what helps them feel emotionally safe – Try it often

Day 5

Reflect on a moment you felt shame—what would it look like to meet that moment with accountability?

Day 6

Choose one small daily habit that aligns with the person you're becoming

Day 7

Offer a living amend: an action that shows change, not just words

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Section 4:

Healing Affirmations

I can face the truth about myself and still grow

Accountability is not punishment-it's freedom

Real remorse builds real repair

Each choice I make is a step toward who I want to be

My healing is not dependent on perfection. but on consistency

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A Word of Encouragement:

Recovery doesn't happen overnight.

It takes courage to stay engaged with the hard work of growth.

The fact that you're here—reflecting, taking action, being honest with yourself—matters.

Keep going.

You're building something worth trusting.

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