



# Seven

KEYS TO SAVING YOUR

# Marriage

AFTER YOUR SPOUSE'S AFFAIR



MarriageHelper

# FIRST

Thank you for making the decision to do the right thing.

I know there is a lot of hurt and pain right now, but I want to tell you that things can get better. They will get better. It takes work, but we are here to walk you through it.

## Here's What You Need To Know.

Just because an affair has ended doesn't mean that the marriage is going to be great again.

There are still some things that need to be done to make sure that you can recover from the affair and be stronger than ever before.

It is possible.

At Marriage Helper, we have worked with thousands of marriages affected by affairs. Thankfully, we are able to see many of these marriages not only recover, but become stronger than ever before.

We want the same thing for you.

## Let's Get Started.

# STEP ONE: UNDERSTAND WHAT HAPPENED.

There are three types of affairs: the short-lived affair, the allowed affair, and the relationship affair.

The short-lived affair is basically a one-night stand. It was primarily about sex and situationally dependent.

The allowed affair, better known as an open relationship or swinging, occurs when both spouses agree to have sex with other people. While it may sound appealing, these usually end with one of the spouses falling in love with another, which leads us to...

The relationship affair is the deepest, most intense of the three types of affairs. These affairs end with two people falling madly in love with each other. The scientific term for this type of affair is called "limerence."

The relationship affair is the deepest, most intense of the three types of affairs. These affairs end with two people falling madly in love with each other. The scientific term for this type of affair is called "limerence."

This is the type of affair we see most often at Marriage Helper. In fact, 2 out of 3 marriages that we work with have been affected by one or both spouses being involved at some point in limerence.

Knowing the type of affair that you have had makes a difference in how to recover going forward.

Gain more insight on limerence in these articles:

Married but In Love with Someone Else:

[http://www.marriagehelper.com/married\\_but\\_in\\_love\\_with\\_someone\\_else.php](http://www.marriagehelper.com/married_but_in_love_with_someone_else.php)

Understanding Limerence:

<http://www.marriagehelper.com/Understanding-Limerence-Podcast>

What Happens After an Affair Ends:

<http://www.marriagehelper.com/after-an-affair-ends>

## STEP TWO: UNDERSTAND THE PROCESS.

A common misconception is that once an affair ends, the worst is over.

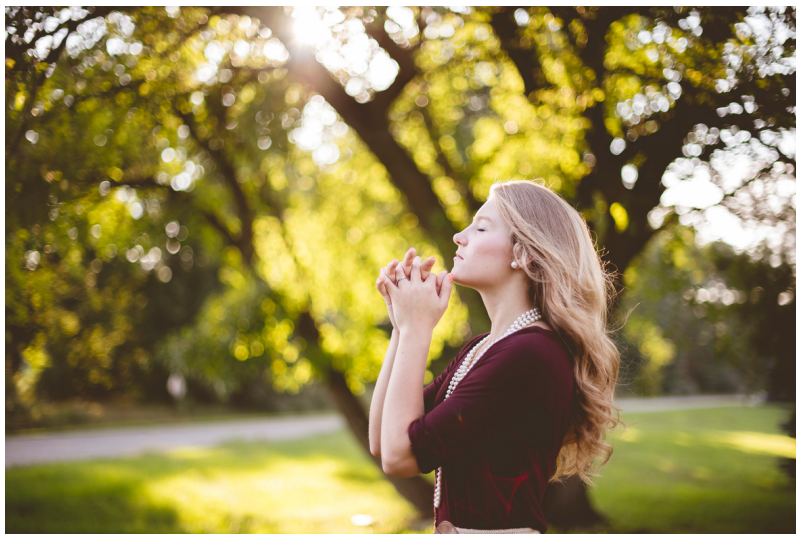
Actually, the hard work is just beginning.

Many times when a person ends an affair, they go through a grief process. Even though the affair was not the right thing to do, it doesn't change the rollercoaster of feelings that someone experiences after ending any romantic relationship.

There may be times that the spouse who had the affair mourns over the loss of the relationship. It is not uncommon for them to take a while to get rid of things that remind them of the other person.

While the spouse who didn't have the affair may not understand these things and may be quick to try and push the offending spouse to change his/her feelings or get rid of certain things, that can actually make the healing process worse.

If your spouse ended the affair and came back to the marriage, then understand that your spouse chose you. Don't try and make a big deal out of little hiccups.



If your spouse ended the affair but hasn't come back to the marriage yet, understand the grieving process.

The best thing you can do is continue to be a safe place for your spouse.

Your spouse may feel ashamed about what has happened. He or she may be having a hard time forgiving his or herself for what they have done.

Do your best to be encouraging and positive during this time.

## STEP THREE: KNOW HOW TO RECONCILE.

It takes work to reconcile correctly after an affair.

You may have many questions. Who was it? What happened? When? Where? What did you do?

There are certain questions that should be answered, and there are other questions that would be better to have a third-party's opinion before answering them.

At our Marriage Helper 911 workshop, we spend a great deal of time working with couples who have been affected by an affair. We help them understand how affairs start, why they happen, and how to reconcile after the affair - which includes knowing which questions to answer and which questions not to answer.



Plus, we have the benefit of working with both spouses at one time, so the “hurt” spouse (the one who was cheated on) can understand the reasoning behind limerence and the questions not to ask.

For more information about our 3-day workshops that have a 77% success rate at saving marriages, please visit [your.marriagehelper.com/marriage-workshop](http://your.marriagehelper.com/marriage-workshop)

## STEP FOUR: FORGIVE & BE FORGIVEN.

It is extremely important that your spouse knows that you can and have forgiven them for what has happened.

On the other side of that, there may be some things that you need to ask for forgiveness for as well. If you shared information that you shouldn't have with others, if you did anything out of anger to hurt your spouse, or even if you realized that you had done something before the affair that had hurt your spouse.

When asking for forgiveness, understand that you cannot force your spouse to forgive you. All you can do is offer your apologies.

When asking for forgiveness, be sure that you do not try and justify ANY of your actions. Express what you did wrong, make sure your spouse feels that you understand all the ways that you hurt him/her, and apologize for the pain that you caused.

Forgiveness is crucial in moving forward. It doesn't necessarily mean you will forget...but it does mean you won't hold the situation against your spouse any longer.

Move past what happened. There's much more to the future.

# STEP FIVE: WORK ON YOU.

At Marriage Helper, we call it “the PIES.”

All relationships begin with some kind of attraction. When trying to save your marriage after an affair has occurred, you need to go back to the beginning.

There are four pillars to attraction:

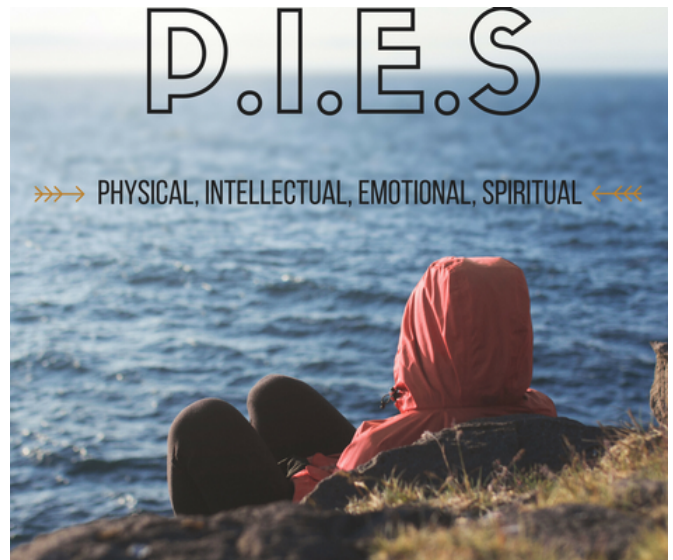
Physical

Intellectual

Emotional

Spiritual

Work on being the best that you can be for your age and situation in life in each of the four areas.



Why?

Will working on your PIES make your spouse forget about the affair? No. But it will show your spouse that you are committed to working on you for the benefit of the marriage.

But more than that, you do the PIES for YOU. You focus on making yourself the best that you can be physically, intellectually, emotionally, and spiritually.

When you are more confident in yourself, you are more confident in relationships. And confidence breeds attraction.

It's the best thing you can do for you.

# THIS IS JUST THE BEGINNING.

Know that we are here for you every step of the way...

I'd love for you to speak with someone on our staff about the different products and services that we offer. We can help you figure out which one is right for you.

I know that what you are going through right now is hard.

Time is of the essence. Don't wait for time to heal your marriage. Start doing the things to make love grow and stop doing the things that have destroyed the relationship.

We can help.

We offer two choices:

IS YOUR SPOUSE COMPLETELY CHECKED OUT OF THE MARRIAGE?

Check out our 100% online class and community for the spouse working to save the marriage. (100% credit applied towards 911 workshop!) [www.marriagehelper.com/savemymarriage](http://www.marriagehelper.com/savemymarriage)

THINK YOU CAN GET YOUR SPOUSE TO AGREE TO ATTEND THE MARRIAGE HELPER 911 WORKSHOP? [www.marriagehelper.com/save-marriage](http://www.marriagehelper.com/save-marriage)

Experience our marriage-transforming workshop that holds a 77% success rate at saving marriages in only 3 days.



"I make my living with "words" but still can't find the right ones to describe how incredible/miraculous the workshop was. I've thought about the weekend just about every day since. I'm truly GRATEFUL for EVERYTHING I/we learned. I've already told several friends about it and would highly encourage anyone with marriage struggles to attend."

-JAMES/MARRIAGE HELPER 911  
ATTENDEE



IF YOU WOULD LIKE MORE INFORMATION, PLEASE  
CALL US AT 615.472.1161