



# NOT “Just Friends”

Rebuilding Trust and Recovering  
Your Sanity After Infidelity

*"An illuminating, instructive, down-to-earth, and inspiring  
book that helps transform heartbreak into a stronger, rebuilding  
relationship, because the ultimate truth here is: it's possible!"*  
—Sherry Sussman, author of *The Love-Savvy Woman*

**Shirley P. Glass, Ph.D.**  
with Jean Coppock Staeheli

# Not Just Friends Rebuilding Trust And Recovering Your Sanity After Infidelity

**Terri Apter**



## **Not Just Friends Rebuilding Trust And Recovering Your Sanity After Infidelity:**

*NOT "Just Friends"* Shirley Glass, 2007-11-01 One of the world's leading experts on infidelity provides a step by step guide through the process of marital infidelity from suspicion and revelation to healing and provides profound practical guidance to prevent cheating and if it happens recover and heal from it You're right to be cautious when you hear these words I'm telling you we're just friends Good people in good marriages are having affairs The workplace and the internet have become fertile breeding grounds for friendships that can slowly and insidiously turn into love affairs Yet you can protect your relationship from emotional or sexual betrayal by recognizing the red flags that mark the stages of slipping into an improper dangerous intimacy that can threaten your marriage

## **Comparative Law and Jurisprudence in Namibia**

Samuel Kwesi Amoo, Tapiwa Victor Warikandwa, Kennedy Kariseb, 2025-01-31 Comparative law examines the differences and similarities between various countries' laws and legal systems across the world such as common civil and socialist laws Its significance has grown dramatically in the current era of internationalism populism economic globalization and democratization Despite its relevance Namibia lacks scholarly literature in comparative law Comparative Law and Jurisprudence in Namibia provides in depth understanding of the theoretical framework of different legal systems and of comparative law and contextualizes its application for the Namibian context particularly towards a unified legal system It addresses topics such as comparative law's conceptual framework the interplay between courts and comparative law and comparative law praxis or the practical application thereof The chapters span across all levels of comparativism and promote a multidisciplinary approach to discourse including altering Namibian legal education Furthermore the collection accelerates required legislative change in Namibia to guarantee a legal structure aligned with societal and constitutional imperatives in the twenty first century

*Reconcilable Differences* Andrew Christensen, Brian D. Doss, Neil S. Jacobson, 2014-01-21 Every couple has disagreements but what happens when recurring conflicts start to pull your relationship apart Do you lie awake hoping that your spouse will eventually see things your way or rehashing the evidence that you're right Demand some immediate changes or else This popular science based guide offers powerful solutions for couples frustrated by continual attempts to make each other change True acceptance may seem difficult to accomplish but the clear cut steps and thought provoking exercises in this book can make it a reality You'll learn why you keep having the same fights again and again how to keep small incompatibilities from causing big problems what communication strategies really work to resolve conflicts and how to problem solve and make positive changes together Updated throughout with new research practical tools and examples the second edition features a new chapter on mindfulness Mental health professionals learn about using this self help guide as an adjunct to therapy at the authors website <http://ibct.psych.ucla.edu>

*After a Good Man Cheats:* Dr. Caroline Madden, Marriage Therapist, 2015-02-17 This book is a practical action plan that will walk you through the first stages after your wife has discovered your infidelity You'll learn the things your wife is going to feel say and do giving you the

following Insight into what she is thinking and why this is so hard for her to get over Practical advice so you know exactly what to do at this important stage Actual scripts so you know what to say in response to very specific situations Clear explanations as to why certain words and actions you think will be helpful might be making this worse Two self administered quizzes to help you determine why you cheated so that you can get a better understanding of what triggered your affair Included at the appropriate points are scripts of what to say and why you need to say those words at that time Do not just memorize these words and parrot them back to your wife You have already lost her trust if you start using words you don't normally use you'll sound like you're faking it You will want to translate the scripts into your own natural wording using the meaning of each script as a launching pad for productive healing dialogue with your wife Also other these other questions are answered She doesn't know I feel guilty Should I tell her the truth We aren't married yet How does that impact recovering from the affair I didn't have a physical relationship with my Affair Partner why is my wife so upset What is an Emotional Affair

**I (Think) I Want Out** Becky Whetstone, 2025-02-04 I Think I Want Out is an essential couples guide that provides comprehensive information answers and guidance on how to navigate a marriage crisis Among the 600 000 annual divorces that transpire within the United States almost all of them begin with a marriage crisis Whether your partner told you they want to leave the marriage or you are wondering how to break the news that you want out this breaking point can be filled with overwhelming emotions worry about children becoming collateral damage and ill advised counseling that make navigating this process more frightening and confusing than it has to be These heartbreaking times can propel couples into a state of fear panic and uncertainty about what steps they should take sometimes leading them to divorce when reconciliation might have been possible Known as the Marriage Crisis Manager marriage and family therapist Becky Whetstone fills in these gaps by speaking to both partners on how to manage themselves and their relationship in the healthiest of ways regardless of the eventual outcome In I Think I Want Out Whetstone's coaching offers clear understanding on why everyone feels crazy and overwhelmed during one of life's most difficult experiences By promoting peacefulness and self care she emphasizes the importance of both partners slowing down throughout the process With engaging exercises and worksheets Whetstone organizes an intelligent plan so all parties can successfully manage the crisis in a way where smart rational decision making can take place and mistakes are minimized Some of the many useful strategies and insight Whetstone provides help couples understand How the marriage crisis happened in the first place The stages of marital deterioration and how to diagnose the severity of the marriage crisis How our nervous system impacts the way we feel and influences our actions What factors to consider mental and physical health abuse and addiction When it's time to separate and how to do it peacefully in a way that avoids separation limbo and moves the couple forward toward the end goal of a definitive decision How to manage the crisis and possible divorce amicably ensuring the best outcome for the children With the inclusion of useful templates that show couples how to separate in a way that encourages reconciliation and offer a plan for families

whose intended divorce is done in a respectful way that encourages a good co parenting relationship moving forward this useful guide helps is an invaluable tool for any dissolution of a marriage

**Passing Judgment: Praise and Blame in Everyday Life** Terri Apter, 2018-01-09 Terri Apter reveals how everyday judgments impact our relationships and how praise blame and shame shape our sense of self Do you know that praise is essential to the growth of a healthy brain That experiences of praise and blame affect how long we live That the conscious and unconscious judgments we engage in every day began as a crucial survival technique Do you think people shouldn't be judgmental But how judgmental are you and how does this impact your relationships Keenly perceptive The Atlantic psychologist and writer Terri Apter reveals how everyday judgments impact our relationships and how praise blame and shame shape our sense of self Our obsession with praise and blame begins soon after birth Totally dependent on others rapidly we learn to value praise and to fear the consequences of blame Despite outgrowing an infant's dependence we continue to monitor others judgments of us and we ourselves develop what relational psychologist Terri Apter calls a judgment meter which constantly scans people and our interactions with them and registers a positive or negative opinion In Passing Judgment Apter reveals how interactions between parents and children within couples and among friends and colleagues are permeated with praise and blame that range far beyond specific compliments and accusations Drawing on three decades of research Apter gives us the tools to learn about our personal needs goals and values to manage our biases to tolerate others views and to make sense of our most powerful and often confusing responses to ourselves and to others

**Authentic Human Sexuality** Judith K. Balswick, Jack O. Balswick, 2019-09-03 Informed by sociology psychology and theology this updated edition of an established textbook investigates how human sexuality originates both biologically and socially Laying the groundwork for a normative Christian interpretation of sexuality this work explores what authentic sexuality looks like as well as forms of inauthentic sexuality such as sexual harassment pornography and rape

**Infidelity** Paul R. Peluso, 2007-06-15 When one partner in a relationship is unfaithful to the other it takes a lot of work by both parties involved to salvage the relationship In today's therapy friendly climate marriage couples counseling is often a part of that rebuilding process Many couples seek out professional therapy after an affair is out in the open but often the act of infidelity is revealed while uncovering and discussing unrelated issues for which the couple is in counseling And yet amazingly as common as this complex and difficult topic arises in therapy there is relatively little professional literature devoted to understanding and treating infidelity In this volume Paul Peluso has assembled a truly impressive list of contributors from a range of disciplines and backgrounds including marital therapy family therapy evolutionary psychology marriage research and cyberstudies with the aim of filling this void

**Emotionally Focused Couple Therapy For Dummies** Brent Bradley, James Furrow, 2013-07-15 A practical down to earth guide to using the world's most successful approach to couple therapy One of the most successful therapeutic approaches to healing dysfunctional relationships emotionally focused couple therapy provides clients with powerful insights

into how and why they may be suppressing their emotions and teaches them practical ways to deal with those feelings more constructively for improved relationships Unlike cognitive behavioural therapy which provides effective short term coping skills emotionally focused therapy often is prescribed as a second stage treatment for couples with lingering emotional difficulties Emotionally Focused Couple Therapy For Dummies introduces readers to this ground breaking therapy offering simple proven strategies and tools for dealing with problems with bonding attachment and emotions the universal cornerstones of healthy relationships An indispensable resource for readers who would like to manage their relationship problems independently through home study Delivers powerful techniques for dealing with unpleasant emotions rather than repressing them and for responding constructively to complex relationship issues The perfect introduction to EFT basics for therapists considering expanding their practices to include emotionally focused therapy methods Packed with fascinating and instructive case studies and examples of EFT in action from the authors case files Provides valuable guidance on finding selecting and working with the right EFT certified therapist

*Surviving Separation And Divorce* Loriann Hoff Oberlin, 2005-04-01 Reclaim you life and your self The weeks following your separation may prove to be the most difficult weeks of your life But with a little help and support you ll find the strength you need to get through the divorce process and move on Author Loriann Hoff Oberlin M S understands the rough road to starting over A survivor herself she shares her personal experience as well as her professional expertise as she shows you how to rebuild your life step by step *Surviving Separation and Divorce* 2nd Edition provides you with markers for the legally and emotionally taxing journey ahead including how to Rebuild your self esteem Explore reconciliation or not Help your children get through the transition Deal with lawyers and the court system Manage money and finances Return to and thrive in the workforce Develop an active social life Consider remarriage With this completely revised and updated classic at your side you ll summon your inner strength let go of the past and build a better future starting today

**Out of the Doghouse** Robert Weiss, 2017-01-03 It s all about cheating the biggest threat to intimacy Typically men are good at creating rifts in relationships but terrible at mending them especially after they ve repeatedly betrayed their partner through sexual infidelity For the most part cheating men are both intimacy challenged and empathy challenged and as such they lack the skills needed to overcome the damage wrought by their infidelity Robert Weiss has spent over twenty years in the treatment of sex and intimacy issues He s helped both cheating men and their betrayed spouses move through the horrors of infidelity In *Out of the Doghouse* he shares his expertise illuminating the ways in which men can move beyond their usual feeble efforts to smooth things over Saying I m sorry and trying to buy forgiveness with flowers and jewelry may temporarily calm the stormy seas of infidelity However these actions do nothing to re-establish intimacy and trust the key components to help the distraught woman feel better about her relationship over the long term and get over the cheating The simple truth is men and women are very different when it comes to intimacy and relationships While men are able to compartmentalize things like sexual infidelity women

typically view cheating as an affront to their entire relationship. They think if he is lying to me about sex, he's probably lying to me about everything. For betrayed women, trust just flat out disintegrates. And without proper guidance, men have little hope of restoring it. Weiss provides exactly the needed guidance in *Out of the Doghouse*, helping men move past the usual infidelity roadblocks that result from cheating in ways that will not only save a damaged relationship but restore intimacy to make it better than ever. The Biology of Sin Matthew S. Stanford, 2012-01-04. The Biology of Sin discusses sinful behaviors including adultery, rage, addiction, and homosexuality, asking, "What does science say and what does the Bible say?"

**Foundations for Couples' Therapy** Jennifer Fitzgerald, 2017-02-03. As a quality resource that examines the psychological, neurobiological, cultural, and spiritual considerations that undergird optimal couple care, *Foundations for Couples Therapy* teaches readers to conduct sensitive and comprehensive therapy with a diverse range of couples. Experts from social work, clinical psychotherapy, neuroscience, social psychology, and health respond to one of seven central case examples to help readers understand the dynamics within each partner as well as within the couple as a system and within a broader cultural context. Presented within a Problem Based Learning approach (PBL), these cases ground the text in clinical reality. Contributors cover critical and emerging topics like cybersex, emotional well-being, forgiveness, military couples, developmental trauma, and more, making it a must-have for practitioners as well as graduate students. Getting Back Together Bettie B. Youngs, Masa Goetz, Suzy Farbman, 2006-02-15. You can save your relationship. The divorce courts are littered with broken marriages and broken lives. Yet most people would save their marriages if only they knew how. *Getting Back Together* is the solid, comprehensive guide you can count on to get your relationship back on track. No matter what issues you may face, this step-by-step program shows you how to take the initiative, reconcile your differences, and remake your relationship from the ground up. In this completely revised edition, Drs. Young and Goetz provide the most current studies and relationship evaluation tools available. They also include numerous inspiring real-life stories of couples that have resurrected and renewed their relationships. Packed full of valuable information and comforting advice, *Getting Back Together* helps couples beat the odds and build a new, happier life together forever. *Repairing Attachment Injuries in Close Relationships* Clare Rosoman, 2024-11-29. This book is an essential guide for those who have experienced an attachment injury in an important relationship and are struggling to process their hurt and betrayal or to imagine rebuilding the trust in this precious bond. Dr. Clare Rosoman guides readers on a path towards healing and recovery informed by attachment science and emotionally focused therapy. Viewing close relationships as attachment bonds, this book examines betrayal and how these painful events can create an attachment injury which redefines the relationship bond as insecure. It offers strategies for healing relationships and restoring security in connection and looks at many different types of attachment injuries, including those that can happen in monogamous or non-monogamous relationships. As Rosoman suggests, relationships can emerge even stronger after being rocked by broken trust. This book is a vital resource for therapists looking to facilitate healing and

growth in their clients in individual couple or family therapy as well as for individuals seeking an encouraging self help resource

**Torn Asunder Workbook** David Carder, 2010-04-01 Based on the principles in the bestselling Torn Asunder a book that has helped thousands of people survive infidelity this revised and expanded workbook offers five crucial services for hurting couples Stabilizes the marriage in the initial crisis Provides structure for the emotionally volatile environment Brings closure to the old marriage the marriage prior to the affair Establishes skills necessary for the new marriage pattern Answers the questions How could you do this to me Why did you do it The Torn Asunder workbook is built around daily twenty minute homework exercises initiated by each spouse on alternating days for ten to fifteen weeks Working with your spouse might be the last thing you want to do right now but it is essential to your long term recovery whether or not your marriage survives Healing won't be easy But the Torn Asunder workbook provides hope encouragement and practical advice for the journey Take the first step today

**Clinical Treatment Directions for Infidelity** Nicolle Zapien, 2018-02-15 Clinical Treatment Directions for Infidelity considers the psychotherapeutic treatment of infidelity from a fresh perspective Psychotherapy both couples and individual for infidelity is notoriously challenging and clinicians tend to disagree on case conceptualizations and treatment objectives This book approaches infidelity from a client centered phenomenological perspective informed by qualitative research and social context Essential for clinicians who work with cases of infidelity it provides a framework and set of tools with which to approach these cases from a non judgmental stance that helps clients glean meaning from these experiences and make conscious personal choices about how to move forward

**Creating an Effective Couples Therapy Practice** Butch Losey, 2017-12-15 Most clinicians seek guidelines and indicators as to the effectiveness of their interventions with clients Some may even be implementing evidence based interventions and seek an in depth understanding of their results This book helps clinicians who provide couple's or marriage therapy and counseling go from the ambiguous realm of thinking or knowing their effectiveness to being able to demonstrate it It identifies effective strategies for common treatment concerns that connect to the successful outcomes of therapy Here the process starts even before the couple enters therapy and goes beyond the final session Dr Losey discusses specific outcome measures and how they can be used in session so that the couple can assess their relationship and develop specific goals and interventions for treatment The author also examines session notes pre treatment change and developing quality post treatment goals in his discussion of clinical effectiveness

*Trust and Trust-Making in Africa's Global Connections*, 2025-04-14 Trust and Trust Making in Africa's Global Connections is a thought provoking book contributing to both African Studies and the study of trust in society The volume provides rich ethnographic insights into the ways trust and trust making shape Africans global encounters It traces empirical foundations of trust and distrust illustrates the wide variation in manifestations of trust building and critically positions these observations in the contemporary moment of global polycrisis Trust and trust making we show as these critically engage with global power relations are acting both as a catalyst of harm and a potential source of



positive change Contributors Mayke Kaag Alena Thiel István Tarrsy Melina Kalfelis Mark Kwaku Mensah Obeng Geraldine Asiwome Ampah Wiebe Nauta Abdourahmane Seck     The Truth about Cheating M. Gary Neuman, 2008-07-28 The New York Times bestselling look at the real reasons for male marital infidelity and what might prevent it Few events cause as much turmoil in a marriage as infidelity It can shatter trust and breed insecurity and resentment from which some relationships never recover People who think it won't happen to them are hit that much harder when it does Why are men unfaithful Can infidelity be prevented What do men say they're getting from their mistresses that they're missing at home Do a man's friends have anything to do with his willingness to cheat In this New York Times bestselling book experienced family counselor M Gary Neuman shares the revealing and surprising findings of a cutting edge research study in which he interviewed men across the country who have physically cheated on their wives Neuman shares many shocking discoveries including the prominent role of emotional dissatisfaction in motivating husbands who stray and how small a role sexual dissatisfaction plays Based on a groundbreaking study of both cheating men and men who have remained faithful Reveals surprising findings on the contribution of sexual and emotional dissatisfaction to male infidelity Written by experienced family counselor M Gary Neuman coauthor of *In Good Times and Bad* and author of *Emotional Infidelity* Neuman and *The Truth about Cheating* were featured twice on *The Oprah Winfrey Show* Drawing on dramatic case stories of the author's own work with clients *The Truth about Cheating* includes proactive strategies and action steps for married women to help them prevent infidelity and create a faithful and rewarding marriage

## Adopting the Track of Phrase: An Emotional Symphony within **Not Just Friends Rebuilding Trust And Recovering Your Sanity After Infidelity**

In some sort of used by screens and the ceaseless chatter of immediate connection, the melodic beauty and emotional symphony created by the prepared word often disappear into the back ground, eclipsed by the constant sound and interruptions that permeate our lives. But, situated within the pages of **Not Just Friends Rebuilding Trust And Recovering Your Sanity After Infidelity** a stunning literary prize filled with fresh thoughts, lies an immersive symphony waiting to be embraced. Crafted by a wonderful musician of language, this charming masterpiece conducts readers on a psychological journey, skillfully unraveling the hidden melodies and profound affect resonating within each cautiously constructed phrase. Within the depths with this moving evaluation, we can discover the book is central harmonies, analyze their enthralling writing design, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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