



Not "Just Friends": Rebuilding Trust and Recovering Your Sanity After Infidelity

Shirley P. Glass , Jean Coppock Staeheli

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**You're right to be cautious when you hear these words:
"I'm telling you, we're just friends."**

Good people in good marriages are having affairs. The workplace and the Internet have become fertile breeding grounds for "friendships" that can slowly and insidiously turn into love affairs. Yet you can protect your relationship from emotional or sexual betrayal by recognizing the red flags that mark the stages of slipping into an improper, dangerous intimacy that can threaten your marriage.

Not "Just Friends": Rebuilding Trust and Recovering Your Sanity After Infidelity Details

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Liz says

Another book that I hope none of you will ever need. This book showed me what could have been going through his head and how the whole thing grew from friends to "not just friends". It opened my eyes and suggested questions that I may or may not want answered so we can move past it.

The first couple of chapters really struck a little too close to home, but I'm glad that I read the whole book.

Heather Leblanc says

A helpful, constructive approach to the many considerations in marriage after infidelity. There is very little judgment in this book. Glass includes research from her field as well as her own personal practice examples. There are questionnaires, activities, and exercises to do alone and as a couple; these help to get conversations started that may be long overdue. She gives practical advice and guidelines for communication and by no means does she promise outcomes or offer absolute judgment. In fact, her book is most helpful alongside therapy. But it's a good start and very reassuring to the individual feeling adrift in the wake of catastrophic discovery.

David Peters says

Why I read It

On a blog I was reading someone highlighted some passages of the book and it sounded interesting. Now remember I originally went to school to become a therapist and thus my interesting probably varies quite a bit from yours. So I emailed the writer and he sent me the reference. Luckily my local library system had a copy.

The Good

A very experienced marriage therapist, whose specialty is infidelity, shares what she has learned over the years with numerous case studies and examples.

The Bad

Can be a little dry if you are not interested in the topic and/or not in a relationship of any sort.

The Ugly (my opinion)

This book was brilliant. Full of fun facts and numerous examples, you cannot help but find ways to not only protect your marriage, but improve it. Straight off the bat she dismisses the common myth that a loving partner and a good marriage will prevent affairs. I think a lot of people rely on that to protect them. Just as she also states that there are no low maintenance relationships. I like what one man said about personal (affair) deterrents. "On a good day, when things are going well, I am committed to my wife. On a day when things are just okay, I am committed to my marriage. And on a day when things aren't so great, I satisfy myself by being committed to my commitment. This book is suited for anyone who wants to improve their marriage. And if you do not think your marriage needs improvement, or is invincible towards an affair; then

you are at the most risk for an affair within your relationship.

Interesting Trivia

Dr. Glass is the mother of Ira Glass of NPR's This American Life. The book opens with a quote from her son, "You know you're in trouble when the word 'just' appears before the word 'friends'."

Kyle says

...what therapists read for fun...

Bookfanatic says

A great book! I don't have first hand knowledge (and hope never to!) about marital infidelity, but this book really shed light on the slippery slope to an affair. All too common these days are affairs that start at the workplace. First two people have an innocent opposite sex friendship which grows more intimate over times with emotional intimacy, secrecy and sexual attraction. And this friendship, can, if left unchecked, morph into a full-blown sexual affair. The late Shirley Glass shows the step by step progression and how to avoid the pitfalls along the way. She peppers the book with real life couples. Both male and female cheaters are represented equally in the book. You see both points of view - the betrayed and the cheater. She also has a small section on the point of view of the other woman/other man. The book provides advice on reconciliation and all that must occur for it to be healing and successful. The author also provides information to those who divorce after the discovery of infidelity.

All too often these days, opposite sex friends provide emotional intimacy and support that should come from a spouse. The author shows the difference between a true friend or friend to the marriage versus someone who has an ulterior motive. The title of the book comes from the often used phrase by the cheating spouse "No..he/she is just a friend! Nothing more.." Well sometimes he or she is not just a friend. They're so much more.

This book is a wonderful resource for new couples and those looking to strengthen their marriage. I don't think this is only a book for people looking to reconcile from infidelity. We can all learn from the wisdom in this book. I've recommended this to many friends. It's definitely a keeper and I won't part with it.

Sara says

If you're dealing with an infidelity, no matter what side you're on, this is one of the best books out there. There are so many books out there on this topic; the market is literally flooded with them (speaks to the amount of cheating that must go on, doesn't it?). It's difficult to really know what will have concrete advice and explanations. This book is good for the "betrayed," because it doesn't blame the victim, it helps the person heal whether you're staying together or not, and it helps give a feeling of vindication. For the unfaithful, it explains how situations can unintentionally lead to a situation where cheating is more likely, explains emotional affairs for those that just do not get it and think it's only cheating when you've done all there is to do, and gives steps on how to protect yourself against faltering. If both parties are willing, this book is a great tool to read along with your partner, to work through the trust issues, to work through any

other issues that may have contributed to the cheating behavior, and provide a healthy way to work through the affair(s) together and provide some healing. But it's just as important on an individual basis to read, and even if you've moved on from the relationship, it is one of the best books out there on infidelity. Everyone says they'd walk away when it happens to them, but it's not always that simple if you find yourself there - this book can help you deal with a situation you may have never thought you'd find yourself, and ease some of the pain that is on both sides.

Phyllis says

Was recommended to me and made sense to read.

Tobi says

This book is religious, heteronormative propaganda. I read it at the same time I read Redefining Our Relationships by Wendy O Matik, which was much better, even for people who don't want to be in an open relationship because it discusses ambiguity within relationships/friendships between men and women as being healthy and normal, not something to fear or repress. Monogamy might be a goal or an ideal to strive for, but within long term relationships it is usually not the reality. Jealousy and possessiveness are part of the problem - just because you are in a relationship with someone doesn't mean you own them or get to control their body as if it is your property. The whole idea that having an "emotional affair" is cheating/infidelity is like committing a thought crime or something. I mean, ok, people get crushes, they fall in and out of love with their friends, whatever - but if we really love them, don't we want our partners to be happy and feel free enough to connect with others who love and care for them? If that can happen with respect and compassion for the relationship, then really, is there a problem? Society tells us that love outside of a primary relationship is threatening, but is that necessarily true? I think we need to question this.

Lisa says

This is a terrific book for couples recovering from infidelity together and for clinicians who work with these couples. The author writes sensitively about the experience of the betrayed partner, unfaithful partner, and affair partner and their unique tasks in the recovery process. The author's discussion of myths pertaining to the causes of infidelity as well as individual, relational, and sociocultural vulnerabilities to infidelity were particularly informative.

Elizabeth says

I found this book very helpful, and I'm sure as I further digest the ideas from this book, it'll prove even more useful in the future. I've been married ten years and got married young, so my husband and I have faced many temptations and inappropriate friendships over the years. Finally, after many fights over this topic, I decided to stop obsessing over those friendships and instead obsess over finding a way to improve our relationship and work toward healing.

I bought it after reading a section online and finding even the introduction full of ideas that I could relate to.

The writing was straight-forward and the exercises and quizzes were thought provoking. The examples were often eerily familiar, and many of the steps toward healing were steps I'd already been taking and asking of my husband, which I found validating. It also offered communication techniques and avenues to better understanding my husband, which I'd been looking for. The validation helped with the "recovering of my sanity," finding a book by a respected therapist that echoed the things I'd been saying helped hammer the points in to my husband, and finding ways to improve my approach to my marriage is heartening.

I can't remember reading other self-help books in the past, because it is so often dry or didn't resonate. I was amazed that the length of the book was no big deal because it was so interesting and spot-on, though it probably helped that the fighting had calmed down and my husband and I were clearly committed to the relationship by the time I got my copy.

I would recommend Not 'Just Friends' to some of my married friends, but if I were to ever see a therapist, I would want him or her to be familiar with it, as well.

Meghan Daley says

This book has some excellent point and take aways, but it feels one-sided. You can tell that Shirley Glass tried to examine every possible relationship scenario, but it is just not possible, so it was hard for me to identify with this book.

Steven Cobb says

Have learned quite a lot in a very short time from this book. Her writing is concise and clear and dead on as far as I'm concerned about how all are affected. I like that she includes a lot of her own and others' research about relationships and infidelity as well as many, many stories taken from more than 2 decades of therapy work with patients. It's information that most people don't readily discuss. I particularly like the following...under the heading 'Old Flames Burn Hottest'

"People who reconnect and then fall in love again talk about the intensity of their bond and often feel their love is unique. In fact, if their reconnection results in marriage or a committed relationship these unions are highly successful. Nancy Kalish has discovered in her study of rekindled romances that 72 percent of these reconnecting partners stay together."

and later in considerations for the involved partner in 'Getting Off the Fence'

"For most people leaving the marriage is not the best answer. People tend to carry their psychological problems with them to the next relationship. Old, destructive patterns are perpetuated unless you deal with them, and second marriages may have the added strain of blended families and stepchildren. Statistically, there is a 50 percent divorce rate in first marriages and a 60 percent divorce rate in second marriages. If you marry your affair partner, the probability that it will work out is even worse than the dismal divorce statistics in second marriages (unless you are marrying an old flame from your youth)."

This book provides a lot of clarity and a lot of hope.

Amber says

I am not currently in a relationship, but if I were this book would be way too long to read before things blew up. It could be a lot shorter. Out of the several books I've read on affairs, this one by far is the most into keeping the married couple together. The focus is more on "regular" people who accidentally slipped into affairs instead of going into personality disorders or inherently dysfunctional relationships/people. So if you want a book from that angle, check this one out.

Alice says

The best book I've read on healing from infidelity.

I love that it encourages partners to be open and honest. When a betrayal has occurred, there can be a tendency to pull back, out of shame or hurt, but the way to heal and reconnect is to be more open. Even if saying or hearing the words hurt, sometimes the best way to get past a problem is to push straight through it.

Linda Macdonald says

Best book I have read on recovering from the trauma of infidelity. Shirley Glass was a clinical psychologist who was one of the top infidelity experts in the country (regretably she died of breast cancer in the fall of 2006). In her book she debunks common myths such as "Only people who are unhappily married have affairs," and "A relationship is only an affair when sexual intercourse is involved."

As a therapist, I have found this book invaluable and so have my clients. I have met Dr. Glass in person and took a 20 hour intensive workshop from her a few years ago. I can't recommend her book and her approach highly enough.
