

Hello, Overcomer,

I recently reflected after writing to a friend who contacted me for direction regarding an affair. She had discovered seven years of betrayal that day as she tried to grasp where she was in this unwanted place. Over the years, I have heard from both men and women. All with different stories but the same broken heart! I assume you might be one of them, as this message has landed before you. Let me introduce myself.

Who am I? My name is Becky, a woman married for 44 years who walked before you in times of betrayal. It is quite a story and might look different from your situation. However, my husband and I found redemption, healing, and salvation.

Can I invite you to *pause for a few minutes*?

-This place you have entered needs rest and time of just sitting for a few minutes to locate your peace as you embrace where you are.

-Take a good couple of deep, slow breaths. Release slowly as often as you need. Notice where you feel the tension and relax your body. Now take a moment and let go of everything. Open your hands and place them in front of you. If you can, thank Jesus for His help as you invite him into your situation. Tell Him, Jesus, I you give this situation and everyone involved, please come. Go ahead. Jesus can hold this hard place. Sit here a bit.

-The next step is feeling the emotions and embracing a healthy step by not holding on to the stress and truth of this affair. Your body is designed to relax as you shift away from the tension and emotions. What is your body saying? Continue to let go.

- Clear your head. Then consider praying and journaling on these new truths. Understanding emotions has filled every part of you. It is good to release the feelings that you are holding. The enemy uses chaos, stress, anger, thoughts, and negative imagination to steal your peace. Your body does not need the toxins. I pray for release.

-Consider returning to this process when it builds again as you sort through your many choices with discernment, waiting, and prayer.

-Remind yourself or set your alarm to check on yourself several times daily. Take the positive steps of inner healing, self-care, and God's love for you! Consider downloading an app like One Minute Pause

-Listen to what God is saying uniquely to you. He is for you, no matter your situation or choice. The Lord desires you to lean into your healed identity in Him.

Call a special friend, a confidant.,.

You will need someone who will be a great listener and prays and honor your confidentiality wishes. Starting with one voice gives you more space and fewer opinions. Your goal is to stay in peace and pray. But there will come a time for others. Your first need is to hear God and a friend to support you.

Will you allow me to give you some direction and suggestions? Whether you pause to seek the Lord, separate, stay and work on your marriage or say enough, There is more help for you than a page can hold. May I speak to your heart with the steps I found wise to move through this heartache? Please see my downloadable document, "**Keys to Move Through Betrayal**"

Know I have prayed for you. Blessings,

Becky

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