# HEALING TRUTH: A Guided Self-Assessmentfor Betrayed Spouses

A Companion Resource to the PSAP Coaching Questionnaire
Developed by The Genesis Connection
Informed by the Betrayal Trauma Recovery Model

## Table of Contents

**(Click section to advance)**

[HEALING TRUTH: A Guided Self-Assessment for Betrayed Spouses 1](#_Toc200551932)

[Section 1: Before Discovery - Innocence, Intuition, and Naivete 3](#_Toc200551933)

[Section 2: Discovery and D-Day Responses 5](#_Toc200551934)

[Section 3: Emotional Safety and Psychological Impact 7](#_Toc200551935)

[Section 4: Gaslighting, Blame-Shifting, and Confusion 9](#_Toc200551936)

[Section 5: Self-Blame and False Guilt 11](#_Toc200551937)

[Section 6: Body-Based Reactions and Trauma Symptoms 13](#_Toc200551938)

[Section 7: Spiritual Crisis and the Voice of the Enemy 15](#_Toc200551939)

[Section 8: Trust, Hypervigilance, and Safety Seeking 17](#_Toc200551940)

[Section 9: Boundary Collapse and People-Pleasing Patterns 19](#_Toc200551941)

[Section 10: Family of Origin and Old Survival Scripts 21](#_Toc200551942)

[Section 11: Coping Mechanisms and Adaptive Strategies 23](#_Toc200551943)

[Section 12: Identity, Shame, and Personal Worth 25](#_Toc200551944)

[Section 13: Loss of Dreams and Ambiguous Grief 27](#_Toc200551945)

[Section 14: Truth-Seeking vs. Control-Seeking 29](#_Toc200551946)

[Section 15: Needs, Desires, and Voice Recovery 31](#_Toc200551947)

[Section 16: Support Systems and Isolation 33](#_Toc200551948)

[Section 17: God's Voice vs. the Accuser's Lies 35](#_Toc200551949)

[Section 18: Healing Hopes and Forward Movement 37](#_Toc200551950)

# Section 1: Before Discovery - Innocence, Intuition, and Naivete

This section invites you to reflect on the time before you knew the truth, exploring how innocence, trust, or self-doubt shaped your experience. It aims to honor your intuition while releasing self-blame for what you couldn’t see.

1. What core beliefs did you hold about your relationship before the betrayal was revealed?

Click or tap here to enter text.

1. Can you recall specific moments when your intuition signaled something was wrong? How did you respond?

Click or tap here to enter text.

1. Were there inconsistencies in your partner’s behavior that you rationalized or overlooked? What explanations did you give yourself?

Click or tap here to enter text.

1. How did your body or emotions react when you sensed emotional or physical distance? Did you dismiss these signals?

Click or tap here to enter text.

1. What fears or pressures (e.g., fear of conflict, desire to trust) made it difficult to voice your concerns?

Click or tap here to enter text.

1. How did giving the benefit of the doubt reflect your values, and how did it feel in hindsight

Click or tap here to enter text.

1. Did you ever feel pressured to ignore your gut instincts by your partner, culture, or community? How?

Click or tap here to enter text.

1. Looking back, what subtle signs might your heart have been trying to show you?

Click or tap here to enter text.

1. On a scale of 1-5, how would you rate your level of trust in your partner before the discovery Choose an item.?
2. How often did you dismiss your intuition before the betrayal?
([ ]  Never, [ ]  Rarely, [ ]  Sometimes, [ ]  Often, [ ]  Always)

**Checklist:**

[ ]  I assumed the best, even when evidence was unclear.

[ ]  I blamed myself when something felt “off.”

[ ]  I avoided seeming controlling or suspicious to keep peace.

[ ]  I silenced my intuition to protect the relationship.

[ ]  I believed I was emotionally secure, but was told I was needy.

[ ]  I felt a vague unease but couldn’t name why.

**Journal Prompts:**

* Reflect on your innocence before discovery. What emotions arise when you consider your trust? How might God view the beauty of your open heart, without judging your discernment?

Click or tap here to enter text.

* Write about a time you dismissed your intuition. What would you say to that version of yourself now, with compassion?

Click or tap here to enter text.

* If your pre-betrayal self could speak, what would she say she needed most? How can you honor that need today?

Click or tap here to enter text.

* Reflect on a time when you ignored your intuition. What emotions arise when you think about that now?

Click or tap here to enter text.

* Write about the ways in which you trusted your partner unconditionally. How does that trust feel in retrospect?

Click or tap here to enter text.

# Section 2: Discovery and D-Day Responses

This section explores the moment(s) when the betrayal came to light, validating the shock and disorientation of discovery trauma. It helps you process your reactions and recognize your resilience.

1. How did you first learn of the betrayal? Was it a single moment or a gradual unfolding?

Click or tap here to enter text.

1. Did your partner disclose the truth voluntarily, or did you uncover it through evidence or intuition?

Click or tap here to enter text.

1. What emotions dominated the hours, days, or weeks after discovery? (e.g., rage, grief, numbness, clarity)

Click or tap here to enter text.

1. Did you experience conflicting feelings, like love and anger, simultaneously? [ ]  Yes, [ ]  No

How did this feel? Click or tap here to enter text.

1. Were you pressured to “stay calm,” “forgive quickly,” or “move on” by your partner or others? [ ]  Yes, [ ]  No

How did this affect you? Click or tap here to enter text.

1. How did your partner or others respond to your immediate reactions?
Click or tap here to enter text.
Were you [ ]  validated or [ ]  dismissed?
2. Did you feel safe to express your raw emotions, or did you feel compelled to suppress them? Click or tap here to enter text.
3. Looking back, what part of your response feels like a sign of your inner strength?

Click or tap here to enter text.

1. On a scale of 1-5, how would you rate the intensity of your emotional response immediately after discovery? Choose an item.
2. How did your body physically react to the discovery? (e.g., shaking, nausea, sweating) Click or tap here to enter text.

**Checklist:**

[ ]  My reality felt shattered, like the ground gave way.

[ ]  I struggled with eating, sleeping, or clear thinking.

[ ]  I questioned what was real versus what I’d been told.

[ ]  I was blamed for reacting too intensely.

[ ]  I feared asking questions would worsen things.

[ ]  I felt both paralyzed and overwhelmed at once.

**Journal Prompts:**

* Describe the moment of discovery in vivid detail. What sensations, thoughts, or images stand out? How do you see your response now?

Click or tap here to enter text.

* What surprised you about your reaction to D-Day? What would you tell yourself now to validate that moment?

Click or tap here to enter text.

* Imagine a compassionate friend witnessing your discovery. What would they say to honor your pain and strength?

Click or tap here to enter text.

* Describe the physical sensations you experienced during and immediately after the discovery. How do you process these sensations now?

Click or tap here to enter text.

* Write a letter to yourself on D-Day, acknowledging the shock and disorientation you felt.

Click or tap here to enter text.

# Section 3: Emotional Safety and Psychological Impact

This section assesses how betrayal has reshaped your sense of safety, stability, and mental well-being, helping you name the toll and identify needs.

1. How has your view of relationships, trust, or the world shifted since the betrayal?

Click or tap here to enter text.

1. Do you feel safe in your home, body, or mind? What makes safety feel elusive?

Click or tap here to enter text.

1. How has betrayal affected your sleep, appetite, focus, or energy levels?

Click or tap here to enter text.

1. Do you find yourself hyper-alert, even in calm moments? What triggers this vigilance?

Click or tap here to enter text.

1. Have you experienced flashbacks, nightmares, dissociation, or intrusive thoughts? How often?

Click or tap here to enter text.

1. Have moments of doubt made you question your sanity or grip on reality.

Click or tap here to enter text.

1. What daily activities feel harder now than they did before discovery?

Click or tap here to enter text.

1. How has your ability to feel joy, hope, or peace been impacted?

Click or tap here to enter text.

1. On a scale of 1-5, how safe do you feel in your current environment? Choose an item.
2. How often do you experience intrusive thoughts related to the betrayal? Choose an item.

**Checklist:**

[ ]  I walk on eggshells around people I once trusted.

[ ]  I question if I’ll ever feel safe again.

[ ]  I struggle with decisions or memory lapses.

[ ]  I swing between numbness and emotional floods.

[ ]  I fear I’m too “broken” to recover.

[ ]  My mind replays betrayal moments uninvited.

**Journal Prompts:**

* Describe how betrayal trauma has altered your emotional and mental landscape. What losses do you notice most?

Click or tap here to enter text.

* If your body could speak about its need for safety, what would it say? What small step could you take to respond?

Click or tap here to enter text.

* Write a letter to your mind, acknowledging its efforts to protect you. What does it need to rest or heal?

Click or tap here to enter text.

* Explore the concept of "emotional safety." What does it mean to you, and how has betrayal affected your sense of it?

Click or tap here to enter text.

* Write about a time when you felt emotionally unsafe. What triggered this feeling, and how did you cope?

Click or tap here to enter text.

# Section 4: Gaslighting, Blame-Shifting, and Confusion

This section helps you identify manipulation tactics that distorted your reality, empowering you to trust your perceptions again.

1. Were you made to feel irrational, overly sensitive, or controlling when seeking clarity?

Click or tap here to enter text.

1. Did your partner deny or rewrite events you clearly remembered? How did this affect you?

Click or tap here to enter text.

1. Were you blamed for their actions (e.g., “If you were more…”)? What specific accusations hurt most?

Click or tap here to enter text.

1. Did your partner use spiritual or moral arguments to silence your concerns? (e.g., “You need to forgive”)

Click or tap here to enter text.

1. How often did conversations leave you more confused or doubting yourself?

Click or tap here to enter text.

1. Did you feel compelled to gather “proof” to validate your concerns? How did this feel?

Click or tap here to enter text.

1. Have others (friends, family, counselors) reinforced these manipulations, intentionally or not?

Click or tap here to enter text.

1. On a scale of 1-5, how confused did you feel during conversations with your partner about the betrayal? (1 being not confused at all, 5 being extremely confused)

Click or tap here to enter text.

1. How often did you find yourself questioning your own memory of events? (Never, Rarely, Sometimes, Often, Always)

Click or tap here to enter text.

**Checklist:**

[ ]  I doubted my memory and intuition.

[ ]  I felt I needed evidence to be believed.

[ ]  I was called too sensitive or unforgiving.

[ ]  I apologized for things I didn’t cause.

[ ]  I was told I drove them to betray me.

[ ]  I left conversations feeling disoriented.

**Journal Prompts:**

* Recall a time you knew something was wrong but were told otherwise. What do you wish you’d heard to affirm your truth?

Click or tap here to enter text.

* Write about the impact of gaslighting on your confidence. What truths are you ready to reclaim about your reality?

Click or tap here to enter text.

* Imagine confronting the confusion with clarity. What would you say to your partner or others who dismissed you?

Click or tap here to enter text.

* Recall a specific instance of gaslighting. How did it make you feel, and what impact did it have on your self-confidence?

Click or tap here to enter text.

* Write about the strategies you used to validate your concerns when your partner was dismissive.

Click or tap here to enter text.

# Section 5: Self-Blame and False Guilt

This section explores how betrayal can lead to misplaced shame and responsibility, helping you release what isn’t yours to carry.

1. Have you wondered if you weren’t “enough” in any way (e.g., sexually, emotionally, spiritually)

Click or tap here to enter text.

1. Did you believe you could’ve prevented the betrayal by being different? What changes did you consider?

Click or tap here to enter text.

1. Have you tried to “fix” yourself (e.g., appearance, behavior) to prevent further betrayal?

Click or tap here to enter text.

1. What messages from your partner, society, or faith community implied you were at fault?

Click or tap here to enter text.

1. Do you feel shame for not recognizing the betrayal sooner? How has this affected you?

Click or tap here to enter text.

1. Have you internalized lies like “I deserve this” or “I’m unlovable”? When do these arise?

Click or tap here to enter text.

1. How has self-blame impacted your confidence or relationships?

Click or tap here to enter text.

1. On a scale of 1-5, how guilty do you feel for the betrayal? Choose an item. (1 being not guilty at all, 5 being extremely guilty)
2. How often do you find yourself thinking, "If only I had..."? Choose an item. (Never, Rarely, Sometimes, Often, Always)

**Checklist:**

[ ]  I thought more effort would’ve stopped this.

[ ]  I compared myself to others, feeling inferior.

[ ]  I’ve tried to be perfect to avoid future pain.

[ ]  I blamed my body, personality, or faith.

[ ]  I carry guilt that isn’t mine.

[ ]  I feel flawed at my core.

**Journal Prompts:**

* List the false guilt or shame you’ve carried. What would it feel like to place responsibility where it belongs?

Click or tap here to enter text.

* Write a letter to yourself, forgiving the parts you’ve blamed. What kindness would you offer?

Click or tap here to enter text.

* What truth about your worth can you hold onto when self-blame creeps in? (e.g., a Scripture, affirmation)

Click or tap here to enter text.

* List the ways in which you have blamed yourself for the betrayal. How can you start to release this self-blame?

Click or tap here to enter text.

* Write a letter to yourself, forgiving any false guilt you may be carrying.

Click or tap here to enter text.

# Section 6: Body-Based Reactions and Trauma Symptoms

Betrayal trauma manifests physically. This section helps you name bodily responses and offer your body compassion.

1. What physical changes have you noticed since discovery (e.g., tension, fatigue, appetite shifts)?
Click or tap here to enter text.
2. Do you experience symptoms like insomnia, nausea, shakiness, or pain? When are they most intense?
Click or tap here to enter text.
3. Have you had panic attacks, racing thoughts, or difficulty breathing? What triggers them?
Click or tap here to enter text.
4. How has your relationship with food, sleep, exercise, or touch changed?
Click or tap here to enter text.
5. Do you feel disconnected from your body, or overly aware of its sensations?
Click or tap here to enter text.
6. Have you noticed patterns like freezing, fleeing, or fawning in response to stress?
Click or tap here to enter text.
7. How does your body react when you recall the betrayal or face triggers?
Click or tap here to enter text.
8. On a scale of 1-5, how aware are you of your body's responses to stress?
Choose an item. (1 being not aware at all, 5 being very aware)
9. How often do you experience physical symptoms of trauma?
Choose an item. (Never, Rarely, Sometimes, Often, Always)

**Checklist:**

[ ]  I feel chronically exhausted or tense.

[ ]  I have physical reactions (sweating, heart racing) to memories.

[ ]  I struggle to feel safe in my body or during intimacy.

[ ]  I’ve had sudden weight changes.

[ ]  I freeze, flee, or fawn when overwhelmed.

[ ]  My body feels like it’s betraying me too.

**Journal Prompts:**

* How has your body tried to protect or alert you since the trauma? What gratitude or care can you offer it?
Click or tap here to enter text.
* Imagine your body sharing its story of survival. What would it say it needs to feel safe or nurtured?
Click or tap here to enter text.
* Describe a moment when your body felt calm or strong recently. How can you cultivate more of that?
Click or tap here to enter text.
* Describe the physical sensations you experience when you think about the betrayal. How do these sensations affect your daily life?
Click or tap here to enter text.
* Write about a time when your body reacted strongly to a trigger. What did you do to cope with this reaction?
Click or tap here to enter text.

# Section 7: Spiritual Crisis and the Voice of the Enemy

Betrayal can shake your faith. This section explores spiritual struggles and helps you discern God’s voice from lies.

1. Has prayer, worship, or connection with God felt different since the betrayal? How?
Click or tap here to enter text.
2. Do you question why God allowed this or didn’t reveal the truth sooner? What emotions arise?
Click or tap here to enter text.
3. Have you felt anger, abandonment, or distance from God? How do you navigate this?
Click or tap here to enter text.
4. What lies has the enemy whispered (e.g., “You’re worthless,” “God doesn’t care”)? When are they loudest?
Click or tap here to enter text.
5. Have others urged you to “just forgive” or “trust God” without validating your pain? How did this feel?
Click or tap here to enter text.
6. How has your view of God’s character or promises been challenged?
Click or tap here to enter text.
7. Are there spiritual practices that feel healing or others that feel inaccessible now?
Click or tap here to enter text.
8. On a scale of 1-5, how connected do you feel to your spiritual beliefs since the betrayal?
Choose an item. (1 being not connected at all, 5 being very connected)
9. How often do you hear condemning voices in your head?
Choose an item. (Never, Rarely, Sometimes, Often, Always)

**Checklist:**

[ ]  I feel spiritually numb or disconnected.

[ ]  I hear voices accusing me of failure.

[ ]  I’ve questioned if I’m being punished.

[ ]  I’ve withdrawn from spiritual community.

[ ]  I long for God but feel unseen.

[ ]  I doubt God’s goodness or presence.

**Journal Prompts:**

* List the lies you’ve heard about yourself or God. Next to each, write a Scriptural truth that counters it.
Click or tap here to enter text.
* Write a letter to God, expressing your honest doubts, anger, or hopes. What do you long to hear from Him?
Click or tap here to enter text.
* Imagine God sitting with you in your pain. What might He say to your hurting heart?
Click or tap here to enter text.
* Explore the lies you've heard about yourself and your worth. How do these lies affect your spiritual well-being?
Click or tap here to enter text.
* Write a prayer asking God to help you discern His voice from the enemy's lies.
Click or tap here to enter text.

# Section 8: Trust, Hypervigilance, and Safety Seeking

Betrayal rewires your sense of safety. This section examines hypervigilance and your efforts to rebuild trust.

1. Do you crave constant reassurance or information to feel secure? What forms does this take?
Click or tap here to enter text.
2. Have you checked your partner’s devices, accounts, or whereabouts? How does this affect you?
Click or tap here to enter text.
3. Do you experience sudden panic or dread without clear triggers? Describe these moments.
Click or tap here to enter text.
4. Are you always bracing for another betrayal or bad news? How does this impact daily life?
Click or tap here to enter text.
5. How has your trust in others (friends, family, strangers) changed?
Click or tap here to enter text.
6. What does “feeling safe” mean to you now, and what makes it hard to achieve?
Click or tap here to enter text.
7. Have you found any practices that help you relax or feel grounded? What are they?
Click or tap here to enter text.
8. On a scale of 1-5, how hypervigilant are you about your partner's actions?
Choose an item. (1 being not hypervigilant at all, 5 being extremely hypervigilant)
9. How often do you seek reassurance from your partner?
Choose an item. (Never, Rarely, Sometimes, Often, Always)

**Checklist:**

[ ]  I feel safest when I control my environment.

[ ]  I obsess over details to avoid surprises.

[ ]  I can’t relax, even in calm moments.

[ ]  I question others’ motives more now.

[ ]  I’m terrified of being blindsided.

[ ]  I struggle to trust my own instincts.

**Journal Prompts:**

* How have you tried to create safety since the betrayal? What’s been helpful or draining?
Click or tap here to enter text.
* Write about a time you felt safe recently, even briefly. What contributed to that moment?
Click or tap here to enter text.
* Where might you invite God’s peace to ease your need for control? What would trusting Him look like here?
Click or tap here to enter text.
* Describe a situation where you felt the need to check your partner's whereabouts or activities. How did this make you feel?
Click or tap here to enter text.
* Write about the strategies you use to feel safe and secure in your relationship.
Click or tap here to enter text.

# Section 9: Boundary Collapse and People-Pleasing Patterns

Trauma can blur boundaries. This section helps you identify people-pleasing tendencies and reclaim your right to say no.

1. Have you agreed to things you didn’t want to avoid conflict or maintain connection? [ ]  Yes, [ ]  No
2. Do you fear being seen as too demanding, unforgiving, or needy if you assert yourself? Click or tap here to enter text.
3. Have you overcompensated to keep your relationship or family stable?
Click or tap here to enter text.
4. Did you minimize your pain to avoid rejection or judgment? When did this happen?
Click or tap here to enter text.
5. Have others dismissed your boundaries, citing grace, forgiveness, or love? How did this feel?
Click or tap here to enter text.
6. What makes setting or holding boundaries challenging for you?
Click or tap here to enter text.
7. Are there moments when you’ve honored your boundaries? How did it feel?
Click or tap here to enter text.
8. On a scale of 1-5, how comfortable are you with setting boundaries?
Choose an item. (1 being not comfortable at all, 5 being very comfortable)
9. How often do you find yourself agreeing to things you don't want to do?
Choose an item. (Never, Rarely, Sometimes, Often, Always)

**Checklist:**

[ ]  I silence myself to avoid seeming “dramatic.”

[ ]  I stay quiet even when disrespected.

[ ]  I say I’m fine when I’m not.

[ ]  I fear boundaries won’t be respected.

[ ]  I prioritize others’ comfort over my healing.

[ ]  I feel selfish when I consider my own needs.

**Journal Prompts:**

* Recall a time you wanted to set a boundary but didn’t. What stopped you? What would you do differently now?
Click or tap here to enter text.
* Imagine a boundary you’d like to set. How might it feel to honor your needs without guilt?
Click or tap here to enter text.
* Write about a boundary you’ve held successfully. How did it strengthen your sense of self?
Click or tap here to enter text.
* Reflect on a time when you struggled to set a boundary. What emotions arose, and how did you handle the situation?
Click or tap here to enter text.
* Write about the importance of boundaries in your healing journey and how you can start to implement them.
Click or tap here to enter text.

# Section 10: Family of Origin and Old Survival Scripts

Childhood shapes how we cope with betrayal. This section connects past survival strategies to current responses.

1. What did your family teach you about trust, conflict, or emotional safety growing up?
Click or tap here to enter text.
2. Were you encouraged to hide pain, avoid confrontation, silence needs, or earn approval?
Click or tap here to enter text.
3. Did secrets, denial, or unspoken rules dominate your family dynamics? How?
Click or tap here to enter text.
4. How did your caregivers model or fail to model healthy relationships?
Click or tap here to enter text.
5. Are you replaying old roles (e.g., peacekeeper, caretaker) in response to betrayal? Which ones?
Click or tap here to enter text.
6. What childhood experiences make vulnerability or trust feel risky now?
Click or tap here to enter text.
7. How might your family of origin influence your current coping strategies?
Click or tap here to enter text.
8. On a scale of 1-5, how much do your childhood experiences influence your current coping mechanisms?
Choose an item. (1 being not influential at all, 5 being very influential)
9. How often do you find yourself replaying old family dynamics?
Choose an item. (Never, Rarely, Sometimes, Often, Always)

**Checklist:**

[ ]  I learned to bury emotions to avoid conflict.

[ ]  I felt responsible for others’ happiness.

[ ]  I struggle to ask for help or show needs.

[ ]  I feel unsafe being vulnerable.

[ ]  I seek love through effort or perfection.

[ ]  I carry unspoken rules from childhood.

**Journal Prompts:**

* What old survival strategies are resurfacing now? Which protected you then but limit you now?
Click or tap here to enter text.
* Write a letter to your younger self, thanking her for her coping skills. What does she need to hear to let go?
Click or tap here to enter text.
* How can you rewrite one outdated “script” from childhood to support your healing today?
Click or tap here to enter text.
* Explore the survival scripts you learned in your family of origin. How do these scripts manifest in your current behaviors and thoughts?
Click or tap here to enter text.
* Write a letter to your younger self, acknowledging the coping mechanisms you developed and how they have shaped you.
Click or tap here to enter text.

# Section 11: Coping Mechanisms and Adaptive Strategies

This section reflects on how you’ve managed pain, identifying both healthy and unhelpful coping mechanisms.

1. What strategies have you used to cope with the intensity of betrayal trauma?
Click or tap here to enter text.
2. Have you turned to distractions like food, screens, work, or shopping to numb pain?
Click or tap here to enter text.
3. Do you find stillness or silence difficult? What emotions surface when you’re alone?
Click or tap here to enter text.
4. Have you sought comfort in ways that left you feeling emptier (e.g., approval, unhealthy relationships)?
Click or tap here to enter text.
5. What are your healthiest coping tools, and how do they support you?
Click or tap here to enter text.
6. How do you feel about your coping choices? Do you judge or shame yourself for them?
Click or tap here to enter text.
7. Are there new coping strategies you’d like to try? What’s one small step you could take?
Click or tap here to enter text.
8. On a scale of 1-5, how healthy would you rate your current coping mechanisms?
Choose an item. (1 being not healthy at all, 5 being very healthy)
9. How often do you turn to distractions to numb your pain?
Choose an item. (Never, Rarely, Sometimes, Often, Always)

**Checklist:**

[ ]  I distract myself to avoid pain.

[ ]  I feel shame for how I’ve coped.

[ ]  I’m replacing numbing with nurturing habits.

[ ]  I feel guilty for needing rest or care.

[ ]  I’ve found grounding routines that help.

[ ]  I struggle to sit with my emotions.

**Journal Prompts:**

* How have you survived this trauma? What resilience do you see in your coping, even the imperfect ones?
Click or tap here to enter text.
* Which coping strategies brought short-term escape but long-term emptiness? Why?
Click or tap here to enter text.
* What’s one nurturing practice you could try to care for yourself? How might it feel to prioritize it?
Click or tap here to enter text.
* Reflect on the coping mechanisms you've used since the betrayal. Which have been helpful, and which have been harmful?
Click or tap here to enter text.
* Write about a new coping strategy you'd like to try and how you plan to implement it.
Click or tap here to enter text.

# Section 12: Identity, Shame, and Personal Worth

Betrayal can distort self-perception. This section helps you reclaim your worth and challenge shame.

1. Have you asked, “What’s wrong with me?” What answers have you feared or believed?
Click or tap here to enter text.
2. Do you feel unlovable, undesirable, or ashamed? When are these feelings strongest?
Click or tap here to enter text.
3. Have you felt pressure to prove your worth through performance or comparison?
Click or tap here to enter text.
4. How has betrayal shaped your view of your identity or value?
Click or tap here to enter text.
5. What does God say about who you are? How do those truths feel in light of your pain?
Click or tap here to enter text.
6. What lies about yourself have you internalized? Where did they come from?
Click or tap here to enter text.
7. How might your worth be separate from your partner’s actions or choices?
Click or tap here to enter text.
8. On a scale of 1-5, how worthy do you feel of love and respect?
Choose an item. (1 being not worthy at all, 5 being very worthy)
9. How often do you compare yourself to others?
Choose an item. (Never, Rarely, Sometimes, Often, Always)

**Checklist:**

[ ]  I struggle to feel worthy or desirable.

[ ]  I feel I wasn’t enough to keep love.

[ ]  I carry shame for others’ actions.

[ ]  I question my value even to God.

[ ]  I want to reclaim my beloved identity.

[ ]  I compare myself to others’ worth.

**Journal Prompts:**

* List lies you’ve believed about your worth. What truths do you want to embrace instead?
Click or tap here to enter text.
* Write a declaration of your inherent value, as if speaking to a mirror. What makes you uniquely beloved?
Click or tap here to enter text.
* Imagine your shame dissolving in God’s love. What would you feel free to do or be?
Click or tap here to enter text.
* Explore the lies you've believed about your worth and identity. How have these lies affected your self-perception?
Click or tap here to enter text.
* Write a declaration of your inherent value, focusing on the truths that counter the lies you've internalized.
Click or tap here to enter text.

# Section 13: Loss of Dreams and Ambiguous Grief

Betrayal shatters expectations. This section validates your grief over lost dreams and unnamed losses.

1. What dreams or assumptions about your life were broken by the betrayal?
Click or tap here to enter text.
2. Have you felt confused about what you’re grieving (e.g., a person, a future)?
Click or tap here to enter text.
3. Do you mourn a version of your partner who may not have existed? How does this feel?
Click or tap here to enter text.
4. Have others minimized your grief, urging you to “move on”? How has this affected you?
Click or tap here to enter text.
5. What losses feel too complex or private to express? Why?
Click or tap here to enter text.
6. How has grief shown up in unexpected ways (e.g., anger, fatigue)?
Click or tap here to enter text.
7. What permission do you need to grieve fully and honestly?
Click or tap here to enter text.
8. On a scale of 1-5, how deeply do you feel the loss of your dreams and expectations?
Choose an item. (1 being not deeply, 5 being very deeply)
9. How often do you find yourself grieving the loss of your imagined future?
Choose an item. (Never, Rarely, Sometimes, Often, Always)

**Checklist:**

[ ]  I miss the future we planned.

[ ]  I grieve someone who wasn’t real.

[ ]  I feel ashamed for mourning this loss.

[ ]  I struggle to validate my grief.

[ ]  I feel alone in my sorrow.

[ ]  My grief feels endless or undefined.

**Journal Prompts:**

* Name one dream or hope you’ve lost. What would grieving it look like with God beside you?
Click or tap here to enter text.
* Write a letter to the life you thought you’d have, saying goodbye or honoring what was.
Click or tap here to enter text.
* How might allowing grief create space for new hopes? What’s one small hope you can hold now?
Click or tap here to enter text.
* Reflect on the dreams and hopes you've lost due to the betrayal. How do you feel about these losses, and how can you start to grieve them healthily?
Click or tap here to enter text.
* Write a letter to the future you, acknowledging the pain of lost dreams and offering words of encouragement.
Click or tap here to enter text.

# Section 14: Truth-Seeking vs. Control-Seeking

Seeking truth is vital, but it can blur into control. This section helps you balance clarity with peace.

1. Have you chased details hoping they’d bring closure or safety? Did they?
Click or tap here to enter text.
2. Do you feel you need “one more answer” to feel secure? What drives this?
Click or tap here to enter text.
3. Have you interrogated or over-analyzed out of fear? How has this felt?
Click or tap here to enter text.
4. Has truth-seeking empowered you or left you more anxious? When?
Click or tap here to enter text.
5. How do you discern truth-seeking from control-seeking in your actions?
Click or tap here to enter text.
6. What boundaries might help you pursue truth without spiraling?
Click or tap here to enter text.
7. How can you trust God to reveal what you need in His timing?
Click or tap here to enter text.
8. On a scale of 1-5, how much control do you feel you need over the situation?
Choose an item. (1 being no control needed, 5 being a lot of control needed)
9. How often do you find yourself seeking out more details about the betrayal?
Choose an item. (Never, Rarely, Sometimes, Often, Always)

**Checklist:**

[ ]  I need clarity to feel safe.

[ ]  I spiral into obsessive research.

[ ]  I feel anxious without all facts.

[ ]  I fear being deceived again.

[ ]  I want truth that heals, not consumes.

[ ]  I’ve found peace in letting go of some questions.

**Journal Prompts:**

* When has truth-seeking brought peace? When did it trap you in anxiety?
Click or tap here to enter text.
* Write about a question you’re ready to release. How can you trust God with the unknowns?
Click or tap here to enter text.
* Imagine truth-seeking with wisdom. What boundaries or practices would guide you?
Click or tap here to enter text.
* Explore the difference between seeking truth and seeking control. How can you discern between the two in your actions?
Click or tap here to enter text.
* Write about a time when truth-seeking brought you peace and a time when it left you anxious. What can you learn from these experiences?
Click or tap here to enter text.

# Section 15: Needs, Desires, and Voice Recovery

Betrayal can silence you. This section empowers you to reclaim your voice and honor your needs.

1. Have you struggled to name or ask for what you need since the betrayal?
Click or tap here to enter text.
2. Do you fear your needs will be judged, ignored, or weaponized? Why?
Click or tap here to enter text.
3. Have you silenced your desires out of shame, fear, or exhaustion?
Click or tap here to enter text.
4. What makes speaking your truth (pain, hopes, needs) feel risky or freeing?
Click or tap here to enter text.
5. What would reclaiming your voice mean for your healing?
Click or tap here to enter text.
6. Are there small ways you’ve begun to express your needs? How did it feel?
Click or tap here to enter text.
7. How might God view your desires as sacred and worthy of expression?
Click or tap here to enter text.
8. On a scale of 1-5, how comfortable are you with expressing your needs and desires?
Choose an item. (1 being not comfortable at all, 5 being very comfortable)
9. How often do you feel that your needs are ignored or dismissed?
Choose an item. (Never, Rarely, Sometimes, Often, Always)

**Checklist:**

[ ]  I hesitate to voice needs, fearing I’m demanding.

[ ]  I’ve lost touch with my desires.

[ ]  I feel selfish for wanting more.

[ ]  I’m learning to trust my voice.

[ ]  I want to be known without fear.

[ ]  I silence myself to avoid conflict.

**Journal Prompts:**

* If your voice could speak without fear, what would it say today? What need deserves to be heard?
Click or tap here to enter text.
* Write a declaration of one desire you hold. Why is it worthy of being honored?
Click or tap here to enter text.
* Imagine God listening to your needs. What would He say to affirm your right to speak?
Click or tap here to enter text.

# Section 16: Support Systems and Isolation

Betrayal can isolate you. This section reflects on relationships and your need for connection.

1. Who has supported you since discovery, and how have they shown up?
Click or tap here to enter text.
2. Have you felt judged, dismissed, or misunderstood by those you trusted? When?
Click or tap here to enter text.
3. Do you isolate to avoid vulnerability, shame, or judgment? What pulls you inward?
Click or tap here to enter text.
4. What support do you need that you haven’t received? How could you ask for it?
Click or tap here to enter text.
5. Have you found safe people or communities through this journey? Who are they?
Click or tap here to enter text.
6. How does connection (or its absence) affect your healing process?
Click or tap here to enter text.
7. What makes a relationship feel safe for you now?
Click or tap here to enter text.
8. On a scale of 1-5, how supported do you feel by your friends and family?
Choose an item. (1 being not supported at all, 5 being very supported)
9. How often do you find yourself isolating from others?
Choose an item. (Never, Rarely, Sometimes, Often, Always)

**Checklist:**

[ ]  I feel abandoned by those I trusted.

[ ]  I pretend I’m okay to avoid burdening others.

[ ]  I fear being a burden.

[ ]  I crave connection but don’t know how.

[ ]  I’ve found healing in safe relationships.

[ ]  I isolate to protect my heart.

**Journal Prompts:**

* Who has made you feel seen and heard? Who hasn’t? What did they do differently?
Click or tap here to enter text.
* Write a request for support you need from someone safe. What would you ask for?
Click or tap here to enter text.
* Imagine a community embracing your pain. What would that feel like, and how can you seek it?
Click or tap here to enter text.
* Explore the support systems in your life and how they have impacted your healing journey. Who has been there for you, and how can you reach out to them more?
Click or tap here to enter text.
* Write about the fear of isolation and how you can start to build a stronger support network.
Click or tap here to enter text.

# Section 17: God's Voice vs. the Accuser's Lies

This section contrasts shame’s lies with God’s compassion, helping you hear truth.

1. What condemning messages have echoed since the betrayal? (e.g., “You’re unlovable”)
Click or tap here to enter text.
2. Have you believed you’re too broken, too much, or not enough? When do these thoughts arise?
Click or tap here to enter text.
3. How do these lies compare to God’s voice in Scripture? What feels true?
Click or tap here to enter text.
4. Do you confuse godly conviction with enemy condemnation? How can you tell?
Click or tap here to enter text.
5. What might God say to your most frightened or hurting parts?
Click or tap here to enter text.
6. How have lies shaped your actions or emotions?
Click or tap here to enter text.
7. What practices help you hear God’s voice more clearly?
Click or tap here to enter text.
8. On a scale of 1-5, how clearly do you hear God's voice amidst the noise?
Choose an item. (1 being not clearly at all, 5 being very clearly)
9. 10. How often do you find yourself believing the accuser's lies?
Choose an item. (Never, Rarely, Sometimes, Often, Always)

**Checklist:**

I hear accusations like “This is your fault.”

[ ]  I feel crushed by shame or guilt.

[ ]  I struggle to believe God’s love.

[ ]  I want to hear His voice again.

[ ]  I’m ready to replace lies with truth.

[ ]  I feel trapped by internal judgments.

**Journal Prompts:**

* List three lies you’ve believed. Write three Scriptural truths to counter them. How can you dwell on these?
Click or tap here to enter text.
* Write a conversation with God speaking to your pain. What does He want you to know?
Click or tap here to enter text.
* How might living in God’s truth change how you see yourself or your future?
Click or tap here to enter text.
* Reflect on the lies you've believed about yourself and God. How can you start to replace these lies with God's truth?
Click or tap here to enter text.
* Write a conversation with God, asking Him to help you discern His voice from the enemy's lies and to guide you in your healing journey.
Click or tap here to enter text.

# Section 18: Healing Hopes and Forward Movement

This section envisions healing as transformation, inviting you to dream for your future.

1. What kind of person do you hope to become through this healing process?
Click or tap here to enter text.
2. What new hopes or dreams are emerging, even if they’re small?
Click or tap here to enter text.
3. How do you define healing—not perfection, but growth? What does it look like?
Click or tap here to enter text.
4. How has God met you in this pain? Where do you see Him?
Click or tap here to enter text.
5. Where do you still long for His presence?
Click or tap here to enter text.
6. What boundaries, practices, or beliefs do you want to carry forward?
Click or tap here to enter text.
7. How can you celebrate small steps without rushing your journey?
Click or tap here to enter text.
8. What does holy restoration mean for your heart?
Click or tap here to enter text.
9. On a scale of 1-5, how hopeful are you about your future?
Choose an item. (1 being not hopeful at all, 5 being very hopeful)
10. How often do you find yourself dreaming about a better future?
Choose an item. (Never, Rarely, Sometimes, Often, Always)

**Checklist:**

[ ]  I’m learning to define myself beyond pain.

[ ]  I want a future shaped by wisdom.

[ ]  I still wrestle with doubt but haven’t given up.

[ ]  I believe in beauty and redemption.

[ ]  I walk with slow courage.

[ ]  I’m discovering hope in unexpected places.

**Journal Prompts:**

* Imagine yourself a year from now. What do you hope to say about this season? What does healing look like?
Click or tap here to enter text.
* Write a vision of your healed self. What strengths, joys, or freedoms do you embody?
Click or tap here to enter text.
* How is God writing a story of redemption in your life? What hopes can you entrust to Him?
Click or tap here to enter text.
* Envision your healed self a year from now. What does your life look like, and what steps can you take to get there?
Click or tap here to enter text.
* Write a vision of your future, focusing on the hope and redemption that lie ahead.
Click or tap here to enter text.