

Bad advice on Infidelity

1. Recovery is only possible if both partners want to save the relationship.

It is quite possible and often happens that if one wants to save the relationship, this can be done. When one partner changes their behavior, the other does not respond in the same way and the relationship change.

2. An affair is an indication that the marriage has major problems.

An affair often starts with innocent friendship, which then spills over into emotional sharing when there is close or frequent contact. This is often not intentional, but becoming intimate is a natural consequence of feeling emotionally close to someone.

3. If your partner has an affair, they cannot really love you.

There are many reasons that affairs can occur, and they usually do not involve whether or not there is love in the marriage. Although one or both partners may conclude that the love must be gone, this may only represent assumptions about current situation.

4. Don't stay or forgive; it only shows you have low self-esteem or you are weak.

Recovering from infidelity represents strength and the courage to face difficulties. It is not rolling over and accepting whatever happens to you, it is taking difficult circumstances and creating something positive out of it.

5. Get support from family and friends.

Those who have been confided in are aware of the betrayal and hurt that has been suffered, and may have advised leaving the relationship. If the relationship is restored, they will have negative feelings about your partner, and your partner will feel 'exposed.' This makes the family or friendship relationships very awkward.

6. Things will never be as good as they were, because this comes between you.

Once the relationship is restored, it is very often even stronger than it was before, as this is a major incident you have gotten through together. In addition, you learned much about each other that brings them closer and have improved communication.

7. You must recapture the "in love" feeling they have with the affair partner.

The first phase of a relationship is always thrilling – this is often the "in love" period. This period in a new relationship lasts anywhere from about 6 months to 2 years. During this period, chemicals get released in the brain that maintain

8. For recovery, the affair must be immediately ended, with no further contact.

It is actually quite difficult to immediately stop a romantic relationship, and this can result in not only resentment, but also a strong longing for the other, who is now missed. It is much better to let the person end the relationship in their own way.

9. If you split up, you should put the affair behind you and move on.

Whether or not you stay together, reviewing and understanding what happened will provide valuable information about relationships, and it is important for future relationships of both partners to analyze why this happened.

10. Explicit sexual details should not be shared.

This is a very controversial topic, and many people feel that this will only exacerbate the pain, and place images in the mind. However, for most people, images are already there. Sharing these details helps to restore trust because absolutely nothing is kept from you. It often helps to know that there is no longer anything private they had with the affair partner.