

5 QUESTIONS TO ASK AFTER CHEATING

5 QUESTIONS FOR YOUR PARTNER

1

Have you stopped all contact with the other person?

- Ending the affair is essential to moving forward. If your partner hasn't already, they need to end the affair by communicating that to the other person.

2

Why do you think you chose to have an affair?

- In order to move forward and prevent a future affair, you need to understand why the affair happened. What was happening in their life, in the relationship, what did they get out of the affair, what needs or desires were being met, did they have unfair or unrealistic expectations of you, what boundaries did they ignore, etc.

3

Do you love and/or is your heart connected to the other person?

- It's hard to move forward and reconcile the relationship if your partner loves the other person and is unwilling to break the emotional ties.

4

Are you willing to take responsibility for your actions?

- Admitting wrongdoing is an important first step but it is just that - a first step. Your partner has to do the hard work of rebuilding and repairing their damaged relationships to take responsibility. Blaming your partner isn't taking responsibility.

5

Are you willing to do whatever it takes to rebuild trust, including seeking professional help?

- Rebuilding trust is a long process that requires getting it on the table, making time to talk, answering questions (maybe repeatedly), giving full access (privacy, passwords), and establishing and abiding by boundaries (people, places, things).

5 QUESTIONS TO ASK AFTER CHEATING

5 QUESTIONS FOR YOURSELF

1

Are you willing to forgive?

- Sometimes people can't get over the cheating. They're unable to recover from the hurt, become stuck, and can't get that image out of their head. Be honest with yourself. You can forgive and not be with them.

2

Are you willing to do your part to actively repair the relationship?

- As painful as it is, you have to be willing to do your part by giving affection, watching your tone, and being mindful of how you treat your partner. This may not happen overnight but you can't force your partner to fix the relationship on their own as you sit back making them pay. It takes two.

3

Are you willing to own your part?

- Owning your part doesn't mean that you're responsible for your partner cheating. Owning your part means that you take stock of your actions that contributed to disconnection or lack of priority in the marriage.

4

Can you be clear about what partner can do to rebuild trust, and acknowledge it if they do?

- You need to be clear about what you partner can do to rebuild trust. When they make strides in rebuilding trust, acknowledge it.

5

Are you willing to get professional help to heal?

- Whether you stay together or not, the journey to healing after an affair can be full of ups and downs. Be willing to get the help you need - as an individual and/or as a couple.