

A Blueprint to Recover from an Affair Covenant Counseling

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Affair recovery is difficult but not impossible. If a couple can commit to the process of healing before making a decision to divorce, there is hope for marriage recovery.

Celebration Phase:

a. Celebrate Growth:

- i. Share things you have learned about yourself and your spouse.
- ii. Share with your spouse your new attitude, commitments and behavioral changes you have made concerning yourself, toward your spouse, lifestyle and marriage.

b. Re-commit by Renewing Vows: Betrayal creates insecurity of trust so emotionally deep, the offended spouse may feel it for years. When a couple renews their vows, inner feelings gain strength by corresponding physical expressed behavior. The written and verbalized commitment gives potency to trust and security.

c. Grow in Wisdom: Continue to seek wisdom, invest in understanding and put into practice the principles of life you've learned for success. Spending too much time with amusement or lustful endeavors robs you of opportunities for growth in your marriage. Wisdom is the "path of life" for marriage success resulting in joy and partner celebration.¹

¹ See warning in Proverbs 5:1-6