

INFIDELITY **HEALING** TIMELINES

Things to keep in mind with these timelines...

- **Every story is different.**

No two betrayals are the same. No two recoveries are either. This timeline is a guide—not a stopwatch.

- **Healing is not linear.**

You may revisit stages more than once. It doesn't mean you've failed—it means you're human. Healing often looks more like a spiral than a straight line.

- **The pace of recovery varies.**

Some men move quickly through certain stages and slowly through others. Some get stuck and need support. Others fly forward and then hit a wall. All of that is normal.

- **This is your healing, not hers.**

Her remorse (or lack of it), her pace, or her actions will influence your journey—but they don't control it. This timeline focuses on what you can do to heal, grow, and lead.

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Things to keep in mind with these timelines...

- **Setbacks don't erase progress.**

Triggers, bad days, and emotional crashes are part of recovery. They don't mean you're back at square one. They're invitations to go deeper.

- **Real growth takes time.**

You may see some relief in weeks—but real emotional stability, trust rebuilding, and post-infidelity growth can take 18–36 months or more. Give yourself permission to go slow.

- **Support changes everything.**

Men who try to heal alone often stay stuck. Coaching, therapy, community, and guided resources can shorten the duration and deepen the quality of your healing.

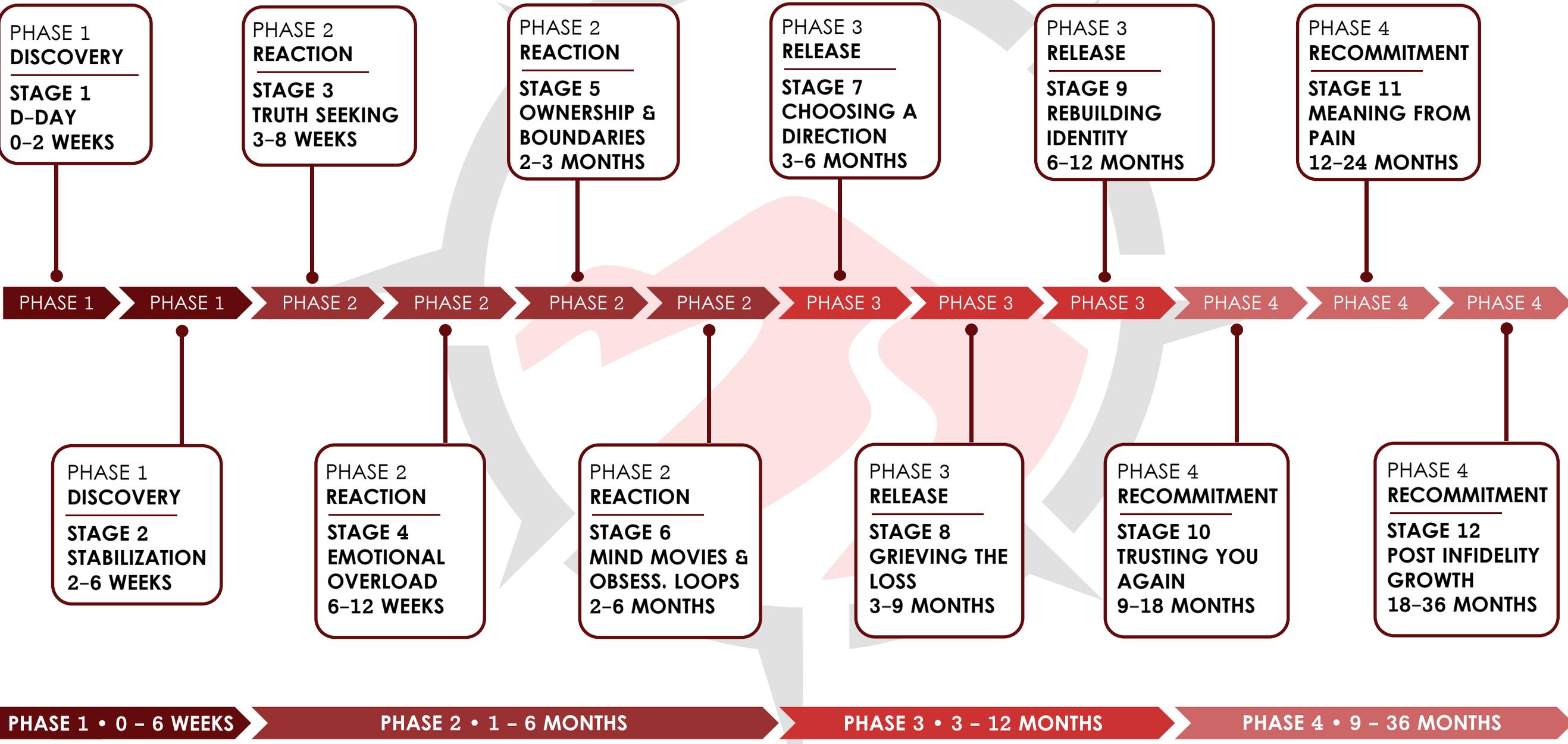
- **Use this timeline as a compass, not a calendar.**

It's here to give you direction—not pressure. If you're off by a few months or even a year, that's okay. Keep moving forward.

TIME + HARDWORK = HEALING

INFIDELITY HEALING

Individual Healing Roadmap



INFIDELITY HEALING

Reconciliation Roadmap

