

RELATIONSHIP EXPERTS PRESENTS

VETTING YOUR *path* FORWARD



HOW TO FIND THE RIGHT HELP
AFTER INFIDELITY (AND AVOID THE
WRONG ONE)

WELCOME



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I'M GLAD YOU'RE HERE.

If you're in the aftermath of infidelity, you're already carrying a heavy emotional load. You're hurt. You're confused. You want clarity, connection, and healing, but how do you find someone you can trust to help you get there?

This guide will walk you through exactly what to look for, what to avoid, and how to make sure you're not wasting your time, energy, or money on the wrong kind of help. Think of this as your roadmap for making informed choices and protecting your healing journey.

First, let's talk about what the right help looks like.

When you're in the aftermath of infidelity, you don't just need someone to "talk to." **You need a clear, structured, and research-backed path forward, guided by a qualified expert.**

In this stage, you're dealing with **relational trauma**. That means your trust has been broken, your sense of safety has been shaken, and your relationship foundation feels unstable. Sitting in a room or on a video call and simply "processing" without a plan can leave you feeling like you're spinning your wheels.



The RIGHT HELP

01

A STRUCTURED PROCESS

A straightforward, step-by-step process for healing that tracks measurable progress and helps you understand each stage of recovery.

02

EVIDENCE-BASED APPROACH

Uses proven, research-backed tools and methods, never made-up acronyms, ensuring your recovery is grounded in real expertise.

03

LICENSED EXPERT

Guided by a trained, licensed psychotherapist specializing in infidelity and couples therapy with credentials and experience you can verify.

04

RELATIONAL WORK

Focuses on healing the relationship as a whole, not just individuals in isolation. Working with both partners as opposed to working with one partner separately.

WHY THIS MATTERS NOW

- The aftermath of infidelity is emotionally dangerous ground. You're likely exhausted, overwhelmed, and desperate for relief, which makes it easier to:
 - Overlook red flags
 - Invest in something that isn't a fit
 - Lose hope when it doesn't work

It *Matters* Because

THE WRONG HELP CAN COST YOU:

- Time (prolonged suffering)
 - Money (thousands spent without results)
 - Emotional Energy (feeling “broken beyond repair”)
-

THE RIGHT HELP CAN SET YOU ON A PATH TO:

- Rebuild trust
- Heal emotional wounds
- Strengthen your relationship



okay,
Now, let's talk
about how to find
the right help.

Finding the right help after infidelity can feel overwhelming. But with a few intentional steps, you can focus on qualified experts and avoid wasting time or energy. In this section, I'll show you how to search with confidence.

IT'S TIME FOR STEPS THAT
ACTUALLY WORK. LET'S GO.



How *to* Do It:



1. SEARCH STRATEGICALLY

- Use specific keywords: “infidelity recovery therapist,” “affair recovery program,” “licensed couples therapist betrayal trauma.”
 - Avoid relying only on paid ads: strong, reputable providers often show up in organic search results.
 - Use AI search (optional): ask for licensed professionals who specialize in infidelity recovery and have strong reputations.
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2. EXAMINE THEIR WEBSITE

- Is the site dedicated to relationships and affair recovery?
- Are licenses, credentials, and bios listed clearly?
- Do they outline their process or method?
- Do they provide free educational content (blog, podcast, YouTube)?



3. CHECK THEIR CONTENT

- Listen to podcasts, read blogs, or watch videos to get a feel for their approach and values.
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4. ASK FOR A REFERRAL

- From someone who's been through a similar experience.
 - Ask follow-up questions about what made it effective.
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5. SPEAK TO A HUMAN

- Preferably, the therapist who will be working with you, not just a salesperson.
- A good therapist will be honest if they aren't the best fit.

Now it's Time to Recognize the Red Flags Before You Commit

Not every provider or program is truly equipped to help you heal after infidelity, and choosing the wrong one can slow your recovery or even make things worse. When you are already vulnerable, it can be hard to spot the signs that something is off.

In this section, we'll cover **the warning signs** that should make you pause, ask more questions, or walk away altogether.



The Red Flags:



SELF-PROCLAIMED EXPERTS

No license or clinical training.
Credentials that sound
impressive but don't relate to
mental health.



GENERALISTS

Treats every issue under the
sun without specialization in
infidelity recovery.



LACK OF TRANSPARENCY

No license number, vague
bios, or missing last names.
Methods that aren't research-
based.



SURFACE-LEVEL WEBSITE

Websites with minimal,
generic, or AI-generated
content.

BONUS SECTION:

Your Guide to Preparing for a Consultation

Finding a potential provider is only half the work. The real test comes when you speak to them directly.

A consultation is your opportunity to ask questions, assess their approach, and decide if they are the right fit for your healing journey. In this section, we'll walk through how to prepare so you can make the most of that conversation and leave feeling clear and confident.

it's quite simple!

The Consultation Prep.

A consultation is your chance to evaluate whether this is truly the right fit.

Before the Call:

- Research the provider's site and content.
- Verify licenses and credentials.
- Learn about their process so you're prepared to clarify, not hear it for the first time.

During the Call:

- Notice if you feel seen, supported, and understood.
- Ask yourself: Do I trust this person/practice with my healing?

QUESTIONS TO CONSIDER ASKING:

- What's your process or roadmap?
- Is it research-based?
- How do you measure progress?
- How long does the process typically take?
- How long have you been specializing in infidelity?

The CHECKLIST

Use this checklist to guide your search for the right help after infidelity.

- ☐ Define **your needs** for infidelity recovery support.
- ☐ Search for **licensed specialists** in affair recovery.
- ☐ Review their **website** and available content.
- ☐ Verify **credentials** and check their license status.
- ☐ Prepare **specific questions** before your consultation.
- ☐ Decide if the provider feels like the right fit and **take action**.

YOUR NOTES:

YOUR COMMITMENT

Only book a consultation if
you're open to starting the
work if it's the right fit.
If it's not a match, keep looking.
If it is, be **ready to commit** —
your healing depends on it.

WANT TO TAKE THE NEXT STEP?

The 45-Min. Consultation

Everything you need to know to understand
how we can help you heal from infidelity.

IDITSHARONI.COM/45

HOPE THIS WAS HELPFUL

LET'S GO.

You deserve real, qualified, compassionate help, not trial and error, not guesswork, and definitely not harm disguised as help. Keep this guide with you as you search. Use it to ask better questions, spot red flags early, and make confident decisions.

- Idit

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INFIDELITY RECOVERY PROGRAMS

Was this guide helpful for you?

Feel free to reach out to us with thoughts,
feedback at support@iditsharoni.com

Want to learn more about our program?

See our infidelity recovery program page at
relationshipexpertsonline.com

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