



OVERCOMING INFIDELITY

How you can heal, rebuild, &
strengthen your relationship.

C H E C K L I S T

OVERCOMING INFIDELITY CHECKLIST

It *is* possible to triumph over the strains an act of infidelity puts on a marriage or relationship. But, just *hoping* for the best will do nothing to rebuild your bond. You'll need to prepare a plan of attack!

Implement these tips to help strengthen your bond.

Tip:	Have I used this tip?		Was this tip effective?	
	Yes	No	Yes	No
Kiss your partner as soon as you wake up, before you go to work, when you come home from work and before bed.	Yes	No	Yes	No
Surprise your partner with their favorite baked treat.	Yes	No	Yes	No
Jointly take part in activities you once enjoyed as teenagers.	Yes	No	Yes	No
Go paint balling, golfing, swimming, or walking together.	Yes	No	Yes	No
Be more accepting of your partner's friends, even if you have your differences.	Yes	No	Yes	No
Once each week, take "me-time" for yourself and allow your partner to do the same.	Yes	No	Yes	No
Surprise your partner with morning sex.	Yes	No	Yes	No
Take better care of your appearance. Purchase new clothing and maintain your hair and makeup.	Yes	No	Yes	No

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Cook a sensuous meal together using only ingredients that are said to be aphrodisiacs.	Yes	No	Yes	No
Avoid nagging. Ask once and, if it doesn't get done, wait until your partner realizes it.	Yes	No	Yes	No
If the housework is too much to handle, hire a maid. Use your free time to hang out with your lover.	Yes	No	Yes	No
Spend at least one evening together without the kids each week.	Yes	No	Yes	No
After work, sit down for a glass of wine and just chat together.	Yes	No	Yes	No
Treat your partner to a massage a few times each week.	Yes	No	Yes	No
Allow your partner to spend quality time with their friends. In order to miss you, they need to be apart from you.	Yes	No	Yes	No
Go to a sports game together, (even if it isn't your cup of tea).	Yes	No	Yes	No
Be positive and encouraging, even if your partner isn't.	Yes	No	Yes	No
Take a romantic trip. Even an inexpensive weekend trip to an out of town Bed and Breakfast can spice up the excitement.	Yes	No	Yes	No
Make sweet gestures. Pick up your partner's favorite treat, a new shirt, or their favorite DVD while you're out.	Yes	No	Yes	No

Get more healing resources at: <http://www.infidelityhealing.com>