Therapy-on-Sea

Questions to help progress with Infidelity can include:

Single session with the person that committed the infidelity

• When and how did it end?

• How do you know you won't go back?

• Do you believe that it's really over?

• What if they get in touch again? What will you do?

• What moves have you made to stop them contacting you?

• What do you regret about the affair?

• How do you feel about it ending?

• What was the story you told yourself to let the affair keep going? - Where does that story sit with you now? Is there genuine regret and remorse?

Single sessions with the partner

• How do you feel about what it has done to you and the people closest to you?

• Looking back were there any cracks showing in the relationship?

• Why are you here in therapy?

• How do need to hear an apology?

Sessions together as a Couple

• What do you think you can you do to help your partner feel safe again.

• What do you regret about the affair, can you face your partner and speak to them about this?

• How do you feel about what it's done to the relationship and your partner?

• Do you genuinely want each other and a future together?

• What is it about your partner that's keeping you here, now?

• How did you each feel about the relationship you had before the affair?

• How do you feel about each other now?

• What is it about the relationship and each other that's worth fighting for?

• If the decision is to stay, what will it take to forgive and move forward

Sian Hines Counsellor and Hypnotherapist (Ad Dip Psy C, Prof. Dip Psy C)