



Transcending Post-infidelity Stress Disorder (PISD): The Six Stages of Healing

Dennis C. Ortman

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Have you been traumatized by infidelity?

The phrase "broken heart" belies the real trauma behind the all-too-common occurrence of infidelity. Psychologist Dennis Ortman likens the psychological aftermath of sexual betrayal to post-traumatic stress disorder (PTSD) in its origin and symptoms, including anxiety, irritability, rage, emotional numbing, and flashbacks. Using PTSD treatment as a model, Dr. Ortman will show you, step by step, how to:

- work through conflicting emotions
- Understand yourself and your partner
- Make important life decisions

Dr. Ortman sees recovery as a spiritual journey and draws on the wisdom of diverse faiths, from Christianity to Buddhism. He also offers exercises to deepen recovery, such as guided meditations and journaling, and explores heart-wrenchingly familiar case studies of couples struggling with monogamy. By the end of this book, you will have completed the six stages of healing and emerged with a whole heart, a full spirit, and the freedom to love again.

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