

## Inoculating Your Relationship Against Emotional Infidelity

Being proactive about emotional affairs is key. It is important that couples discuss from the beginning the type(s) of situations that would place each in a risky situation. In my experience, the biggest oversight of couples is to take exclusivity and/or monogamy for granted. This might include a business trip and drinking with colleagues or drinking too much at a party and connecting with colleagues

## Recovering After Emotional Infidelity

Sometimes emotional affairs can deliver a strong message in a relationship. It need not result in a divorce. Couples can focus on recovery and make the relationship stronger. The “unfaithful” partner must first be honest about all aspects of the affair. Some may argue that exposing the sordid details of the affair is unnecessary for recovery. However, in many cases, the injured party may be left with many unanswered questions, feeling that many issues are left unresolved. On the other hand, exposing every aspect of the affair will enable the couple to heal. Moreover, the “unfaithful partner” must be able to answer all questions and be able to soothe and reassure the other as often as necessary.

Ostensibly, the major goal of recovery is to regain trust in the relationship. Specifically, it might be helpful for couple to make a list of behavior that will enhance trust in the relationship. It is also likely that the offending partner may need to take on the major share of the burden and redress the injury caused.

I recall a situation where the “unfaithful” partner negotiated with the partner to take a different route in the way home so as to avoid passing the area where the infidelity occurred. This added approximately 30 minutes to his drive home. This allowed the injured partner reassurance and trust enhancing behaviors. It is also important to note that after the affair, sexual intimacy may need to resume as soon as possible.

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