

Infidelity worksheets for couples PDF: Version 2

It's Not Your fault: Know that its not your fault that your patner has cheated.

Give yourself some time before reacting: Take time, and contemplate

Delay Your reaction:

Seek support: Talk to people who have faced similar situation so that you don't feel alone.

Talk to someone you trust: Connect with your friends and family.

Accept: Don't be in denial, accept that it has happened with you.

Take care of yourself: Engage in self care activities.

Go see a therapist: