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# Affair Recovery Keys

## 17 Infidelity Survival Traits

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These affair recovery keys come from the post on my website. [Click here](#) to read eight challenges of infidelity survival. See if you identify with any of them.

### 1. Grieve

**Grieve first.**

**Your affair recovery needs it.**

Let out all the intense emotions flow out like an avalanche.

Find a healthy way to express the bottled up feelings.

Write a journal, write a blog, join a FB affair recovery group, find a face-to-face support group or hire a relationship coach or counselor who specializes in individual aid.

Do not try to fix the relationship right after discovery because you will only act out of desperation.

**If you decide to separate yourself from the relationship and still haven't grieved then do not jump into another relationship.**

Again grieve first.

Starting a new relationship without grieving the affair may stem from your need to fill the emotional void of feeling alone.

***You need time to clear your mind and recharge- your proper affair recovery depends on it.***

## 2. Reframe Toxic Thoughts

Just like Dr. Bob Huizenga shares in his eBook “[Break Free from the Affair](#)” and “[Save Your Marriage Forever- the 3 Easy Love Laws](#)”, in order to mend your emotional wounds you must first undo your negative thoughts.

[**Read “Break Free from the Affair” Review [here](#).**]

Dr. Huizenga refers to this as “mindshifts”.

You identify negative, incorrect, self-sabotaging beliefs that hinder the affair recovery process, then convert them into healthier thinking.

We learn to acquire positive self-talk and thus coach ourselves to more a productive and powerful way to look at our situations.

**Reframing Examples**

**Toxic Belief #1= “No one will ever love me again.”**

Do you actually believe that?

Come on.

**New Reframing Thought** = “She chose to cheat and misses out on the beauty of unconditional love. Many people will appreciate that about me.”

**Toxic Belief #2** = “All men are cheaters!”

Believe that and end up alone...forever.

That one’s got to change.

**New Reframing Thought** = “I won’t let one man’s bad choice affect my opinion of them all. I want my marriage to work, but if it doesn’t then I refuse to lose faith in true love.”

### 3. Unlearn Marriage Myths

On page 17 of “[Save Your Marriage Forever](#)” Dr. Huizenga discusses the importance of letting go any limiting marriage beliefs.

**Myths About Marriage Examples**

**Marriage Myth #1** = “We’re struggling to get along, therefore, there must be something broken about our marriage.”

**Marriage Myth #2** = “All marriages lose excitement and become stale and boring.”

When we don’t allow for flexibility in our marriages/relationships to help each other grow then we open up ourselves for major disappointment.

## 4. Hope

**Regardless of the outcome we only can control so much or influence what happens.**

Give the marriage your best effort and feel satisfied you did.

Let the chips fall where they fall.

Even still, your relationship consists of only one slice of life's pie, does it not?

It's not the whole pie.

Seek to find purpose and meaning outside of the relationship.

Purpose provides hope of a brighter future.

It gives you that extra nudge to help you jump out of bed every morning.

This [blog provides me purpose](#).

Purpose to help you heal during your affair recovery.

## 5. Help Others

**It soothes your soul to help others.**

For me the purpose to help others heal from the agony of affairs propels me to keep writing and I will never run out of ideas.

Therefore, my work will never finish.

I guess it makes me feel like somewhat of a hero.

Okay, maybe not quite a hero, but at least someone who sticks his neck out there to help you feel better.

When you sit there at 1 AM sobbing, wondering what life has in store for you, my website will always be there for you to access.

My articles will always be there to lend a helping hand.

I hope they inspire you.

And you too can inspire others in one way or another.

You have a talent or skill that will help strengthen and support someone in need.

What talent do you possess?

Can you teach something?

Offer some type of service?

Provide tips or recommendations?

I recommend that you help someone in need.

It will naturally relieve you of stress and make you feel good in the process.

## 6. Flexible Thinking

***If you grieve too long and drowned in self-pity then you will remain trapped in disbelief.***

Sure, I get it.

You may not feel ready yet to reframe your thinking from toxic, limiting thoughts to a more constructive belief system yet because it's the safe thing to do.

It avoids rejection.

“What happens if I become more positive and then he doesn't change (or I still end up feeling unhappy)?”

“He cheated and therefore is a horrible human being. I'd never cheat. All cheaters should just burn in hell.”

Okay, there's certainly a thought.

And then while we are at it let's take everyone who has made mistakes that affected someone else's life and throw them into a pit and start a bonfire.

Roast 'em.

All drug or alcohol addicts whose addiction ruined a marriage, all parents who abandoned their families, bullies who picked on smaller kids in high school or even the neighbors next door or upstairs who party on Wednesday nights and prevent us from sleeping.

***How's that going to change anything?***

The passive aggressive thing to do is wish evil things on them instead of either helping them or trying mend the problem.

**People sometimes disappoint.**

Sometimes big time.

Period.

They will always disappoint you.

Expect them to make mistakes and this will limit your disappointment (not eliminate it, though).

Just do NOT tolerate bad behavior.

Force them to own up to it or pay the consequences.

Leave the relationship.

Call the police.

Or make sure the bully answers to a bigger, stronger person.

## 7. Ownership of Feelings

**The tools are out there for you to access to heal from the pain, but it's your choice to move forward and use them.**

Cheating will always happen in this world.

Extramarital affairs occurred centuries ago.

And also millions of people have survived them.

Just like you will.

Survival means something for different people in different circumstances.

My cheating wife left.

I learned to lift up my self-esteem and find hope and purpose.

Others rebuild their marriages with their remorseful cheating spouses.

No matter what happens you own your feelings and choose how to feel and how to respond to what happened during your affair recovery process.

That's what survivors do and have always done.

## 8. Ownership of Choices

**After you take ownership of your feelings then you must account for your own choices.**

No one will survive for you.

That's on you.

Choose to feel stuck or choose to move forward.

Some betrayed spouses take the steps with help of a relationship coach while others realize their cheating spouses will most likely remain serial cheaters.

They choose to leave.

Everyone's situation is different, but you have a choice.

Remain stuck where you are or start taking action.

Not just reframing your thinking, but actually taking actionable steps to "unstuck" yourself.



## 9. Forgive

**Straight up, if you cannot forgive your cheating partner then your marriage will not survive.**

At best you will live like two roommates and you will always sleep with one eye open [fearful that your spouse will cheat again.](#)

Do you want to live like that, no right?

Forgiveness is the invitation that you offer to your betraying spouse to start rebuilding trust and to start over fresh.

If you're **ready to take that affair recovery step** and want [personal one-on-one coaching](#) then I **recommend** this [relationship coach](#) who has helped thousands of couples for over thirty years now.

And if you first wish to learn the [benefits of one-on-one relationship coaching](#) then I recommend reading [this article.](#)

Maybe one day I will offer coaching services too.

I'm just not ready yet.

## 10. Accountability

***Whatever action you take, deal with what happens next and accept it.***

You gave it your best.

Again, let the chips fall where they fall.

Don't live with regret over what could have been.

If the cheater keeps making bad choices you cannot do much more about it, but you can feel proud of your own efforts to seek a happy life again.

## 11. Measure Remorse

***By now we all know that a remorseful cheating spouse is one key to rebuilding trust.***

But how do you know if the remorse is genuine?

How do you know that they will not cheat again and rebuild your future together?

That goes back to action.

What action do they take?

I recently spoke with [local marriage counselor Tim Tedder](#) from Winter Park, Florida.

We both agreed that the cheating spouse must take proactive action without coaxing by the betrayed spouse.

You shouldn't have to ask to see the call log on their cell phone or review their emails for signs of repeat cheating.

The wayward spouse should openly take steps to prove their desire to undo what they did in order to build trust.

***What actions is your betraying spouse taking?***

## 12. Accept Truth and Life's Realities

*Again life can suck sometimes.*

Even after you heal from the affair you will certainly face disappointment again, particularly from other people.

For me I want to find someone special again.

Maybe she lives here in Florida, maybe in California.

She could be anywhere.

I certainly have faced disappointment meeting other women since my cheating wife left.

Either they just weren't right for me, or I wasn't right for them.

It is what it is.

Life will always be full of challenges.

**Your career faces challenges.**

**The affair is no different.**

You run into health problems.

I had financial problems for a while.

When my wife left I faced seemingly unsurmountable debt.

Maybe you face new financial challenges too.

Accept the problem and fix it.

Don't pretend it's not there just for the sake of a fake motivational, self-pep talk.

“God will provide.”

Of course, he will.

But I believe He will provide you with strength and reveal the tools to help you help yourself.

## 13. Openness

***Find a support system during your affair recovery.***

I invite you to write to me when you're ready.

Leave comments on my posts so others can respond with their thoughts.

**[Hire a marriage counselor](#) who specializes in individual coaching.**

But above all open yourself up to express your emotions.

This of course is a part of grieving.

You cannot fix what you keep hidden in your heart.

## 14. Face Fears

***The road to healing will contain potholes and bumps.***

You didn't ask for the affair to happen, but if you want to escape the feeling of hopelessness and helplessness you must do what you fear to do.

The actions that will heal you will not always be comfortable, but you don't really have a choice.

You only have the choice to stay where you are or move forward.

## 15. Empathy

***Part of reframing toxic thoughts involves recognizing that your cheating partner is broken.***

Don't blame yourself for their mistake.

While flexible thinking involves being open that people make mistakes, empathy requires putting yourself in the cheating partner's shoes to understand the "why" behind their faulty thinking.

When you see how silly their choices are then it empowers you.

You'll stop feeling sorry for yourself and stop waiting for them to take action.

Simply put, no one wants to follow someone who's broken.

At the same time you will begin to understand what's important for them to find what they believe will make them happy again.

And from this you will decide if it makes sense for you to stay with them or move on without them.

### How Empathy Helped Me Understand My Cheating Wife's Unfulfilled Needs

My ex-wife wanted to feel free to make her own choices in order to discover her life's purpose.

She felt sad and blamed the marriage for causing her sadness.

She believe her pursuit of happiness involved traveling at a whim and doing whatever she wanted, whenever she wanted.

Looking back.

She wasn't marriage material.

I fell in love with the idea of falling in love and rushed things.

Of course, she still relies on others to fix her problems.

Depending on The Other Guy to provide her a place to live will not exactly allow her to go and come as she pleases.

Faulty thinking.

Jumping from one relationship to another without resolving the underlying issues will not work.

*“Cheating does not solve boredom, it only starts the cycle over again.”*

Do not attempt to solve one problem by creating another.

Empathy helped me understand her needs, but also revealed her faulty thinking.

I don't follow broken people and I won't blame myself for a broken person's decisions.

Because of empathy I stopped victimizing myself.

Instead I feel sorry for her.

## 16. Explore Feelings

***Whatever feelings you experience, do not ignore them.***

Men can find this especially hard.

They typically do not have as big of support system as women.

**Kevin Jackson's eBook "Survive Her Affair"** confronts that challenge and reveals the secrets how men can heal from the pain of an affair by [understanding men-specific affair recovery challenges](#).

Whether you're male or female, we all must reflect-inward and discover what hurts us about the affair.

This aids us to identify what holds us back from feeling better.

It can also empower us to lift our own self-esteem before beginning to forgive a remorseful betraying spouse.

This is the first step before inviting them to rebuild trust-rebuild our self-esteem.

## 17. Relationship Negotiation Skills

***If you decide to rebuild trust with your partner it will be vital to openly discuss what prevents them from fully giving themselves to you and vice versa.***

While not specifically about infidelity, the eBook "Save Your Marriage Forever" provides useful guidance [how to refresh love](#) in your marriage.

[Conflict resolution skills](#) fall under this topic too.

If you don't get upset with each other from time to time then you don't fear losing each other.

Then you probably don't matter much to each other.

Disagreement could be a good sign.

Don't push your differences aside, face them head on.

Hiding our emotions may very well have been one of the stepping stones that led to our cheating spouses to distance themselves from us in the first place.

Legal Disclaimer:

This document serves as educational and entertainment value only. While these suggestions are well thought out and researched they do not constitute professional help.

If you need professional assistance then please seek the advice of a licensed marriage counselor or mental therapist.