

What's Mine to Carry

50 Things You Cannot Control
& **50** Things You Can

Discovery takes so much out of your hands.
What he did, what he hides, how long it
takes him to change, none of it is yours to fix.

This list is a place to put that down,
and pick something back up.
One hundred small, honest lines.
Fifty things that were never yours to carry.
Fifty things that **still are**.



After the Discovery Series

SUPPORT FOR PARTNERS NAVIGATING BETRAYAL TRAUMA

50 Things You Cannot Control

Set these down. They were never yours to carry.

1. Whether he told you the truth
2. What he did before you found out
3. How long he was lying
4. Whether he understands the damage
5. His timeline for change
6. Whether he changes at all
7. What other people think of your choice to stay or leave
8. Whether your friends and family understand
9. How your body reacts to triggers
10. When memories resurface
11. Whether he's telling you everything now
12. His remorse, or lack of it
13. Whether therapy actually changes him
14. What he chooses to hide next time
15. How other people in the story behave
16. Whether he takes responsibility or makes excuses
17. The version of events he tells other people
18. Whether he understands why you're still struggling
19. How long your nervous system stays on high alert
20. Whether people believe you
21. What he was thinking during the double life
22. Whether he ever fully discloses
23. His mood on any given day
24. Whether he's defensive when you ask questions
25. The past. Any of it.

50 Things You Cannot Control (continued)

26. Whether he keeps promises this time
27. How quickly he expects you to heal
28. Whether other women or men are told the truth
29. What triggers show up and when
30. Whether he takes the consequences seriously
31. His relationship with his own shame
32. Whether he minimizes what happened
33. The opinions of people who don't know the full story
34. Whether your kids ever find out
35. How he behaves when no one's watching
36. Whether he actually gets it, deep down
37. His willingness to be uncomfortable for your healing
38. Whether the same pattern shows up again
39. What he tells his family
40. Whether he's patient with your questions
41. His capacity for real intimacy
42. Whether he stays sober, honest, or accountable long-term
43. What other people's marriages look like from the outside
44. Whether anyone else who was involved tells the truth
45. His internal world
46. Whether time alone fixes anything
47. What other people assume about your relationship
48. Whether he ever says a genuine apology
49. His character, going forward
50. The fact that this happened at all

50 Things You Can Control

Pick one. Start there.

1. Whether you ask for what you need
2. How you respond once you notice a trigger
3. Who you let close to you right now
4. What you read, watch, or scroll before bed
5. Whether you speak to yourself with contempt or with care
6. The pace at which you make big decisions
7. Whether you keep a record of what happened
8. Your own boundaries around disclosure and secrecy
9. Whether you see a therapist who understands betrayal trauma
10. What you do with today, specifically
11. Whether you say the hard thing out loud
12. How much of the story you share, and with whom
13. Whether you take the next indicated step, or wait
14. Your sleep, as much as you're able to protect it
15. Whether you eat something today, even if it's small
16. What you allow yourself to feel without judging it
17. Whether you ask for a polygraph, timeline, or full disclosure
18. Your own honesty with yourself about what you want
19. Whether you separate his actions from your worth
20. The support people you keep in your corner
21. Whether you name what happened accurately, even if it's ugly
22. Your own consequences and boundaries, regardless of his choices
23. Whether you journal, even messily
24. The pace of forgiveness, if that's ever where you land
25. Whether you protect your body's basic needs today

50 Things You Can Control (continued)

26. Your own timeline for decisions
27. Whether you research and understand betrayal trauma
28. What you say yes and no to this week
29. Whether you ask for the specific reassurance you need
30. Your own financial clarity and independence
31. Whether you let yourself grieve the relationship you thought you had
32. The language you use to describe yourself
33. Whether you take a break from the story to just breathe
34. Your own accountability if you make mistakes too
35. Whether you seek community with others who understand
36. The information you choose to consume or avoid
37. Whether you rest without guilt
38. Your own definition of what healing looks like
39. Whether you ask him direct, specific questions
40. Your relationship with your own body, going forward
41. Whether you let go of needing him to understand
42. The people you tell, and when you're ready
43. Whether you notice small moments of okay, even in a hard season
44. Your own standards for what you will and won't accept
45. Whether you seek medical testing or checkups if needed
46. The stories you tell yourself about your future
47. Whether you take one true, small action today
48. Your own capacity to stay curious instead of only afraid
49. Whether you let this list be enough for today
50. Whatever you choose to do next

One list, read as often as you need to

You don't have to memorise this. Come back to it on the hard days, the triggering days, the days it's hard to tell the difference between what's yours and what was always his.

If you're ready for more support, After the Discovery has guides and workbooks built from lived experience, for exactly this season.

www.afterthediscovery.com.au

admin@afterthediscovery.com.au