

Can You Survive an Affair?

Surviving an affair is possible; however, certain things have to be done so that your marriage can survive.

- *Compromise can be a huge help. Sometimes, compromise, such as being able to see your partner's phone or see their email is helpful and brings about trust. Other times, this can bring about resentment and anger.*
- *Don't make decisions right away after learning about the affair. Take time to think about consequences before making decisions.*
- *Being accountable is important. The person who has been having the affair needs to take responsibility for his/her choices. This may mean that the person having an affair stops seeing the other person, may change jobs, or reduce or stop communication with the other person.*
- *Being open and honest about the affair is important. This may mean discussing things that have to be said, even if the topics may be tough to discuss.*
- *Look at the goals the two of you share. This can aid in providing communication and support.*
- *Seeing a marriage counselor can help restore trust or help you decide where to go from here.*



**For More Information, Call:
Nicoletti-Flater Associates**

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References:

The Eight Reasons that People Cheat on their Partners. (2012). Krauss Whitbourne, Susan. Psychology Today.

Schorr, Melissa. The State of Extramarital Affairs. (2013). *The Boston Globe*.

Jameson, Robert. How to Confront a Cheating Spouse. (2014). *Huffington Post*.

Discovering an Affair. (2013). *Mayo Clinic*.

Additional Reading:

Happens all the time: Cheating in the Good Ol' USA, by Mark Chapuetta.

After the Affair, Updated Second Edition: Healing the Pain and Rebuilding Trust When a Partner has Been Unfaithful, by Janis Spring

Getting Past the Affair: A Program to Help You Cope, Heal, and Move On—Together or Apart, by Douglas Snyder and Donald Baucom

Marital Affairs

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Getting Beyond a Trust Betrayed

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Why Do People Have Affairs?

Extramarital affairs have very complex roots as to why a partner may cheat. Julia Omarzu and colleagues studied these reasons by interviewing people on a website designed to aid people in cheating on their spouses. They found eight reasons that people had claimed were why they cheated. These reasons can be blocked into four categories:

Lack of Fulfillment: Both a lack in sexual fulfillment and emotional fulfillment from their primary relationship were mentioned. Emotional validation was also a reason for an affair.

Love: For some of the participants, they had noted that they had fallen in love with the person they were seeing or were no longer in love with their spouse.

Boredom and curiosity: Some of the participants stated that they wanted new experiences, and felt their marriage was stale. Those who fell under curiosity wanted to have new experiences.

Vengeance: Some of the participants noted that they had been cheated on or hurt in the past, and decided that this was a way to take revenge.

Law Enforcement Officers also have other situations that can intensify feelings that can lead to affairs. Officers have shifts

that can be at odd times, and holidays can be filled with work instead of family time. These reasons are various and complex. The shifts and lack of family time can cause strain and stress.

Officers also have a stressful and exhausting, yet rewarding, job. This exhaustion and stress can limit communication and increase anxiety, which can affect a relationship's health. Making sure that communication occurs and that talks about anxiety and the job (with limitations) can be necessary to strengthen a relationship.

No one is exempt from an affair, and open honest discussions can be helpful in discussing the needs that a person has in their relationship.

Confronting the Affair

Confronting the affair can be very difficult. Robert Jameson, a marriage psychologist, has a couple of ways to discuss the confronting of an affair.

If you believe that an affair is happening, there are a lot of feelings, like anger and sadness. Writing these feelings down, not reading them, and then burning or ripping up the pages can be helpful for fully dealing with these feelings.

Finding out what you want during this life-change is also important. By discovering what you want, you can better take care of yourself and others, such as children or other family members.

You are probably also feeling a great deal of

shock, and will for a time. This is normal. This feeling of surprise can last for a while, and this is normal as well. Don't jump to conclusions or make quick decisions.

Technology and Extramarital Affairs

Technology is a huge change for us now, and has also affected how cheating and discovering cheating takes place. There are websites that are for the sole purpose of aiding people in affairs. These sites, along with social networking sites, such as Facebook or Twitter, can also be helpful in promoting cheating, and finding out if a person is cheating. These digital trails (Facebook, websites, etc.) can aid in finding out if an affair is taking place, or can lead to jumping to conclusions. Still, be warned, finding visual proof like this can be painful for the person being cheated on, and more detrimental in the long term.

