



CAMARILLO
THERAPY

AFTER BETRAYAL: START HERE

What to Do When You Don't Know What to Do Next

**You don't have to figure out your whole life today.
Let's figure out what you need right now.**

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START HERE

- Maybe you just discovered an affair.
- Maybe you found messages, pornography, secret accounts, OnlyFans, sexting, financial secrets, or another sexual or emotional relationship.
- Maybe your partner finally told you something you suspected for months.
- Or maybe you're still discovering pieces of the truth.

Whatever brought you here, you may be asking:

What am I supposed to do now? Before anything else, I want you to know this:

You do not have to figure out the future today.

- ✓ You don't have to decide whether to stay.
- ✓ You don't have to decide whether to leave.
- ✓ You don't have to forgive.
- ✓ You don't have to know whether your relationship can survive this.

Right now, there are more immediate questions:



What do I need?



**What will help me
feel steadier?**

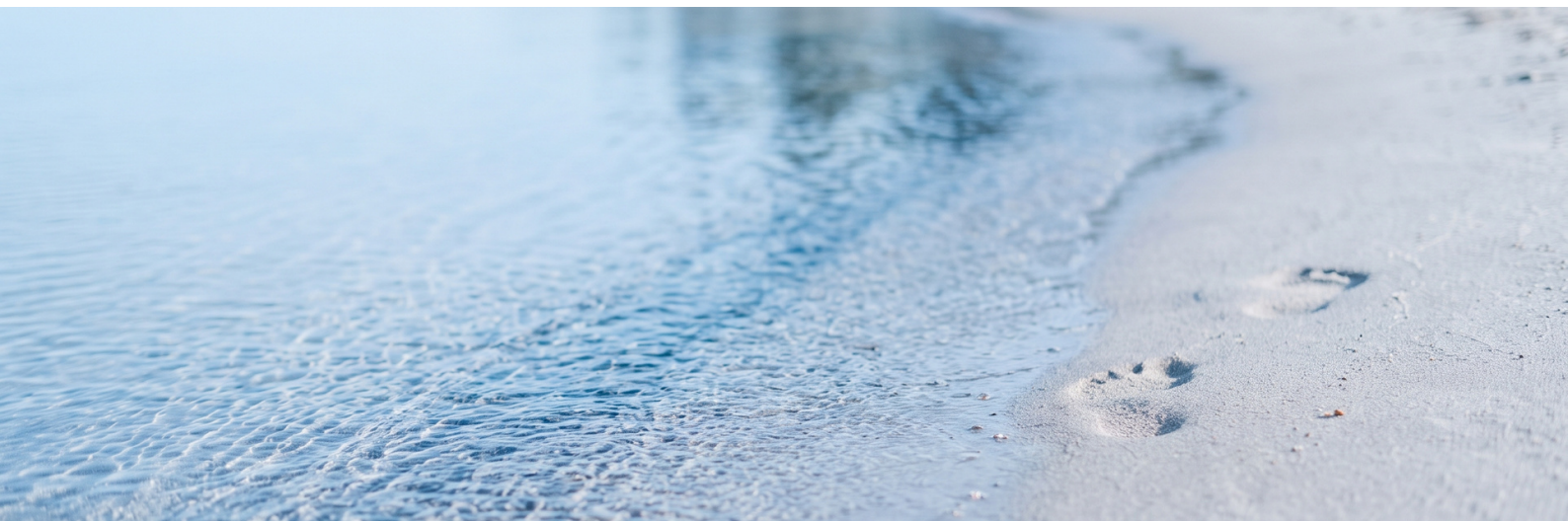


**Who is safe to
talk to?**



**What needs my
attention first?**

This guide will help you answer those questions.



1. Why Am I Reacting Like This?

After betrayal, many women tell me:

"I feel like I'm losing my mind."

You may be:

- unable to sleep
- unable to concentrate
- checking your partner's phone
- replaying conversations
- remembering things that suddenly seem suspicious
- crying unexpectedly
- furious one minute and numb the next
- wanting your partner close and then wanting them far away
- asking the same questions repeatedly



- searching online for answers at 2:00 a.m.
- feeling physically sick
- unable to stop thinking about what happened

There is a reason.

Your brain is trying to understand what is real.

Before discovery, you had one version of your life.

After discovery, you received information that may contradict that version.

Your brain starts going backward:

- Was that trip really what I thought it was?
- Was that text actually innocent?
- What else happened?
- What else don't I know?

And your nervous system starts looking forward:

- Could this happen again?
- Am I safe?
- What happens to my family?
- What happens to me?

Your mind is **trying to reconstruct the past** while simultaneously protecting you from another surprise. **That is exhausting.**

FIRST REMINDER

You don't need to force yourself to "get over it."

Your first goal is to become steady enough to begin figuring out what you need.

2. What Not To Decide Right Now

One of the first questions after betrayal is often:

“Should I stay or should I leave?”

It’s an important question.

It just may not be the **first** question.

Unless there is an immediate concern for your safety, you may be able to give yourself some time before making permanent decisions.



You do not necessarily need to decide today:

- whether your marriage is over
- whether you will stay
- whether you will divorce
- whether you forgive
- whether you can ever trust again
- whether your partner deserves another chance
- what your relationship will look like a year from now

Instead of asking:
“What am I going to do with my life?”

Try asking:
“What do I need for the next 24 hours?”

Then:
“What do I need this week?”

Smaller questions can make an overwhelming situation feel more manageable.

3. When You Get Triggered

Your body may react before you've had time to think.

- A notification.
- A name.
- A location.
- Your partner being late.
- A closed browser.
- A song.
- A memory.

Sometimes you won't even know what triggered you.

When you feel that surge, try:

**STOP → GROUND →
CHECK → CHOOSE**

STOP

Don't make the next 10 minutes responsible for solving your entire relationship. **Pause** before confronting, texting, searching, or making a major decision if you can.

GROUND

- Bring your attention back to where you are.
- Put both feet on the floor.
- Look around the room.
- Notice what you can see.
- Notice what you can hear.
- Slow your breathing, especially your exhale.

Remind yourself: **"I am here, right now."**

CHECK

Ask yourself: **What am I feeling?**

Then:

What do I actually need?

- Those are not always the same thing.
- You may feel furious but need information.
- You may feel terrified but need reassurance.
- You may feel desperate for answers but actually need sleep.

CHOOSE

Ask: **"What is the next helpful thing I can do?"**

- Not the perfect thing.
- Not the thing that fixes everything.
- Just the **next helpful thing**.



4. Five Things You Need In The First Stage

There may be dozens of things to work through eventually.

For now, concentrate on five.

1 – STABILITY

- Start with your body.
- Eat something.
- Drink water.
- Sleep when you can.
- Move.
- Get outside.
- Reduce unnecessary demands.
- Create small routines.
- Your body needs signals that life is not entirely out of control.

2 – SUPPORT

- Find someone safe.
- Not everyone needs to know.
- And not everyone deserves access to this vulnerable part of your life.

Look for someone **who can listen without immediately telling you:**

- “Leave.”
- “Everyone cheats.”
- “Forgive.”
- “You need to save your marriage.”
- “Get over it.”

You need someone who can help you hear **your own voice** again.

3 – TRUTH

- You may feel desperate to know everything immediately. That’s understandable.
- But you don’t necessarily have to become an investigator overnight.
- What you eventually need is enough reliable information to understand the reality you’re living in.
- Healing becomes very difficult when the truth keeps changing.

4 – BOUNDARIES

Ask yourself: **“What do I need right now in order to feel safer?”**

It might involve:

- contact with another person
- technology
- sleeping arrangements
- sexual health
- communication
- financial transparency
- recovery or treatment
- when and how you discuss the betrayal

You don't need 25 new rules. **Start with what feels most important.**

5 – DIRECTION

You don't need a five-year plan. **You need a next step.**

That might be:

- **Call a therapist.**
- **Schedule an STI screening.**
- **Talk to one safe friend.**
- **Get some sleep.**
- **Write down my questions.**
- **Learn more about betrayal trauma.**
- **Find professional support.**

Direction doesn't mean knowing where the relationship will end.
It means knowing where **you go next.**

5. Your Next 24-Hour

If everything feels overwhelming, don't try to do everything in this guide. **Start here.**

TODAY:

- Eat something nourishing.
- Drink water.
- Avoid making a permanent decision while highly activated unless safety requires immediate action.
- Identify one safe person you can contact.
- Write down important questions instead of trying to solve all of them immediately.
- Do one thing that helps your body settle.
- Identify anything that requires immediate medical, financial, legal, or physical-safety attention.
- Decide only your **next step.**

Then stop. You have done enough for today.



6. Do I Need More Help?

Ask yourself:

- ✓ Am I able to sleep?
- ✓ Am I eating regularly?
- ✓ Can I function at work or care for my basic responsibilities?
- ✓ Do I have anyone safe to talk to?
- ✓ Am I spending hours searching, checking, or investigating?
- ✓ Do I feel like I have to watch my partner constantly to feel safe?
- ✓ Is new information continuing to emerge?
- ✓ Am I becoming more overwhelmed instead of less?
- ✓ Do I feel unable to determine what is true?
- ✓ Do I feel completely stuck about what to do next?

If several of these describe you, it may be time for additional support. You don't have to wait until things become unbearable before asking for help.



7. Before You Go

There may be a part of you desperately trying to get back to your old life.

"I just want things to go back to normal."

But you have information now that you didn't have before. So the goal isn't to force yourself backward. And you don't have to know what the new future looks like yet. **There is a place between those two.**

Your New Now.

The place where you stop demanding that you have all the answers and start asking:



What do I know today?



What do I need today?



What can I do today?



What is my next healthy step?

That is enough to begin.



You Don't Have To Figure This Out Alone

If betrayal has left you overwhelmed, confused, or unsure what comes next, I've created ***After Betrayal: A New Now*** to help you move through this first stage with structure and support.

We focus first on getting steadier.

Then understanding what you're experiencing.

Then helping you determine what you need and where you go from here.

You do not need to know how your story ends to begin taking care of yourself today.

If you are wondering whether ***A New Now*** fits what you need, schedule a private appointment with Cheryl.

You can ask questions, talk about where you are, and decide whether the group is the right next step.



[Schedule My Private Appointment](#)

Is New Now Right for Me?

This guide is educational and is not a substitute for individualized mental health, medical, or legal care. If you are in immediate danger or have an urgent medical or mental health concern, seek appropriate immediate professional assistance.