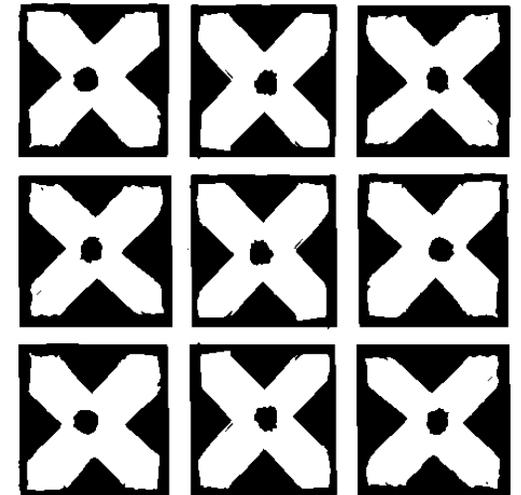


# Does An Affair Have to Mean Divorce?

Ask questions of your partner, but recognize you don't and shouldn't know everything. It would be too much to handle and you need to conserve some energy for figuring out your future. Consult with a few trusted confidantes. Seek out comfort and support, but remember that others might be influenced by their own fears, their family or personal history and probably can't be completely objective about your situation.



Learning about a partner's affair is a shocking event. People who uncover their partner's online activities or hear about their infidelity through a friend or a chance meeting typically describe the experience as one of feeling shattered, hurt, as though life can never be the same.

And that is usually true; life is forever changed. But does this have to mean that the relationship is over?



Couples who are dealing with the aftermath of an affair are in a state of crisis. There may still be many unanswered questions, one of you may even feel the need to move out of the house, and yet life's day to day demands continue in the midst of everything. This is no time to make a life-changing decision.

Here are some ways to get through the initial stages of dealing with an affair or other betrayal:

Recognize that this will take some time to sort out. Avoid being driven by your hurt and pain. Express but don't indulge your emotions.

Take care of your body. Rest as much as you can. Move around, get outdoors. Try to eat some healthy food.

Writing or journaling can be useful now. If you participated in an affair, write down everything you can recall about how it began and what you were thinking and experiencing. If you have been affected by an affair, write out your feelings in as much detail as you need to. Writing things over and over is better than just thinking them over and over.

Allow yourself sadness and regret. Get help from a therapist or counselor, don't go it alone.