

CAN MY RELATIONSHIP  
SURVIVE A BETRAYAL?



W O R K B O O K

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## ABOUT JACQUI CHRISTIE

Jacqui Christie is a registered Clinical and Counselling Psychologist with a Masters in Psychology who blends insight and intuition with evidence based scientific research to strengthen and enhance individual's lives. Jacqui has broad experience in treating adults with a variety of conditions from everyday concerns through to disorders. Jacqui began her psychological career over 20 years ago in the field of Family Violence where she began working with men who were violent, abusive and controlling towards their partners. In addition, Jacqui began to work with and treat women who were currently or had been living in an abusive relationship.

Jacqui has worked with men individually and in groups specifically facilitating Behaviour Change Groups for many years. She has developed and implemented a number of other programs including anger management, behaviour change, parenting, stress management, mindfulness and depression.

She is a relationship therapist and trained in clinical hypnosis which is used in a therapeutic way with clients as an adjunct to therapy. Jacqui has recently trained in the US in the Psychobiological Approach to Couples Therapy (PACT) method which is focused on adult attachment styles and how these impact on intimate relationships.

Jacqui is a mentor and has mentored CEO's managers and other professionals as well as provided clinical supervision for psychologists and counsellors. She has been highly regarded for her easily approachable and non judgmental style and ability to see beyond the masks. Jacqui has written articles for Women's Health, Cleo and Girlfriend magazine on relationships and family violence. She is also a speaker on the topic of relationships. Jacqui has worked as a consultant and in corporate settings and is currently in private practice where she is also the Director of a wholistic health centre. She is also the author of Rewire Your Relationships and an expert at The Love Destination.

[www.jacquichristie.com](http://www.jacquichristie.com)

## ABOUT JACQUI'S BOOK REWIRE YOUR RELATIONSHIPS

Do you feel like you are going around and around the merry go round in your relationship? Do you both keep arguing about the same old same old things without any resolution stuck in a pattern of Groundhog Day.

Everyone is biologically and chemically hard-wired for connection and whilst your partner frustrating behaviours, the ones that you have been trying to change for many years now, may feel like they are designed just to push your buttons they are fact entirely unintentional, part of his or her make-up or what Jacqui Christie terms, the hard-wiring. So if that's just the way we are and at times it feels like we are just not right together, how do we "Rewire Our Relationship"? Understanding who and why we and others are, is the critical step to building relationships that flourish.

With a deeper understanding of your own and your partners complex attachment styles you have the perfect platform to deepen your relationship because for perhaps the first time, we can equip you with the right tools and communication style for your unique partnership.

In this book you will discover

- 📍 How to transform your relationship into a lasting source of love intimate connection and companionship
- 📍 To feel safe and secure with your partner
- 📍 Why your attachment style plays such a vital role in your relationship
- 📍 How to understand your partners brain and why they keep doing the things they do

**Rewire Your Relationship** has so many practical relationship tips, tricks and techniques to bring you closer together, revitalise your relationship and create that deep connection you have been craving.

[www.rewireyourrelationship.com](http://www.rewireyourrelationship.com)

# INTRODUCTION

Hey there, I'm so glad that you are joining me so we can work together to strengthen your relationship and I can't wait to assist you on your journey of not only self-discovery but into the world and mind of understanding your partner. My name is Jacqui Christie and in this course we are going to look at the often very difficult topic of how to survive a betrayal

I will help you recognise the different types of betrayals.. Yes there are a number.. We will look at the worst betrayals and why betrayals occur. We'll also explore common symptoms of betrayal.

I am also going to outline some of the ways in which you can heal yourself and if you really want to, your relationship and show you how to move from surviving in your relationship to truly thriving.



LESSON 1

# KINDS OF BETRAYALS

# KINDS OF BETRAYALS

Betrayals can come in lots of different shapes and sizes.

## DIFFERENT TYPES OF BETRAYAL:

- ♥ There's the betrayal that comes when your partner does not support you in public or worse throws you under the bus in public by embarrassing you or shaming you.
- ♥ Or not protecting in each other in private and in public and not having each other's backs.
- ♥ When you disclose something personal or private about your partner to others without their permission or knowledge.
- ♥ Not putting your relationship first.
- ♥ Not being transparent with your partner or omitting important information that could lead to a betrayal.
- ♥ And then there's lying.
- ♥ There's also gaslighting... the psychological manipulation of the other partner into believing that the problem lies with them. For example, you have the problem...this technique is often used to hide something. It is an insidious behaviour that causes a person to question their reality. (Crazy making.)
- ♥ Finding out that your y partner has hidden bank accounts, another family an STD, or that your partner is a different sexual orientation than what they had led you to believe.
- ♥ And then there's affairs. The topic of this course.



LESSON 2

# WHAT PEOPLE FIGHT ABOUT

## WHAT PEOPLE FIGHT ABOUT

Betrayals will often happen when you and your partner have not set up or discussed any kinds of agreements or principles of how you are going to run your relationships. Wherever we turn, there are sets of rules guidelines that most of us agree to. Companies will often have a mission statement outlining the vision of the company and even how that company is going to be run. However relationships are one of those areas in life that there doesn't seem to be any agreements. We just assume it will all work out until of course it doesn't



LESSON 3

# HOW TO MANAGE CONFLICT

# HOW TO MANAGE CONFLICT

As soon as you or your partner are perceived as frightening, your biological threat systems take over which prevents either of you from achieving the outcome you are hoping for. When that happens it is incredibly easy to make yourself sound or look dangerous or scary to your partner. Behaviours like eye-rolling, grunting, tutting, sighing, looking down your nose, disdain, showing contempt or disgust all send signals to your partner that you are unfriendly. Using harmful words or phrases do the same thing. Harmful words and behaviours signal to your partner's amygdalae that you are threat and therefore need to be defended against or avoided at all costs.

## HOW TO MANAGE CONFLICT TIPS:

- ♥ Face your partner never argue in the car or when you are next to each other... We don't have peripheral vision and think seeing something out of the corner of our eye.. Activates our amygdala and the fight flight response.
- ♥ Smile
- ♥ Say "I love you" in the middle of the conflict.
- ♥ Use reassuring and gentle touch.
- ♥ Take breaks and or pauses.
- ♥ Avoid dangerous words or phrases such as name calling and moving your arms around in a threatening motion or finger pointing.
- ♥ Instead, use reassuring voice and hand gestures gently touch your partners hand.
- ♥ Sit down when talking.
- ♥ Use the words of we instead of I.
- ♥ Repair as quickly as possible.
- ♥ Remind yourself this is not the enemy but your partner. The person you are in love with.



LESSON 4

# THE IMPORTANCE OF REPAIR

# THE IMPORTANCE OF REPAIR

Forgiveness, apologising, making things right and fixing things are all pointed in the same direction, which is repair. In a secure relationship repair means working toward easing the pain of your partner. To be able to do this you need to forget your pride or fear or whatever else is getting in the way of repairing and focus on your partner and healing the rift between you. This means soothing your partner, but it also means taking action quickly.

Research has found that part of our brain is involved in emotional memory, memory consolidation, face recognition and facial expression so the time you take to repair is critical. Essentially, if you have hurt your partner, and don't make good or mend that hurt as soon as you possibly can whatever you have said or done will rapidly move into your partner's long-term memory.

Think about what it's like for the two of you when you go to sleep on an argument without apologising or mending anything. The longer you keep your partner waiting the more that incident goes into long-term memory. So if you have a partner that seems to remember nearly everything hurtful or painful that you have said to them. Your partner only continues to remember because that hurt has not been repaired quickly enough.

Repairing emotional hurts, grievances and mistakes takes time to learn, so don't expect that you will be able to manage this straight away.

## THERE ARE A NUMBER OF REASONS WHY YOU NEED TO REPAIR SOONER RATHER THAN LATER:

- ♥ You need to repair as soon as possible.
- ♥ Need to learn to get in and out of tension quickly.
- ♥ From a biological perspective the longer you take to repair a grievance the quicker it goes into long term memory.
- ♥ Research has shown that any experience that's emotionally intense OR that goes on for too long goes into our long-term memory. Meaning that experience will come up again and again when you are in conflict with your partner, and even when you're not!



LESSON 5

# TRIANGULATION

# TRIANGULATION

Being in a relationship means having the ability to manage and tolerate the many intrusions that occur in the relationship. Secure base relationships are able to manage this well. However, some partners are unable to tolerate this and turn to a “safe third” outside the relationship—such as a person, place, or thing. This is called triangulation.

Individuals who experienced insecure attachment by their caregivers are more likely to use triangulation in adult romantic relationships. This can create betrayal and abandonment if one or both partners focus too much attention on a safe third, to the exclusion of their partner.

There are many thirds that exist in our relationships, work, hobbies, parents, and children.

## EXERCISE

Write down the thirds exist in your relationship.

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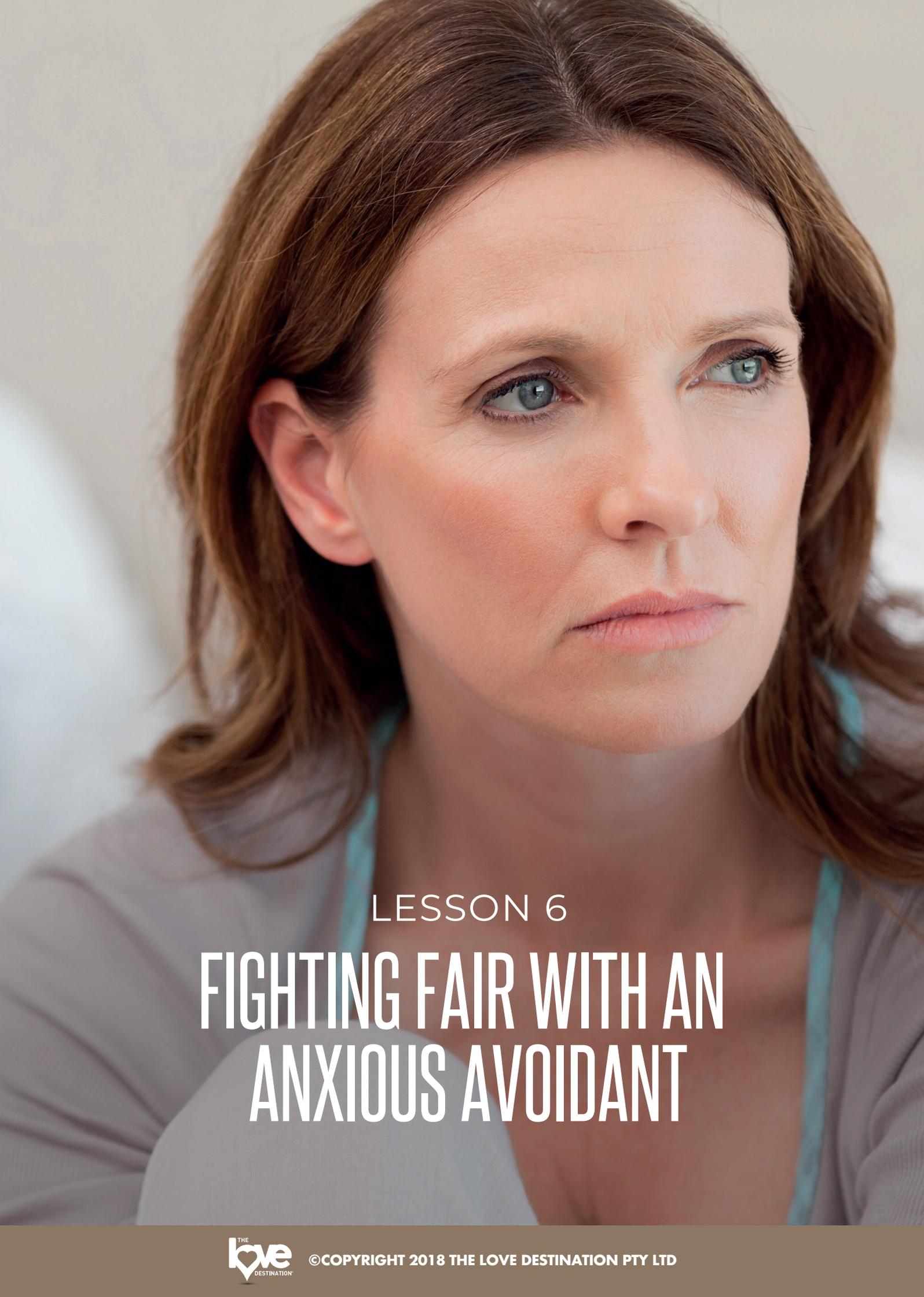
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LESSON 6

# FIGHTING FAIR WITH AN ANXIOUS AVOIDANT

## FIGHTING FAIR WITH AN ANXIOUS AVOIDANT

If you have discovered that your partner has an avoidant attachment style, they are likely to experience conflict as a threat to the relationship. There are a few key points that can help you modify the way you manage your argument.

One of the most essential points is that your avoidant partner will avoid conflict in a big way. In fact, your partner will do anything in their power to avoid having an argument. Your partner struggles with conflict because it is interpreted as a threat to your attachment together. Remember you are both operating as each other's primary attachment figures so any signs of conflict unconsciously trigger this feeling off.

Your avoidant partner is also likely to have a more passive communication style, often using long rambling sentences to express themselves. They may beat around the bush and not get to the point of what they are trying to say. Your partner may not express their feelings thoughts or beliefs and if they do, express them in an apologetic, meek way. This style allows other people to often disregard what they have to say.

Although they will try to stay away from conflict as much as possible, if they are very angry they will become involved. Once involved their behaviour becomes very quiet and still and they will let you do most of the talking. Whilst they may appear to be listening to you they are actually attempting to regulate their emotions as they are feeling overwhelmed. Your partner may have a smile on their face, but this is yet another way to manage the emotional stress building inside them. If they do speak out it is often with a sarcastic or passive aggressive tone, with something that can humiliate you and stop you in your tracks or cut you off at the knees. This type of behaviour is often used as a last resort and is more to do with your partner's unconscious desire to stop the conflict.

Remember your partner's early attachment experience has really not prepared them for intense displays of emotion. So conflict, or even the perception of conflict, poses an enormous threat to your avoidant partner and, they will cope by deactivating the attachment system between you. They will withdraw or downplay the significance of the conflict and you. This may look like they are not interested in the argument or indeed anything you have to say. They may dismiss your concerns out of hand and in some cases this is literally with a wave of their hand.



LESSON 7

**FIGHTING FAIR WITH AN  
ANXIOUS AMBIVALENT**

## FIGHTING FAIR WITH AN ANXIOUS AMBIVALENT

If your partner has an ambivalent style, any form of conflict is likely to trigger concerns about being abandoned by you. You are both each other's surrogate primary caregiver and your partner unconsciously interprets conflict as a sign that the relationship is ending.

### THERE ARE A FEW KEY POINTS TO HELP YOU MODIFY THE WAY YOU MANAGE THE CONFLICT.

Because your ambivalent partner is very expressive when they are in an argument, they may become angry and even aggressive. Your partner could yell, scream and swear and may try to intimidate you by getting up in your face, pointing their finger at you or even poking you. Threats are a large part of their conflict repertoire and they will threaten to do a number of dramatic things including leave the relationship in a variety of ways. This happens because their attachment insecurities have been hyper-activated as well as their amygdala. I know this may sound strange but your ambivalent partner wants connection with you.

They want you to understand and validate them but they already believe it's not going to happen, that you will let them down and disappoint them just as they were disappointed as a child. At this stage you may not have done anything to let them down but they are convinced you are going to. Part of their unconscious attachment template tells them "I'm going to get angry at you before you have any chance to let me down". One of the problems with arguing with your ambivalent partner is that they don't know how to stop an argument so will keep it going endlessly. They get stuck in rehashing unresolved situations and will go round and round in a loop or a repetitive pattern of old hurts and wounds.

Because your ambivalent partner struggles with managing their own emotions, they will look to you to reassure or soothe them. Their anger and aggression is a defence to protect them from being hurt, so it's likely that if you attempt to approach them they will push you away. If you can see past the prickly thorns on the outside, on the inside there is often a mass of softness just waiting to be soothed.

# EXERCISE

Summary of Tips for fighting fair and exercises

Remember triangles and intrusions are a normal part of life. It is the way in which we manage the intrusions that is the important thing you need to focus on

Co regulation means managing each other's emotional state.. It is important that you both know how to do this in your relationship to ensure longevity and a secure base.

Start a conversation with your partner about some of the things you have learnt from this course about the different styles of dealing with conflict.

Share with each other the way you like to be soothed when dysregulated or upset and why it's important for both of you to work together on learning this information.

How do you like to be soothed?

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How does your partner like to be soothed?

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