

WHY DO WE ASK QUESTIONS?

To process each piece

*Processing takes time, pieces need to be identified (like putting together a puzzle)
You don't want to bury or stuff your questions. Learn what you can.
Goal is to let go
Understand why this happened
Stop imaging what did or didn't happen*

To make what has happened real

*Need to hear it
Need the unfaithful to hear it
To know how far the violation went
To learn who I'm married to
To learn if they realize what they've done*

To affirm who you are

*As a man/woman and as a spouse
Am I OK? Do you still like me?*

For security

*Who am I now - as a couple, as a friend?
I'll find "the" answer*

To protect yourself

*Fear of letting your guard down.
To punish: so you'll hurt like I am,
so you'll know how I hurt.
To deflect the pain from me*

To test

*Have I been told the truth? Are you really committed? Have you released the partner?
Are you willing to do the work?*

To feel a sense of control

*Of myself, my spouse, my circumstances
To eliminate secrets
To demolish the fantasy of that relationship*

To begin to look at a future

*Fragile process of rebuilding trust
Fear that stopping will make us vulnerable*

WHEN IS ENOUGH ENOUGH?

When you know the answer

*You are finished processing
When you only ask to hurt the other*

When you know you know enough

*You'll never know it all,
You'll never make sense of it,
There is no reason good enough,
You'll never say, "I get it."*

When the foundation of your security and affirmation is in God

*Your spouse can help or hurt but they are not the source of your security and affirmation
When you can trust God for justice*

When you can process together

*Without accusation or hostility
It's about US as husband & wife, partnership
No longer about the partner – they lost.
When I have freedom to ask anything without damaging "us"*

When you can be vulnerable with each other

*Able to rebuild intimacy on all levels
When you feel safe enough to try,
but it'll still feel scary for a while.
When you believe truth has been exposed
When a healthy marriage is more important than "me"*

When you can practice grace

*With yourself and with your spouse
Nothing more to gain and more to lose
When you can accept this as part of your history
More interested in benefits of forgiveness
Less interested in revenge*