



The G.R.A.C.E. Reset

A grounding guide for betrayed partners who chose to stay — for now.

G — Give Yourself Time

You do not need to decide the rest of your life today. If you are safe, slow everything down. Staying right now does not mean staying forever.

R — Regulate Before You React

Strong emotions are normal after betrayal. Pause before difficult conversations. Calm your body first so your decisions come from clarity, not crisis.

A — Ask for Professional Support

Betrayal is traumatic. Seek a therapist or coach trained in betrayal recovery. This is not the season to rely on opinions or go it alone.

C — Choose Carefully Who You Tell

Be intentional with your story. Share with people who can hold complexity and support your healing without pushing an agenda.

E — Extend Compassion to Yourself

Nothing about this is easy. You are not weak for staying or struggling. Offer yourself the same grace you would give someone you love.

You are allowed to take this one step at a time.
Healing is not linear — and you are not doing it wrong.