

FREE PREVIEW

THE SNEAK PEEK

The Pages People Read First

A free preview of the Healing After Infidelity collection — the most-asked questions, the warning signs, and the words people search for at 2 a.m. A real taste of all four guides, in one short read.

Inside: the first red flags · what to do in the first hour · the exact words to say · the truth that changes everything.

Start Here

If you're reading this, something has happened — or you're afraid it has. First, breathe. You don't have to figure everything out today.

This short preview pulls the most important pages from our four guides — the ones people open first and come back to. Each section gives you something you can use *right now*, and shows you where the full answers live. Read it in ten minutes. Then, if it helps, the complete collection is waiting for you at the end — with a discount, just for reading this.

"You did not get to choose what happened to you. You do get to choose who you become because of it."

What to Do in the First Hour

Right now your body is flooded with adrenaline. You are physiologically incapable of your best thinking — this is biology, not weakness. So don't think yet. Do these four things first:

THE FIRST-HOUR RULES

- **Get separate and safe.** Another room, a walk, a friend's place. Just decide where you'll be *tonight* — not forever.
- **Breathe on purpose.** In for 4, out for 8, ten times. Longer exhales pull your nervous system out of alarm. Repeat every time the wave hits.
- **Water. A small bite of food.** Shock burns through the body fast.
- **Write down what you know** — **once.** Three factual sentences. This stops your mind re-running the discovery on a loop.

And the single most important rule of the next two days:

THE ONE RULE

Make **no permanent decisions** and take **no public actions**. Anything reversible is allowed — cry, walk, call one friend. Nothing irreversible — don't announce, confront in rage, sign, send, or destroy.

IN THE FULL GUIDE →

The hour-by-hour plan continues through the first night, Day One, and Hours 24–48 — including *what to say if you live together, how to handle work and the kids, and the four things that are still off-limits on Day Two*. Most people say the "First Night" section is the one that got them through.

First 48 Hours — the complete 9-page guide · ₹49

The First 10 Warning Signs

A red flag is not proof — every sign has innocent explanations. One means nothing. But a *cluster that appeared together and recently* deserves your attention. Here are the first ten, from the phone and digital life:

1. The phone flipped face-down — suddenly, consistently, especially when you walk in.

2. A new passcode — the phone you once borrowed freely is now off-limits.

3. Takes the phone everywhere — bathroom, shower, even taking out the trash.

4. Texting that stops when you appear — quick screen switches, apps closing.

5. Notifications turned off — a phone that used to buzz has gone silent.

6. New apps they can't explain — second messaging apps, a "calculator" with a PIN.

7. Deleted histories — chats, calls, browser history conspicuously clean.

8. A second number or device — an old phone suddenly charged and active.

9. Online at odd hours — "last seen" at 1:40 a.m. when they said they were exhausted.

10. Overreaction to simple questions — "Who was that?" triggers anger, not an answer.

THAT'S 10 OF 50 →

*Flags 11–50 cover five more categories — time & whereabouts, emotional distance, intimacy changes, money trails, and the people around you — plus a **self-scoring guide** that tells you exactly what your number means, and a calm **5-step plan** for what to do next.*

50 Red Flags — the complete 12-page checklist · ₹99

The Words for the Hardest Question

In the moment that matters, everyone's words fail. Here are three of the forty scripts — calm, dignified language for when your own runs out. They all follow one rule: **say it once, then stop talking**. Silence is where the truth comes out.

The direct question

"I'm going to ask you directly, and I'm asking for the truth even if it's hard: is there someone else?"

When they answer a different question

"That's not what I asked. I asked if there is someone else. Yes or no."

When they call you paranoid

"Maybe I'm wrong — I'd be relieved to be wrong. But calling me paranoid isn't an answer. The question is still on the table."

3 OF 40 SCRIPTS →

The full pack gives you the exact words for every stage: *when you suspect, when they deny, when they confess, when you need boundaries, and whichever way it ends* — including the scripts for talking to the kids, the affair partner, and the one to say to yourself in the mirror.

What to Say — all 40 scripts, 13 pages · ₹149

The Truth That Changes Everything

Almost everyone betrayed asks the same question: *what's wrong with me?* Here is the single page from the workbook that readers screenshot and return to most:

DAY 11 · IT WAS NOT YOUR FAULT

Whatever was imperfect in the relationship — and every relationship is imperfect — **the choice to deceive was theirs alone.** There were a hundred honest options available: a conversation, counseling, even an honest ending. They chose the dishonest one. That choice reflects them, not your worth.

And about the comparison eating at you: an affair is a fantasy conducted without bills, children, illness, or accountability. You were never in a fair contest — you were competing against a character in a story with no real life in it.

1 OF 30 DAYS →

The full workbook walks you through all four phases day by day: *surviving the shock, processing the pain, rebuilding yourself, and choosing your path* — with daily readings, journaling pages, and the exercises people use to actually get to the other side.

Healing After Infidelity — the complete 38-page workbook · ₹399

A THANK-YOU FOR READING

Get All Four Guides — and Save

Everything you just previewed, in full. The complete collection that walks you from the first terrible night all the way through to deciding your future — on your own terms.

~~₹696~~ **₹599**

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superprofile.bio/vp/healing-after-infidelity-workbook →

A NOTE ON CARE

These guides are companions for self-reflection, not a substitute for professional support. If you're struggling to cope, a licensed counselor is the most valuable step you can take — and several sections will encourage exactly that. If you ever feel unsafe or have thoughts of harming yourself, please contact local emergency services or a crisis helpline right away.

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