

Obsessing after Infidelity: The Value of Obsessing about an Affair



with Dr. Ellyn Bader

*The Couples Institute &
The Developmental Model of Couples Therapy*

Here Is What We Will Cover Today



The Value of Rumination and Obsessing

When to Decide about Staying Together

Video Demonstration -4 Year Affair with Nanny

Laying a Strong Foundation for the Work

How Partners Push Growth in Each Other

How Easy is it to Fall in Love?

For some couples, falling in love is intense and the decision to become a couple is easy.



For others, it is far more difficult as they thoughtfully consider challenging differences in religion, culture, social class, child-rearing,, where to live, in-law problems, etc.- They have overcome a lot



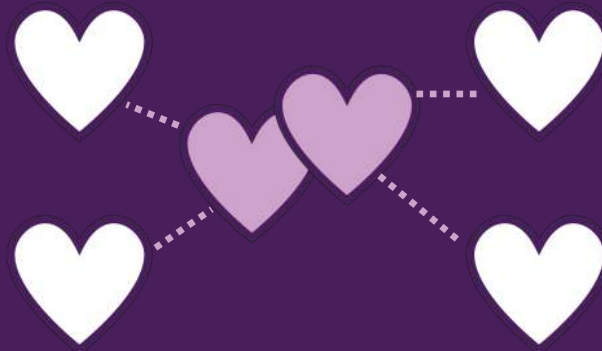
Monogamous partnerships are still the majority

Today some couples explore

Polyamory



Open types of relationships



The majority worldwide still live in

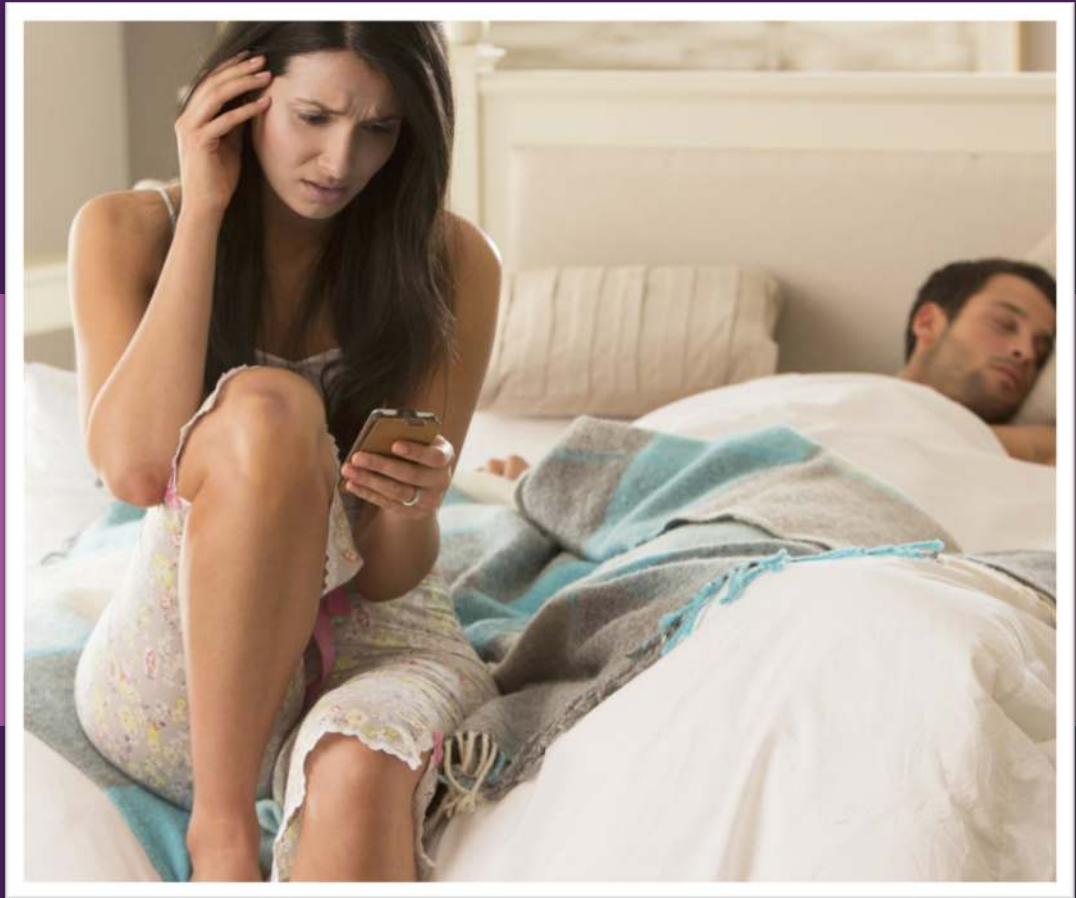
Monogamous relationships



When the decision to commit is made and monogamy is chosen, the couple draws a boundary around the **“two of them”** as a couple.



In today's world of cell phones, text messages and emails, it has become much easier for partners to unearth infidelity – and to be able to follow the communication trail between lovers.



Discovering Infidelity

When one monogamous partner discovers that the other has been unfaithful, it is a violation of that commitment and the decision to be monogamous.

The commitment has been disrupted and a boundary has been violated.



What once seemed secure is no longer secure

The disruption of an affair is the violation of dreams, goals and decisions



interdependency



family



teamwork



partnership

all are potentially lost

One partner has made a unilateral choice to terminate an equilateral decision

This new decision disrupts the attachment and substantial questions arise

“ Will it happen again?

“ Will there be other unilateral decisions that affect me deeply in which I will not have a say?



Inevitable questions surface



- Are we going to stay together or separate?
- Will I ever be able to trust what you tell me again?
- Are we a couple or aren't we?
- Is this the end of our relationship?
- Does the affair partner know more than I do?
- Who else knew about the affair?
- Will you continue to lie and keep secrets from me?
- Was there ever anything between us?

Obsessing about the details

Very often the betrayed partner
can't stop obsessing
about details and wanting to know
everything about what occurred.





What we know about Paul's Couple
Long-term Conflict Avoidant Marriage
Infidelity Lasted 4 Plus Years
Infidelity was with Nanny/Friend
Wife had Breast Cancer
Double Mastectomy
Therapy Delayed



1- 4:40

Notable Points from First Section of Video

?

Aligning with struggles that the wife had over the last few years. And she can't get images out of her head

?

Assess Motivation-Look for commitment to do the work.

?

Deciding about the future comes at the end not the beginning

?

Assess the types of lies

All questions that existed before the couple formed **come back again**. This time the challenge is intensified because there are many more interdependencies, as well as having children together.

Each partner must re-decide whether they want to reinvest.

Do they want to invest in therapy?

Do they want to recommit to the marriage?





2- 4:43

Notable Points from Second Section of Video

?

Rumination is a good thing. It will inform our work.

?

4 powerful things she is thinking about

?

Bring the concerns into here and now work.

?

Beginning confrontation of their conflict avoidance-That is why you are here


Karen's Questions



- Why didn't I notice? What did I miss?
- Why would she betray me?
- Where did they meet?
- Why wasn't she taking care of our kids?

Obsessing about the details

Sessions will revolve around questions like:



Where did you meet?
Did you meet with
our friends/kids?
How many times
were you together?

What did she/he have
that I don't have?

What were you thinking
when you wrote this
email (or that text)?

What gifts did
you give?

What kind of sex
happened? And where?

For you to keep positive momentum going, it helps a lot to know what types of lies were told and also **when obsessing is valuable** and when it's not.



So when is it
valuable
to obsess about the
details of a
partner's affair?





3- 8:46

Notable Points from Third Section of Video

?

Ellyn begins testing what they can handle.

?

His shame and feeling like a bad guy are preventing self-confrontation.

?

What she is angry about will push his growth.

?

How being direct externalizes her rumination

Obsessing can be valuable

Obsessing and pursuing details can actually be very helpful for betrayed partners to:

?

Know what is lost and what they are grieving.

?

Get important questions answered directly and honestly.

?

Externalize intrusive thoughts and images and get some reality testing. It stops projection and blown up distortions/ fantasies. It also begins to change the conflict and intimacy avoidant pattern.

Obsessing can be valuable

Obsessing and pursuing details can actually be very valuable to:

?

Start putting a clear boundary back around the primary relationship.

?

Create shared understanding about what actually happened at confusing times in the past.

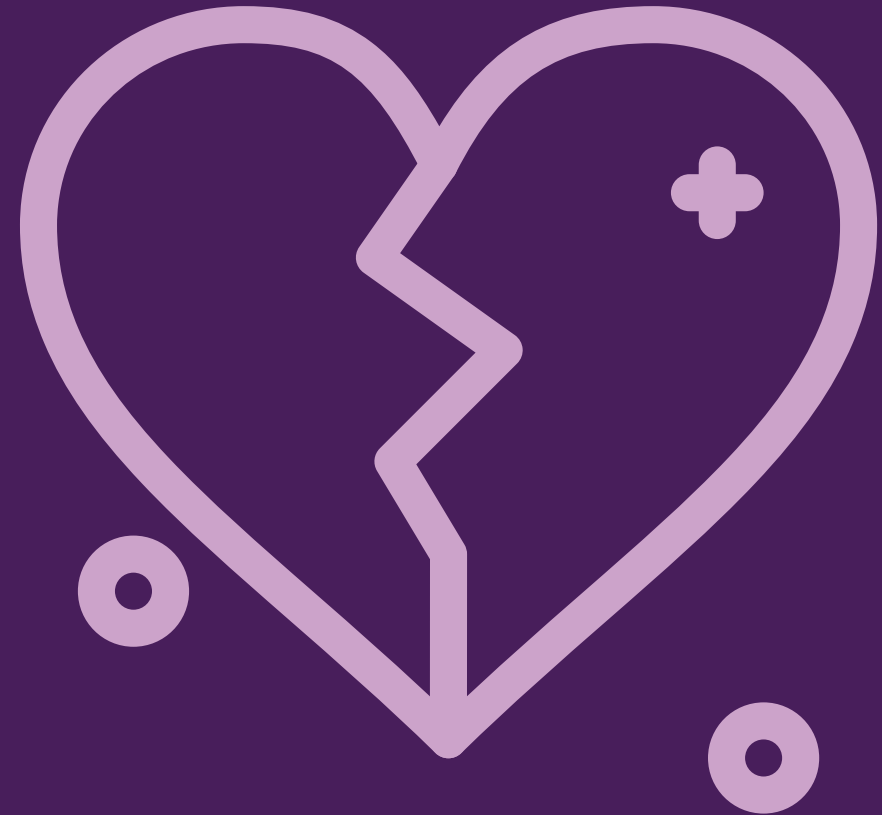
?

Learn that the infidelity was not personal.

?

Provide a roadmap through the trauma and put an end to the deception and feeling of craziness.

In some situations, getting the details reveals that the affair took place in the context of a good marriage and actually **“was not personal”**.



Ongoing obsessing is **NOT** valuable in other ways

??

It enables the betrayed partner to remain distant and avoid looking at his/her own issues.

??

The betrayed partner's vulnerability stays hidden.

??

It may perpetuate the same distance that was a catalyst for the affair.

??

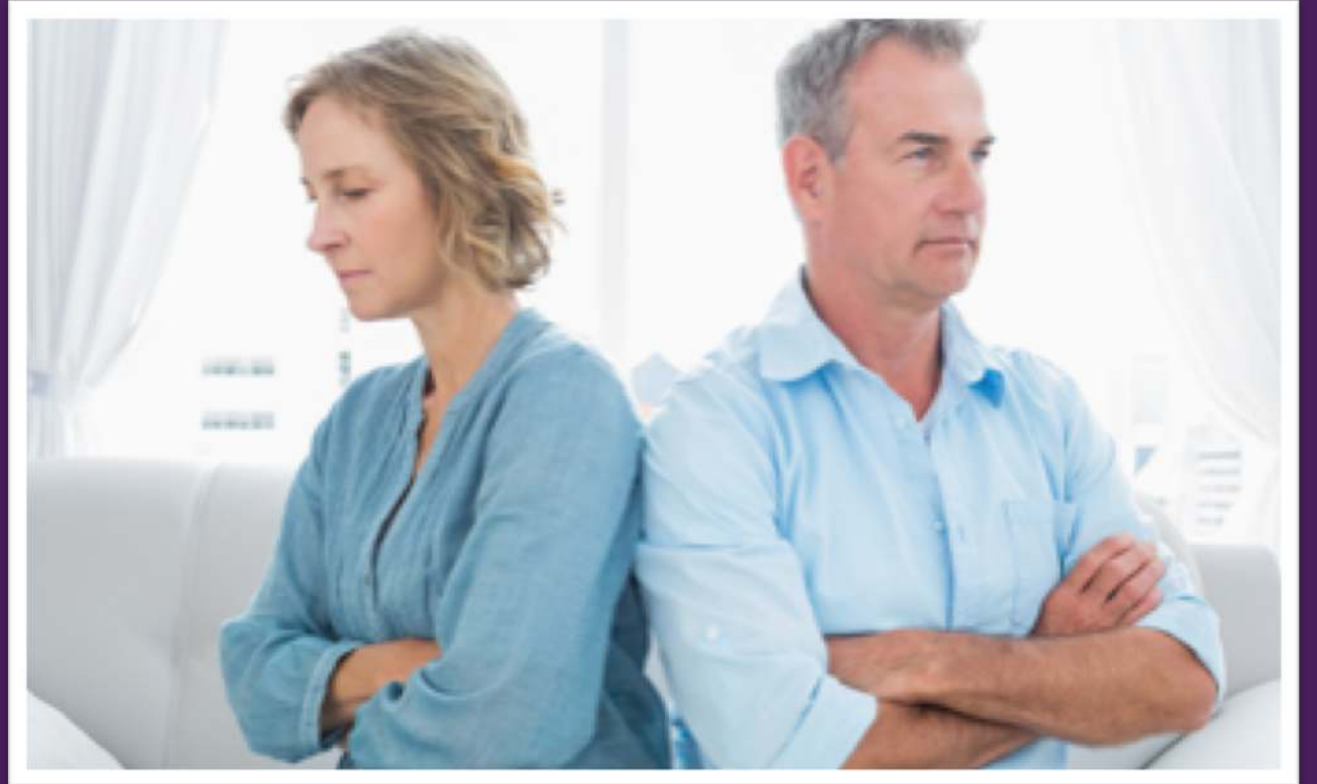
It can maintain keeps Persecutor-Victim dynamics.

??

It may result in the betrayed partner re-traumatizing himself or herself with no relief or repair.



When obsessing about the details of an affair is not handled well, hostile, persecutory questioning and stagnated therapy will result.



When you are confronted with ongoing obsession, you walk a delicate line. To maintain momentum, you must be able to support the positive aspects of uncovering details while actively interrupting the processes that are destructive.



It takes practice to learn to confront the patterns that maintain regression, while simultaneously holding both partners.



The decision to re-commit is only possible after deep soul searching, intense dialogue and the confrontation of issues such as narcissism, neediness, lie-inviting dynamics, shame and trauma.





4- 5:13

Notable Points from Last Section of Video

?

Reinforcement of we will be dealing with hard emotions-
Therapist can handle this.

?

Confirming the commitment to
do the work

?

Why you are scared is not about
her anger.

?

Her anxious rumination
has moved to
awareness of her anger

One Year of Training Giveaway



12 Month Developmental
Model Training Program



The Developmental Model Program
with Dr. Ellyn Bader

Why Training May Be Valuable For You



**about 5 to 6
hours
per month**



Working with Couples
more effectively with
satisfying sessions that
flow



You communicate
nonverbally that you know
how to deal with their
difficult challenges



You can hold steady and your
interventions are nuanced
and not reactive



Clients become
motivated and
accountable



Grateful clients

What the Training Program includes



Full Program!



24 Written Lessons



8 Videos



100+ Audios Archived



Live Sessions with
Guest Experts!



Ellyn's Live Training Sessions
And Special Training Calls



Get your questions answered



Personal Discoveries



Peer Groups

Here are some advantages for you!



Study in your PJs 😊



Listen Live or Later
from almost anywhere



Training is sequential &
builds on itself



Build your therapy skills
over a full year



Personalized answers to
your questions



Collaborate with colleagues from
all over the world
(Including multi-cultural help)

People wonder

“Will I really get personal attention?”



“The way this course is structured offers the opportunity for growth that isn't likely available in many training courses, on-line or otherwise. I haven't had this kind of experience since my Gestalt Training many years ago when I started out as a baby therapist, and in that training the group met in person for 3 and 4 days at a clip, living and training together in a big house.

My gratitude to Ellyn for creating this course as she has.

Ann Veilleux, MSW, LCSW, Madison, Wisconsin

What One Colleague Said...



“I want to thank you for all that you have taught me and for my new found confidence to work with couples.

This program has not only influenced my work with couples but fundamentally changed how I view my own relationship with my husband and even my kids.

Marine Green

Cost Comparison

<i>What you receive in The Developmental Model Training Program</i>	<i>Value</i>	<i>Total Value</i>
12 Live 90 Minute Training Sessions with Dr. Ellyn Bader	\$500	\$6000
8 Live Bonus Training Calls with Guest Experts	\$350	\$2800
8 Videos of Real Client Sessions by Dr. Ellyn Bader and Dr. Pete Pearson	\$75	\$525
100 Archived Training Calls with Dr. Ellyn Bader	\$70	\$7000
65 Archived Bonus Calls with Guest Experts like Dan Siegel, Esther Perel and others!	\$60	\$3900
25 Client Handouts to Support Your In-Session Work	\$30	\$750
Being part of a Supportive Therapist Community	Priceless	
Investing in your Professional and Personal Growth	Even More Priceless	

TOTAL VALUE

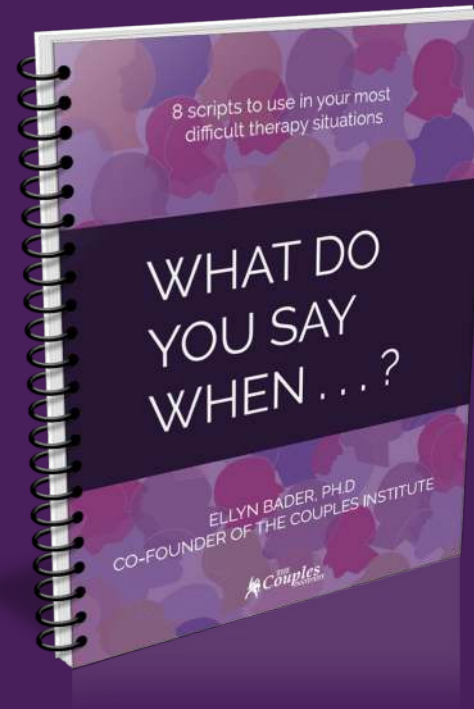
Over \$20,975

4 Special Bonuses

When You Order by **Sunday, September 15**
at **11:59pm Pacific Time** You'll Receive:



Bonus #1



What Do You Say When...?

This is a book of clinical transcripts that gives you examples of what to say during challenging moments.

4 Special Bonuses

When You Sign Up by **Sunday, September 15**
at **11:59pm Pacific Time** You'll Receive:



Bonus
#2



25 Initiator-Inquirer
cards for use with
your clients.

4 Special Bonuses

When You Sign Up by **Sunday September 15**
at **11:59pm Pacific Time** You'll Receive:



Bonus
#3



**Attract More of the Right
Clients to Your Practice**

Special training with my
online marketing website
guru, Jamie Markizon

4 Special Bonuses

When You Sign Up by **Sunday September 15**
at **11:59pm Pacific Time** You'll Receive:



Bonus
#4



**You get my husband-
I'll give him to you**

Special training session with Dr. Peter Pearson -
The Imposter Syndrome Solution.

Our Guarantee

Experience it all!



You have a **full 30 Days** to study, listen, participate, watch and learn!

- ✓ Explore all the training for a full 30 days!
- ✓ Learn from the videos- training sessions – and experts!
- ✓ If in 30 days you have watched a special training session and read one lesson and believe it's not right for you, we will refund your money. No questions asked.

The Investment

How much will this training cost in terms of time, energy, and money?

The time will be...



**about 6 hours
per month**

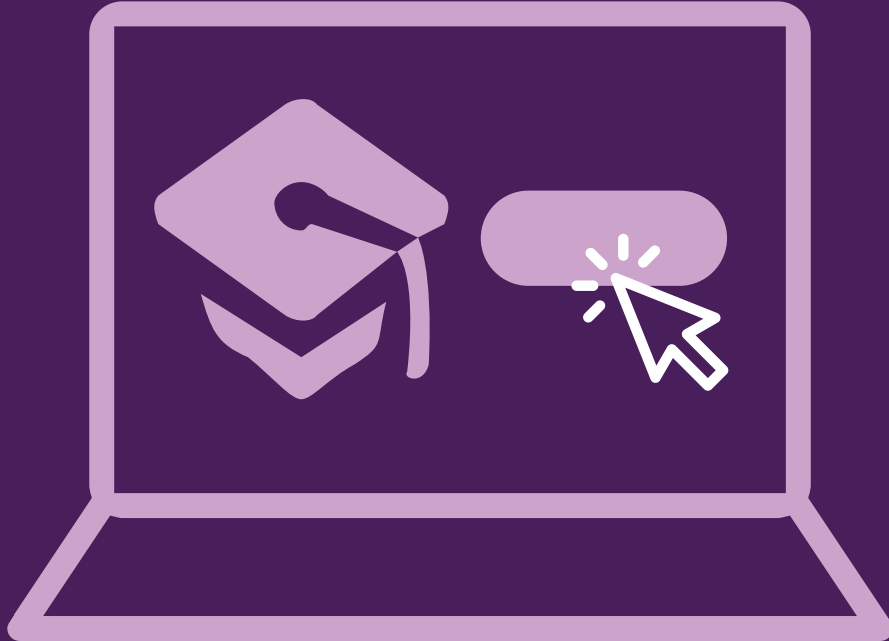
The cost...



Just \$4.83/ day

Sign Up Now

You Can Start the Program Immediately



- Get Access to the First Lesson
- Get Acquainted with the Community
- Introduce Yourself
- Submit a Case for Review
- Use some of the Handouts with Clients This Week

Developmental Model Training Program

- 12 Live Training Sessions with Dr. Ellyn Bader
- 8 Live Bonus Training Calls with Guest Experts
- 7 Videos of Real Client Sessions by Dr. Ellyn Bader & Dr. Pete Pearson
- 100 Archived Training Calls with Dr. Ellyn Bader
- 65 Archived Bonus Calls with Guest Experts
- 25 Client Handouts to Support Your In-Session Work
- Supportive Therapist Community
- Submit Cases for Review

\$147/month

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Special Bonuses



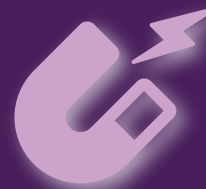
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Attract More of the Right Clients to Your Practice-Special training with my online marketing website guru, Jamie Markizon.

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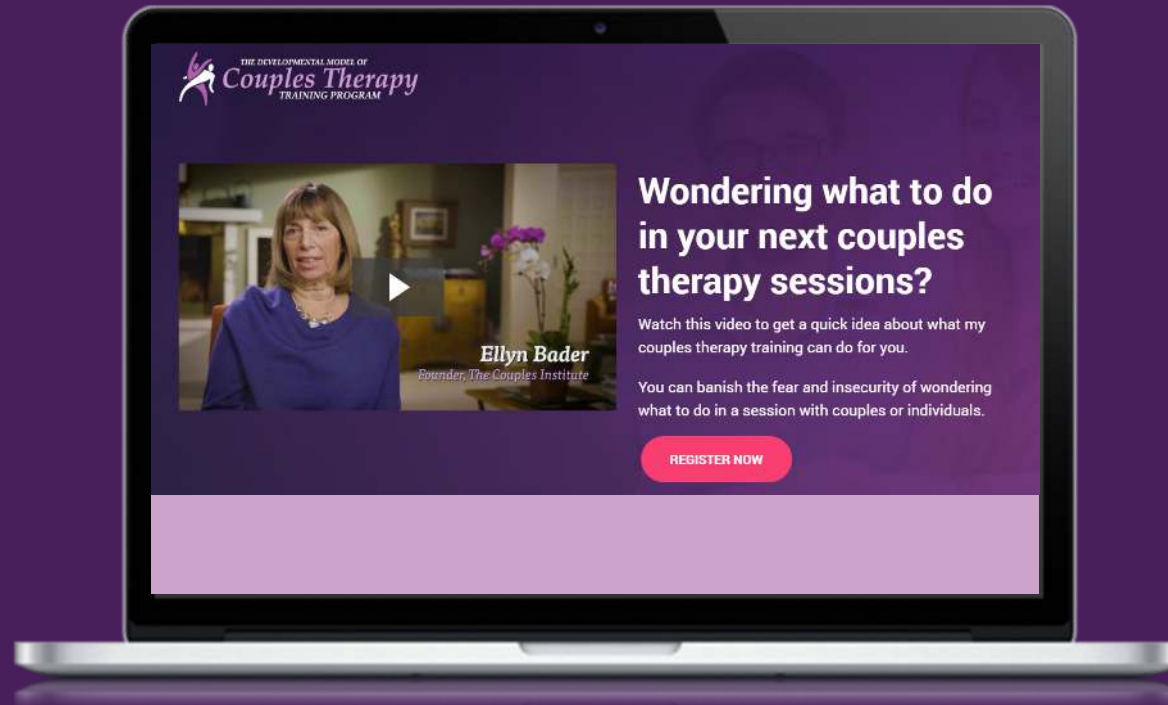
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Sign up now!

couplesinstitute.com/developmentalmodel



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