



# healing after betrayal:

a guide for the first days

## gentle priorities for the first days

In the first month after discovery, your goal is not to solve everything or make perfect decisions. Your goal is to care for yourself, one day at a time.

This checklist is not meant to become another pressure or expectation.

Think of it as a gentle guide—small, steady steps that support your body, heart, and mind as you begin to heal.

You may not do all of these every day, and that is okay.

## daily gentle care

- Eat regular meals, even if they are small
- Drink water throughout the day
- Step outside for fresh air or light
- Rest when you are able, even if sleep is difficult
- Take a few slow breaths when you feel overwhelmed

These simple acts help your body begin to settle and regain strength.

## emotional care

- Allow yourself to feel what you feel without judging it
- Write or journal if it helps release thoughts or emotions
- Take breaks from conversations or situations that feel overwhelming
- Remind yourself that healing takes time

You do not need to rush your heart.

## support and connection

- Reach out to at least one safe person
- Consider seeking informed support such as a counselor, coach, or group
- Limit sharing your story to people who feel safe and compassionate

Even one supportive connection can help you feel less alone.

## gentle reminders for hard days

Some days will feel heavier than others. On those days, return to the simplest things:

- Breathe slowly
- Drink water
- Take one small step
- Rest when you can

If all you did today was get through the day, that is enough.

## a truth to carry with you

Healing rarely happens in a straight line. There will be days when you feel steadier, and days when emotions rise again unexpectedly. This does not mean you are failing or going backward. It means you are human, and your heart is processing something real.

Take this season one day at a time.

And when one day feels too heavy, take it one hour at a time.

You are moving forward, even when it feels slow.

*The Lord is near to the broken-hearted and saves the crushed in spirit. ~ Psalm 34:18*