



Surviving Your Worst Nightmare: A Guide for the Betrayed

By Patti Snodgrass

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Your wedding vows are broken, and you do not know what lies ahead. You are angry, confused, and fearful. Your self-worth and your confidence have been shattered. You do not know what is the truth, and what is a lie. You wonder if the pain in your heart will always be a part of you, and the tears seem to never stop—feelings of despair and hopelessness consume you. I understand, for I too have walked the same path of betrayal.

After my husband confessed his unfaithfulness I struggled to find sanity and clarity; it was all I could do to find ways to overcome my suffering. In my efforts to get answers I questioned everything; I questioned the past, the present and the future. I was determined to identify the reasons behind my husband's infidelity; I was desperate—I needed to move beyond the hurt and devastation that this nightmare had caused. In my quest to find answers, I learned that after an act of infidelity, even though I wished it were not so, recovery would take time. I learned that healing would come only when I decided that I was willing to do the hard work of discovering what the after-effects of the betrayal had done to me emotionally, and if I was willing to not run from the pain, or deny the pain, or distract and medicate my pain with various mind-numbing vices. I learned, even though it seemed irrational, that embracing and mourning pain would usher in the healing of my wounded heart. But if I did not, my heart wounds would continue to fester, and I would become an angry, untrusting and cynical person. It would not matter if I chose to stay married or not, the difficult emotional work needed to be done in order for my heart, and my mind to heal.

Surviving Your Worst Nightmare: A Guide for the Betrayed is a narrative of my survival journey. You will identify with my grief and confusion during each difficult stage of recovery. As you follow my personal experience with infidelity you will read my private journal entries that describe in detail my anguish, as well as the steps I took to help heal my damaged emotions. You may relate to my "How did I get here?" question and my rants of "Where are you God!" in the midst of such excruciating pain, and you will learn what it took for me to be willing to choose to love, and then decide to trust my husband once again. You will learn as well what I believe to be a leading cause as to why a loved-one

would choose to be unfaithful.

My main objective in sharing my healing journey with you is to help bring clarity and stability to your wounded heart. My desire is to come alongside of you to encourage you, and to help guide you through the aftershocks of infidelity. I want to offer a lifeline of hope as you struggle to survive the nightmare that is raging in your heart right now. I want you to know that you can survive! Yes, you are changed forever, but this life-changing event is not fatal; one-day, you will awaken from this betrayal nightmare!

I know you have many choices as to what books you read; I also know how desperate your search is as you try and find someone—something that will help make sense of your life right now. My hope for you is that you will find encouragement and healing in whatever resources you choose as you move forward on your healing journey.

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Editorial Review

From the Author

In a matter of seconds, as the words of betrayal flowed from my husband's lips my life - the life I had known before no longer existed; it was shattered into a million fragments - altered forever. I remember all too well the intense feelings of fear, anger, confusion and despair. I know how lost the faithful one feels, and how emotionally exhausting each day becomes as they struggle to survive the onslaught of emotions that continually pummel and shock their body - their mind.

Surviving Your Worst Nightmare was written to be a guidebook to the aftershocks of infidelity. With candid vulnerability I share my journal entries, which are interspersed with vignettes of my life to help readers know that they are not alone in their thinking, and with their feelings. The second my husband confessed his unfaithfulness I had so many questions - so many fears. My insecurities were magnified; I questioned my body image and my mental stability. The reader will relate with me as I question the past and I ponder what might have been. I encourage the reader to be angry, and to also embrace the wide range of emotions as they move forward towards a healthy recovery.

*My hope for you, the faithful one, is to bring stability, clarity and hope to your wounded heart as you navigate the painful journey of life after betrayal. Whether you decide to stay in the marriage, or feel it best to move on, *Surviving Your Worst Nightmare: A Guide for the Betrayed* can help you process your feelings and help you to know that you are not alone on your journey.*

- Patti Snodgrass

Users Review

From reader reviews:

Karen Wells:

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Jeannette Coleman:

Reading can called imagination hangout, why? Because when you are reading a book mainly book entitled *Surviving Your Worst Nightmare: A Guide for the Betrayed* your brain will drift away trough every dimension, wandering in each aspect that maybe unknown for but surely can be your mind friends. Imaging every single word written in a reserve then become one form conclusion and explanation this maybe you

never get previous to. The Surviving Your Worst Nightmare: A Guide for the Betrayed giving you one more experience more than blown away the mind but also giving you useful facts for your better life with this era. So now let us show you the relaxing pattern here is your body and mind are going to be pleased when you are finished reading it, like winning a casino game. Do you want to try this extraordinary paying spare time activity?

Lorraine Stark:

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Lucy Carson:

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