

How to Make Your Marriage Better After Infidelity

According to some research, more than 50 percent of married couples will face some form of infidelity during their marriage. Infidelity is not always easy to define and varies couple to couple. Some couples might think infidelity means sexual intercourse, while others think an emotional affair on the internet also constitutes infidelity. Regardless of how a couple defines infidelity, the betrayal and pain of cheating can undermine the very foundation of a relationship. Recovering from infidelity requires patience, support, forgiveness and the restoration of trust.

Instructions

1. **End the affair** with the lover and stop all communication. Do not attempt to maintain a friendship with the lover.
2. **Take a short period of time away from each other.** Emotions run high after an affair is discovered and taking time to reflect on and absorb the situation can make for a more constructive conversation later.
3. **Discuss the infidelity openly and honestly.** Take full responsibility for your actions and their consequences. Trust cannot be rebuilt until all questions are answered and common goals are established.
4. **Begin the process of building trust.** Recovery has to be on the time-line of the faithful spouse. Some people might want to know where their spouse is at all times or have proof that communication with the lover has ended. Discuss what exactly needs to be done to rebuild trust and recover a marriage.
5. **Attend couples counseling.** An objective, non-judgmental third party can help mediate discussions and ensure a couple is reconciling in a healthy, constructive way. Couples counseling puts affairs in perspective, identifies contributing factors and gives couples tools on how to strengthen their relationship.

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