Podcast Companion Workbook

Episode 45 - How Judgment Undermines Affair Recovery

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Welcome!

You've just listened to an honest conversation about one of the most misunderstood and damaging forces in affair recovery: **malignant judgment**.

Whether it's self-condemnation, fear of being judged, or actual judgment from others, this mindset can become a trap that isolates you, distorts reality, and stalls your indivudal and relational healing.

This workbook is designed to help you reflect, reconnect with what's true, and begin dismantling the false judgments that keep you stuck.

How to Use This Workbook:

- Complete the exercises after listening to the podcast episode.
- Be as honest and compassionate with yourself as possible.
- Take your time - clarity and healing happen best when they're not rushed
- Return to any section when you need a reset

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Section 1: Reflection Questions

1. What specific thoughts or beliefs do I have that feel like judgment or condemnation?

2. When I feel judged by my partner, is it actual judgment—or perceived judgment?

3. Where do I think those beliefs came from—my past, my shame, my fear?

4. How does self-judgment impact my ability to show up for my partner's pain?

5. What's one harsh self-belief I need to reality-check this week?

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Section 2: Thought Reframes

Take the following judgmental thoughts (or change them to your own) and reframe them into truthful, compassionate, and responsible statements:

Examples:
• “I’m irredeemable” → “I caused harm, but I am capable of healing and rebuilding”
• “There’s no point in trying” → “Progress is slow, but every step matters”

- “I’ll never be able to change” →

- “She/he deserves someone better than me” →

- "My Betrayed is _____ (fill in the blank with any repetitive negative judgment you make about your partner)" →

- "There’s no point in trying – I’ll just mess it up again" →

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Section 3: Action Challenges for the Week

Day 1

Catch one self-condemning thought and replace it with a grounded truth

Day 2

Say something to your partner that reflects wise accountability (not defensiveness or collapse)

Day 3

Write down 3 things you've done this week that support your growth

Day 4

Journal a response to: *"What would healing look like if I believed I was worth it?"*

Day 5

When your partner expresses pain, pause and ask yourself: *Is this actually judgment or is she/he expressing grief and hurt?*

Day 6

Revisit one internal belief about yourself from childhood. Ask: *Is it still true today?*

Day 7

Do one thing today that demonstrates relational leadership

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Section 4:

Affirmations for Changing Self-Judgment

I am not my worst moment

Shame is not my identity truth

I can hold my partner's pain without collapsing into my own

Action defines my healing

I am learning to lead with love, not fear

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A Word of Encouragement:

Malignant self-judgment tells you that you're not worth healing. not worth staying. and not worth loving.

But that voice is not truth.

You are not harm - you are someone who caused harm and is now working to make it right.

That work matters.

That work is sacred.

Keep going.

We see you.

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