

STATISTICS

- **-Highest Estimate: 70% of Men; 50% of women**
- **-1994 National Research: 25% of men; 15% women admitted to having intercourse.**
- **-45% of men; 35% of women admitted to emotional affair.**
- **Only 15% to 25% of affair partners successfully marry.**
- **50% of affairs occur in the workplace.**
- **AAMFT estimates affairs to represent half of couple therapy caseloads.**

THE BOWENIAN MODEL

- **1. CLOSENESS AND DISTANCE ARE CYCLICAL.**
- **2. FUSION DISCOURAGES CONFLICT**
- **3. PSEUDOMUTUALITY IS UNWITTING DISCONNECTION**
- **4. AFFAIRS ARE TRIANGLES THAT BALANCE DISCONNECTION.**
- **5. COUPLES REGULATE SPACE THROUGH PURSUIT AND DISTANCE.**
- **6. AFTER THE AFFAIR, THE BETRAYER DISTANCES, AND THE BETRAYED PURSUES.**
- **7. REBUILDING MEANS CREATING NEW RULES ABOUT SEPARATENESS AND TOGETHERNESS.**

BIOCHEMISTRY AND NEUROSCIENCE

- **1. THERE IS A HUMAN DRIVE FOR PASSION.**
- **2. THE “IN LOVE” BRAIN IS BATHED IN DOPAMINE/
TESTOSTERONE CREATING INTOXICATION.**
- **3. “LOVE” INCREASES NOREPINEPHRINE ALSO.**
- **4. SERATONIN LEVELS ARE LOWERED.**
- **5. ROMANTIC LOVE AND LUST HAVE SEPARATE
NETWORKS.**
- **6. WIFE BECOMING MOTHER INCREASES
OXYTOCIN IN FATHER, DECREASING
TESTOSTERONE.**
- **7. MEN MAY THEN SPLIT OFF EROTIC FEELINGS
TO OTHER SEXUAL OBJECTS.**

THE TRAUMA MODEL

- **1. THE IMPACT OF THE AFFAIR MIMICS PTSD**
- **2. SET BOUNDARIES**
- **3. SELF-CARE GUIDELINES**
- **4. TIME-OUT STRATEGIES**
- **5. THE BETRAYED PARTNER DISCUSSES IMPACT.**
 - a. PUNISHMENT**
 - b. PROTECTION**
- **6. FLASHBACKS**

PHASES OF TREATMENT

- **1. CHAOTIC REACTIVITY (“freefall”)**
 - Disclosure: dismay, anger, accusations, shame
 - Heightened connection in talking and sex
- **2. REBUILDING TRUST**
 - Lower reactivity: able to talk, share information
 - Beginning acceptance: negotiating what is needed
- **3. CREATING A BETTER FUTURE**
 - Forgiveness
 - Planning for a new way

MOTIVATION AS THE CRITICAL FACTOR

- **1. “I LOVE YOU, BUT I’M NOT IN LOVE WITH YOU.”**
- **2. “THE ONLY REASON I’M STAYING IS THE KIDS.”**
- **3. “THE ONLY REASON I’M STAYING IS SECURITY.”**
- **4. “THE ONLY REASON I’M STAYING IS THAT I DON’T WANT TO BE DIVORCED.”**
- **5. “I BELIEVE THAT YOU LOVE ME, EVEN THOUGH I DON’T TRUST YOU.”**
- **6. NONE OF US CAN JUDGE WHAT IS THE BEST REASON.**

STRATEGIC AND PARADOXICAL INTERVENTIONS

- **1. Consider ways that the betrayed partner can hurt the betrayer to retaliate.**
- **“What sort of pain could you inflict on your partner that could cause you to forgive her/him?”**
- **2. Boundary Marking: If the betrayed partner is having difficulty letting go of extramarital relationship: Suggest that the third party attend a couple session with the marital partners.**
- **3. Betrayed partner to listen on the phone while betrayer and lover commit to never seeing one another again.**
- **4. Betrayer to transfer all assets to account of betrayed as guarantee against further affairs and reestablishing trust.**
- **5. Apology Ritual: Betrayer apologizes on bended knee.**

The Forgiveness Model

- 1. What's the difference between Acceptance and Forgiveness?
- 2. What does acceptance mean?
- 3. What does forgiveness mean?
- 4. What does the betrayer have to do?
- 5. What does the betrayed partner have to do?
- 6. Does the betrayer mean it?
- 7. Does the betrayed partner believe it?
- 8. Rituals.