

intimacy  
after infidelity

HOW TO  
REBUILD & AFFAIR-PROOF  
YOUR MARRIAGE

STEVEN D. SOLOMON, PH.D.  
LORIE J. TEAGNO, PH.D.

## What Comes After Infidelity?

*Is it possible to forgive a cheater and rebuild your relationship, stronger than ever? These experts say YES.*

It is played for entertainment value in movies and television, but in real life it affects 50-80% of all marriages and is a betrayal that is hard to imagine. When a spouse or partner cheats the odds are that things will never be the same. For many people infidelity is the deal-breaker, the one thing that they cannot forgive. While some relationships cannot bounce back from such a major breach of trust, clinical psychologists Steven D. Solomon, Ph.D. and Lorie J. Teagno, Ph.D. say that it does not have to be this way.

While recognizing that staying is not always the right thing to do and helping their readers to make the right decision for themselves, Solomon and Teagno say that "all too often 'irreconcilable differences' really means 'I don't have the courage to face my weaknesses and to acknowledge my contributions to the problems.'" In their new book ***Intimacy After Infidelity*** (New Harbinger, November 2006) the therapists offer readers a new way of understanding the causes and types of infidelity and innovative ways to "affair-proof" recovered relationships.

The book begins with an overview of the phenomenon of infidelity and the way a long-term relationship develops over time. Solomon and Teagno discuss a three-type model of intimacy and infidelity and analyzes each. The authors include a discussion of how to evaluate a relationship for infidelity risks and how to choose a partner that is less likely to be unfaithful.

### Excerpt: The Shock of Discovery

We're so, so sorry.

It's excruciating. The one person in the world whom you placed your trust in above all others, the one person in the world whose love you relied on, has horribly betrayed your trust and love.

There are very few things in life that are as painful as what you are experiencing right now. If you have recently discovered the infidelity, if you just learned the depth and extent of your partner's betrayal(s), you are likely undergoing the agony of a broken heart...

However you're experiencing the pain of your partner's betrayal, one of the worst things is that not only is your relationship shattered, if not destroyed, but [their] unfaithfulness also damages how you feel about yourself. You start questioning your worth and attractiveness, doubting your ability to wisely choose a partner, and wondering whether you are or can ever be a good partner. And, if that isn't hurtful and disorienting enough, you start to wonder whether you are even lovable or deserving of love...

You're not sure who you are anymore. Any sense of well-being you had is gone, as is your confidence in your ability to love and be loved. Not only have you totally lost your trust in your partner, but you've also lost much of your trust in your self...

The pain of it all is almost too much: the heartrending hurt, the terrible disappointment, the intense fear, and the towering rage. And it feels like nothing you do can make the pain go away. Nothing.

Well, that's why we wrote this book. While we cannot change what has happened, we can help you get through this terrible time and learn to cope with the pain and the anger. We will help you determine if it's worth giving this relationship a second chance. Most importantly, though we can't take away your current agony, we will teach you how to make sure you never feel it again.

**FOR AN INTERVIEW REQUEST OR MORE INFORMATION CONTACT:  
Earlita Chenault, 510-652-0215, ext.142; earlita@newharbinger.com**

**Intimacy After Infidelity: How To Rebuild and Affair-Proof Your Marriage**  
by Steven D. Solomon, Ph.D., and Lorie J. Teagno, Ph.D., Published in November 2006 by New Harbinger Publications  
800-748-6273 [www.newharbinger.com](http://www.newharbinger.com) \$14.95, trade paper, ISBN: 1-57224-461-5  
6 x 9, 200 pages

## About the Authors



**Steven D. Solomon, Ph.D.**, is a licensed clinical psychologist who specializes in couples therapy. He has been in private practice in La Jolla, CA, for more than twenty years. He is a founding director of The Relationship Institute and is past president of the San Diego Psychological Association.

**Lorie J. Teagno, Ph.D.**, is a licensed clinical psychologist in La Jolla, CA, where she has worked in private practice specializing in relationships for more than twenty years. A co-founder of The Relationship Institute, Dr. Teagno has been an adjunct lecturer at United States International University and has provided training for many therapists in couples counseling.



Both authors live and practice in the San Diego, CA, area.

## Suggested Interview Questions

- What percentage of marriages or relationships will be affected by infidelity?
- How many of these relationships can be saved?
- Why do people cheat?
- What is the first step in rebuilding a relationship after an affair?
- Once your partner has cheated it is hard to imagine not bringing it up in every argument that you have after the infidelity. How does someone truly "get over" an infidelity?
- What are some signs that your partner may be cheating?
- If you suspect your partner of cheating how should you approach them?
- Should someone who has cheated, but now wants to work on strengthening their marriage or relationship, confess their infidelity to their spouse or partner? Why or why not?
- In your experience, what is the difference between a marriage that survives an infidelity and one that doesn't? In other words, are there some situations which always lead to divorce?

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## Raves For *Intimacy After Infidelity*

"Solomon and Teagno have done an exquisite job bringing hope into darkness. They provide the education, skills and rationale for staying the course when everything seems bleak. Allow them to lead you in overcoming betrayal and reconnecting with the one you love."

—**Ellyn Bader, Ph.D.**, codirector of the Couples Institute and author of *Tell Me No Lies*

"Intimacy After Infidelity is loaded with practical exercises and concrete advice that will help partners construct a strong and resilient relationship after an affair. Couples struggling with issues of trust and forgiveness will find it immediately useful."

—**Janis Abrahms Spring, Ph.D.**, author of *After the Affair* and *How Can I Forgive You?*

"Intimacy After Infidelity is clear, informative, challenging, and smart—and most of all a tremendous source of hope for all couples who have endured the trauma of infidelity. The authors interweave sound theory, clinical stories, and structured exercises to help couples understand what the hell went wrong and why. And they give couples tools to pick up the pieces and (if they can commit to maturely facing the fear, loneliness, and anger) put this relationship back together again actually better and more truly intimate than ever before. I highly recommend this book!"

—**David B. Wexler, Ph.D.**, author of *When Good Men Behave Badly* and *Is He Depressed or What?*, and executive director of the Relationship Training Institute

"For those courageous souls who wish to repair, rebuild, and rejoin after an infidelity, this wonderfully wise guide can be a gift to your emerging new relationship. Developing new skills and knowledge is essential when you travel over emotionally painful terrain. This book is a trusty companion for your journey."

—**Peter Pearson, Ph.D.**, cofounder of the Couples Institute in Menlo Park, CA

"A must read for everyone going through the pain of infidelity as well as for every one who wants to improve his or her marriage—full of sound, practical advice on how to improve your marriage no matter what the obstacles."

—**Cloé Madanes**, president of the Robbins-Madanes Center for Strategic Intervention

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