



RELATIONSHIP/INFIDELITY TRAUMA

HAPPY CAMPER WELLNESS LLC

Counseling | Coaching | Consulting "To Go"

MICHELLE SWANFORD

LCSW, MSW, MHM

EMDR therapist & mindfulness enthusiast

happycamperwellnessllc@gmail.com

504.913.6678

www.happycamperwellness.com

Trauma From Infidelity is Real...

Has your foundation been shaken to the core?

Are you constantly plagued by ruminating thoughts of your partner's infidelity...thoughts that come in waves and seem to attack you out of nowhere, even when you are having an okay day?

Are you on a roller coaster of emotions, finding yourself in a state of paranoia and insecurity one moment, yet angry, or even tearful, the next?

Do you engage in the "blame game", that gets you nowhere, but can't seem to resist playing amateur detective seeking clues that validate continued betrayal?

Do you find yourself avoiding a friend group, or favorite place, fearing you might get "triggered" and have to start all over again?

Is your stress level so high that it is impacting your sleep, appetite, concentration, and making you question your sanity?

If you answered "yes" to any of the above, you are likely experiencing Relationship/Infidelity PTSD. Though excruciatingly painful, this is real and normal. While traditional talk therapies and mindfulness can help, EMDR can help ease some of the emotional intensity so that you can focus on your healing journey with a clearer mind and heart.

Read on to understand how it works...

Following the discovery of infidelity, a betrayed partner can develop Post Traumatic Stress Disorder (PTSD).

Trauma from infidelity can manifest itself in a variety of ways:

- Obsessive/intrusive thoughts
- Swinging mood changes
- Guilt/Blame
- Anxiety/Depression/Grief
- Humiliation/Shame
- Self-Loathing
- Triggers of people/places
- Paranoia
- Isolation
- Heart racing/shortness of breath

How can EMDR Help Me?

EMDR therapy helps you

While there are many distressing symptoms, among the most common are intrusive thoughts, hyperarousal, and avoidance.

Intrusive Thoughts: includes a replaying of the event, or the notification of the betrayal event. A narrative can also be created and played over and over in the mind of the betrayed. It can be difficult to assess reality from the narrative of “what if’s”. It can feel as though the mind is “under attack”. This can lead to a great deal of anxiety and negative thought patterns. The emotions associated with this state can range from anger to depression.

Hyperarousal: because the betrayal is traumatic, the “fight or flight” response is not only activated, but remains on high alert. This heightened state of arousal can have the betrayed partner in a constant state of suspicion – even reading into otherwise benign acts and fitting them into the narrative of continued betrayal. Even when things are good, there is the sense of “waiting for the other shoe to drop”. Racing heart, shaking, sweating and other physical sensations can occur. This constant state of stress can lead to increased tension in an already strained situation. This leads to extreme stress, both emotionally and physically.

Avoidance: of the people, places or things associated with the affair. These betrayal “triggers” can show up at any time and blindsides the betrayed partner, especially when previous associations may have been positive. This can result in anger and resentment on the part of the betrayed partner. An increase in controlling behavior may occur as well as an increase in social disengagement to avoid being retraumatized. The isolation can lead to depression.

EMDR can be a powerful way to diffuse the symptoms holding you back, and even accelerate healing.