

## **When the affair is over- the 3 worst mistakes a woman can make when discovering infidelity!**

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For a woman finding out your spouse/partner has cheated is by far the most painful thing that can happen in a relationship. It brings up feelings of betrayal, loss of identity, rage and often depression. It shakes your foundation and causes you to doubt your own self-worth.

I guide women with this issue all the time and I find that how the woman initially reacts to this often determines how the relationship works out in the end.

Mistake #1- Don't make decisions about your future in the initial Crisis Stage. Even though the initial response to discovering your partner's affair may bring a wave of disbelief, sadness, anger and grief and loss, it is clear that you do not want to make any decisions about what to do about your relationship now. There is work to do to decide if you want to stay or go. The important thing that needs to happen in this stage is he needs to end any and all contact with the other woman. Otherwise you would be continually hurt and it would not be safe for you to remain in the relationship.

Mistake # 2- Ignoring your emotional state by not getting help in this most vulnerable and confusing stage of your life. Depression and physical symptoms are common for women during this time. so you need to get help to manage your feelings and know that these feelings do pass ( even though you may feel like your life is over right now). When our feelings and needs have been ignored we can

feel unworthy of love and respect. This is the important issue to work on repairing now. This when we must learn to love and trust ourselves in order to come through this crisis a stronger person.

I teach women how to do powerful self caring rituals the first thing in the morning. Doing a 5 minute meditation will definitely change the way you feel about yourself if you do it for at least a week. All of my clients tell me that after doing this 5 minute meditation for 7 days in a row their sense of worthiness and self confidence soared. Here's how to do it. Set the timer for 5 minutes. As you breathe in, say to yourself "breathe in love" and as you exhale say to yourself "breathe out peace". Either close your eyes for this or gaze at a lighted candle. This clears your mind and instills a deep sense of peace and love in your mind and body. It's also useful to use during the day when you feel sad or stressed. The more you do it, the faster and stronger it works because it is conditioning your subconscious mind by repetition.

The thing to focus on now is to be sure you and your children are safe and that your basic needs are taken care of now. Your self esteem has taken a huge blow and your job right now is to rebuild it. Get professional help and support for a faster recovery. Be sure to get enough sleep and do things that will nurture yourself. Know that as you move to the later stages of affair recovery your feelings will change and you will no longer be in a crisis mode. Then you can make better decisions about your future.

**Mistake #3** Being unwilling to look at what was missing in the relationship that made your partner look outside your relationship to get his needs met. This is the Insight Phase where you will have a chance to see to see how the affair came to happen. In this phase, even though it is difficult, you will be able to see the bigger picture.

You will see what needs were not being met on both sides before the affair. At this time you must learn to communicate about your emotional life. You will also learn to hear your partners needs and desires that were not addressed in the relationship before the affair.

If you are open to learning in this phase you will reach a place where you can make a good decision concerning what you want to do about your life going forward. Most women I work with tell me this is the time when they learned the most about themselves and what is really important to them. Knowing yourself in this deep way leads to more happiness and contentment.

If you decide to create a new relationship with your partner there are even more learnings in store for you. It is possible if you are both committed, to create a whole new vision of the relationship you want at this time in your life, and to actually create that life together.

Sadly, for many couples the vision of what they want their relationship to look like was never nurtured or developed. It is no wonder that so many marriages end up in divorce without this essential piece of the puzzle in place.

As one of my couples put it “It's clear that we didn't know what we wanted or needed from each other and didn't know what to do about it so we just stopped talking years ago and we were surely headed for divorce. The affair somehow woke us up to the deadness that we had created in our relationship.” This is what often comes out of affairs. The pain creates an opening where couples can learn to talk about deep needs and desires. This creates real emotional intimacy.

If you're wondering how you will be able to forgive this betrayal,

I will just tell you that once you both understand what was missing in the relationship and what you each brought to the issues of relating with each other you will start to feel hopeful because you have some things to work on now that will bring positive feelings into the relationship for the first time in a while. Also you will be learning how to affair-proof your marriage which will create safety and cooperation. These feelings will gradually take over as you develop more and more trust, as long as you are both following the rules for affair-proofing the relationship

I hope that you will take special care of yourself at this crucial time. This is a turning point and how you handle it will determine the direction of the rest of your life. Please call me with any questions if I can help you in any way.

**Susan Quinn**