

# The Infidelity Recovery Institute

## CONTRACT

The following information is meant to clarify the type of coaching you are considering entering into. Please feel free to ask any questions and/or to express any concerns you might have.

### General information:

1. Appointment number: 10-15 sessions
2. Review at session 6 or 7 with option to terminate should any party desire to do so
3. All counseling sessions are weekly, from 60min to 2 hrs as advised
4. Sessions can be via Phone, Skype, or in office
5. Program/Session Cost is \$ \_\_\_\_\_
6. No contact of any kind with partner (lover) during time period committed to coaching
7. **Cannot** initiate divorce proceedings during counseling period
8. All missed appointments without 24-hour notification will be charged (exception of illness or emergency)

### Coaching tasks include, but are not limited to:

- Identification of six (6) core issues (3 from each spouse)
- One session devoted to resolution of each core issue
- Interpretation of Marital Satisfaction Time Line
- Identification of individual contributions to the marital deterioration
- Structured forgiveness exercise for individual marital contributions
- Identification of components of sexual indiscretion(s) with structured forgiveness exercise
- Identification of the shared good and bad history of the marriage
- Homework exercises assigned during the coaching period (approx. 10 – 15hrs per week)
- Communication homework exercises must be done face-to-face if in the same geographical location
- Clients will be exposed to four (4) different communication skills

Process: This is not considered typical marital therapy – it is Infidelity Recovery Coaching.

Purpose: To stabilize the relationship in the aftermath of the disclosure of infidelity

Document: **IRC – STEP 1\_Contract for Couple**

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I have read the above material and have had any questions that I asked answered satisfactorily:

\_\_\_\_\_  
Signature: Wife

\_\_\_\_\_  
Date

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Signature: Husband

\_\_\_\_\_  
Date

\_\_\_\_\_  
Print Name

Document: **IRC – STEP 1\_Contract for Couple**

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