



Can your relationship survive an affair?



Of all the difficult situations people face in relationships, betrayal may be the worst. The person we count on the most is the one who has hurt us. The feelings of sadness, anger, shock, and helplessness grip our hearts to the point of paralysis. People that have been betrayed often feel inadequate and wonder why their partner chose someone else over them. To confront infidelity and cope with betrayal, you need to honor yourself by communicating your feelings and ensuring that those feelings are heard and validated. You need to believe that your partner is truly remorseful for the betrayal. You also need to honor yourself – and hold your partner accountable – by communicating what you need for repair.

It's difficult to communicate your feelings after a betrayal. Even after time has passed, talking about the incident can trigger old pain. At the same time, you may feel an internal pressure to process and get things off your chest. If you hold these feelings in too long, they could come out in unexpected and volatile ways, or they could stay locked in and lead to depression. You need to be heard. You honor yourself when you share your pain, your sadness, your fears, and even your anger. With that said, sharing your feelings is not the same thing as attacking your partner.

Avoid blaming “you” statements and focus on what’s going on inside of you. Dr. Gottman suggests that couples complain without blame (“I feel...”) and state a positive need (“I need...”).

In order to truly recover after a betrayal, you must be able to hear, accept, and believe that your partner truly regrets the infidelity. Hopefully your partner will be patient with the fact that you might need to hear that regret expressed many times in many different ways. Often a person who has had an affair seeks to rush ahead to talk about the deficits that were present in the relationship before the affair occurred. This can cause a lot of problems, especially at first, because the betrayed partner might very well feel that the betrayer is seeking to justify his or her actions or even to defensively blame the betrayed partner.

You need to communicate what you need to repair the relationship. That can be hard because sometimes you don't even know yourself what you need. For most couples in this situation, transparency is a must. That means that your partner needs to be an open book about where they are, who they are with, when to expect their return, and immediate communication if there is a change in plans, or if they have had any encounter with the affair partner. It goes without saying that the affair must end and that all communication with the affair partner ceases.

The biggest issue in establishing a transparent relationship is hearing the full story of the affair. While it is best to avoid questions regarding specific sexual behaviors, all other questions must be answered openly and honestly. The betrayer who tries to "soften the blow" by hiding details of the affair runs the risk of creating a second betrayal when their partner discovers those details that had previously been omitted. If you need to have access to your partner's email accounts and text messages, it is okay to ask for that. You might want to write out a list of what your needs are. It is okay to have needs and to ask your partner to honor them.

Above reference: www.gottman.com.au

#AskGottman: Affairs Answers

Introducing our newest member to the Drop Of Life Team....

Donn Tantengco



Donn Tantengco is a generalist psychologist and has been so since obtaining his full registration in 1999. He has worked across a variety of settings including non-profit organisations, community mental health (adult), and private practice in providing assessment and therapeutic services to clients. His experience in private practice also includes providing counselling under employee assistance and Veteran Services arrangements. He is experienced in working with clients to address presenting issues such as anxiety, depression, grief and loss, relationship difficulties, adjustment, and coping with trauma/PTSD. In addition to working with clients individually, he also enjoys working within a couples/family framework and has a special interest in these approaches.

Donn is also a bicultural mental health consultant with Queensland Health and adopts an approach that is culturally respectful to clients of CALD backgrounds. He is also an accredited supervisor with the Psychology Board of Australia (for 4+2, higher education) and is available for professional supervision of students/interns (external).

Extra Skills Information

- Accredited supervisor with AHPRA (4+2, higher education)
- Bicultural Mental Health Consultant, Qld Health (Filipino)
- Supervisor, College of Professional Psychology
- Completed Level 3 training, Gottman Couples Therapy (2015)



Benji's Tip

One small
positive
thought
in the morning
can change your
whole day



We had a fair few winners from the colouring competition as too many of you did so well.

Please see Jasmine at reception to collect your prize!

Competition Time

This month we will be hosting a FISH NAMING competition for our fishies. If you would like to enter, please see Jasmine at reception.

The winner will be announced next month and will receive something special.

Get naming kids!!!



Drop of Life Team



NATALIE TURVEY

Natalie Turvey is a registered psychologist and Clinical Hypnotherapist. She has over 16 years' experience in a wide range of settings such as Adult Mental Health, school leavers, child safety, forensic psychology, disabilities, and child and adolescent mental health.



TRUDY GOSCH

Trudy Gosch is an Accredited Mental Health Social Worker and Accredited Youth Mental Health First Aid Instructor who has been working in the field of Child, Youth and Family Mental Health for the past 11 years. Trudy works with the broad spectrum of mental health concerns including depression, anxiety, grief and loss, trauma resolution, attachments and relationships, self-esteem and identity.



PAMELA HARDING

Pamela Harding is an experienced psychologist working with clients who are experiencing difficulties that are impacting significantly on their quality of life, relationships and opportunities. Pamela works extensively with adults, children, adolescents, and families. She is an IABA (Institute for Applied Behaviour Analysis) trained clinician and has extensive experience working with clients with disabilities.



DONN TANTENGCO

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JASMINE SLATER

Our friendly Administration Officer Jasmine is always here to help.



LOUISE DEMPSEY

Our friendly Administration Officer Louise is currently away on maternity leave and will be back at Drop Of Life around August 2016.



BENJI THE GREAT

is an Animal Assisted Therapist who loves long walks and listening to peoples problems without judgement. He is 3 year old (which is a mature 28 in doggy years!) and has been working in the clinic since he was 6 weeks old.

Please visit our website for more information
about Drop Of Life

www.dropoflife.com.au

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