

Repairing After Infidelity

A Christian Workbook on Repentance, Confession, and Repair

Instructions for Use

This workbook is designed for personal reflection and accountability following infidelity. Complete it slowly and honestly. These exercises are not about self-justification or earning forgiveness, but about repentance, truth-telling, and behavioral change. Some sections may be shared with your spouse only under the guidance of your clinician or pastor.

Section 1: Biblical Repentance

Read Psalm 51 and reflect below.

What does repentance mean to you beyond feeling sorry?

Which specific sins require repentance (actions, secrecy, deception)?

Scripture: "Create in me a clean heart, O God." (Psalm 51:10)

Section 2: Confession Without Excuse

Confession means full truth without minimizing or blaming.

What did you choose to do?

What boundaries were violated?

Scripture: "Whoever conceals their sins does not prosper." (Proverbs 28:13)

Section 3: Apology Letter (Draft)

Write an apology focused on impact, not intention.

Section 4: Repairing the Damage

True repentance includes repair.

What has your wife lost emotionally or spiritually because of your actions?

What behaviors must change consistently?

Scripture: "Produce fruit in keeping with repentance." (Matthew 3:8)

Section 5: Why I Choose This Marriage

Why do you desire to remain married beyond fear of loss?

What covenant values do you recommit to?

Scripture: "What God has joined together, let no one separate." (Mark 10:9)

Section 6: Daily Recommitment

Write a daily prayer or statement of faithfulness.
