

redefining divorce

Talk to me...what's going on?...I love you...



It's horrible really... but if you are going to have an affair, here are a few suggestions to lessen the long lasting and widespread damage you will cause:

First: Own your behavior. Yes, your partner will find out. Whether it's now, in the future or part of your past, they will learn of your indiscretion eventually because Karma dictates so. Own your behavior, decision/s and consequences. It's not their fault you went out on the relationship. It will never be their fault. You have always and will always have the choice to leave or the resources to learn how to communicate your concerns about the relationship to your partner. Feeling alive or amassing money and financial stability do not replace integrity and character.

Secondly: Do not defend your decision as being the RIGHT decision. You made a decision. That decision affected someone

else and likely multiple people. Even if you feel like you had no other options, you did, and you chose not to explore them. Accept that. When you make an intentional decision that will cause avoidable damage to another person, it is not the right decision absent extreme circumstances, i.e. avoiding death.

Third: Apologize over and over again. You may think what you did was necessary for whatever outcome you intended, but you still damaged someone in the process for your own personal desire. Nothing you say to your spouse will lessen the pain except, "I am sorry." Do not apologize without fixing the behavior and attitudes that caused the deterioration of the relationship. An apology alone is pointless.

Marriages and relationships recover from affairs every day. It isn't the end of the world even if you feel so. What causes the deteriora-

tion of any relationship is complex and unique to each relationship. Before crossing that sacred line of fidelity, seek help with the relationship, ask the hard questions about yourself and your responsibility in the deterioration of the relationship, and be humble. Once blind trust is damaged, it is difficult to restore. You already know what doesn't work.

Figure out what does. We're human, we make mistakes. How we deal with our mistakes is what makes or breaks our relationships.

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Zina B. Gleason, J.D.

Family Law Mediator
Redefining Divorce

www.redefiningdivorce.com • 714-256-4689

