



Join us!

**PARTNER
BETRAYAL TRAUMA
GROUP
INFORMATION**





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IN THIS PACKET WE WILL COVER COMMON QUESTIONS PEOPLE HAVE ABOUT JOINING A FREEDOM GROUP AND GIVE YOU HELPFUL INFO ON HOW TO GET STARTED IN YOUR RECOVERY JOURNEY.



WELCOME & WHY?

I'm so glad you are considering joining a Partner Betrayal Trauma group. This group is designed specifically for women who have experienced betrayal in their relationship and are navigating the impact of that pain. While we do operate from a biblical foundation, this is not a Bible study. Instead, it's a supportive, guided space where you can process your story, rebuild your sense of self, and begin healing alongside others who truly understand.

Group follows a structured, step-based journey that helps you move through betrayal trauma at your own pace. Group meets year-round and is ongoing, so there is no formal start or end date. You can enter in and begin wherever you are, taking each step as you're ready.

It's completely normal to feel hesitant or even anxious about joining a group like this. Many women walk in unsure of what to expect. What you'll find is a group of women who get it—women who have experienced similar pain, confusion, and questions. This is a place where your reality is honored, your voice matters, you don't have to carry this alone, and you will not be blamed for your spouses behavior!

As you engage in group and work through the materials, you'll begin to experience greater clarity, emotional stability, and confidence in your own thoughts, feelings, and boundaries. Healing happens in safe relationships, and this group is designed to help you rediscover your strength and your voice.

When you join group, it becomes more than just a weekly meeting. You're stepping into a community of women who support one another throughout the week—offering encouragement, connection, and care in moments when you need it most.

MATERIALS

Group members have workbook 3 options to choose from and are expected to purchase materials by their third group meeting. Materials may be purchased anywhere, but can be purchased in a bundle through [Heart to Heart Counseling Center](#).



Partners: Healing From His Addiction

Recommended for those whose partner struggles with a sexual addiction (of any kind.) Generally speaking those who use this book may desire to repair their relationship.



Partner Betrayal Trauma

Recommended for those who have been betrayed through infidelity of any type, have an extensive trauma history, or those who know they are not looking to repair their relationship.



Married and Alone

Recommended for those who, in addition to betrayal have lived through the neglect of a relationship to someone with intimacy anorexia.

CHECKLIST

INTEREST FORM

PURCHASE GROUP
MATERIALS

RECEIVE/ SIGN GROUP
FORMS FROM HOPE MWC

ATTEND GROUP!

WHAT HAPPENS IN GROUP?

Our Partner Betrayal Trauma Group is a safe, structured space designed for growth, honesty, and connection.

Most weeks begin with a focused teaching & group discussion around a topic to help you better understand healing, followed by structured time you'll have the opportunity to share personal check-ins. You'll receive encouragement, insight, and feedback from others who are walking a similar path, an essential part of meaningful growth.

Once a month the group is formatted as a "step presentation" week. These are powerful moments where members share what they've learned as they complete a step, marking progress and inspiring others in the group.

Beyond the weekly rhythm, Group is a place to build real relationships. Many women find supportive relationships and mentors who continue walking with them outside of group, offering support, wisdom, and friendship along the way.

FAQ

Who is this group for?

This group is for women who have experienced betrayal in their relationship and are looking for support, healing, and clarity. This may include betrayal related to pornography, affairs, emotional affairs, compulsive sexual behavior, sex addiction, intimacy anorexia, chronic deception, or emotionally disconnected/sexless marriages connected to betrayal dynamics.

You do not need to have everything figured out before joining. Many women come in confused, overwhelmed, or unsure of what they even need yet.

What if I'm not sure my situation "counts" as betrayal trauma?

Many women minimize their pain or question whether their experience is "serious enough." If your relationship has left you feeling unsafe, emotionally destabilized, confused, hypervigilant, or disconnected from yourself, this group may still be helpful for you.

You do not need to compare your pain to someone else's in order to deserve support.

I am divorced or pursuing divorce. Is this group still for me?

Yes. No matter what you have decided—or are still deciding—about your relationship, this group is designed to support women across a broad spectrum of experiences and needs. Some women in group are working toward reconciliation, some are separated, some are uncertain, and some are navigating divorce or life after divorce. The focus of this group is not pressuring you toward a particular relationship outcome. The focus is your healing, clarity, emotional safety, and recovery from betrayal trauma.

You are welcome here regardless of where your relationship currently stands.

Do I have to talk or share in group?

No. You are always free to participate at your own pace. Some women share openly right away, while others spend time listening first. Both are completely okay.

There is never pressure to share more than you feel comfortable sharing.

Is what I share confidential?

Group members are expected to protect one another's stories and privacy. This group is designed to be a safe place where women can be honest without fear of judgment, gossip, or shame.

FAQ

What if I cry or become emotional during group?

That is completely okay and very normal. Betrayal trauma impacts every part of a person emotionally, mentally, spiritually, and physically. This group is meant to be a space where emotions are welcomed, not avoided.

You do not need to “hold it together” here.

What if my spouse is not in recovery?

You are still welcome in group. Many women enter group while their spouse is resistant, inconsistent, or not pursuing healing.

Your healing does not have to wait on someone else’s choices.

What if my spouse is doing well now? Can group still help me?

Absolutely. Even when behaviors stop, the impact of betrayal trauma often remains. Many women continue struggling with triggers, fear, anxiety, trust issues, confusion, or loss of self long after discovery.

Healing is about more than behavior change—it’s about restoring safety, clarity, and stability within yourself.

What resource or workbook should I choose?

We suggest 3 different resources: Partner’s Healing From His Addiction, Partner Betrayal Trauma, and Married and Alone, all by Dr. Doug Weiss. You may want to attend group a time or 2 and ask for suggestions for which one may fit your situation best.

How long should I stay in group?

There is no required timeline. Some women attend for a few months, while others remain connected longer as they continue building support, stability, and growth.

Healing from betrayal trauma is a process, not a quick fix.

What if I feel nervous about joining?

That is incredibly normal. Most women feel anxious before attending their first group. Walking into a room full of strangers and talking about painful experiences can feel intimidating.

What most women discover is that they are not alone, and that being understood by others who truly “get it” can be deeply healing.

FAQ

Will I be told I caused my spouse's behavior?

No. You are not responsible for another person's choices, compulsive behaviors, deception, or betrayal.

This group does not blame partners for the actions of the betraying spouse.

Is this group only for married women?

No. Women in various relationship situations may attend, including married, separated, engaged, dating, or divorced women who are healing from betrayal-related trauma.

Can I join if I'm already in counseling or coaching?

Yes. Group often works very well alongside individual counseling, coaching, therapy, pastoral care, or recovery work.

Many women find that group provides the community and shared understanding that individual support alone sometimes cannot offer.

What happens outside of weekly group meetings?

Women in group often encourage and support one another throughout the week through healthy connection, accountability, prayer, encouragement, and check-ins. You are never required to participate outside of meetings, but many women find the ongoing community to be one of the most healing parts of the experience.

What if I miss a week?

Life happens. Because the group is ongoing and year-round, missing a session does not mean you've fallen behind or have to restart. You can continue engaging as you are able.

Is this group therapy?

This group is psychoeducational and support-oriented in nature. While it can be deeply therapeutic and healing, it is not a replacement for licensed mental health therapy when higher levels of care are needed.