

# THE SECRET MAJORITY



Couples Work

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# Case Study

Below you will find a case study (anonymised and shared with consent) from a couple who have worked with The Secret Majority to navigate communication challenges, trust issues and conflict which lead to increasing trust, care, and love.

The following story highlights what is possible when a couple commits to the process of working on their relationship with the right support. It shows that even in the face of incredible hurt or emotional distance, change is very possible. When working with the right person, couples can identify and break unhelpful patterns, rebuild 'safety' and trust, and grow closer than they thought possible.

As someone who specialises in supporting couples through the challenges of communication, trust, and connection, my role is to offer a safe, structured, and compassionate space where you can both feel heard and understood. Together, we will explore at what's happening for you both from your own perspectives and then work together to build a pathway forward; towards the closeness, care, and security you want.





## MARY & BEN

Mary and Ben had been married for 24 years when Ben discovered that Mary had been having an affair. The discovery left him utterly broken. Mary was angry at herself, confused about why she had made the choices she did, and not sure what to do.

*“Without Nina’s support we don’t know where we would be.”*

### Trust

Ben began to question everything about their relationship, now, but also everything that had ever been. He wanted to know the details of the affair, he had so many questions, but he also didn’t know if he actually wanted to know.

Mary wanted to help him to understand but she felt afraid that the truth would be the end and didn’t know what to do for the best.

David struggled to believe anything Emma said after the affair came to light. He wanted to know every detail, but the more he asked, the more overwhelmed Emma felt.

*“I didn’t know what was true anymore... I didn’t know what I could trust” Ben*

In our sessions, we created a space where both Ben and Mary could slow their thinking down. They were supported to better understand what they were feeling and why. Ben was able to ask his questions, and though answering the questions, Emma also was able to better understand what had been happening for her and this in turn was important in helping Ben to understand. We were then able to create a path forward together.

*“Without Nina I could never have asked the questions I deeply needed to ask. I was scared to ask them, but something inside me needed to know” Ben*





## The Why

Mary explained that she never wanted to hurt Ben and that was never her intention. But understating what may have led to the affair was important, this was not to give Mary an excuse, but about understanding. And through understanding, creating a strong relationship moving forward. Mary was able to explain in a safe and supportive space how she had been feeling before the affair. Ben was supported in explaining how the affair had “broken every part of him” and left him feeling like a shadow of his former self in every way.

*“For the first time, I started to see why I’d been looking outside the marriage for something I didn’t feel I could ask for from Ben. I want to be with Ben, I always have, and there is no excuse for what I did but I can see that to be strong in our relationship there are things we can do and we have now found ways to talk about these” Mary.*

*“There are no words or how broken I felt. There is no way I could have explained this to Mary without Nina’s help. But because I think she does understand now, at least as much as she can, we were able to start looking to a future together” Ben.*

## Physical Closeness

Physical and emotional closeness felt impossible to begin with. But as trust slowly began to rebuild, we introduced gentle exercises in care and closeness; small gestures, non-sexual touch, and ways to showing and seeing appreciation. These helped both Ben and Mary to feel safer and more together, laying the groundwork for physical closeness to return.

*“I never thought I’d want to hold her hand again, but the small steps that Nina introduced us to made it feel ‘safe’ to try.” Ben*

## Moving Forward

As our work together came to an end, Ben and Mary said they felt stronger than before the affair. The affair will always be a part of their story, but it no longer takes central stage. During our session safe and empathic spaces were created where both Ben and Mary could ask questions, feel heard and understood. We created a tool-box of strategies that they could draw on as they moved forward.

*“I’ll never forget what happened, but I believe in us again and I didn’t know if that was possible before we started our sessions with Nina. Thank you” Ben*

*“I didn’t think we’d survive this, but because of our work with Nina I feel like we’ve been given a second chance.” Mary*



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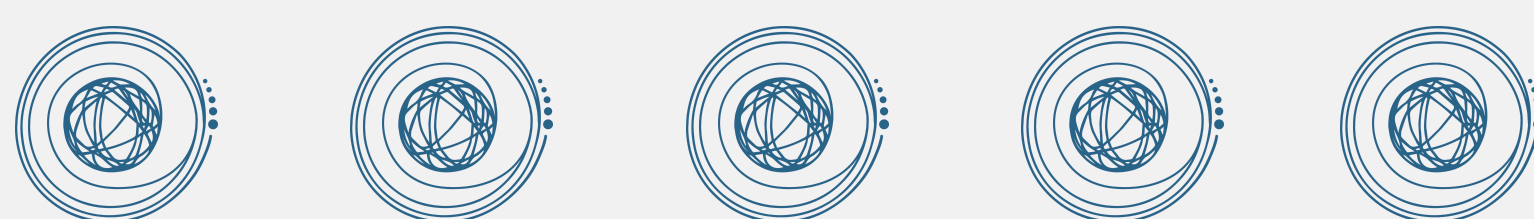
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## Overview

In our work together, you'll take the lead, bringing your concerns, questions, and goals. My role is to guide and support you with empathy, clarity, and evidence-informed strategies as you move toward the relationship you want to build or rebuild.

I bring many years of experience working with individuals and couples navigating complex emotional experiences. My background includes published academic research on human behaviour, writing for the media, and professional work with the police, NHS, and other national organisations.



## Free 30 min video call

Our first chat is a chance to get to know each other and see if working together feels like the right fit



## Sessions

To understand your experience I will typically meet with each of you individually for a 1:1 session. This is your space to share and explore what's going on from your perspective

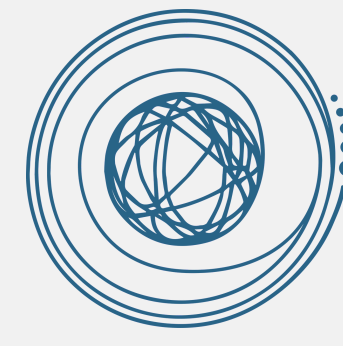
We'll then take a forward-focused approach in joint sessions to help you move from where you are now to where you want to be.

[nina@thesecretmajority.co.uk](mailto:nina@thesecretmajority.co.uk)

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## Logistics & information



### Where?

Most of my sessions are held virtually over Google Meets. Couples can be on the same or different devices. If you're local, we can meet for walking sessions.



### When?

Sessions are available seven days a week. On a Wednesday sessions are available from 6:30am. Evening sessions are available on Mondays and Tuesdays.



### How many?

The number of sessions varies for each couple. Sessions can be weekly, several times a week, or more spaced out depending on what is going on for you at that time. The frequency of sessions will likely vary during our time together. This is your space and your time; you lead.



### How much?

Each one-hour session is £105. Sessions are payable in advance of booking.

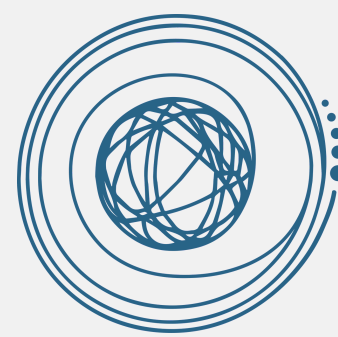
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## Testimonials

When I discovered that my wife had been having an affair, we found Nina, and we have been working with her for about 5 months now.

this has been invaluable; we have had conversations that we would not have been able to have without her and found things out about each other (and ourselves) that have been so important in enabling us to move forward. Nina is helping us move towards the place we want to be at a pace that works for us.

We are so grateful to be working with her.

January 2025

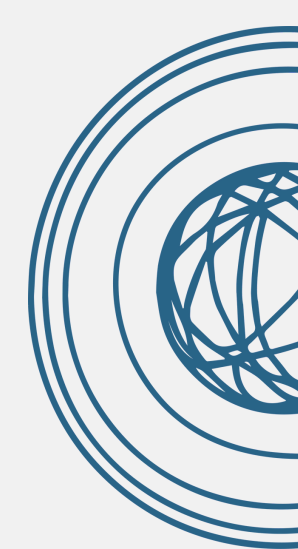
In a recent survey of clients,  
100% 'felt heard, understood and respected'

"Since Nina and I have worked together (post an affair that I had), I have grown as a person, in both my home and work life, and become far more self-aware, learning to deal with emotions and accepting that it's ok to be vulnerable and it's ok that it's not all black and white ... there is always a bit of grey! Nina continues to be a massive help and a great source of support".

Firearms police officer

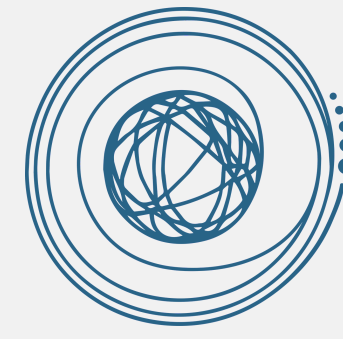
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The process from here:

1

Book a free 30 min video call:  
<https://paperbell.me/nina-francis-1>

2

In our call, you'll have space to share what's going on for you, and I'll explain how I can support you moving forward

3

We begin our work together, and you begin to move your relationship towards the place you'd like it to be.

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# CONTACT US



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