

Effect of Betrayal on Sexuality

- Gaslighting can make betrayed partners question their own sexual reality (whether the partner knows about the betrayal or not) – partners may learn that their view of sexuality is wrong and what they need, like, or want is wrong
- Betrayed partners are often ignored, mocked, or rejected when sexual needs or desires are expressed – this teaches them that they will never be loved or valued for themselves and will never be good enough
- Betrayed partners are often blamed for the betrayal – they, their betrayer, and others often believe betrayal is caused by partners not meeting the betrayer's needs, leading partners to experience shame, fear, and guilt around their needs
- Betrayed partners may be sexually abused or harassed by the betrayer – groping, no boundaries allowed or honored, refusal to stop/forced sexual interactions (up to and including rape), manipulation, threats of betrayal used to perpetuate behaviors – creating fear and shame around sexual connection