Craig D. Lounsbrough, M.Div. LPC

Betrayal - The Sting and the Struggle

Licensed Professional Counselor

Certified Professional Life Coach

We will be betrayed. If it hasn’t happen yet, it most certainly will. It is the nature of betrayal that we are left confused, stunned, hurting and lost. We are left in this terribly painful state because of the very fact that betrayal is not supposed to happen, it is a reversal of the most barbaric sort, and it undermines trust in the one that betrayed us which generates trust issues with humanity in general. We can begin the healing process by asking ourselves the following:

1. To what degree do I understand and accept the nature of humanity to make choices that can be terribly destructive to themselves and others?
2. Have I assumed that such actions are those likely to be exhibited by the majority of people that I meet? And if I have, should I revisit that perception?
3. Have I considered that people make choices for a variety of reasons that appear to them as appropriate, fair and healthy that are in reality terribly destructive? And in recognizing this difficult and perplexing dichotomy, am I on my guard so that I will not fall to such actions and behaviors?
4. Can I forgive, which does not free the other person of any offense, but simply allows me to move on?
5. How much have I made the betrayal about my worth and value, rather than attempting understand the broader situation?
6. And will I allow this experience to promote deep growth and maturation that may have not occurred were it not for the immense pain that I am currently feeling? If so, have I explored that pain to find the growth opportunities within it?
7. Finally, if I were to meet the person that betrayed me, what three things would I say to them that would help me heal and move on?
   1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_