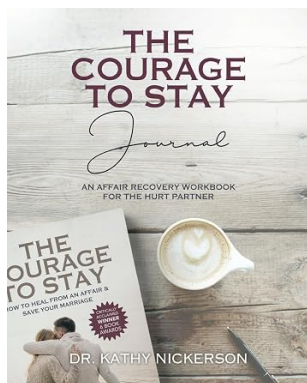




The Courage to Stay Journal

An Affair Recovery Workbook for the Hurt Partner

by Kathy Nickerson, PhD



Non-Fiction - Relationships

316 Pages

Reviewed on 05/07/2025

Book Review

Reviewed by Romuald Dzemo for Readers' Favorite

The Courage to Stay Journal: An Affair Recovery Workbook for the Hurt Partner by Kathy Nickerson, Ph.D., is a compassionate and practical workbook designed to guide the partner who has been hurt by infidelity through the daunting process of healing and potential reconciliation. The central message is one of hope and empowerment: despite the devastating pain of betrayal, healing is possible, and a stronger, more authentic relationship can emerge if both partners are committed to the difficult work. The book frames the recovery journey as climbing "Affair Mountain," acknowledging the immense challenge while emphasizing that it is a climb others have completed. It also highlights the importance of seeking professional support, referencing resources like therapy and support groups, and includes a list for further reading and finding a therapist. The emphasis is on a non-linear healing process, encouraging self-compassion and focusing on one step at a time.

Kathy Nickerson explores various crucial topics for the hurt partner, including overcoming hopelessness, navigating the emotional rollercoaster of betrayal, cultivating confidence and defeating self-doubt, and challenging core beliefs impacted by the infidelity. Dr. Nickerson draws on her extensive clinical experience and research, including studies on affair recovery rates and the impact of infidelity on self-esteem and attachment styles. The Courage to Stay Journal utilizes journal prompts, personal stories from individuals who have experienced infidelity, inspiring quotes, and practical coping strategies, such as gratitude exercises and nervous system soothing techniques. This book is well-researched, informative, and interactive. It will help readers to face their fears and trust issues and find the proper steps to build back a broken relationship.