



Love is the Key
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The consequences of adultery are most often catastrophic and painful but they can open the door to a new life. Let's look how you can manage the fall out of a partner being unfaithful and move on.

When you find out your partner has been unfaithful you will experience an emotional melt down. You will feel betrayed, you will lose trust and your heart will hurt and you will be angry. Express all these feelings. Write what you feel down and burn them. Turn your anger into physical action, running, throw stones into the sea, let it out.

You will ask why? Realise the cause is most often within your partner. Maybe they are unable to commit, or had unfulfilled expectations, or not ready for responsibility, or are a sex junkie or even fell victim of what I call a preying mantis – someone who gets their kicks out of stealing a man or woman to show their own power.

What next? Your choice will depend on the circumstances, your own feelings and how strongly you are prepared to fight to save the relationship. Ten years ago Mary discovered her husband had been unfaithful. After her initial emotional outburst, she decided to fight to get him back. They'd had 30 years of marriage and she still wanted to share her senior years. She didn't hate or despise him but saw him as weak. She filled her life with things that made her happy, so she didn't depend on him alone for her personal satisfaction and fulfilment so she saved her marriage.

You may choose to leave your partner. Think hard before you take this route for it takes courage but it offers the opportunity to start with a fresh blank screen, to create a new life. If your partner has been cruel, oppressive or abusive this is by far the best route to take. It's better for children to see both parents separated but happy rather than live in a broken and angry home.

Whether you stay or go take what you can from the experience. Know yourself better, gain inner strength, form new friendships and interests, enrich your life any way you can. After the initial mourning and grieving, let go the poison of bitterness and anger and step forward and leave the past behind.

Love and blessings Anne