

# SURVIVING INFIDELITY

◇ THE CHALLENGE

◇ THE PROCESS

◇ THE SOLUTIONS

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# **Surviving Infidelity**

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## **Chapter 1**

### **Introduction**

Surviving infidelity is one of the most traumatic and painful experiences one will ever experience in their marriage or in any relationship. Oftentimes the wounds are gaping and the bleeding never seems to stop.

Many believe that we don't choose the people we fall in love with - but we DO choose whether or not to stay in love with them - and for that matter, whether to cheat on them too. And the reasons people cheat on their spouses vary as much as their stories about surviving infidelity. How people deal with being cheated on varies, but the bottom line is that it hurts!

Surviving infidelity has often been compared to the stages of dying, but in this case it may be the death of your innocence. All that was held in trust - and all that was seen as good - suddenly becomes compromised and tainted. "Why did it happen to you" becomes an endless question which may never seem answered. Even when the question of "why" does find its answer, there is little to ease the pain of betrayal - nor the emotional cost of surviving infidelity - both of which can ravage you.

### **Surviving Infidelity and the Stages of Grief**

The famous psychologist Elisabeth Kubler-Ross created the well-known stages of grief for death and dying. Her research examined the various stages individuals go through when they learn of their terminal illness. The five stages, as they apply to surviving infidelity, are:

- Stage 1 - Denial
- Stage 2 - Anger
- Stage 3 - Bargaining
- Stage 4 - Depression
- Stage 5 - Acceptance

These five stages represent the same stages one goes through while surviving infidelity or the dissolution of a marriage or relationship. What differs when surviving infidelity is that the person who has betrayed you hasn't died - they go on living and you still have to see them or be aware of them!

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In the denial stage, the individual learns of his or her prognosis and they just cannot accept the fact that they are ill. They deny the truth. In the anger stage, individuals become angry with their doctors, themselves, the world, people... and God for their illness. In the bargaining stage, individuals seek a resolution, something or anything that will undo their illness. They plead with doctors and the Universe for a second chance at life. And when they accept the fact that their bargaining just isn't working, they bottom-out and fall into the stage of depression. For them, things become bleaker and darker. After a prolonged period of time feeling and being depressed, they come to the stage of acceptance, the 5th and final stage in the process. It is during this stage that the proverbial light goes on and they come to terms with their situation.

Here's how Kubler-Ross' stages correspond to the stages one goes through when they experience infidelity or the dissolution of a marriage or intimate relationship.

When you first learn that your partner has been unfaithful, your initial feeling is shock, disbelief... and DENIAL. You can't believe that it is happening to you. You deny the truth and the fact that the betrayal has happened. And if the relationship ends at this point, you may be in denial about that as well. You just don't believe it's possible that something like this can be happening to you.

Once you have recognized that the infidelity is "all too real," you flip into the ANGER stage next. You're angry and enraged with your partner for cheating. You're angry with your mate for ending the relationship. You are angry with yourself for trusting your mate and your own judgment...

Once the anger dissipates, you then shift into the BARGAINING stage. This is the part where one of you may "bargain" to give your relationship a second chance. Or you may bargain with yourself to forgive your mate for his or her transgression.

Once the bargaining pleas to either yourself or your mate fall on *deaf ears*, the next stage is one of DEPRESSION. In this stage, the individual most likely feels helpless, hopeless, and defeated. They know that no matter what they say, do or think, nothing can change or undo the infidelity and everything that followed it. This is when individuals withdraw and pull back from their interactions with others and basically regroup. And after regrouping, individuals slide into the final stage of ACCEPTANCE...

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In this stage, individuals learn to accept their circumstances and their mate for who they are and what they have done, and most importantly, embrace themselves and get ready to move forward. This is the stage in which one learns to love him or herself once again.

Interestingly, when applying the rules of Kubler-Ross' stages to infidelity and failed relationships, they also follow the principles of "shifting." Even though you may have made it to one stage, this doesn't mean you can't go back to a previous stage even though you have apparently overcome it. This is often seen in reconciliations.

Do you ever wonder why you got cheated on or why you did the cheating? Are there answers you are seeking... answers to questions about surviving infidelity that you really need? This book will help you find the answers you are looking for.

But just having the answers is not enough. It is equally important to apply the theory and knowledge in the most appropriate way, which will help you deal with infidelity effectively.

### **Get Help Surviving Infidelity**

As a Professional Certified Life Coach, I'm in a unique position to help you. For nearly 30 years I've been coaching clients worldwide. My clients come to me for help surviving infidelity because they want to move on from the trauma and begin to heal. Working together, we'll create a plan for your emotional survival.

My work with infidelity started in the early days of the Internet. It was during this period that - working with a small group of volunteers - I started the world's first online support group for people who became victims of Internet infidelity and cheating. We've worked with hundreds of people all across America and helped clients who wanted help surviving infidelity.

Working together today, you and I will create a successful process to help you let go of the past ... to help you move beyond surviving infidelity so that ultimately you'll find your happiness.

You can reach me by phone or make a coaching appointment through this website. There is no charge for your initial consultation.

**Jay Reiss, M.S.W. • Professional Life Coach • 805.964.6574**

## **About Me**

I'm a Penn State and U.C.L.A. graduate with a Bachelor's Degree in Psychology and a Master's Degree in Social Work. I'm a Certified Life Coach too, and I've worked with thousands of clients worldwide. You can see my professional credentials right here on this website.

I've created a professional coaching service that takes advantage of both my academic training over a period of two decades along with my professional experience coaching clients since 1981.

For more information about my services, feel free to call my office at 805-964-6574 or click here to go to my coaching page:

[Make an appointment for a free initial consultation](#)

*A Certified Life Coach can help you get on the right track in the most efficient and productive way possible. A Life Coach can work with you to help you get your life back in order. And if you're wanting to save your relationship, then a coach can help you put the pieces back together constructively.*

[Read my Coaching Client Testimonials](#)

**I work with clients worldwide by telephone  
and your initial consultation is FREE.**

To request your free initial coaching call, [click here](#) to make an appointment or call my office at (805) 964-6574.

And now let's continue with chapter two - the suspicions your partner is cheating...

## **Chapter 2**

### **Suspicious Your Partner Is Cheating**

Do you have suspicions that your partner may be cheating on you? Is it unfounded or very real?

"I just have a sick feeling in my stomach... I think - no - I know that my partner is cheating!" Ever had these sorts of feelings or suspicions yourself? The million dollar question is not whether you are suspicious or not, but rather why you are feeling suspicious in the first place. What is your spouse doing which is leading you to allow yourself to feel suspicious?

Sometimes it is best just to acknowledge what's front of you—in your case there may be signs that scream "cheating!" In this day and age, technological advancements have made infidelity easier and much more efficient. Meeting people through the Internet, cyber-chat rooms, cell phones, and telephone chat lines makes cheating easier than ever. The modus operandi or method of operation for meeting and cheating may have changed, but the resulting outcomes are the same—they all come down to infidelity.

In the past suspicions for infidelity were mostly based upon individuals staying out late "with friends" or working late "in the office." Some claimed they were at stags or bachelorette parties, sporting events, fishing trips, family functions, and so on and this would raise red flags for those who suspected their mate may be cheating. And of course there were always those suspicious phone calls and hang-ups which also made the hair on the back of your neck stand up. Today, many of these suspicions come via website cookies, e-mails, and text messages.

Let's be realistic here... most people you know have cell phones and computers. This doesn't mean that they are using them to cheat. Conversely, many individuals who **are** committing acts of infidelity are using computers and cell phones too. They are convenient in that you can carry them anywhere and they work everywhere. These instruments are small and discreet and can be used privately. They are simple and efficient for exchanging picture files and information which can be read and then destroyed instantly. And finally, if an e-mail account or cell phone number

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becomes compromised, it is very easy to wipe it out immediately and remove a trail leading back to the guilty party.

The same "rules for suspicion" in the past apply to cheating today as well. There are certain signs to look for if you think your spouse may be cheating. Here is a Top 10 List of the things to look for if you think your partner may be cheating on you.

- 1) Calls made in secret or the need to be private. Unless your mate has suddenly become James Bond or has taken a top secret position within their job, why do these calls need to be made secretly?
- 2) Late night or early morning calls. Once again, why is your mate all of a sudden receiving calls late night and early morning which are "strangely" out of the domain of normal working/business hours?
- 3) A sudden or intense interest in text messaging and e-mailing. If your mate was never one to play on cell phones and the computer, why all of a sudden have they taken up this interest?
- 4) Erratic work and recreational schedules. When you've known your spouse for as long as you have, you kind of know what their day looks like. As a matter of fact, most people prefer to be creatures of habit. Why all of a sudden has their schedule changed so dramatically?
- 5) Coming home late or having to disappear suddenly without any explanations that make sense.
- 6) Extreme mood shifts, which are usually a by-product of guilt.
- 7) Gifts for no apparent reason. When some individuals cheat, they feel the need to buy the person they are cheating on gifts as a way of minimizing their guilt.
- 8) Emotional and physical withdrawing. Cheaters will often times try to isolate themselves physically and emotionally to avoid detection. They worry their guilt will given them away.
- 9) Reverse accusations. Individuals cheating may sometimes accuse their spouse of cheating as a way of justifying their own underhanded behavior.

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10) Cheaters refer less to specific people or places. This is purely common sense as they don't want you checking up on them. They would need someone to corroborate their story and if it is a lie, then they are hanging themselves out to dry!

The general rule of thumb is that if something really feels "off" then it probably is. At this point, you'll need to decide how far you want to dig in to prove or disprove your suspicions!

In chapter three, we'll talk about the discovery of infidelity in your relationship...

### **Chapter 3**

## **The Discovery of Infidelity in your Relationship**

What happens when the unimaginable happens in your relationship—Infidelity? Most never see it coming and those who have suspicions that it might be happening are oftentimes just as dumbfounded, or in a state of shock. Let's be realistic here... there is no prescribed protocol on how to deal with infidelity when you find out it is happening to you. How are you supposed to respond or react?

Most times when you discover that your mate is cheating on you it is by accidental discovery or a shocking "warning." Oftentimes discoveries are made through phone calls, finding phone numbers, email, Internet chat histories, accidental discoveries where you catch your mate in the act, or through the eyewitness accounts of family and friends. No matter which way it happens or how you slice it, once the shock wears off it hurts like hell!

Today more than ever, more individuals are using private investigators to find out or witness whether or not the infidelity is real. Television shows like *Cheaters* have made using private investigators a more attractive and the official means for confirming infidelity in a relationship. Most people operate with the mindset of "*I need to see it to believe it!*" for most things in life. The reality of infidelity is that seeing your spouse engaging in infidelity is extremely shocking and traumatizing to deal with in person, so having a private investigator film or take pictures of the act oftentimes removes some of the shock of witnessing the act and prepares the individual with definite evidence which may be used to confront his or her spouse.

Often it's the "not knowing for sure" which creates the greatest obstacle for confronting infidelity. Unless your mate is caught "red-handed" in the act, discovery will usually come through a series of inexplicable events which often don't have reasonable explanations. Realistically, calling your mate on any of these isolated "events" will only ignite their adamant denial.

Since infidelity is such a difficult experience to deal with, it is best for the individual learning of their mate's unfaithfulness to do so on their terms. It's terrible when a relationship based on love and trust evolves to the point of entrapment and investigation. Some people will assert that "all is fair in love and war" and to "fight fire with fire" but this is definitely not the best way to

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deal with infidelity or confirming suspicions that your mate may be cheating on you.

If you suspect your mate is having an affair, it is a good idea to have all of your ducks in order. It may be best to collect evidence and put it together for yourself in a rational and constructive way before making unfounded accusations. It's awful that your relationship has come to this, but if your level of suspicions have gotten to this point, then it might be worth looking into a little deeper before confronting your mate.

In referring back to private investigators, sometimes they prove to be the most rational and effective means for satisfying suspicions. Private investigators may cost a bit but individuals have been using them more lately to take a lot of the guesswork out of this process.

Perhaps the best way to look at the discovery process is that you were bound to find out sooner or later. It's better to find out sooner. At least you'll have something tangible to work with that can potentially resolve the problem.

**In chapter four, we'll talk about the state of mind you may be in right now, and how to deal with your emotions constructively...**

## Chapter 4

### You're in Shock - Your Partner has been Cheating on You - What comes Next

It's the moment of truth and you wish you had just woken up and it was nothing more than a bad dream. In the past you didn't want to accept that it could be true - that your spouse really could be cheating on you. When you confronted them they told you the "truth." But their version of their truth was "Don't be silly, I would never cheat on you!" So you may have told yourself you were just "making things up" by thinking that your mate could be cheating. After all, they dispelled your "irrational fears" by denying it. But it's funny how lies sometimes become truths and truths become lies. Yet in the end, your suspicions were all true...

Infidelity has finally reared its ugly head. And if you weren't so traumatized, you would see how everything you believed were lies right from the beginning. So now that you have the truth, what are you to do next? You are in such a state of shock that nothing makes sense to you at all now. Your entire life feels as if it's caught up in a whirlwind, a tornado of emotion. You are literally caught in the eye of the storm! At the moment it may seem like there is just no way out of the pit of despair you've fallen into. This is, without a doubt, your very worst nightmare. You're in shock.

If you're finding yourself in this traumatic state right now, the best thing you can do for yourself is to **do nothing at all**. The instant "knee-jerk response" we often hear about is usually one of desperate action - saying or doing something completely irrational - and possibly damaging too. Even though you may find yourself in a whirlwind of negative emotions right now - shock, anger, fear, disbelief, hatred, confusion, anxiety, shame, hurt and even desperation - the best thing you can do is what the famous Biblical proverb teaches us and that is, "Be still." In the stillness comes the opportunity to get grounded - even if it's minimal, and even if it's transitory. Any grounding right now will help point you toward a degree of rationality... and hope.

It is during this moment, after learning that your spouse has been cheating, that hope may be the only thing you can hold onto. You hope that you will find the strength to pull through it. You hope that your family and friends will be there to support you. You hope you will find the answers to reassure you that you are a good person and not to blame for your mate's infidelity. It is

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this hope which will move away the black clouds and the mountains which block you from rationality and clear thinking.

The wisest thing you can do right now is take some time for yourself and allow your mind to process what's happened. If you're an analytical thinker, then you may need to do this alone. If you tend to over-analyze ("paralysis by analysis") or tend to withdraw completely, then you will need to find someone who is understanding - someone whom you may confide in. If the person you confide in is too close to the situation or completely biased in some way (for example, they may hate your spouse and have no objectivity towards them) it is best to find a third party who can provide you with constructive, unbiased feedback. Talking to a [Life Coach](#) may be just what you need right now. Your Life Coach will listen to you, encourage you to express your feelings, look at the complete picture with you, and help you evaluate your potential solutions - and the steps to take next.

Here are some of the things you can do immediately:

- 1) Make sure you have all of your facts straight.
- 2) Write down your thoughts and feelings on a piece of paper. This is a good place to express yourself and vent.
- 3) Write a letter to your mate and express your thoughts in the letter. Let them know that you know about their infidelity. Let them know how you're feeling.
- 4) Speak to a counselor, therapist, minister, rabbi or a third party to get some helpful feedback and guidance. [Contact our office for help.](#)
- 5) Leave the situation physically. Sometimes going on a little trip or spending time with your family or friends can help you regroup before confronting your mate face to face.

If the person you confide in (for example, a family member or friend) is too close to the situation or completely biased - they may hate your spouse for example - it is best to seek out a third party who can provide you with constructive, unbiased feedback. Talking to a [Life Coach](#) may be just you need right now. Your Life Coach will listen to you, encourage you to express your feelings, look at the complete picture with you, and help you evaluate your potential solutions and the steps to take next.

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You may feel an impulse to act - and act quickly right now when someone close to you - someone you've loved and trusted - has hurt you in the worst way possible. All of the clichés tend to rush into your mind at a time like this and if anything, processing them mentally only serves to make you feel worse. Having said this, perhaps one cliché never holds more true at a time like this than the one which states that "two wrongs don't make a right." When it comes to infidelity and processing emotions, nothing could be more true. So no matter what you may be thinking and feeling right now, resist planning your revenge at all costs - and work with your [coach](#) to find alternatives.

**In chapter five, we'll talk about what to do once you're certain of the cheating - and how to talk to your partner about it...**

**Chapter 5**

**Once you're Certain of the Cheating,  
How to Talk to Your Partner About It**

In the last chapter we discussed the notion of "shock" after you discovered your partner's infidelity. Remember, the worst thing you can do is confront your partner when you are still in a state of shock. Words have a way of coming out the wrong way or being misconstrued at a time like this. To make matters worse, your words at this point are like gasoline being thrown onto the raging fire of your emotions. You should let "cooler heads prevail" at this point - namely your own!

What do you say to your partner right now? What do you say to your partner... ever? It is important to remain as grounded as possible when confronting your partner. You'll need to have all of your evidence in place and decide how you'll want to proceed with the confrontation.

Jerry Springer, all joking aside, had a knack for bringing people onto his show because they had "a secret to tell" their spouse - "I've been cheating!" Ironically, his "intervention" approach isn't too far off. Confronting your mate is basically a question of fortitude and style. In terms of fortitude, do you feel strong enough and "sane" enough to talk about it? In terms of style, would you prefer to confront your mate alone - or would you rather have others participate as well?

When the cheating has affected the dynamics of a family, because the entire family is being affected by the cheating, they are sometimes asked to address "the cheater" too. There is strength in numbers and if others are aware and have proof of the infidelity, then the "cheater" knows he or she is caught and is therefore more likely to acknowledge their mistake.

Because of the overwhelming feeling of betrayal in the one being cheated on, typically they'll want to confront their partner one on one. This is the more common method. Having said this, if you choose this approach, make sure to have your facts straight and be prepared to stand your ground. Do not get "talked out" of the truth or have your partner play on your emotions by "gunny-sacking" you - a defensive strategy used in confrontation techniques. (Gunnysacking is a metaphor used in conflict resolution that involves the act of "storing up" grievances acquired in the course of a relationship without systematically resolving them. The term may alternately refer to act of

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verbally bringing up past grievances (i.e., dumping the contents of the sack) during the process of trying to resolve some present problem in a relationship. In this case, gunnysacking, as a tactic, has the dual effect of raising additional problems in what is typically already a volatile situation and presents an obstacle to dealing with the current issues.

For example, your partner may start accusing you of being the "bad one," "crazy," or "nuts" - or they make a scene by yelling or crying.

There is also a concern over abusiveness. If your partner is already abusive toward you, confronting them might cause even greater harm and/or abuse. At this point there is always the "in between" option of a relationship coach.

A relationship coach or counselor can serve as a safe buffer and mediator while the accusations and evidence of infidelity is discussed. A relationship coach can facilitate the information being discussed and help resolve the couple's issues. A relationship coach will create a safe environment so the betrayed partner can discuss his or her allegations and the information regarding the infidelity. It is at this point that the counselor can help the couple potentially mend the damage before it gets worse.

Oftentimes, emotionally charged events like a confrontation over infidelity resemble the metaphor of going "from the frying pan into the fire." The relationship coach can act as a momentary "extinguisher" to help guide the situation in a less destructive direction.

Keep in mind that the partner who has cheated will be experiencing a lot of shame as well as fear at this point. When people are afraid, they tend to over-react out of desperation. They may do and say things they really don't mean - even positive things. So often, a spouse will be quick to reconcile with their mate because he or she has promised to "never do it again." You will need to get to the underlying reason why they committed adultery in the first place. What in the marriage needs working on?

People are creatures of habit and as a rule will shift back into old patterns of thinking and behaving. It is imperative to change the cycle in the marriage so it doesn't develop into infidelity or abuse again. Help at this point usually needs to come from the outside.

**In chapter six, we'll talk about the emotions you'll feel when infidelity strikes...**

## **Chapter 6**

### **The Emotions You'll Feel when Infidelity Strikes**

When adultery strikes the emotional pain is overwhelming, sometimes debilitating. Shock and disbelief are the first emotions that tug on one's heart strings. The shock and numbness is the mind's way of easing the intense tearing sensation on one's heart. If you are feeling shocked and numb, that is a good thing. It proves you are human and that your mind is protecting you from the intense hurt as well as trying to prevent you from doing something irrational.

Once the shock and disbelief wear off, you will shift between a continuum of emotions ranging from ANGER to SADNESS. Anger is the aggressive emotion the mind uses to protect the heart from getting hurt further. Sadness is the passive emotion the mind creates to allow the heart to grieve the infidelity. Both are normal reactions and a part of the hurting and the healing processes. At any given moment, time of the day, night or week, you will find yourself shifting between these two sets of emotions. The slide will come often and may intensify.

The emotion of sadness puts the individual in the role of victim. This facilitates the perception of being hurt, wronged, and betrayed. The sadness emotion keeps you in a state of passivity to ensure that grieving can occur.

Anger, on the other hand, helps take the individual out of the victim's role and places them more in a mental state of vindication. The feeling of anger often puts the "victim" in a place of feeling intense hatred, bitterness - and wanting to hurt the individual who hurt them.

Once again, both emotions are extremely normal and will be very intense. It is not uncommon to hate someone so much because you are so angry that you'd wish them dead. Interestingly, within moments of hating someone so much that you'd like them to disappear from the face of the earth, you may long for them so much you would forgive them in the blink of an eye. This is where the dichotomy of emotions leads to confusion for the person who's been cheated on.

The madness starts whenever you try to act out in one of the extreme feeling states. **DO NOT LET YOURSELF ACT OUT.**

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When individuals are bitter and angry, their enraged mindset will push them into vicious, diabolical and destructive acts they normally would never consider. Even though they have been for the most part mild-mannered, docile or even passive, this is the type of anger which has the ability to push you over the edge.

Conversely, those acting out when they are in the eye of the storm of sadness are more likely to do something as an act of desperation. They may, for example, engage in behaviors that are damaging and harmful to themselves. Unfortunately, this is when some even consider suicide.

In either state, consider yourself not of sound mind, but rather "temporarily" insane. As a matter of fact, the feelings in this conundrum are not too different from the gambit of emotions someone with bi-polar depression goes through. They experience the extreme highs - the mania - as well as the extreme lows with the accompanying deep, dark depression.

The best way to view this stage of infidelity is to compare it to a tropical storm (a violent depression). The clouds roll in. The wind will kick up. Thunder and lightning will violently rock the skies. And then the torrential rains will fall. Feel good about the fact that you know it will blow over and the sun will shine again. The blaze of rationality will peak through the clouds sooner than you think... it has too!

Always remember, that what you think you will feel. You create the feelings! If you choose bitter and angry thoughts, that is what you will feel. In moments of sadness, grief and desperation we feed ourselves irrational thinking patterns - these are the mental scripts which we hold as truths about ourselves. These scripts prove damaging to us at many levels. They undermine and even destroy our self-esteem. And too many times, the blame game starts. We blame our partner and then ourselves. In the end, it is you who has to live in your head, so that is where most of the punishment is directed - internally.

It's okay to be very angry and very sad. It is important to remember that you are not an angry and sad person. These are only temporary feelings you are experiencing and you do not have to let them filter into your personality. Now is the time work through your feelings with a [professional](#).

## **Chapter 7**

### **How to Process Your Feelings When Your World Turns Upside Down from Infidelity**

In the last chapter we discussed the continuum of feelings that shift between anger and sadness when you learn about your mate's infidelity. These shifts in emotions can best be compared to a pendulum which is forced to operate at the speed of a roller coaster. The gambit is so intense it is enough to make your head spin - if it isn't doing that already.

The emotional swings will be crazy for awhile and you may swear that you are going crazy. As "crazy" as this might seem, you **are** to some degree "temporarily insane" and in some instances you may experience a full-blown meltdown.

The best way to process your feelings is to get them out. Talking with someone who will listen to you and empathize with what you are going through is your best bet at this point. Withdrawing and/or acting out your immediate feelings are the worst things that you should consider.

It's important to note that thinking leads to feelings. Whatever you are feeling is a by-product of the thought process you put into the experience. It is likely that you are extremely hurt and angry from being cheated on and having your trust violated. When we feel something for a prolonged period of time, we start to act that way and it becomes part of our mindset. Therefore, if you are feeling hurt and miserable, then it's likely you'll have more thoughts which corroborate these feelings and misery. As a result, the next set of actions you may take would be ones based on hurt and anger. Furthermore, the probability for the situation getting worse is even higher.

At this point it is not only a good idea to vent, but also a good time to get feedback on what you should do next. As stated in the previous chapter, seeking out an objective and outside source such as a [Life Coach](#) or a counselor would be to your advantage at this stage while experiencing strong emotions.

Since counselors and relationship coaches work with individuals and couples in dysfunctional relationships, or situations resulting from infidelity, they can offer guidance and support for what you are going through right now. The most detrimental thing you can do at this point is to be around or seek

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advice from other individuals who are currently going through what you are experiencing. Being around others at this point is like expecting the blind to lead the blind in terms of healing from the pain of infidelity. It's true that misery loves company but misery is not going to promote healing in your world right now!

Right now, the truth is that clearer heads need to prevail. Processing whatever feelings you have by yourself may seem next to impossible. Just because you feel it doesn't mean you understand it. And even if you could understand it you are probably not in the mindset to do anything rational with it.

Think back to the 5 stages of grief. You are still in a shift between DENIAL and ANGER at this point. Ask yourself these questions:

- 1) If or when I don't believe something, or can't accept something as the truth, am I best suited to make good and proper decisions?
- 2) When I am sad or very angry, do I think with my head or do I think with my heart?
- 3) In the past, when I have acted out of hurt, anger, or confusion, did I make appropriate and healthy decisions?
- 4) If my sibling, parent, child or best friend was in this situation, what would I advise them to do? Would I want them to feel and experience more hurt?
- 5) If I knew I could get immediate help from someone outside of this situation, would I accept it? Wouldn't it be beneficial for them to help me?

If there was ever a time to seek some outside intervention, this would be the time to do so. At the very least, a [coach](#) can help you understand healthy and unhealthy sets of feelings - and the best ways to process and release them.

The most important things to remember at this point in your unfortunate situation are these: (1) This is an unfortunate situation which will eventually come to a resolution of some kind and will (2) bring your feeling state back to equilibrium and "sanity."

**Chapter 8**

**Is there Hope to Save Your Marriage –  
What Steps to Take**

Now comes the question you have been waiting to have answered, "Can your marriage be saved after infidelity?" The answer is "Yes." Having said this, any sort of reconciliation or "fixing" the marriage is contingent on one word - FORGIVENESS.

Did you know that you have already made it through one of the toughest parts - finding out that your spouse was cheating on you? Yes, finding out is very difficult, but you will - eventually - get over that. And from that point forward you'll want to avoid becoming embittered and unforgiving. The greatest and most destructive enemy of reconciliation is not being able to forgive.

The first step toward any form of reconciliation is getting your head and your heart in order. You'll first need to vent your feelings of grief and anger before you can truly deal rationally with your spouse. The tricky part is dealing with the emotions and irrational thinking while living under the same roof, as well as being in the company of your children.

A third person perspective is very beneficial and "healthy" at this point in weeding and sorting through your emotions. This process is best aided by a relationship coach or therapist. He or she will create a safe environment for you, where your words and feelings can be dispelled in a less threatening manner.

In order for the marriage to be saved and worked on, it is important that the couple want to stay together. Oftentimes people are skewed in their thinking. Some believe that punishing the partner who cheated on them is the only way to deal with the infidelity. Then they become so embittered that they end the marriage... immediately!

Decisions made in the heat of the moment sometimes cause greater hurt later. The questions you should be asking yourself are:

- 1) Do I have it in my heart to forgive my mate for cheating? And if I do...

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2) Do I want to save this marriage and try to make it work? Now comes the tricky part! Even though your mate has cheated on you and violated your trust, it is important to know what they want at this point too.

Is your partner looking for a second chance to make amends? This is not always the case. Sometimes the one who is doing the cheating may be cheating because they want out of the marriage. Some people cheat with the hopes of getting caught because this may then lead to their escape plan.

It's important to ask if you both still love each other and value each other and the marriage. Do you as a couple want to save your marriage, and work on it until things get better? It should never be assumed that one or both want the marriage to continue! This needs to be clarified from the outset. Having said this, the majority of the time, the decision to save the marriage rests with the individual who was cheated upon. It is their heart that was broken and it is they who will have to dig down deep to find forgiveness in their heart for their partner.

In terms of forgiveness, this can be a slippery slope. Everyone forgives differently. There is the old cliché of "forgiving and forgetting." Good luck with that one! The ability to forgive is readily available to everyone, but forgetting something as traumatic as infidelity is highly unlikely! Having said this, forgiveness is the starting point toward saving your marriage if saving it is what you truly wish.

To be forgiving means to "release blame." You'll need to stop finger pointing in both directions. This is easier said than done, but blaming and accusing your mate at this point will not fix things and will likely make them worse. There is no doubt that they feel just as bad if not worse for what's happened and what they have done. Blaming them will only enflame hurt, anger, bitterness and an unforgiving spirit on top of everything else. And, you will have to stop blaming yourself. It's not good to believe that you caused the infidelity by something you said or did. Blaming yourself is even worse than blaming your partner and it will make you feel more frustrated and angry.

In the field of addictions and 12-step groups, one of the mantras for healing is "Let Go and Let God." If you have any hope in saving your marriage from the unfortunate circumstance of infidelity, perhaps the mantra to be used here is "Let Go and Let Love."

**Chapter 9**

**Pulling your Relationship out of the Fire –  
Miraculous Resuscitation Strategies after Adultery**

It is not any stretch of the imagination to state that pulling your relationship out of the fire will be anything short of a miracle. Fret not... there are a lot of miracles to go around and they happen every day!

In the last chapter we examined the notion of forgiveness. There is no doubt that if the relationship is to ever be mended then the first step is forgiveness by the individual who feels victimized. We discussed this in the last chapter.

What is just as important as forgiveness and goes hand-in-hand with it is COMMUNICATION. When referring to communication within the context of marriage, we're talking about communication which is open, honest, and intimate. This is not the everyday "run of the mill" variety which may be characterized by comments like "How was your day?", "What do you want for dinner?", "How is the weather?" and so on. Actually, mundane communication may be one of the causes of marital discord and perhaps even infidelity.

Instead we're talking about a heart-to-heart talk. This is the time when you as a couple will bare your souls... see what's at stake... and decide what you want to preserve in your relationship.

There is no single clear-cut method which works best for everyone, but here is a list of proven strategies you can use to salvage your relationship. They are not in any order, nor will you need to try, or necessarily use, them all.

- 1) Privately, make a list of changes, negotiable and non-negotiable qualities you would like to see in your relationship. Obviously they need to be realistic yet at the same time make sense to you, your mate, and to the two of you as a couple.
- 2) See a counselor or [Life Coach](#) for individual help. You may not be in the right mindset right at the beginning. Getting some feedback, advice and insights can steer you in the right direction however.
- 3) You might want to search for healing retreats designed for couples in situations like yours. These are usually led by therapists or ministers.

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- 4) Listen to your partner and let them share their insights and feelings about what's happened. It may be easier said than done, but try to listen with a non-judgmental heart. Remember, communication is the key at this point!
- 5) Seek out a support group (a self-esteem, grief, separation or divorce group) and make a point to attend the meetings. This is a great place to express your feelings, to be heard, and to have others support you who may be in similar situations.
- 6) If you belong to a church, synagogue, or other place of worship, you might consider visiting your minister, pastor, or rabbi for support and spiritual counseling.

Throughout this entire phase, communication is the key to opening doors so you can discover what needs to be fixed in your relationship. No matter what, you should always keep the lines of communication open. Do not shut your mate out or isolate yourself.

It's important that you avoid sweeping your comments and feelings under the rug to deal with at a later time. Anything that needs to be addressed should be discussed with your partner right now. Making a half-hearted attempt to communicate may only make matter worse, so be sure to set aside some quality time for sharing, and let **all** of your feelings come out.

**In chapter 10, you will learn what to do if you're the cheater – you'll learn why this happened and how to prevent a repeat performance...**

**Chapter 10**

**If You're the Cheater – Learn Why this Happened  
and How to Prevent a Repeat Performance**

If you were the one who stepped out of your relationship and committed adultery, you'll need to take a long hard look at yourself right now. At first blush, this is not going to be an easy thing to do. As a matter of fact, you may not like what you see... at all. That's all good because you really should think about this experience and feel it. This will make it all the more real to you and help put the pieces in place to deter you from doing it again in the future.

The first thing to do is to list all the reasons you think you cheated on your mate. Here are a few questions to ask yourself to get started:

- 1) Am I happy in this marriage or do I want out?
- 2) Have I cheated because I feel unfulfilled with my partner?
- 3) Do I have a sex addiction or need the thrill of having sex with more than one person?
- 4) Do I truly feel guilty for what I have done or am I just reacting because I feel sorry for how my mate is hurting right now?
- 5) Do I need to see a counselor to discuss the issues which led me to cheat - issues my mate cannot know about?

Once you've gone through this checklist, fast-forward and identify the changes and strategies you're willing to implement if you and your partner have agreed to save your relationship.

Identify some of the components an addict would focus on to avoid a relapse. There are hosts of objectives to carry out to ensure you don't have a repeat performance.

- 1) Identify your triggers - Who, what, where or when sets you off and leads you to feel the urge to cheat? Is there one particular person or situation? Avoid it!

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- 2) Engage in and spend more time in effective, intimate communication with your mate. Intimacy creates stronger bonds and a connection, making it less likely that you will step out of the relationship.
- 3) Avoid spending too much time alone with the opposite sex or the gender you've cheated with. Being in the company of others who are sexually available might offer too much of a temptation right now.
- 4) Avoid hanging out in Internet chat rooms. It's too easy to get caught up in the novelty and excitement of meeting someone new online.
- 5) Avoid porn, dance clubs, and strip clubs - or any place where sexuality is advertised, promoted, condoned and readily available. And drinking alcohol might only entice you more.
- 6) Forgive yourself for cheating in the first place and do not identify yourself as a "cheater" or use other disparaging words about yourself. Many people have a knack for identifying with labels and live according to them. If you feel bad you may do bad.
- 7) Avoid wallowing in your own misery. Misery loves company and makes people do all kinds of crazy things. This could be a trigger for your "acting out" again.

Once you identify these factors and see how they relate to you, then you're halfway there. Next you should always have a way out. This means calling a friend, going for a walk, a drive or doing something to get your mind away from adultery. Spending more quality time with your mate may take your mind off of others. If it doesn't, it's time for a seriously talk with a counselor to decide if you really want to stay in your relationship.

**In chapter 11, you will learn how to do the honorable thing for your spouse after you've committed an act of betrayal...**

**Chapter 11**

**How to do the Honorable Thing for your Spouse  
After You've Committed an Act of Betrayal**

After cheating on your spouse, what is the right thing to do next? **Is** there really a right thing to do? The answer to both of these questions is simple. You can start by asking your spouse.

Obviously, this is a loaded question. If you were playing The Family Feud and shouting out the most popular answers, the number one answer might be "Go to hell!" That suggestion won't help you very much because you are most likely already there. Getting your mate back would get you out of "the dog house" between your ears. The next popular answer might be "leave me alone!"

The best thing you can do at this point is to listen to what your spouse is not only asking you but telling you to do as well - and that is to back off. Many people believe that "silence is a virtue" but for the one doing the cheating, the silence may become unbearable. You'll want to know what's going on in your mate's mind, but he or she may not let you enter that space - at least not at the moment.

Knowing this, the worst thing you can do is get in your spouse's face and force them to talk to you. And begging your spouse to "please give you a second chance" is only going to make matters worse; your mate will think of these attempts as more pressure being placed upon them. While feeling betrayed, the last thing they'll want to do is be forced into a corner... they are already there so don't say or do anything to make matters worse. The bottom line is to back off.

If you were hoping to make things better or to at least pave the way for some kind of reconciliation, then you might want to consider the following:

- 1) Tell your spouse you know you have hurt them and make it clear that you sincerely regret it. Say it in words, say it in your behavior, and make sure that you absolutely mean it. When telling your spouse you are sorry, say it with conviction, honesty... and from the heart.
- 2) Tell your spouse you are hurting too. Let your spouse know that what you have done is causing you to feel inner turmoil as well. The purpose is not to

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try to get your spouse to feel sorry for you because that isn't likely to happen, but rather to let them know you are empathizing with them.

3) Let your spouse know that you'll be supportive and do what they think is best for everyone at this point. It's important to ask your spouse what it is that they want right now. What do they want for themselves, as well as what do they want from you. It's important to honor their request. Don't ask your spouse what they want if you don't intend to follow through with their wishes.

4) Ask your spouse how they would like to keep the lines of communication open. You know the famous saying, "Don't call us, we'll call you"? This has never been more true than it is right now. Do not be a pest! It's not even wise to call and leave messages on your spouse's answering service if they've told you to leave them alone.

5) Finally, be patient. Remember, you were the one who committed adultery. Your spouse doesn't owe you anything, so don't expect immediate forgiveness and acceptance. At this point, you can only wait and hope for a positive reconciliation.

It's important to say your piece, express what you are feeling, and then back off. The ball is in your spouse's court and it's up to them to make the next move.

**In chapter 12, you will learn about the alternatives to divorce - and when to separate and do a damage assessment...**

**Chapter 12**

**What are the Alternatives to Divorce? When to Separate and do a Damage Assessment**

In today's world, divorces are as common as license renewals - most occur within two to four years of marriage.

When a marriage goes bad, does it have to end with divorce? Does everything have to be so final? Are there an alternative to divorce? Yes there is - and it's known as a separation.

Legal or physical separations are just as commonplace as divorces today because they provide alternatives while at the same time minimizing further damage. Separations provide the following benefits.

- 1) Separations allow both parties to see whether or not they are better off apart. To some degree, a separation makes "the heart grow fonder." Sometimes people just need to be apart to realize how much they really do love and miss one another.
- 2) A separation encourages the couple to grow on their own. This could be a good or bad experience depending on the people involved. Sometimes couples stagnate in a marriage and lose not only their zest for married life itself but also their enthusiasm for living. A stale marriage may breed boredom, unhappiness, and a curiosity to see what's outside the marriage. A separation creates the potential for members to live apart, regroup, and get their heads on straight again.
- 3) A separation helps save money on legal fees. Let's be realistic... lawyers cost money, and lots of it. Avoiding litigation also removes the possibility of an ugly divorce, another benefit.
- 4) A separation helps maintain the legal status of the marriage including the possession of shared assets. Splitting up the house, the financial assets and especially children, is often a bigger nightmare than learning about the infidelity which preceded this. Trying to manage the separation of assets as well as child custody and visits can be a horrid experience, especially when it goes through the courts. If there are children involved, sometimes a separation - even a legal separation - spares them the hardship of a permanent split.

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5) A separation helps the couple avoid the finality of a marital dissolution. A separation doesn't place the couple in a checkmate position. Divorce is final and the point of no return. A separation, on the other hand, provides the opportunity for hope and reconciliation.

Separation may be a viable option when a couple has reached a point where they can no longer communicate without it leading to continual arguments, conflict, and verbal or physical abuse. Some time apart (by making living arrangements) as well as some time together through counseling and [coaching](#) can be a very helpful experience for a couple at this stage of their marriage. Through coaching, one of the goals may be that the separation is a temporary arrangement in helping the couple arrive at a reconciliation.

Throughout the separation, the couple can assess the current state of their marriage, and see how each has contributed to its gradual disintegration. The separation offers the couple an opportunity to learn problem solving strategies as well as new goal setting methods, both of which can make the marriage stronger once the couple is reunited.

**In chapter 13, you will learn when divorce is inevitable and in your best interest...**

**Chapter 13**

**When Divorce is Inevitable and in Your Best Interest**

How far must you go or how long must you wait until you realize that divorce is inevitable and probably in your best interest? Of course this all depends on the couple and the circumstances. Generally speaking, there are a host of variables that contribute to the finality of divorce. The most common reasons people get divorced are:

- 1) They get married too young.
- 2) They live together for a long period of time before they get married.
- 3) They make a career change their mate won't accept... this may mean relocation.
- 4) One of the two partners changes their mind and decides they want kids, or they don't want kids.
- 5) They get married because they get pregnant and believe it is the honorable thing to do.
- 6) Divorce runs in their own families and they view it as a way out of problem solving.
- 7) They have kids from previous marriages and try to blend the families together but personalities clash.
- 8) Financial stress becomes so overwhelming that it spills over causing serious issues in the marriage.
- 9) There is abuse in the marriage - physical, mental or emotional.
- 10) Infidelity has been an issue by one or both members in the marriage.

Like David Letterman's "Top 10 List," this is the one for DIVORCE. Perhaps all of the scenarios above have two things in common which are "deal breakers" for any marriage - Trust and Communication. Within the context of all of these issues, both trust and communication become undermined. When the ability to communicate with, and trust the other person become tainted, the

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faith you had in your mate eventually dissipates. Once this happens, it is very difficult to get the marriage back on track.

Oftentimes, there is a point of no return in a marriage in terms of the damage done and what can - and cannot - be tolerated. For many, it is #10 in the list - infidelity.

Infidelity immediately destroys the bond of trust that was created in the marriage and built over time. Once the bond of trust is broken, the lines of communication become chaotic and in some cases, non-existent. This is a by-product of one's faith being undermined.

When your mate has cheated on you, is it any wonder you've lost faith in them? Can you ever trust them again? Can the marriage ever be the same as it was before the infidelity? Over time the issue of faith becomes a central theme in the relationship: can the one betrayed ever again have faith not only in their partner to never cheat again, but also in themselves, to trust that the marriage will work out?

This aspect of the marriage called "lack of faith" usually becomes the "straw that breaks the camel's back" and results in divorce. Divorce becomes inevitable when one or both members lose faith in the other, in the marriage, and in themselves. Both may then struggle to make the right decisions for the marriage. Once this occurs, the seeds of dissolution have been planted.

Along the same lines, once the trust and the bonds of faith have been broken, one or both members start living in fear. In essence, some are afraid to stay in the marriage because they worry they will be hurt again or their spouse will leave them. Once this happens, it puts a tremendous strain on the ability to communicate effectively. Basically, the channels of communication get shut down and this becomes the end game for the marriage.

As soon as one or both members of the marriage bring up the idea of "divorce" as a topic for discussion, they are planting seeds which legitimize it as an option. Ironically, the communication which was needed all along in the marriage to make it thrive finally comes out, but now it is centered on dissolution.

After the bonds of trust have been broken and faith in the marriage by all accounts has disappeared, at this point divorce might be in your best

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interest. When things continue to spiral downward and when one or both parties become abusive toward the other, it might be time to finally pull the plug.

In chapter 14, you will learn how to prepare yourself for divorce after infidelity...

**Chapter 14**

**How to Prepare Yourself for Divorce after Infidelity**

It's interesting how much planning and emphasis we place on the wedding which is the prelude to marriage - something which was supposed to be "forever" until death do you part. There are magazines, books, videos, and manuals for planning this lifelong event. But there isn't nearly as much in place for the antithesis of marriage... divorce.

Where do you get started and how do you plan for an impending divorce?

When it comes to a divorce due to infidelity, there are some things you will need to consider:

- 1) Am I willing to take what I have and just walk away, or am I seeking some form of alimony, compensation, or ongoing support?
- 2) Will this be an amicable divorce, or will I need an experienced attorney to represent my best interests - financial and otherwise?
- 3) If we have children, how will this affect them? Who will get custody and how will visitation rights be worked out with the kids?
- 4) Should I get a mediator or a [Life Coach](#) to help with the transition for myself and the children as I go back to single life? Perhaps there are skills and insights I can learn which will make the shift easier.
- 5) Did the marriage end on really bad terms where there were threats of violence or did actual violence take place? Do I need to get a restraining order to keep my ex-spouse away?
- 6) How will I deal with family and mutual friends? Will I still attend functions when my soon-to-be ex will be there too? How will this make others feel? How will the children deal with this?
- 7) What if financial restraints and circumstances force us to live together in our matrimonial home for the time being, or even some time after we are divorced? Can we co-exist in this situation?

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8) What if my ex-spouse decides to marry or move in with the person they committed adultery with? How will I handle this - especially when our kids will spend time with them?

These are some of the most basic questions one should prepare themselves for when going through a divorce. What is especially important is the coaching component. It is not a weakness or shameful to seek out a coach during and after the divorce to help you work through your feelings.

In addition to this, it's a good idea to find a self-help group which focuses on separation and divorce. Being around others at this stage of the process will be beneficial in releasing your anger.

If you decide to attend a divorce group, you would be well-advised to seek out a group that is led by an educated professional. Some groups are consumer led (i.e., by individuals going through a divorce) and they might be bitter about what's happened to them. In essence you'll get an angry or depressed facilitator leading an angry and depressed audience. Have you ever seen someone trying to extinguish a fire using gasoline?

There are also really good self-help books available on surviving divorce and infidelity. [Drop us a line](#) and we'll be happy to recommend a few.

**In chapter 15, you will learn how to keep emotional baggage to a minimum...**

**Chapter 15**

**Keeping Emotional Baggage to a Minimum  
When Infidelity Spells Divorce**

There is no getting around the fact that there will be some residual emotional baggage following a divorce brought on by the infidelity of your partner. When your mate has cheated on you and violated all that was held sacred in a marriage - namely honor and trust - it may take a long time to let go of the betrayal.

Emotional baggage will reveal itself in many forms, some more visible and recognizable than others. It's important to recognize emotional baggage immediately before it leads you to a negative outlook on life, relationships, marriage, the opposite sex - and to people in general.

Some common forms of emotional baggage include the following:

- 1) You have an extremely difficult time trusting others, especially members of the opposite sex. You begin to become cynical with people. You start to believe most people have hidden agendas and are untrustworthy.
- 2) You have developed a negative outlook on marriage and relationships in general. You have come to believe that most marriages are going to fail and that it is not worth even trying to get married again.
- 3) You feel jealousy and resentment toward those friends and people you know who are happily married. Being around married friends and couples makes you uncomfortable.
- 4) Not a day passes when you don't feel anger or a need to talk about your ex-spouse and the fact that they cheated on you. Even when you're dating someone new, you can't help but talk about your ex.
- 5) You need to see your ex-spouse and you follow them around or spy on them. Even though you may not consider this stalking, it is!
- 6) You've taught your children to feel animosity and even hatred toward your ex. Whenever you have the chance to deny your ex the chance to see the kids, you jump all over the opportunity.

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7) You have completely shut yourself off from others and prefer to isolate yourself. This can be done emotionally or even physically by becoming a recluse.

It is very important to recognize these signs and symptoms before they escalate into more cynical and pessimistic beliefs and outlooks toward life. The longer these thoughts, feelings and actions persist, the more likely they will evolve into intense feelings like learned helplessness and depression.

Remember that thoughts always become feelings. Over a period of time, people identify what they feel the most as part of their core personality.

So to avoid becoming a bitter and hateful person, avoid thinking bitter, hateful thoughts.

**In chapter 16, you will learn how to get support for the pain of infidelity while letting go of your relationship...**

**Chapter 16**

**Getting Support for the Pain of Infidelity  
While Letting Go of your Relationship**

There is no time like the present to get help with "letting go" to help you get over your ex and the marriage. At some point you will reach the stage of acceptance for what your spouse has done, that your divorce is inevitable, and that you need help to deal with your pain. A professional can help you let go of your former relationship and the pain you are going through right now.

A [Life Coach](#) will help you address your feelings and current mindset and help you make sense of the "how's", "what's" and "why's" of what you are feeling and experiencing.

Your coach will encourage the following in your sessions for the purpose of helping you "let go" -

- 1) They will be an active listener and process everything you are telling them. This is a time to literally get anything and everything off your chest!
- 2) They will accept you unconditionally. They will empathize with what you want to talk about and not judge you. No matter how silly or ridiculous something may sound to you, it won't sound ridiculous to your coach.
- 3) They may offer insights and ideas for how to cope with thoughts which evoke overwhelming feelings. Working together, you may develop ways to stop distressing thoughts and replace them with new and positive ones.
- 4) They can offer ideas and advice for dealing with children should they be having emotional difficulties adjusting to the divorce.
- 5) A Life Coach will help you realize that there is every reason to be hopeful about the future. Yes, the marriage failed and the relationship ended. It may feel like the end of your world but they will help you see that it isn't.
- 6) If you work with a coach who uses a behavioral approach, you'll be expected to do some homework and read books that will be beneficial to your healing and growth.

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It's important to get help for what you're going through before your reactions become deep-seated issues. So many people wallow in their grief and misery that it renders them into feeling helpless and hopeless. When these thoughts start to permeate your view of life, they may have a tendency to become your reality. Even though most people going through a divorce feel the need to withdraw, the best thing you can do is engage life again.

Try to remain in the land of the hopeful and avoid shutting yourself off from the world. As soon as you feel like doing this, this is the best time to [make an appointment](#). If you had a broken leg you would get it splinted so it will mend. A broken heart is no different. Sometimes you need help in order to mend, and now may be the best time to ask for it.

Remember to be patient with the healing process. Just like a broken leg that needs time to heal, so does your heart. By working through the healing process with the assistance of your Life Coach, try to be fair to yourself and see it through.

Important! Avoid drugs and alcohol as a way to cope with your sadness and the healing process taking place. Separation and divorce may create a temporary state of depression. Do not treat this with illegal drugs or alcohol. If you need medical help for a lingering depression, be sure to make an appointment with your family doctor.

**In chapter 17, you will learn when you'll be ready to meet someone again after working through the pain of divorce...**

## Chapter 17

### When You'll be Ready to Meet Someone Again After Working through the Pain of Divorce

Will there ever be a time when the pain ends and you'll be ready to meet someone and fall in love again? Absolutely! Humans are social creatures meant to be in relationships. We were meant to love others and be loved by others. Always remember that you are lovable. Once you realize and internalize this, then you'll be on your way to accepting the fact that there is someone out there for you and this person will come into your life.

There is the famous saying that goes, "When the student is ready, the teacher will appear." Oftentimes this is true for relationships too. When you're ready to meet someone again, they will somehow appear in your life.

Did you know that most people find the loves of their lives when they aren't looking for them? But how will you know if you are ready when this person does walk into your life? How will you know you are ready to date in the first place? Good questions. Perhaps the answers are two-fold. First, if it feels right and it feels good, then do it. And next, avoid dating or getting involved with someone out of desperation or sheer loneliness.

If it feels right and it feels good then you know you are ready to date. If you are having no apprehensions, or ones that are minimal at best, then you should take a chance and see if there's a potential connection. The important thing to keep in mind is that it's okay to "just date." Dating doesn't mean that you should have sexual relations with your date. It doesn't mean that every date should have the end goal of marriage. Instead, dates should be fun and the chance to get to know someone. If anything, you'll have the opportunity to make a new friend while developing your confidence in dating.

Dating also helps you see what it is you **do** want and **don't** want in a potential mate. Did you know that many people meet their spouses and mates as an introduction from someone they dated? The date may not lead to anything serious, but they may have a friend or acquaintance they can introduce you to.

Avoid getting involved with someone out of desperation. Sometimes when we are alone for the first time in a long time and this "alone time" continues to drag on, we get the urge to enter the dating scene or get involved with

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someone for all the wrong reasons. We may look to them to help ease the blow of feeling hurt, or to avoid working through the emotions from our previous relationship. What some people do after a divorce is immediately start rebound dating. This is not a good idea at all.

A rebound relationship doesn't allow you to heal properly. Rebound relationships often end in disappointment and leave you feeling worse because now you will be grieving two failed relationships instead of one. Finally, rebound relationships are bad because they aren't fair to the person you get involved with. They will never have your full emotional attention while your heart may still belong to another.

You will be ready to date when you can offer an open heart to someone new and not be bogged down with the past. Once you feel good about the future and have let go of the past, then you will know that you're ready.

### **Talk to a Life Coach Today**

As a [Professional Certified Life Coach](#), I'm in a unique position to help you. For nearly 30 years I've been coaching clients worldwide. My clients come to me for help surviving infidelity because they want to move on from the trauma and begin to heal. Working together, we'll create a plan for your emotional survival too.

My work with infidelity started in the early days of the Internet. It was during this period that - working with a small group of volunteers - I started the world's first online support group for people who became victims of Internet infidelity and cheating. We worked with hundreds of people worldwide, offering clients much needed support while they were surviving infidelity and rebuilding their lives.

Working together, you and I will create a successful process to help you let go of the past ... and help you move beyond surviving infidelity so that ultimately you'll find happiness again.

You can reach me by phone or [make a coaching appointment](#) through my website. There is no charge for your initial consultation.

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## Surviving Infidelity ♦ The Challenge ♦ The Process ♦ The Solutions

### About Me

I'm a Penn State and U.C.L.A. graduate with a Bachelor's Degree in Psychology and a Master's Degree in Social Work. I'm a Certified Life Coach too, and I've worked with thousands of clients worldwide. You can see my professional credentials [right here on my website](#).

I've created a professional coaching service that takes advantage of both my academic training over a period of two decades along with my professional experience coaching clients since 1981.

For more information about my services, feel free to call my office at 805-964-6574 or click [here](#) to go to my coaching page.

*"Thank you so much for the awesome coaching session! I got so much clarity and focus about where I want to go and how to get there. I just got off the phone with my girlfriend and told her about it, and she commented immediately on the excitement in my voice! Truly amazing!"*

You can get relationship help and personal coaching regardless of your race, color, national origin, religion, age, disability, or sexual orientation.

[Read my Coaching Client Testimonials](#)

**I work with clients worldwide by telephone  
and your initial consultation is FREE.**

To request your free initial coaching call, [click here](#) to make an appointment or call my office at (805) 964-6574.

**Relationship help is just a phone call away!**