

## **My spouse is having an affair! Help! What do I do?**

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### **Live Life**

#### **Passionately Ever After**

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- Do not panic! Breathe, slow deep breaths. 90% of affairs never last. The odds are in your favor if you want to make the relationship work.
- Contact a close friend and confidante and talk about your feelings.
- Do not confront your spouse until you are focused and in control. If you need to, spend a night or two with family or a good friend.
- Remember the affair is about the cheater, not about you. You both played a part in the problems, but it was his/her choice to betray the marriage.
- Journal your thoughts and feelings. Let the words flow. Do not be concerned about spelling, grammar or profanity. It is for your eyes only!
- Contact a good family attorney to answer your many questions and understand many of your options. (You do not have to commit to divorce.)
- Arrange a time to talk one on one with your spouse in private when you are not exhausted.
- Look for remorse and a willingness to work on the marriage. If he/she refuses to let go of the fling, you have some tough decisions to make. (They do not have to be made now.)

- Develop new boundaries as you work on the relationship. If your body says “no” to sleeping in the same bed, listen to it.
- Find a qualified and experienced counselor to help you mend the wounds and move forward together. Should he/she refuse to go, you go. It will help.

Infidelity is a major earthquake to a relationship. It does not have to end up in divorce. It can be repaired. *In time*, the relationship can be even better than before. You can live ***passionately ever after!***

**For assistance in working *passionately ever after*, call...**

**Passionately Ever After Counseling Center.**

***At***

**214.618.8202**