

## Six Types Of Betrayal You Never Should Tolerate

Today's podcast is about six types of betrayal you never should tolerate.

Betrayal is one of the most painful experiences we can endure. Whether it comes from a partner, a friend, a family member, or even an institution, the impact of broken trust is long lasting & deeply damaging. While infidelity is often the first type of betrayal that comes to mind, there are many other forms of betrayal that can leave you feeling hurt, confused, & disillusioned.

Today we will discuss six different types of betrayal that are not only damaging but should never be tolerated. Healing from any of these forms of betrayal requires time, self compassion, & understanding. Some of the information I share today is from my book, ["From Heartbreak to Healing: A Guide for Healing from Broken Trust"](#).

Infidelity is one of the most universally understood forms of betrayal. When a partner cheats, they break the foundational trust that is supposed to exist in a committed relationship. The emotional wounds inflicted by infidelity run deep, causing feelings of inadequacy, doubt, & loss of self worth. It is not just about the act itself but about the breach of the promise to remain loyal & committed to one another.

Lies may seem small or insignificant at first, but over time, they erode the trust that is vital to any relationship. Lying outright or even withholding crucial information is a betrayal of transparency. When you realize someone has been hiding the truth from you, it is a violation of your right to know & make informed choices.

This type of betrayal can often feel worse because it leaves you questioning everything that was said in the past & makes you doubt your judgment. It's so important to learn to trust your instincts & know that your worth is not tied to someone else's ability to be honest.

Abuse, whether emotional, physical, sexual, or psychological, is one of the most severe forms of betrayal. When someone in a position of trust—whether a partner, family member, religious figure, teacher, or even law enforcement—abuses you, they are betraying your basic right to feel safe & respected.

Abuse violates not only your physical boundaries but also your emotional & psychological well being. This betrayal of trust takes years to heal, & it is essential to lean on God, set boundaries, & regain control over your own life. In ["From Heartbreak to Healing"](#) I discuss how to process & heal from these deep wounds & the importance of seeking support during your journey to recovery.

Being taken for granted is a quieter form of betrayal, but no less painful. When your needs, feelings, & contributions to a relationship are constantly overlooked or undervalued, it erodes the foundation of respect & mutual care. This can happen in romantic relationships, friendships, & even family dynamics.

Over time, feeling invisible or unappreciated leads to resentment & emotional exhaustion. The key to healing here is learning how to set boundaries, express your needs, & recognize your own worth.

Gossip is often brushed off as harmless chatter, but when it is about you or someone you care about, it is a betrayal of your trust. Talking behind someone's back or spreading rumors damages reputations & friendships, leaving you feeling exposed & vulnerable.

This type of betrayal is particularly insidious because it happens behind closed doors, & the victim is often unaware of the damage being done until it is too late. If you have experienced this betrayal, it is important to recognize the toxic behaviors at play & take steps to protect yourself such as setting clear boundaries with those who gossip.

One of the most devastating types of betrayal is when people side with the abuser instead of the victim. This happens when someone minimizes or ignores the abuse, deflecting blame onto the person who has been wronged or dismissing their pain altogether.

This betrayal is incredibly isolating, & leaves the victim feeling as though their experiences & emotions are not valid. The people they trust the most may turn their backs on them, making them question their worth. It is vital to recognize this betrayal & know that no one should ever be complicit in the harm of another.

Whether you have been betrayed by a partner, a friend, a colleague, or even an institution, I know the pain can feel overwhelming. However, healing is possible. In "[From Heartbreak to Healing: A Guide for Healing from Broken Trust](#)" I discuss the different ways betrayal manifests & offer guidance on how to move forward.

Healing from betrayal takes time, but with God's help, self compassion, support, & a willingness to trust yourself again, you can rebuild the emotional foundation you once had. Recognize the betrayal, honor your pain, & take the necessary steps toward rebuilding trust with others & with yourself.

Thank you for listening to my podcast!