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Healing from Betrayal: Your Guided Journey to Recovery



Interactive worksheet: How you can heal from betrayal trauma

Phase 1: Acknowledge the Trauma

Begin by recognizing and validating your experience of betrayal. Use these prompts to create a safe space for your emotions.

1. Reflect on your experience:

- Write down what betrayal means to you. What specific event or pattern of events are you addressing?
- Describe the feelings you experienced at the time of the betrayal.

2. Affirming your feelings:

- List three affirmations that validate your pain and remind you that your feelings are real and important.
- For example: "It is okay to feel hurt," or "I deserve to heal."

3. Create a safe space:

- Write a short note to yourself that acknowledges the courage it takes to face this trauma.
- Consider any physical or creative rituals (such as lighting a candle or playing calming music) that help you feel safe.

Phase 2: Process Emotions

Engage in exercises that help you explore and release the complex emotions related to betrayal.

1. Emotion mapping:

- Draw or list the range of emotions you have felt since the betrayal. Consider emotions such as anger, sadness, confusion, or fear.
- Identify which emotion is most dominant for you right now and explain why.

2. Journaling prompt:

- Write a journal entry about a moment when you felt overwhelmed by your emotions. What triggered this response, and how did you cope?
- Reflect on what you learned about yourself during that moment.

3. Creative expression:

- Use a creative medium (drawing, poetry, or a short story) to express your inner experience of betrayal.
- Allow yourself to be honest and free in your expression without worrying about perfection.

Phase 3: Rebuild Trust and Self-Compassion

Shift your focus toward nurturing yourself and rebuilding trust in your own resilience and worth.

1. Identify self-compassion practices:

- List two or three practices that help you feel nurtured (e.g., meditation, taking a walk, or talking with a trusted friend).
- Describe how each practice contributes to your sense of self-worth.

2. Challenge negative beliefs:

- Write down any negative beliefs about yourself that have arisen from the betrayal (for example, “I am unworthy” or “I cannot trust anyone”).
- Next to each, write a counter-statement that promotes self-compassion and strength.

Negative self-belief	Counter statement
I am unworthy of love because I was betrayed.	I deserve love and respect, and I am strong enough to create healthy, trusting relationships.
I can't trust anyone.	I trust myself to set healthy boundaries and recognize supportive people who value my well-being and earn my trust.

3. Set a self-care goal:

- Choose one specific action that you can take in the next week to care for yourself.
- Explain why this goal is important and how it will help rebuild your trust in yourself.

Part 4: Action Steps for Healing

Develop a concrete plan to support your ongoing healing and growth

1. 1. Define your healing objectives:

- What are two or three measurable goals you want to achieve on your healing journey? (For example, attending therapy, joining a support group, or establishing a daily self-care routine.)

2. List support resources:

- Identify any resources that can help you (books, websites, professionals, or support groups).
- Write down how you plan to connect with these resources.

3. Create your action plan:

- Outline a step-by-step plan for the next month. Include daily, weekly, and monthly actions that contribute to your healing.
- Consider using a calendar or journal to track your progress and adjust your plan as needed.

4. Plan for setbacks:

- Reflect on potential challenges or setbacks you might face.
- Write down a few strategies for how you will handle these challenges, such as reaching out to a friend or revisiting your affirmations.

Closing details

This interactive worksheet uses a task inventory paired with a conversation planner to help you articulate and share your mental load. By setting clear intentions, listing your responsibilities, and preparing a structured dialogue, you are empowered to create a more balanced and supportive relationship dynamic.

If you are interested in individual therapy, we offer compassionate, personalized care with availability for in-person sessions at our Charlotte, NC office and virtual appointments for residents of NC and SC. Every step you take toward sharing responsibilities and reducing your mental load is a step toward a healthier future, and our experienced team is here to support you along the way.



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