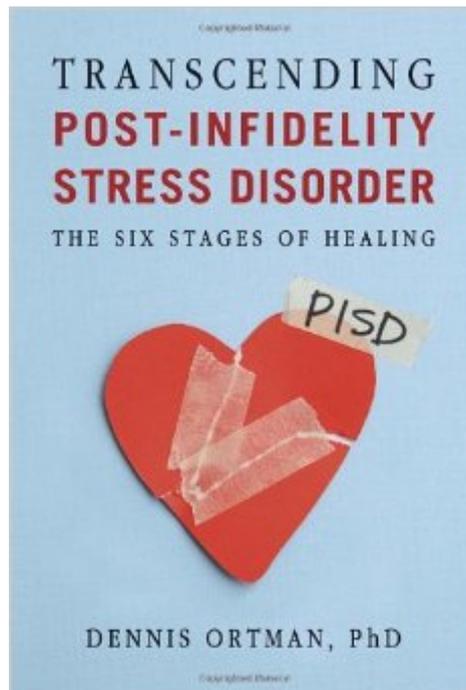


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Transcending Post-infidelity Stress Disorder (PISD): The Six Stages Of Healing



Synopsis

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.

Book Information

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Customer Reviews

This book is easy to use to find the information you need quickly. This book gives tools for healing in a format that is easily accessible. Ortman outlines the symptoms of post traumatic stress quickly, and explains them well. I would think that if someone wants the information in this book, then a lengthy read to find helpful information would be tedious. This book is a long-overdue clarification of what can really happen in response to infidelity, to contrast the previous limited view that the partner of someone who was unfaithful is automatically codependent (implying that they had a sickness and

control issues). Ortman, on the other hand provides compassionate insight into understanding the traits that make one more vulnerable to post-traumatic responses so that people feel empowered. His seemingly accurate approach applies the post traumatic stress model to infidelity responses with uncanny clarity. This is a very valuable compendium of information for quick insight and long-term healing. This book by Ortman offers sensitive and well-aimed tools. It can also serve as a reference for someone experiencing post traumatic stress because of abusive relationships in general (traumatic work relationships, betrayals, abandonment, traumatically betrayed friendships, etc.).

After going through a divorce, therapy, forgiveness seminars, and a new marriage, I still had emotions popping up that I did not want to be part of my life anymore. This book explains how that is normal and gives you ways to pinpoint the hurts, reasons, and ways to move on. As soon as I started reading this book, I knew it was for me. I had dealt with many parts of my former marriage, but this book helped me to deal with myself. I definitely believe in taking what you can and leaving the rest, and since I had already made some of the choices the book presented, I just skipped those parts and spent time on the pieces I still needed to heal. There are active exercises that ask deep questions to get to the root of your own feelings from your past, even some that are prior to the infidelity. I think if you put the time and effort into this book, you will get something out of it. I believe if you are looking for a comprehensive book to seriously and realistically look at your feelings and are ready to get your life back completely, then this is the book for you. Ortman doesn't advocate leaving or staying with the offending spouse, in fact I don't think the author is judgmental about any piece of the affair, but advocates doing what is best for yourself and your situation. I do feel like this book has helped me move into a new chapter of my life.

I have bought so many books and all of them seem to eventually get around to blaming the partner who has been cheated on. Asking them to think about what they did to make the affair happen. Pushing the traumatized spouse to forgive and move on without recognizing the true impact being betrayed has on a person physically and emotionally. This book doesn't do that. It validates and gives a name to the state we are left in when the person we love and are devoted to betrays us. There are true physical symptoms that happen that are more than controlling our emotions to just "get over it". I highly recommend this book.

I thought this would be a really helpful book, but instead, I found it very rigid, simplistic, and limited.

It's possible that it's just not the right book for me at this point. If you are on the fence, I would do a quick look at your library's collection first to see if they have one available. Some positive notes I can make are that his trauma metaphor makes sense for infidelity and his model for recovery makes sense. His inclusion of Buddhist and Native American thought adds useful perspectives; by illustrating his points this way, the reader has a higher probability of getting something from the book. More important, in each section he offers exercises to help reduce the trauma, and I've found some of them useful. Although I recognize with the symptoms of PISD, the help I have found to cope with my partner's affair comes mostly from *Impossible Love: Or Why the Heart Must Go Wrong* and *When the Past Is Present: Healing the Emotional Wounds that Sabotage our Relationships*.

This book helped me a lot. I don't read many self help books, but this one was excellent. It is very helpful and an easy read. You can read this book in 3 days. This book offered good advice and made you think outside the box, review your life decisions, and look at your personality traits. It helped me move forward and make positive changes and decisions in my life. I highly recommend this book if you are struggling with depression and going through a difficult time in your marriage.

This book has been amazing. Granted I didn't experience a traditional "affair," it completely pin pointed exactly how I was feeling from the betrayed partner's point of view. His model of comparing affairs to PTSD couldn't be a more accurate depiction of how I have felt and he gives several examples and tips to dealing with affairs. It is such a huge relief knowing that the whirlwind of emotions I have experienced is normal. Such a great buy, I would recommend it to anyone who has been through any sort of affair or betrayal by their partner.

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