The Other Woman:

Understanding her role in his MLC and why she's not your real problem

Workshop Companion Guide

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The Other Woman:

Shattering the Illusions and Taking Back Your Power

We know how devastating it feels when you discover the affair partner — like your entire world just collapsed

1. Write the thoughts that rushed through your mind when you first found out.

2. Name the feeling. Describe the feeling. Is it hot? Is it prickly? Describe it.

3. Have you ever found yourself checking her social media, driving by her house, or searching for signs of her? (Most women do at some point.)

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Myth #1: She Is The Problem

The affair partner is not the problem—she is a symptom of his crisis.

1..Why do you think she's the problem? Can you see now why she's not?

Myth #2: She's His Soul Mate

2. Do you understand why she's not his soul mate? If you know her, do you see her flaws?

3. Why does your brain compare you to her?

4. Why are affairs not really about sex?

5. Write 3 comparison thoughts you've caught yourself thinking.

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The Lies Your Brain Tells You While In Pain

These are survival-stories that get stuck on repeat:

Lie 1: "She's better than me."

Reality: She has flaws too — he ignores the red flags because she makes him feel good.

Lie 2: "She has something I don't."

Reality: She doesn't. She has no mortgage, no in-law drama, no daily grind. She gets his best energy only because she makes no demands… yet.

Lie 3: "He's happier with her."

Reality: He's not happier — he's escaping. She's a temporary painkiller.

Lie 4: "They have the perfect relationship."

Reality: It's built on lies, sneaking, and fantasy. No bills, no chores, no kids. Every "perfect" moment depends on hiding from his real life.

Circle which lies you have told yourself.

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We don't really know about their relationship.

When you stalk her social media or replay their story in your head, you're not finding truth — you're pain shopping. And pain shopping only hurts you. It fuels negative thoughts, keeps you stuck in comparison, and makes your brain spiral.

1.. Reflection: Where do you catch yourself pain shopping most often?

2. What assumptions have you made about their relationship?

3. Are they actually true? Or are they just your narrative?

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Reframes about her and him

About Her

1..When I catch myself thinking “she’s better than me,” what’s one way I can remind myself she’s just different, not better?

2. If she only sees his “highlight reel,” what do I know about the real him that she doesn’t?

3. What’s one flaw or red flag I know he’s ignoring in her right now?

4. How can I remind myself that her presence does not define my worth? Write a sentence that anchors you back to your own value.

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Reframes about her and him

About Him

1..When I think “he’s happier with her,” what evidence shows he’s actually just escaping?

2. How does chasing a high differ from building a real life? Where do I see that difference in his behavior?

3. How can I remind myself that limerence isn’t love? Write one phrase you can repeat to yourself.

4. If he’s running from pain (not from me), what does that say about the truth of his crisis?

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"I am enough exactly as I am."
"I bring things to this relationship she never could."
"I'm choosing growth, strength, and steadiness."
"His crisis is not a reflection of my worth."

1. When I start believing "I'm not enough," what's one piece of evidence from my life that proves I already am?

2. If his crisis truly isn't a reflection of my worth, then what does it actually reflect — about him and his inner struggle?

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1..What are the 3 deadly mistakes?

_____

_____

_____

2. Have I ever done any of them?

3. What will I think about or do instead next time when tempted to do one of the three?

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On Why Do Affairs Fall Apart

1..Which part of "reality setting in" (time/commitment, money, guilt, demands, kids) feels most likely in my husband's situation? Why?

2. Affairs thrive in secrecy. How might constant lying and a double life eventually wear him down?

3. What do you notice about the "roles shifting" — where she becomes associated with stress, while you become calm and steady?

4.How does it feel to know that statistically: only 2% of affairs last, and 75% of second marriages fail within two years?

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The Betrayal Is In Your Mind

1..Write down one thing you've been obsessing about regarding her. By the end of this call, we'll create a healthier way to view it.

2. What are the 4 tools/strategies to regain your power:

1._____

2._____

3._____

4._____

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1..When she shows up in your thoughts, what scary story about the future does your brain start spinning? (Example: He'll never come back. She must be better.)

2. Think about your body's reaction — heart racing, shallow breath, tears. What's one physical sign you notice when fear takes over?

3. Write down a recent trigger (example: he didn't text back). What story did your brain attach to it?

4. How did your body respond to that story? (panic, anger, stalking her online, etc.)

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1..What's a more neutral story you could tell yourself next time? (Example: I don't know what he's doing, but I know I'm okay right now.)

2. How does that make you feel when the story is more neutral? Notice how your body feels in comparison to the previous page.

3. Courage means moving forward even with fear. What's one small courageous action you could take this week?

4. Fear is a speed bump, not a stop sign. Where in your life right now is fear actually showing you that "this matters"?

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What are the 4 C's:

1..C_____

2.C_____

3.C_____

4.C_____

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Affair Partner Related Thoughts You Might Be Thinking

"He must be with her right now."

"She's better than me."

"If she didn't exist, we'd still be fine."

"He's happier with her than he ever was with me."

"She's giving him something I can't."

"They probably have the perfect relationship."

"He's never coming back because of her."

"She's winning and I'm losing."

"He loves her, not me."

Write down one AP-related thought or circle the one that hits the hardest from above that keeps looping in your mind. Then walk it through the 4 C's:

Catch it → "Oh, there's that thought again."_____

Challenge it → "Is this fact, or just fear?" _____

Calm it → "This is just a thought, not the truth." - say this to yourself, "This is a thought.

Create a new thought → Write one believable, gentler thought you can lean on.

New thought:

_____

_____

What might be something you may just have to tell your brain to just STOP?

_____

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Connection and joy are still your strongest tools.

1..Write down three golden memories you and your husband share — moments that no one else, not even the other woman, can touch. Think about milestones, inside jokes, family traditions, or meaningful experiences.

Memory 1:

Memory 2:

Memory 3:

Notice how these memories prove your marriage is more than this current crisis.

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For each memory on the previous page, ask yourself:

What does this remind me about the truth of our marriage beyond the current pain?

Write out your reflections.

Memory 1:

Memory 2:

Memory 3:

2. List 5 ways you can bring joy back into your life this week.

1._____

2._____

3._____

4._____

5._____

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Affairs are built on fantasy and escape, not reality.

1..Reality check: Rewrite one belief he might have ('She understands me') with the truth.

2. Reflection: What does it change for you to know most affairs end?

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Affairs usually collapse in stages, not all at once.

1..What's one way you can detach from his timeline and focus on yours this week?

2. Food for Thought: Write one new belief about the AP (e.g., 'She's a distraction, not the problem').

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The 3 Behaviors That Set You Back

Behavior	How I have done this	What I'll Do Instead
Controlling	Asked to see his phone, criticized his clothes, silent treatment	Trust him to make decisions for our family; back off, stay on own page
Reasoning	Tried to convince him she's using him	Step back, let him figure it out, don't mention her
Mothering	Managed his emotions, nagged him about choices	Appreciate what he IS doing, remind myself 'He's a grown man'
Giving her oxygen	Brought her up in arguments, stalked social media	Don't talk about her, don't think about her, redirect energy to my own growth

These behaviors are common — noticing them is progress, not failure.

Use the worksheet on the next page to reflect on the 3 behaviors (Controlling, Reasoning, Mothering) and how they might be showing up in your life. In the last column, write down one new way you can shift your focus back to yourself instead of staying stuck in these patterns.

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The 3 Behaviors That Set You Back

Behavior	How I have done this	What I'll Do Instead
Controlling		
Reasoning		
Mothering		
Giving her oxygen		

Reflection Questions:

1. Which of these behaviors is my biggest trap right now?

2. What fear is usually driving that behavior?

3. What's one small step I can take this week to shift my energy back to myself?

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Self-Compassion in the Storm

Healing doesn't mean you never spiral, never stalk her social media, or never cry again. It means you learn to notice sooner, shift your focus quicker, and treat yourself with kindness along the way.

When you catch yourself in old patterns, remember — it's not failure, it's practice.

1.. Write down one way you've been hard on yourself during this crisis.

Example: "I keep checking her Instagram."

2. How can you reframe that with compassion?

Example: "Of course I did, I was in pain. Next time, I can pause and choose something healthier."

3. What's one thing you can forgive yourself for right now?

Here are some affirmations to anchor Into (circle one or add your own):

"I am learning, not failing."

"Every step I take is part of healing."

"Compassion for myself is part of my strength."

"I can choose kindness toward me, even in the mess."

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Anchor into your golden memories and your growth.

1..List those "golden memories" in short form here, so you can refer to them quickly. The next time your mind starts spinning with comparisons to her, choose one of these golden memories to focus on instead. Write which memory you'll anchor to — and how shifting your focus might change the way you feel in that moment.

Memory 1:

Memory 2:

Memory 3:

Final Reflection: What's one powerful thought you want to carry forward and practice after today's workshop?

Last reminder: She is not the problem. She is just the symptom. Focus on you!

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When you are ruminating about the affair partner, try on these thoughts:

21 Grounded Thoughts About the Affair Partner

1..She's not better, she's just different.

2. She doesn't have something magical that I don't.

3. Their connection is about his crisis, not her worth.

4. She is part of his escape, not the solution.

5. The way he shows up with her is not the full picture.

6. Her role does not define my value.

7. Their relationship is built on fantasy, not foundation.

8. Just because he's with her doesn't mean I'm lacking.

9. Affairs often collapse under their own weight.

10. She isn't the cause of his crisis, she's a symptom of it.

11. I don't need to compete with her — we're not in the same race.

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More Grounded Thoughts About the Affair Partner

12. She's not living some fairy tale — she's entangled in his chaos.

13. My life and healing aren't dependent on her existence.

14. I don't need to know her story to rewrite mine.

15. She doesn't determine how my story ends.

16. What looks shiny now usually fades with time.

17. I'm not missing anything she has — he's the one who is lost.

18. She hasn't "won" anything worth keeping in this moment.

19. She's not the reason my marriage is struggling — his crisis is.

20. I have the power to protect my peace, regardless of her.

21. Pain shopping only hurts me, so I choose to stop feeding it

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💖✨ Ready for Your Next Step?

From Workshop to Real Change

This workshop gave you clarity about her role. Now it's time to focus on your role — the part you can actually control.

If these tools opened your eyes, imagine what's possible with ongoing coaching, practical strategies, and a community of women who truly understand what you're going through.

🌿 Inside the Resilient Hearts Program, You'll Learn How To:

- ✔ Manage your thoughts and emotions (so she no longer takes up mental space)
- ✔ Create steady ground in the chaos of his midlife crisis
- ✔ Reclaim your confidence, power, and peace
- ✔ Build a life you love — with or without him

🫶 You Don't Have to Walk Alone

Resilient Hearts is your safe space to heal, grow, and find strength.

Every week, you'll be supported by me, Grace, and Jenn and surrounded by women who get it — women walking the same road, cheering you on as you find your footing.

💌 Join Us Today

You've started the journey. Now let's keep building your resilience together.

Learn more and join here: https://www.standingspouses.com/resilient-hearts

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