

EMOTIONELE ONTROUW VERWERKEN



Emotionele ontrouw hoeft niet het einde van jouw relatie te betekenen. Met deze tips kun je emotionele ontrouw overwinnen:

Door Barends Psychology Practice

1 PRAAT MET ELKAAR



PRAAT OVER JE GEVOEELENS. Dit neemt spanning, woede en frustratie weg, en werkt kalmerend.

LUISTER OM DE BEURT. Ondanks jouw woede of gevoelens van schaamte en schuld, luister naar wat jouw partner wil zeggen.

VERTEL DE WAARHEID. Eerlijkheid en openheid zijn erg belangrijk als je je partner's vertrouwen wilt terugwinnen. Ga niet vergelijken, want dit richt alleen maar schade aan.

HOU HET PERSOONLIJK. Wanneer je je open stelt, praat dan over hoe je je voelde, en maak geen verwijten naar elkaar. Verwijten maken zorgt er niet voor dat je nader tot elkaar komt.

2 ACCEPTATIE



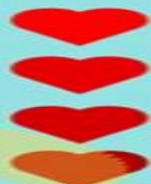
ACCEPTTEER HET VERLEDEN. Het is een lastige stap, maar het is het waard. Het verleden kan niet veranderd worden, maar je kunt wel het heden en de toekomst veranderen. Richt je daar dus op.

ACCEPTTEER ELKAARS EMOTIES. Jullie hebben allebei emoties en die moet je kunnen uiten. Sta jouw partner toe dit te doen. Ga niet in discussie, maar accepteer hetgeen gezegd wordt.

ACCEPTTEER PROFESSIONELE HULP als het nodig is. Een therapeut kan jullie helpen begrijpen wat en waarom het is gebeurd, en kan jullie weer bij elkaar brengen.

VERTROUWEN TERUGWINNEN. Je kunt alleen vertrouwen terugwinnen door dit samen te doen. Houd je woord, breek geen beloften, en voeg daad bij woord.

3 DOE DINGEN SAMEN



DOE DINGEN DIE JULLIE BEIDEN LEUK VINDEN. Door dingen samen te doen, ontdek je weer wat voor plezier jullie kunnen hebben en waarom jullie bij elkaar zijn.

SPAN JE IN. Wees geïnteresseerd in jouw partner en luister naar wat hij of zij te zeggen heeft. Door je in te spannen groei je weer naar elkaar toe.

LACH MET ELKAAR. Probeer je frustratie en woede aan de kant te zetten en sta jezelf toe om weer te lachen met elkaar.

RAAK INTIEMER MET ELKAAR. Vreemdgaan gaat vrijwel nooit om seks. Het gaat om datgene dat miste in een relatie. Luister dus goed naar elkaars behoeften, verlangens en wensen.

4 VOORBIJ JOUW EMOTIES KIJKEN



GEEF JOUW PARTNER EEN KANS. Als jouw partner (en datgene dat jullie hebben opgebouwd) het waard is om voor te vechten, geef hem of haar dan een kans om het goed te maken.

KIJK VOORBIJ JOUW EMOTIES. Focus je op jouw partner en alle goede dingen die jullie deden. Je zult zien dat er positieve gevoelens aanwezig zijn naast de woede, frustratie en verdriet.

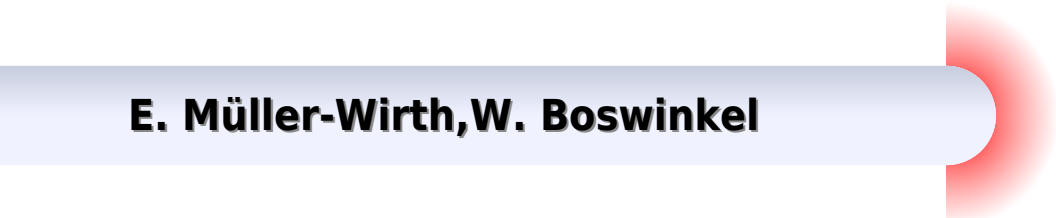
5 PROFESSIONELE HULP



Soms lijkt emotionele ontrouw verwerken onbegonnen werk, vanwege de aangerichte schade. Een therapeut kan jullie door deze zware en pijnlijke periode helpen.

Ontrouw Of Overspel Aspecten Oorzaken Remedies

E. Müller-Wirth, W. Boswinkel



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