



# How to Deal With Betrayal

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# Introduction

Betrayal is the most scorching thing that can happen to us. It breaks our hearts and sears our souls. In truth though and most unfortunately, it is such a common occurrence on this earth plane, that no one can escape it. As humans, we will not be able to live a life without experiencing a betrayal of some sort. It could be from our parents, our children, friends, business, mission, a doctor, or even the government. Therefore, it is safe to say that we must be ready, willing, and able to deal with it.

Deception, corruption, control, egoism, narcissism, drugs, sex, injustices, and exploitation are running through the veins of our world. We cannot say that we are living in a garden, when in fact, we are living in a psychic swamp.

Because the effects of betrayal include, shock, loss, grief, and damaged self-worth, drugs, alcohol, and mind-altering substances are used to numb the intense pain inflicted upon us. Yet, in reality, they just add to the problem and in fact, embellish it. We stop thinking rationally and our empathy for another, and value of ourselves diminishes almost completely.

With all the negative news, and challenges, whether global or personal, there is a belief that we need to conceal our vulnerability in order to survive. However, that is a dark betrayal in and of itself. Our vulnerability is connected to all that is important, such as our authenticity, our spirituality, our morals, our deep emotional feelings, our needed consciousness, and our higher intelligence. Without our vulnerability, we can neither touch another truthfully nor accept ourselves respectfully.

We cannot change the fact that the mental contamination of betrayal is continuously present in our daily lives. It can happen at any time, with anyone, in any circumstance. But what we can change is our view of it and learn how to handle it appropriately and honestly in an empowered and warrior-like way.

In a recent study, it was found that the root cause of violence is betrayal. It leaves in its dust, emotional trauma, spiritual bankruptcy, and physical disorders.

Therefore, it is our responsibility not to add to this human virus and to heal ourselves from its impact on our outer lives and our inner souls.

# Exercise 1

## Awareness

**There are five types of betrayal**

Disclosures of something that was meant to be confidential

Harmful Gossip

Infidelity and Disloyalty

Dishonesty, deception, deceitfulness

Betraying ourselves by going along with what we know is not right or moral

1. Study the 5 above and make a list of when any of these were done to you. Then make a plan as to how you will handle what was done to you or is still being done to you.

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2. Study the 5 above and make a list of when any of these you did to others. Then make a plan as to how you will handle your amends, learn the lesson, and ultimately transform.

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3. Make a list of when you betrayed or are still betraying yourself. Then make a plan as to how you will transform and heal this destructive behavior.

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# Exercise 2

## Plan B

We all have dreams or attachments. The problem is that when we have these dreams and attachments, we tend to miss the red flags. We are so busy being attached to what we want, that we deny the truth of a person or situation.

Our only protection against falling prey to the heartbreak of betrayal is to be aware that it could happen, or might be happening. We must be realistic, without being pessimistic. This is where plan B saves and protects our dreams and aspirations. When creating or dreaming about Plan A, always make a Plan B. When relying on another, which is most often always, know that this person could disappoint us, and though it will change the outcome considerably, it can save us huge heartache.

1. Make a list of all the times you have been so attached that you did not see or catch the red flags that something is wrong. Then mark down how and why this occurred.

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2. After reviewing how this happened, study what you have learned and how you will change your outlook and behavior.

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3. What are you involved with now that is not quite working? Make a Plan B.

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4. If Plan B possibly may not work, make a Plan C.

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# Exercise 3

## Just-ice Being Served

Our negative feelings are often connected to our wisdom. Therefore, they should be listened to and used as a spark to help us handle injustices, problems, and challenges. In return, they become a vehicle that is life-altering in a very positive, intelligent, and constructive psychological way.

When feeling a need to lie, **just** know it's a pathway to die.

When feeling a sorrow, **just** look for a happiness to borrow.

When feeling abused, **just** stop being used.

When feeling an overwhelm, **just** comfortably take the helm.

When feeling an unease, **just** don't fall for the tease.

When feeling anxiety, **just** remove yourself from society.

When feeling betrayed, **just** do let your empowerment get frayed.

When feeling despaired, **just** remember it can be repaired.

When feeling disrespected, **just** eliminate what needs to be rejected.

When feeling fear, **just** know who not to go near.

When feeling frightened, **just** get enlightened.

When feeling frustration, **just** use contemplation.

When feeling hateful, **just** get thankful and grateful.

When feeling helpless, **just** have courage and take a guess.

When feeling in a turmoil, **just** make sure to avoid the boil.

When feeling in doubt, **just** do NOT pout.



When feeling lost, **just** don't let it take a cost.

When feeling low, **just** know it's time to grow.

When feeling mistrust, **just** face what you must.

When feeling out of control, **just** make acceptance your goal.

When feeling punctured, **just** get re-structured.

When feeling sad, **just** don't turn mad.

When feeling self-deprivation, **just** seek a higher self-elevation.

When feeling shame, **just** take the blame.

When feeling stress, **just** smartly study the mess.

When feeling stubborn, **just** be the rose, not the thorn.

When feeling taxed, **just** take time to get relaxed.

When feeling there is no trust, **just** do what you must.

When feeling things get tough, **just** don't get rough.

When feeling unappreciated, **just** look at what needs to be alleviated.

When feeling underrated, **just** don't get frustrated.

When feeling undeserving, **just** know it's NOT self-serving.

When feeling unprotected, **just** source what must be detected.

When feeling unsure, **just** do what is pure.

When feeling upset, **just** first calm your fret.

When feeling violent, **just** take the time to repent.

When feeling you've been put on a shelf – **just** love yourself.

1. Which suggestions meant the most to you, and why?

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2. Which suggestions do you have the most difficulty with, why, and how will you work on them?

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**Suggestion: Print this out and keep it up as a vision board.**

# Exercise 4

## Betrayal Quotes

We should never allow someone to be our priority while allowing ourselves to be their option.

Trust is earned when actions meet words.

Loyalty is no longer considered a “given”.

If someone betrays us once, it is their fault; if they betray us twice, it is our fault.

When we betray someone else, we betray ourselves.

Betrayal is common when consciousness gets denied.

Never trust the untrustworthy.

Watch for red flags to avoid betrayal.

In this world, one must always protect themselves against betrayal.

Loyalty seems to have lost its popularity.

Betrayal diminishes all whom it takes in its possession.

The saddest thing about betrayal is that it never comes from our enemies.

Ignorance is the seed upon which betrayal blooms.

Betrayal is inflicted upon an innocent belief.

Though betrayal has become a way of life, our way of life should never accept betrayal.

Watch out because betrayal is certainly in fashion.

Integrity is the needed seed that eliminates betrayal.

Injustices are the betrayal of benevolence.

Wanting and needing power promotes betrayal.

Where there is an openness to betrayal, there can be no safety.

Trustworthiness should not be negotiable.

Where there is unconsciousness – there is hopelessness.

It is very sad indeed that betrayal is so connected to love.

Nothing is more deceptive and dangerous than those who pretend to be moral.

Never believe in the words “necessary evil”.

Where there is no equality, there is betrayal.

Overcoming the trials that came from betrayal takes great courage.

Devotion to the ‘light’ is the greatest weapon against the ‘darkness’ of betrayal.

Healing from betrayal requires a tranquil mind.

Betrayal can inflict a lingering pulse on the human heart.

Our virtue knows to constantly fight honorably against betrayal.

“Forevermore” takes fortitude and forthrightness.

Which 5 quotes mean the most to you and why?

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# Exercise 5

## Closing Exercise

1. What do you feel you learned from this guide that you will incorporate into your life?

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2. Which exercise did you like the best and why?

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