

FamilyLife Blended® Radio Transcript

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Recovering From Betrayal

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Ron: The advice we often give is pretty simplistic.

Announcer: For FamilyLife Blended®, here's Ron Deal.

Ron: To a betrayed person sometimes people say just forgive and move on. But recovery is a marathon. In addition to forgiveness there is confronting the betrayer, confession by the betrayer, processing what's happened. Looking for signs of repentance. Establishing a new track record of honesty and faithfulness. Small increases in trust and risk taking. More faithfulness. Repeat, repeat, repeat.

You know, on average, it takes over 35,000 steps to run a marathon. Reconciling a relationship is a marathon. But assuming both parties are running, it can be done and it is well worth it. For FamilyLife Blended I'm Ron Deal.

Announcer: To find out more visit familylifeblended.com.

FamilyLife Blended with Ron Deal is a production of FamilyLife, of Little Rock, Arkansas. Help for today. Hope for tomorrow.

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