REESTABLISHING SAFETY

[www.lizayoungcounseling.com](http://www.lizayoungcounseling.com)

When you discover your spouse has been unfaithful it can turn your world upside down. Things that can help regain a sense of safety:

1**. Build a GOOD support team**. Friends and family who will be willing to honor your decisions throughout this process in a nonjudgmental way. A trauma-informed helping professional - ideally an APSATS trained/certified counselor. Find a support group for women who are going through the same journey you are. Sometimes it can hurt you instead of help you by telling lots of people. Find those who will honor your journey and decisions.

2. **Practice grounding techniques**. Your body is now on high alert due to this trauma so it will be necessary to help regulate your body through physical activity, even if it’s just a walk around your house. Also remind yourself “I’m going to be okay,” even if you don’t feel that right now. To help you ground when feeling anxious use your senses. Name what you hear, see, feel, taste (drink cold water, warm tea). Often switching rooms, especially going outside, is helpful.

3. **Re-establish safety in your home**. You have every right to determine what is and isn’t acceptable in your home. Use your support team to help in building these boundaries. Some ideas are having all his passwords or passwords turned off, access to devices at any time, porn-blocking software on devices, regular attendance at recovery meetings/seeing a therapist, and whatever else you feel you need during this time of re-establishing safety and trust.

4. **Practice good self-care**. Allow yourself to cry and grieve and then move to your happy/comfort places such as a hot bath, walks, call friends or family, yoga, going out with friends, etc. Connecting with others to remind you that you are not alone.

If you need further help in understanding the next steps in setting boundaries and how to heal from the painful trauma, please reach out, [liza@lizayoungcounseling.com](mailto:liza@lizayoungcounseling.com).