

THE
INFIDELITY

First Aid Kit.com's

Win-Win Affair Survival

*How to Save Your Marriage
or Rebuild Your Life Alone*



InfidelityFirstAidKit.com

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Suicide or Violence Warning

Let's clarify a few things before getting started.

This course is not a substitute for professional therapy.

If you're considering harming yourself or someone else due to depression that stems from the affair then please seek professional help. You can even call a suicidal help line.

Here in the US that number for the **National Suicide Prevention Lifeline 1-800-273-TALK (8255)** and is available at all times of the day, every day or visit <https://suicidepreventionlifeline.org/>

Even if you have not considered harming yourself but feel emotionally stuck to the point it causes depression then still consider seeking professional help from a therapist.

Domestic Violence Warning

Even if you would like to leave your relationship, it may not be safe if you face possible violent repercussions from your partner.

If you feel threatened please seek help first before even mentioning you wish to leave the relationship.

Visit the National Domestic Violence Hotline (here in the US) at <http://www.thehotline.org/> or call **1-800-799-7233**.

The Infidelity First Aid Kit.com's Win-Win Affair Survival: How to Save Your Marriage or Rebuild Your Life Alone

Hello, thank you for choosing to download this guide that I took a carefully pieced together for you. My name is Orlando and I have run the blog InfidelityFirstAidKit.com since February 2014. We may not know each other, at least not yet, but I want you to know that your feelings matter to me.

I have read a good amount of material on the subject of cheating and how to survive affairs and have received numerous emails from my viewers and subscribers who share their feelings and stories via email. (Their names and stories stay private between me and them.)

First of all, please know that I am not a professional therapist, counselor, psychologist, psychiatrist. I am not a professional anything by any means. However, I do have some invaluable experience from both sides of an affair.

My desire is to provide or recommend help to couples who can save their relationships and also guide the individuals who leave or left their marriages to a brighter and safe new life alone.

If you would ever like to speak with someone outside of the situation [then click here to fill out the contact](#)

[information](#). I have responded to every single one of my emails I have ever received usually within 3 to 4 hours but no more than 24-48 hours.

My Experience with Affairs

The Other Side of Cheating (Time to Confess My Short-comings)

I never thought growing up that I would ever be involved in affairs. I always saw myself as a person with good intentions. But even with good intentions when you ignore personal and intimate boundaries you risk getting your emotions involved and losing control.

There is absolutely nothing whatsoever healthy about getting involved with someone committed in a relationship or breaking your own relationship's vows.

Attempting to solve one problem which in turn creates another is a destructive, pointless strategy with long-term, negative implications causing a domino effect of havoc on other people's lives.

I rushed into a marriage I should not have, but also should not have cheated to help me exit it. Nor should I have gotten involved with someone else in a similar situation who was married and wanted out. You start feeling sorry for each other for the struggles you go through in your respective homes and want to help one another. This creates platonic love between you two, an emotional affair begins and then the "emotional fire" spreads and you cannot put it out.

We won't discuss the scope of divorce or my views of leaving a marriage, but I will say that no matter how

difficult the situation or how disrespectful your spouse gets revenge cheating is not the answer.

Feeling sorry for another person in a difficult situation is understandable, but that conversation should never even start to begin with. A married person should not share their relationship challenges with someone who they could potentially find attractive and start an affair with.

Once the affair begins, so does the justification of a cheater's actions. Cheaters selfishly fulfill their needs and look for a reasonable excuse to protect their reputation.

So, while I do not particularly enjoy admitting my downfalls I can still help you because I can probably read your spouse's mind better than you can.

I'd be honored to help if you allowed me to.

And unless they can see the destructive path themselves that lies in front of them, unless they can introspectively search their soul and foresee the unfulfilling future that awaits them then your marriage could be in jeopardy.

Why?

Because they are stuck in a fantasy world. They cannot make long-term healthy, wholesome decisions. They experienced a euphoric emotional drug and want more of it.

Then I Got Cheated On...

Miraculously I somehow finally woke up and realized I wanted no part of cheating. The damage was done, but I wanted to stop the bleeding and help myself to make decisions that I could be proud of not want to hide from.

Later my blog naturally provided me a way to provide insight for others to help them overcome the challenges that affairs cause.

I thought I had learned enough from my tumultuous first marriage and done enough soul-searching to understand how to love in a healthy way by giving unconditionally to other people. I thought this could prevent any future partners from considering cheating.

I was wrong.

Again, even people with good intentions put themselves in risky situations.

And that's what my second wife did.

Then she ended up abandoning me.

With my second wife I thought I had met my soulmate. Personality-wise we were a better match I felt than between me and my first wife. I had already entered my late 30s and began to feel the pressure of growing older alone.

So, finding someone who I thought was my savior angel made me think that my life had finally turned around for the better.

I won't go into the details now, but [you can read the story here.](#)

What I will say is that staying in a toxic, dead-end relationship with no future only wastes time and hurts you more.

From experience I can tell you that rerouting your life alone feels much better than staying with a person with a

lost soul and especially when they have not ended their affair.

So how CAN I help?

Because I know when it makes sense to stay in a marriage and when it doesn't. I have ended up alone and learned to survive and find a new purpose in life. I have been to that scary place that you fear going to- the unknown life alone that lies ahead if you leave your marriage.

I have regretfully experienced affairs as the betrayed spouse, cheater and the Other Person and will not hold back giving my insight.

I can step inside the shoes into any of these figures and provide you with a scope into the minds of the ones you seek to understand.

If you want the straight truth, because you fear making a poor decision, then you have come to the right place.

I do not believe all marriages can be saved and it does not make sense to stay in one that will only lead you to more misery.

HOWEVER, if your marriage has a chance than you must give it a chance. Do not live with the regret that you did not give your spouse a legitimate opportunity to rebuild trust. There is no guarantee of finding someone else later, although I promise you that when you're ready, and if you keep your eyes open, you will find them.

But why not fix something that is fixable and avoid the unknown?

I WANT to Help You

I have poured out my soul to you. One of the traits of surviving an affair that you will find in many resources and guides is the ability to discuss uncomfortable feelings and details.

This has certainly proven true for me. And I have no issues digging deep into feelings.

Even as a young boy I dreamed of falling in love and finding my soulmate. There was just something soothing about connecting with a female that I could not get with guy friends.

I guess my expectations were a little misguided. I thought I could be the prince on the white horse and would find my princess trapped in a high tower in the middle of a forest and save her.

That's how I viewed my second wife.

She literally would cry in the early stages of our marriage when discussing how sweet I treated her. I felt so important and needed by such an adorable display of affection. And in the beginning, she returned the treatment.

So, I'd bet that you could understand that when she abandoned me and left for good behind my back how that made me question my views towards love.

I could finally see that viewing love in a fantasy way could set me up for disaster. I began to choose to look at things more realistically.

The thought of someone else going through the pain that I caused my first wife and the pain that I lived through myself with my second bothers me like you have no idea.

I want to help guide you in any way I can to whatever option makes the most sense for you and your family despite not being a professional counselor.

I believe my experience can help, *but do you accept my help?*

Introduction: Survival. What Does It Mean to You?

Affair survival means something different for everyone.

I feel obligated as a blogger and affair survivor on the topic of how to handle affairs to create a win-win situation for anyone who seeks help.

The goal of this guide is to help you find hope regardless of your specific circumstances. Therefore, I want you to have a couple different possible outcomes at the minimum, both desirable, in the event that your ideal outcome does not come to fruition.

I do not believe it is healthy to rely on one outcome because if it does not happen the way you want it to then it could throw you into more sadness.

When I discovered my now ex-wife's first D-Day I envisioned us clearing the air, resolving our differences, moving on together and letting time heal.

I felt strong enough and patient enough to give us a chance to work the marriage out.

However, as time progressed I could see that she was not interested in the marriage. She'd "clocked out" a long time before and was emotionally headed on her way out. She was young and wanted a different lifestyle. And so, she developed her exit strategy, which involved living with a man she met in NYC and chased her dreams.

She left.

And with that I faced the decision to crumble or to reroute my life.

I chose to reroute my life.

At first of course, I struggled with the pain of losing my best friend and someone I absolutely adored.

But she was gone so the idea of soaking in sorrow for an eternity did not appeal to me.

My Sincerest Desire for You

I want your marriage to work out. And by work out I don't mean that you become roommates and coexist. Rather I hope that you would resolve any differences, get that heartfelt apology you desire, and return to the compassionate loving days that you miss.

However, all of you will experience that outcome so for the sake of survival I recommend you have a backup in mind.

If you wish to save your marriage like most of us do, then concentrate your best effort in that first before making any hasty decision to leave.

Read multiple guides, interact in several support groups in person or online, seek professional help, perhaps individual help first. Get guidance on how to successfully invite your spouse to join you for couples counseling.

[Part One]

Survivor Essentials: The Variables That Could Affect Survival

“The majority of your affair survival success will depend on how you handle your own thoughts and feelings.”

How would describe your ideal affair survival outcome?

Given the circumstances and action you’ve taken up to this point since you discovered the affair, what outcome do you think you are headed to now?

In a moment we will discuss the different possible outcomes of affair survival.

First, let's take a glance at the variables that affect the affair survival outcome.

The majority of your affair survival success will depend on how you handle your own thoughts and feelings.

Regardless of what your spouse says or does or what the people who support you do, in the end it will be your responsibility on how to handle your own feelings.

The outcome will be the outcome despite whatever efforts you take to influence it, but at the end of the day you choose how you respond, how you feel and what you believe.

I'll never forget how I felt after she left from paying me a visit for a few days after she had already moved out. I erroneously believed that she'd come back to attempt to give our relationship one more shot.

That was not her intention.

She'd returned to ensure that the documentation to allow her to gain permanent residency was still in order.

Still married on the books and we hadn't seen each other in four months what started as a rather awkward reunion with her shifted into the most pleasant quality time we'd spent together in over a year.

She genuinely enjoyed her time with me, she couldn't fake it. In those two days she opened up and dug deeper into conversation than I could remember she'd ever done.

But...

She returned on a mission.

A mission of selfishness.

She left again.

I just remember watching her wave good-bye in the airport with her ear-to-ear smile that I adored.

And it hits me.

This is the last time I will ever see her.

And for the fourth time my heart gets ripped out of my chest.

That was the lowest I'd ever felt in my life.
And I made the decision to not drop any further.

I decided to find hope, a new meaning and inspire others that they could do the same regardless of the outcome

In short, I decided to survive and reroute my path.

And I want you to find a meaningful path.

But that will depend on the choices you make and the action you take.

Beware of the outcome you're headed to.

Let's review where that might be.

Possible Affair Survival Outcomes

"I don't want you just to survive. I want you to feel like you can enjoy life again."

To start there are two obvious general outcomes: **1) you survive as a couple** and rebuild your relationship or, **2) you rebuild your life alone.**

Both require that you find inner strength.

For the marriage to work out you must find a way to function properly in your day-to-day life while searching for a way to constructively interact with your spouse.

Despite that acidic anger that churns and bubbles in your stomach, attacking your spouse for hurting you will only push him/her away.

Yes, I understand you want to strangle them for adding this unnecessary drama to your life. Believe me I was there but recovering together as a couple will take the two of you to reconstruct the damaged relationship.

Now I'm assuming you want to rebuild something that you enjoy and not just a coexistence.

Therefore, depending on the pre-existing beliefs and views of love and also affairs, the current state of your own self-esteem, your ability to withstand and sort out complex feelings, the research you conduct, the professional help you seek and the steps you take; your outcome could differ from someone else's.

And here below are possible outcomes. Possibly there are others, but for the most part this is what you would encounter.

Staying Married: A Variety of Possible Scenarios

As I already mentioned I don't want you just to survive. I want you to feel like you can enjoy life again. Surviving is for animals, not people. No, instead I want you to enjoy your life, no matter the outcome.

Yes, of course, I know that seems impossible right now, but it will happen if you take the right action outlined in this eBook. Therefore, I am planting the seed in your mind right now. That seed will germinate, you will feed it and it will start to grow ... right now.

Even if it takes time to find hope and happiness again, I want find a meaningful reason for you to jump out of bed every morning.

In the case of surviving as a couple, keep in mind that often times the two partners mutually agree to "try the marriage thing again", rather than finally repair the underlying issues that may have started to push them apart even before the affair began.

This decision to co-exist after the affair could happen due lack of finances and both accepting the fact that they temporarily have no solid means on which to live- so they choose to live under the same roof disguised as a troubled-married couple attempting to work out their differences.

A couple in this scenario is not working out anything. And I want you to be aware of this type of co-existence scenario and others to warn you that you could trade one trapped life for another.

Is co-existence the kind of affair survival outcome that you want?

As you scan over the possible outcomes below, consider which one you think you might be headed to and which one ideally you would like.

Let's take a look...

Disdainful Roommates

The affair is still alive and the betrayed spouse is aware of it but hoping it will end. There is no plan in place to rebuild trust and mutual love, the two are technically married, but not emotionally. Maybe one of the two has received professional counseling or neither has. The main strategy the betrayed spouse hangs on is hoping that time will heal, but no actionable steps have taken place nor are there plans for any. One or both partners emotionally or even physically attack each other from time to time.

Respectful Roommates

The affair ended, but no new ones begin. Both co-exist and continue with their normal lives outside of the relationship. Both empathetically care for each other and believe in the benefit of maintaining a safe family environment. They function somewhat normally as a couple at home, but there seems to be apprehension to express themselves romantically and intimately.

The mood just isn't there and may take a while to come back or possibly never will. I believe the possibility exists that an affair could happen again or that the couple decides that they do not want to continue on due to lack

of feelings for each other. They decided to co-exist as roommates and all they managed to do was lose more time to ultimately do what they wanted to begin with- go their separate ways.

Complete Rebuild

The cheating spouse feels complete remorse and values the benefits of rebuilding a happy marriage. Both partners mutually assist and cooperate to rebuild trust and reignite the lost love. The affair is completely dead and there is practically no chance for another to begin because the affair took place mostly out of situational circumstances and not due to deep personality issues (serial cheater addictive behavior).

Moving on Alone: Finding Hope, Strength and New Meaning

“I don’t want you to struggle to find your way. I want you to reroute your life up a new path that leads to purposeful living.”

The Hermit Life

You hide from the world and experience self-defeating thoughts. You do not compartmentalize and separate the affair and what your spouse chose to do from who you believe you are. Weak and stuck in the past you feel lost and do not seek professional help to rebuild your confidence, nor attempt to perform any self-therapy.

Taking a Break

You believe that there is hope for a brighter future and that you can find love again, but your focus now is to gather your thoughts and feelings and do some emotional cleansing and detox. You develop a plan to rebuild your life and confidence before making any major changes.

This could include moving somewhere new to change the scenery, spending more time with friends and family, cleaning and decluttering your home, paying down debt and saving money. Your strategy is more about stability in the present time rather than seeking new and exciting changes.

Life Reroute

You have taken the steps to grieve and build a secure life. Now you are ready to seek a more purposeful, inspirational and exciting one. You feel more prepared to make changes in your personal and love lives. These changes could involve traveling, new hobbies passions or interests and possibly dating again. Your confidence has fully returned to 100% (or close to it), the affair no longer hangs over your head like a storm cloud.

Now let's look at the different components of successfully surviving an affair and then we'll take a deeper look at how to apply them to both outcomes: surviving as a couple or alone.

The Components and Traits of Affair Survival

“How you respond to this unforeseen, shocking event will determine your survival path.”

Handling the Initial Shock

Any traumatic or catastrophic event will take you by surprise but dealing with the shock of discovering your spouse's affair is quite different than anything else.

Think about other traumatic experiences that you have gone through or that other people you know have gone through.

You can at least prepare in advance how to respond (to an extent of course). Perhaps not emotionally but you could have a back-up plan. Let's take a look at a few.

- Traffic accident
- House fire
- Hurricane
- Break and theft
- Lost job
- Physical assault

Of course, this list could go on for a while but you get the idea.

We all can agree that the items on this list would devastate us, however, there are complete businesses and systems set up to protect you from the aftermath and even how to respond in the moment.

Insurance protects you from financial loss. You can devise escape plans and build emergency and first aid kits for natural disasters. Financial strategies are designed to

save you money for emergencies and you participate in self-defense classes or carry weapons to protect against physical assault.

At least you have some kind of option to prepare for these kinds of events even if you will still not be completely prepared.

When's the last time you heard of a class to protect you against infidelity in the event that it happened?

You are taken by such surprise by the fact that you have no protection at all because your defenses are completely down...

... and they should be!

That's part of being vulnerable and allowing love to flourish. Why would you want to sit around and prepare for the very thing that could ruin your marriage?

That would be counterproductive right?

Can you imagine a husband or wife telling their spouse that just in case the meal that they took three hours to make does not taste good that he/she is going to place a garbage bin next to the table to toss the dinner into?

That would totally defeat the purpose of enjoying the meal together. No matter how good that food tastes the spouse that prepared it would feel mortified.

In the case of an affair, how you respond without any preparation will determine which outcome you're most likely to experience.

So, what can you do to prepare for the initial shock?

Or if you still struggle to handle your hurt feelings what will you need to get through this in a positive manner?

Here are some strategies to help you cope. Please be aware this is not a step-by-step approach. But these are skills and techniques that you should strive for to release the pain and feel stronger sooner than later.

Learn to Compartmentalize Logic from Emotions

Understand that choosing an affair is not a healthy or normal choice. Someone who is in a healthy state of mind does not make choices that jeopardize the other major areas of their lives.

Accept that your spouse participating in an affair was a choice that they made. They don't happen by accident. They occur because of emotional challenges that your spouse has not found a healthy way to cope with.

Whether those challenges relate to your relationship together or with his/her own personal past, it is his/her responsibility to confront those issues.

If he or she does not, and then chooses an affair as a way to cope they've now created a new additional problem.

Again, healthy people do not make those types of decisions; therefore, your spouse has the problem not you.

One of the mindsets that helped pave the way for me to regain strength and confidence pretty quickly was that I never blamed myself for the affair.

From the first D-day (remember I went through three) I believed that she had major interpersonal relationship skills and a set of her own deep emotional issues to overcome if she was going to truly find happiness within herself rather than running for her problems.

I never felt jealous or ashamed of being cheated on.

I simply felt sad for losing my best friend.

Avoiding blaming yourself for the affair and seeing your betraying spouse as the one with poor decision-making skills is essential to survival regardless of your outcome.

Avoid Neediness and Build Your Own Power

I can tell you from experience do not, I repeat, do not beg your spouse to stay or ask for assurance that he/she loves you.

What you don't know is that by coming across needy and weak you put your cheating spouse in the exact position they want to be in, which is the opportunity to decide between you and the Other Person.

You've basically given them permission to keep cheating.

Consider What YOU Want with The Marriage

You must make it clear that they put the marriage in jeopardy and now it is your decision to decide what you want to do next. This is the way I recommend you think if you would like to maintain the position of power, instead of feel helpless.

Most betrayed spouses who contact me through my website InfidelityFirstAidKit.com give their cheating spouse the power to decide. To a degree, I did the same. May I warn you that you do not want to allow your spouse the power to decide how he/she wants to handle the decision to stay together or leave. Because you will sit and wait and drown in misery.

Perhaps you will wait for a very long time and that's not the worst part. This sends the message to the cheater that you won't take a strong stand to force them to cut off the affair and as a result they probably will keep cheating while still staying married to you.

Instead make the decision yours to decide. Make it known that you need time to think over what you want to do next. And after thoughtful consideration you will reconvene with them to discuss your decision.

Even if the affair happened a while ago you can still change the course of the decision-making process. In effect, you bring the relationship to a halt. At this point enough is enough and you no longer are willing to continue down the path that has only brought you shame and torture.

You have decided that the current situation is not good enough for you and that something needs to change. Therefore, you are demanding that the "court go into a recession" (so to speak) and will reconvene later.

You are taking your back control.

Give Yourself Permission to Grieve

Just like when you get injured your first reaction is to mend your wound, the same thing occurs emotionally after you experience the shock of the discovery of the affair.

Do not deny yourself the right to grieve.

Most experts will say that you pass through a series of predictable emotions after you discover the affair.

You may have already experienced them all, at least most of them, allow the feelings to take their course.

Denial

Discovering your spouse's affair is something out of the movies, a complete nightmare, something only seen on TV.

So, it's natural to feel the shock and not accept that it is happening to you. You might even make excuses for your spouse. You might pretend that it is not cheating and just a coincidence. In fact, for some of you your spouse may actually be fairly happy in the relationship but got caught up at the wrong place at the wrong time.

Some affairs are more situational while others stem from ongoing deep emotional issues on your spouse's part like in the case of a serial cheater.

It's normal to feel in complete shock and denial. Allow yourself to run the course of the different emotions.

Anger

This is a natural response to betrayal. After all you are supposed to be a team who is fighting for the same cause.

Why would your teammate decide to act counter-productively?

Why would any sane person risk to destroy something that you both worked so hard to build for such a long time?

And why would they take the risk to begin a relationship with another person that most likely will end poorly?

Are they that much out of their mind to risk losing everything?

These are the thoughts that run through our minds as our shock turns into anger and a need to lash out.

It's normal to feel upset. You are inevitably going to scream at your spouse and probably raise your voice with a friend as you tell them what happened.

Retrace Steps

You're going to second-guess yourself and I'm sure you already have. Of course, this will happen if you still believe it is your fault, that you did something to push your spouse to cheat.

You will run in circles thinking about all the things you could have done differently to prevent this from happening.

But may I remind you again that affairs happen for different reasons. These reasons grew from seeds that were planted a long time ago. And even in the event that

your spouse has felt frustration or discomfort in the relationship they could have chosen to speak it over with you or to seek help to learn how to confront you in a productive way.

Instead they chose the worst possible option. And even if they chose to leave you for the other person their same problems will pop up again.

Yes, it takes two people to cultivate a healthy and happy relationship, and every relationship will struggle at some point. But it takes only one person to choose to cheat and break the relationship vows.

Sadness and Lost Hope

You figured that since you both fell in love that he/she would simply come to their senses and realize that their marriage is more valuable than a secret relationship with someone else.

But for most of you that doesn't happen and the sadness sets in and your hope that time will heal and all the problems will fix themselves without taking action to repair the relationship.

You start to fear the loss of your marriage and the possibility of facing the scary unknown on your own.

Learn to Accept the Fact that the Affair Happened

If you don't accept the fact that this traumatic event happened then you will never properly heal.

You will apply counter-productive strategies, misidentify the reasons that caused the affair, keep blaming yourself and begin to doubt that true love exists and that marriage can work in a beautiful way.

You must find a way to avoid self-pity or at least work through it or else you could risk getting stuck in obsessive self-destructive thoughts.

Identify and Undo Negative Thoughts and Labels

You might find it natural to beat yourself up and look at yourself in a negative light because you erroneously interpret your spouse's decision to cheat as a form of rejection.

“The other man / woman must have something that I don't have.”

But just because your spouse took action that severely hurt your feelings, do not make it worse on yourself by buying into self-destructive thoughts.

Your mind has a way to believe what you feed it and if you feed it garbage you'll feel like garbage.

Go ahead and argue that that is some “psycho-babble” overhype, but then convince me that telling yourself how miserable you are and how worthless you are helps you.

You can't, right?

Here is a list of possible negative descriptions or thoughts that you may have labeled yourself or run through your mind.

Negative, Counter-Productive Labels

- Unattractive
- Boring

- Needy
- Unintelligent
- Pushy
- Not sexy
- Over-emotional
- Insecure

No matter what you think of yourself your spouse also feels inadequate about themselves in many ways. We all feel inadequate, it's normal but it's not a reason to cheat and it won't help you overcome the pain of the affair.

Inadequacies are what make us human, which in essence makes us beautiful. Imperfection is beautiful just like an individual piece of art that has some minor flaws or unsymmetrical features. It's what makes you unique and different from everyone else.

Negative Thoughts and Interpretations

You could adopt a completely new way of seeing the world, your relationship and the people around you simply based on your faulty misinterpretations.

The healthiest people emotionally speaking have strong cognitive skills. They have an ability to look inward and identify their own poor self-image or counter-productive thinking patterns and correct them.

It's as if they become their own therapist. Or when they do actively seek professional help they find it easier to understand the tips and advice that they are and to put them into practice.

Here are some examples of negative thoughts and interpretations that you must learn to identify, halt in their tracks then reverse them.

- “Nobody loves me.”
- “It's my fault that the affair happened and it probably will happen again if I find someone else.”
- “All men/ women end up cheating.”
- “Everyone is judging me. They must think that I'm an awful wife/ husband.”
- “If this marriage ends I will never find love again.”
- “I cannot live alone because I hate loneliness.”
- “Everyone will think I'm strange because I am alone.”
- “I don't think I can take care of myself.”

Please understand that these thoughts are normal to feel, this is just an indication that you have not had the opportunity to focus on yourself.

And that leads me to the other key points on this list of how to survive an affair and remain strong.

Trust in Your Own Abilities to Take Care of Yourself

I remember how weak I felt as a young adult in my first marriage. It was sort of a mismatch. My first wife was independent and learned to live on her own at a very young age. She left her country to study here in the US at a prestigious university at just 17 years old.

I've never met to this day someone who is capable of solving problems better than her. At the time we were married I struggled with problem-solving and often reverted to her aid to find a resolution.

I can promise you this did not help strengthen my self-esteem. Instead it made me too dependent on her.

It wasn't until I was on my own that I learned to handle my own problems or at least know how to find the answer when I couldn't figure it out.

Looking back, I can't even believe that I had such little confidence in my ability to work through challenges and find an answer. I feel like a completely different person now.

And when you feel insecure about taking care of yourself then you may stick around in a marriage just to be taken care of not and for the sake of love and companionship.

I bring up the discussion of building up your self-esteem because if it is something with then it could make you feel trapped. You will even stay in a toxic relationship because you don't feel confident enough to take care of yourself. Get help. Find a way to conquer your low self-esteem or it could limit your ability to find peace and happiness.

Separate Your Past from Your Future

“Your past does not dictate your future.”

No matter what has led up to your current life you must find a way to separate your past from the future. What happened in the past keep it in the past. Don't give yourself an excuse to fulfill a self-fulfilling prophecy of not getting what you want.

If you want to break free from the pain then you must focus on your desire to feel better.

Your brain will not know the difference it will do whatever you tell it to do.

Remind Yourself That Your Spouse Chose to Stay with You and Not the Other Person

While no one can promise you which outcome you will experience, but for many of you reading this your spouse decided to stay when they could have chosen to leave for the other person.

So, during those times of jealousy remind yourself that they chose you over them.

At least you have a chance of reuniting and solving whatever issues that led to miscommunication or disgruntled feelings.

Learn to Challenge Your Negative Thoughts

“You have the right to reject your negative thoughts.”

Just because you allow yourself to think of something sad or someone in your family sprays negativity on you or something negative happened in your past that didn't go how you wanted it doesn't mean “that's just how it is”.

Think about all the accomplishments in your life.

I'm sure that if you went back in time and told yourself that you would have accomplished some of the things you have in your life that you would not have believed it, but yet you did.

All of us grow all of us get stronger and this will continue to happen and you need to rely on that same ability now to believe in a sense of hope.

Create and Believe in Your Win-Win Outcome

When you give up one thing you gain something else.

I live by this mentality.

This completely negates the phrase, "the grass is greener on the other side"

It might be greener in some spots but also have weeds or brown spots somewhere else or even require a lot of watering and fertilizer.

May I remind you that there are pros and cons of practically every situation.

You're going to do your best to repair the marriage and strengthen it.

And if you do reunite and find happiness with your spouse then that is a win for you.

On the other hand, if you decide at some point that it makes more sense to move on alone then one day you will have the opportunity to find someone who appreciates you for who you are and who desires to have a relationship with you.

Remember, that there was a time when you were not married and if it ends up single again then you will gain new freedoms that you forgot you had. More importantly you will avoid the anxiety and toxic feelings you are going through now.

When my wife left in February 2015 at first, I feared facing a life without a companion. However, pretty quickly I rediscovered the freedom I had to reroute my life and do things I always wanted to do but didn't have the opportunity to.

A Strong Desire to Feel Better

“As simple as it sounds, the biggest key to break away from the pain is your desire to want to feel better.”

In the end, this is the single most important component of surviving an affair or any traumatic event.

Survival is a feeling of confidence and control in your life. It is not an example of one particular outcome.

If you define survival with any one particular outcome and then you do not achieve it then you will feel disappointed.

Therefore, if you can accept that feeling good is survival then whatever outcome makes you feel good becomes your form of survival.

You do not know what the future holds so do not deprive yourself of something phenomenal that can happen down the road.

For all you know your marriage could end up being much better than it ever was.

Maybe this is finally the wake-up call you both needed to start expressing exactly what's on your mind rather than hiding it. Hiding your feelings may have become the pattern and you both have been left in the dark to know what the other one needs.

If you feel that you cannot express yourself then you will not feel comfortable being the best version of yourself.

On the other hand, this marriage may not make sense for you any longer. No matter what action you take, it just doesn't seem like the right move any longer to stick with it.

All religious reasons aside, if you cannot learn to happily live together then you will live in misery.

And if you end up choosing to live as a single then for all you know you might find your soulmate later. No matter what age you are or what your situation is, we all have read stories of people finding their true love after being married or going through long-term relationships.

The Survival Switch: Why You Will Survive No Matter What

“One way or another. At one point or another. You will survive.”

You will experience a breakthrough.

I promise.

Everyone is built with a switch deep inside them.

When all hope is lost you flick the switch and find inner strength you didn't know you had.

This is the essence of survival- to tap into your back-up reserves of emotional fortitude.

Your mind will not allow you to suffer forever.

You will flick your survival switch.

Some of us flick that switch sooner than others. Others hold on running in circles before they hit it.

When she left I had already formed my Plan B a few years prior. I just didn't know if I would ever become my Plan A. Now despite the fact that I've adjusted that plan a few times, I still had hope either way.

I chose to flick the switch pretty quick because I am not patient with misery.

I looked forward to something meaningful and a new purpose.

Her affair and abandonment led me to the discovery of my long-lost passion.

It became this blog and future blogging endeavors.

I wanted my survival to serve a greater good- a bigger cause than myself.

If I could survive then I wanted other people to feel that they could too, someone like you.

Since she left I have done a list of things that I always wanted to do and couldn't before because of the responsibilities of marriage.

Of course, I would have preferred to stay married and keep my best friend around, but I created a win-win solution.

I have traveled more times in the years since she left than I had in my entire life up to that point, developed some hobbies and new interests, went out with friends more times than I can count, created some deep friendships that reminded me that I was important to someone, learned to run a blog and business that provides me freedom to spend time the way I want.

And here I sit striving to inspire you and lift up your spirits.

If you seek success with your marriage and create an environment in which your spouse feels comfortable opening up and connecting with you again then you give yourself the best chance to make your marriage work.

And if that doesn't happen then at some point an alarm will sound off and alert you to move on alone and find a new life in which you can rejuvenate yourself.

Either way you win.

Just like how the small tree trapped in the dense forest finds light so too you will find light in your life.

The biggest decision will come one day that separates you from emotional bondage and you will be ready to decide.

And, of course, that decision is to stay or leave.

The outcome that makes the most sense will be based on your circumstances and personality.

In order to help you decide you should know what survival looks like for both outcomes.

That way you can determine if your marriage is headed in the right direction and take a glimpse into the future to learn what it will take to successfully survive on your own in advance.

Part Two

Winning Back Your Marriage: Affair Survivor Traits and Strategies

*“If a cheater arrives at the epiphany
that cheating leads to bigger
problems than they are in the right
frame of mind to change.”*

***How would you know what marriage survival looks like?
How do you know that you're on the right track?***

Here you will find an outline of the traits and strategies that you and your spouse will need to acquire in order for your marriage to not only survive but to feel happy and become a source of energy for you again.

While this guide is not meant to go into tremendous detail it will provide, however, a sufficient amount of information to formulate the healthy strategy.

It will also allow you to quickly scan through all the sections to find points that you would like to review again later.

Additional Help with Your Affair Survival

Once again please allow me to remind you that I am not a professional therapist and do have some guides and resources to recommend to you.

Please be on the lookout in my emails, my posts and you can always [click here to redirect to my contact form](#) to write to me and tell me your situation then I can recommend what's most appropriate for you.

I also invite you to join my website's secret Facebook group "The IFAK Lounge" (IFAK is the abbreviation of my website).

A secret Facebook group is different than a private Facebook group.

None of your other Facebook friends can see that you are part of this group. They might receive friend recommendation notifications from the other members friends, but I would recommend creating a new Facebook account with a fictitious name just for the group.

While the group is still relatively small it allows you the benefit of more personal attention from me and the other members.

Join “the IFAK Lounge”

1. [Click here to add me as a friend.](#)
2. **Send me a message** that you would like to join the group (either by email or via FB messaging)
3. I will add you manually.

Look forward for you to participate in the discussions. If you can put to practice the previous sections from part one then you will pave the way to find success in part two.

What You, the Hurt Spouse, Must to Do Help the Marriage Survive

*“If the cheater wants to change then
you must give them the chance.”*

Refrain from Bashing and Attacking Your Spouse

It's completely understandable that you will raise your voice and scream. However, if you wish to provide a comfortable environment for your spouse to interact with you and attempt to repair the broken trust then you must give him/her a fair shot.

Otherwise, you will just scare them off and create the opposite effect of what you want. They will just run and hide.

I realize the word fair sounds a little strange here since what they did was not fair, however, it is the first step to rebuild trust.

Give them the best chance to prove that they want to fix the marriage and then let the chips fall where they fall.

After you give them the opportunity to reunite you can then gauge their words in action. This will help you decide if you want to stay or leave.

Open the Door: If He or She Shows Remorse Then Give Them a Chance

For the spouse who truly feels bad about what they did and fears losing the marriage it is very likely that they are in panic mode.

They could be going through a series of painful feelings and do not know how to cope including shame and guilt, lost sense of hope that you will forgive them, loneliness and a feeling of not deserving to be forgiven by you, God, your family or friends.

Your spouse may have all the intentions to completely end the affair and start over with you but not know where to begin.

You must keep the door open for them and let them walk through.

Learn Successful Strategies to Confront and Interact with Your Spouse

While you cannot control your spouse's actions or thoughts you certainly can influence them.

You can learn and master techniques that could potentially change your partners thinking patterns in the event he/she still has not let go of their affair. They could begin to doubt their own decisions and the affair starts to look like a problem that causes them grief and not a release.

In short, the cheating spouse starts to take responsibility and identify their own faulty coping strategies.

You will find these strategies in the guides produced by professional counselors that I recommend in my posts and emails.

One in particular offers lists word-for-word phrases and when to use them based on the reasons for the affair that your spouse committed.

Again, please feel free to reach out to me by filling out my contact form. [Click here to fill out my contact form](#) and discuss your circumstances so that I can give you the most appropriate recommendation.

What the Betraying Spouse Must Do for the Marriage to Survive

“It took an exerted effort for the cheater to live a second life and it will take another big effort to undo the damage to save the marriage.”

Completely End the Affair and Convince Your Spouse that It's Over

If the cheater truly wants to keep the marriage and value what the marriage brings then they must end the affair.

And that means cutting off all communication and contact. This could include changing work locations or even moving to a different area of town to live.

Surviving an affair as a couple most likely will involve making tough decisions.

These decisions could include making major changes. But you as the betrayed spouse, the one that got cheated on, will not feel comfortable or confident that the affair is over if your husband/wife can still easily keep in touch with their lover.

Realize this could lead to a jealous lover who might take action to interfere and break you two apart. And it could also lead to uncovering some salacious details that you wish you hadn't heard.

One of the ways a cheater can successfully continue an affair is by justifying to their lover that they intend to leave the marriage.

And how do they do that?

By sharing all the dirty laundry from your marriage. They will reveal to the other person all of their complaints and reasons to leave you and by promising to one day in the "not-too-distant future" to leave you and go with them.

The cheater plays both of you like a fiddle, spouts a bunch of empty words on both your faces. They tell you the

husband/wife that they are faithful and not cheating, despite your gut feeling something is wrong, and they tell their lover that they are truly in love with them and not you.

Then when the affair is discovered they have to adjust their lies.

To quickly summarize, the cheating spouse must end the affair once and for all including all forms of communication.

There is no way to hide it because they can no longer fake their emotions. You knew something was wrong before and they lied about it- now they can no longer lie about it.

The only way they will choose not cut off the affair is if you allow it to continue because you're afraid to face the truth.

The Cheating Spouse Presents a Heartfelt Apology

Two conditions that must exist in a sincere apology from the cheating spouse to the betrayed spouse: 1) **Take responsibility** for choosing to have an affair, 2) **express remorse and empathy** for his or her hurt feelings and negative effect on the other parts of their life.

And for the optimal effect, I would recommend that the cheating spouse present this apology in many different forms and many different times: such as with handwritten letters, text messages, emails, in-person, poems, gifts with significant meanings (example: something that reminds you, the hurt spouse, of a special moment you shared together).

When someone feels remorse, you will see it in their eyes and the rest of the body language. You can hear it in their voice.

You can feel the apology not just hear it.

Avoid Blaming the Hurt Spouse for The Affair

The cheating spouse should not expect to take responsibility for the affair in one moment and then in the next take it back.

It's very likely that they feel disgruntled towards something in the marriage. And there will be a time later too constructively discuss their frustration. But that is no excuse to justify breaking the relationship vows.

You would not expect an employee to steal from the company and then accuse the company for making him do it. That misses the point of the employer-employee relationship. After you steal from the company you should feel lucky to even keep your job, most get fired.

If you're frustrated with something in your job you have the right to voice your opinion and possibly negotiate terms and conditions.

And you shouldn't steal from your marriage by cheating when you feel frustration and friction in your relationship, instead you should have a heart-to-heart discussion sooner rather than later.

The longer you wait to address relationship turmoil the harder it gets to resolve the problem.

And I believe it puts more pressure on you to find an emotional release. For the person who fears confrontation and struggles with interpersonal skills to articulate and share their feelings they run a higher risk of releasing that pent-up tension with someone outside the marriage.

This is how an emotional affair begins.

A frustrated spouse, who does not find an effective way to confront their partner with their frustrations instead confides in a co-worker, neighbor or someone from church, for example.

The two feel an emotional bond, this turns into mutual attraction, and thus resulting in an emotional affair.

And this all started from avoiding confronting the cheating spouse confronting their partner to discuss their frustrations with the relationship.

The Cheating Spouse Should Not Push for Forgiveness

A cheating spouse should not expect to rush the spouse who they hurt to hurry up and get past the pain.

This either is the cheating spouse's way of saying I want to avoid uncomfortable feelings and just get back to normal or could be a sign that the affair is still alive and they just don't want to deal with the discomfort of facing you.

That's why it's vital for you the hurt spouse, to receive a full-fledged, sincere apology. And to learn to identify all the signs that the affair is indeed over.

The Betraying Spouse Must Avoid Suspicious Behavior

As part of transparency, the spouse who committed the affair must first understand how suspicious they're hurt spouse will be at all times.

Even the quick trip to the supermarket by themselves could ignite sudden panic in the hurt spouse's mind.

Therefore, the betraying spouse must account for strange activity that could be misinterpreted and should want to prove that they have nothing to hide.

The intention is not to strip away complete personal freedom, but at one point the two of you should design a written set of standards and guidelines to follow.

Some samples of suspicious behavior would be as follows:

- Staying out late (it doesn't matter if it's work-related or not)
- Hiding their phone
- Password-protecting their devices
- Locking themselves up in a room
- Taking unexpected trips out of the house,
- Beginning new activities or hobbies that they previously show no interest in,
- Turning off their phone for long periods of time
- Not promptly answering missed calls or text messages
- Not completely and thoroughly answering direct questions about their whereabouts
- Getting defensive when asked about what happened.

Transparency

If you ask your spouse to reveal the details of his/her affair then they should oblige. This will at least give you the sense of security that they are not hiding anything from you.

Many people who have been cheated on will state that the biggest betrayal is the hiding of secrets and length of effort they took to create a second life behind their backs.

The one thing I will caution you on is be careful what you ask for.

Are you ready to handle the truth and the gruesome details?

I would only ask for the information that you can handle emotionally.

Also understand that framing the situation and asking for your spouse to answer only the questions that you asked could limit his or her ability to explain the full scope of a situation, thus limiting his/her ability to prove their new commitment to you.

Ask your questions but give them the complete opportunity to explain everything.

If your spouse wants to earn back your trust, let them, don't limit them.

Recommitment

Provided both spouses truly wish to preserve the marriage then you must make a formal plan of recommitment.

Some experts will advise on creating a sort of recommitment contract and having both spouses sign it.

A formal document on paper signifies a strong first step towards dedication of repairing the damage and an indication of a positive future outlook. It would outline all the above listed topics and more.

Regardless if you draft a formal document or not, marriages that succeed after an affair revitalize the relationship by succeeding to accomplish the following:

- Dissolving all worries that the affair is over once and for all
- Guidelines to cheat-proof the relationship moving forward
- Consequences for breaking the cheating pact
- Agreement on how to monitor transparency
- Comparing each other's expectations of marriage and fulfilling each other's needs
- List out forms of neglect from each person's point of view
- Steps to resolve differences, discuss any concerning topics, confusions
- Agreed-upon dates to discuss possible amendments to this agreement and guidelines for its potential change
- Forbidden insults, comments and any form of disdainful behavior that would negatively impact the health of the relationship
- Outline any form of disrespectful actions or behaviors related to physical, emotional, financial or sexual safety
- Agreed upon ideas to date again, rekindle romance and Intimacy in the bedroom
- Responsibilities around the home and for the family

- Interactions with friends and family
- Managing the details that you agree to share or hide from the rest of the world
- Design a new plan for your personal finances: both individually and as a couple
- A plan for how to prudently take a break when things get heated
- Preferences on what makes you feel loved, heard, understood, and respected such as gifts, comments, body language, forms of touch, acts of kindness, sweet talk, etc.
- Agreement when to seek professional help and which counselor/therapist you will use
- Agreement to consume or participate in therapeutic resources or events such as books, videos, interacting with forums, attending retreats

The most important ingredient to survive an affair as a couple is mutual desire to reunite.

What's the motivation behind wanting to stay together and revitalize your relationship?

This is important because coming back together for healthy reasons will serve as a source of fuel and energy in order to push through the tough times and celebrate your successes.

Let's examine a few.

Healthy Signs that Rebuilding Your Marriage (Should) Lead to Long-term Happiness

The Cheating Spouse Deeply Regrets Hurting You

The affair was just a fling. Your spouse was just caught up at the wrong place and the wrong time, emotions got the best of him/her, but deep sadness sets in soon after when they realize the damage they caused.

Your Spouse Informed You of The Affair

You did not find out by accident or through a third party. They realized the mistake they made and brought it to your attention to ask for forgiveness.

Your Spouse Shows No Signs of Addictive Behavior

No matter the action or words a betraying spouse does or says, if they have an addiction to any form of cheating then chances are not very high that they will stop. They need professional help and must want to get it. You cannot force it on them.

Your Spouse Fears Losing You and The Love That You Provide

Despite all of the turmoil or misunderstandings that preceded the affair he or she still values you for the

reasons he fell in love with you to begin with. He/she can see the unconditional love that you offer and places high priority on that trait.

He or She Seeks to Identify the Motivation that Led to Their Cheating

This is a good indication that your spouse understands the damage that an affair causes not only to the other people around but to himself/herself. It also indicates that they have identified that they could have a problem of being unfaithful and want to fix it in order to avoid it from happening again.

Proactively Ended the affair

Ending the affair is essential in reuniting as a couple, but if your spouse ended the affair on their own and shut off all forms of communication then that is a clear sign that he/she values the relationship with you.

Values the Benefits You Bring (Not Just Marriage or Situational Benefits)

While it's hard to believe, many people get married for the situational perks and benefits that the life with their spouse brings such as financial, travel, social, fun family gatherings, sense of family that they never had, experience to a different culture, etc.

Obviously, these motivations do not help the growth of your relationship one-on-one together. Instead valuing the intangibles that your spouse brings that no one else does serves as a healthy reason to reunite as a couple.

Examples of these are:

- A strong desire to spend quality time with each other
- Enjoying each other's sense of humor
- Enjoying each other's quirky habits
- Sharing compatible attachment styles like the sense of touch or sharing soothing words of affirmation, enjoying family time and valuing vacations, etc.

Willingness to Examine Marital and Life Expectations and Resolve Frustrations and Misunderstandings

The key word here is willingness.

This is more than just an acceptance of the right thing to do.

This is a want and desire to make a change that will open the path to put the past behind you and dedicate your efforts to achieve long-term happiness.

This examination could occur through the help of professional counseling either individually or as a couple; or it can take the form of self-therapy through research and self-discovery.

Self-reliance

Neither spouse is codependent.

Both of you feel confident to take care of yourselves. Therefore, there's little temptation to rebuild a relationship based on insecure motivations.

Of course, as we know, despite our positive intentions the marriage may not have the ingredients to flourish any longer.

And with the information in hand you may feel the best decision is to move on alone.

Taking on a future with no guarantees or uncertainties can feel quite daunting, but others have done it and succeeded and so can you.

Now let's take a look at the characteristics of successful affair survival after divorce or abandonment.

This of course is where I strive because it describes my story.

Part Three

Self-healing Affair Survivor Traits

“Your life reroute opens the path to many hidden treasures. Time to find them.”

Of course, as we know, despite our positive intentions the marriage may not have the ingredients to flourish any longer.

And with the information in hand you may feel the best decision is to move on alone.

Taking on a future with no guarantees or uncertainties can feel quite daunting, but others have done it and succeeded and so can you.

Now let's take a look at the characteristics of successful affair survival after divorce or abandonment.

All the traits that lead to self-healing have a few key ingredients in common: the **ability to choose your own thoughts, feelings and actions**.

You learn to strive towards self-reliance but with the awareness to know when to ask for help.

Some of these traits will look familiar from the beginning of this book but they are essential in creating a healthy framework in which to decide and design your own future.

Let's take a peek.

Separate the Affair from Your Self-Image

I never planned for divorce, and certainly not my ex-wife's abandonment. To accept this as what I deserved, that this was meant to be and furthermore meant that I was not meant to receive love would bring all efforts of survival to a halt.

Survivors believe positively about themselves or work to do so.

I admit at times it is tempting to buy into that form of negative, self-destructive thinking, but it is temporary, not permanent. I learn to separate the affair from how I viewed myself and what I wanted in my life.

Ignore the Societal Self-Defeating Messages

You may find it easy to believe what the rest of the world wants you to believe. And if you allow this to happen there are no 100%-guaranteed-to-please-everyone decisions that you can make because every decision you make will displease at least one person.

Therefore, you must choose your own path, feel satisfaction with your own choices so that you do not live with regret for choosing what makes most sense for you.

Challenge any negative thought that takes a swipe at your self-esteem and brings you down.

If it doesn't help you heal and feel strong then question its validity. Even people with good intentions can make comments that negatively impact your self-worth.

But it is your responsibility to decide what to believe and what action take.

Take heed on believing any of the following examples of negative, self-defeating thoughts:

- You are strange if you are single.
- The only true happiness comes from romantic relationships.
- You need a relationship to be happy.
- You're better off being married with anyone decent than waiting for the right person.
- You are meant to suffer because you get what you deserve.
- You are not good enough.
- Your past dictates your future so if you have suffered in the past you will continue to in the future.

- If you haven't met your true love by now you never will.
- If you haven't gained success at this point in your life you never will.
- You cannot change certain traits about yourself. You are who you are.
- If others can see your limitations then those limitations must be correct.

These are all examples of **self-defeating thoughts**. Someone that wants to feel better will not believe these falsehoods.

Belief in the Greater Cause

One of the best ways to heal from any traumatic experience is to lend a helping hand to others. Affairs of course will always happen until the day the world ends, and this gives you the opportunity to provide strength for others that if you can survive so can they.

It doesn't have to be a blog like mine or a book, but it can certainly be in support groups such as in our secret Facebook group “The IFAK Lounge”, divorce groups or even one-on-one conversations.

Breaking Tradition

To break free from your old self is to create a habit of seeking new traditions. It gives you that sense of freedom and confidence that you can recreate yourself.

Even something as simple as taking new routes to work with a more scenic view can give you a sudden boost of revitalized energy. Taste new foods or new drinks, test out new restaurants. More on this in the next point.

Hobbies, Passions or New Interests

Part of recreating Yourself is finding new activities to participate in. Many of us buried some of our own self-fulfilling desires during marriage due to time constraints or other family responsibilities. Now as a consolation prize you have some freedom to yourself to focus on the things that you let go.

Even though some of those same responsibilities are still present you certainly will have more time to yourself than before.

Some of the members in our secret Facebook group enjoy dancing, wine tasting, pets, travel and a list of many other activities that they are passionate about.

As I mentioned before since my ex-wife left I have traveled more in the few years since that date than I had in the rest of my life. One of the new-found benefits that I fully took advantage of after her abandonment and divorce was the freedom to do what I wanted when I wanted.

Even within your own town there are plenty of activities that you have at your disposal.

One of the quickest ways to meet new people and try new experiences is through Meetup groups.

Check out your local meetup groups on [meetup.com](https://www.meetup.com).

Personally, I've only done a few but I have met other bloggers this way. You'll find pretty much any activity ranging from dance, people interested in playing board games, business networking events, wine lovers, people who exercise, animal lovers, etc.

Desire and Belief that You Can Have a Better and Exciting Life

Survival needs to be more than, well, just survival. After all you're not a squirrel collecting nuts for the winter. Whether that means a better life for you and your kids or something more exciting to look forward to. First plant the seed that you can live a more enriching and fulfilling lifestyle.

Then plant the seed that you will obtain the mindset to go after the things that will make a difference in your overall happiness.

Belief That True Love Still Exists

Survivors can separate the affair not just to maintain a positive mindset but also keep faith that what they offer is sufficient for the right person. And that that right person will one day appear.

Self-Reliance to Fulfill One's Own Needs

Answers will never just present themselves on their own. It becomes pertinent to cultivate a sense of confidence that you can find a way to solve difficult problems, achieve your goals or make your dreams come true.

The survivor believes that they can retrain their mind to learn new skills that will help them find resolutions to tough challenges or to know how to find who to ask for help.

Resilience and Persistence

Success will not always come when you want, but you must find a way or you risk falling backwards and damaging your own self-esteem.

Each time you make a breakthrough or headway that memory get stored away in your mind to use in the future when challenges seem insurmountable. That's the time to look back at your successes.

We've all gone through challenges that we had to defeat at one point in our lives. Rely on those stories to feed your debilitating soul in order to push through.

Stop Comparing Yourself to Others

Winning involves doing it your way sometimes and creating your own story. It's easy to get jealous of others but ironically you may find it a surprise that many people are jealous of you too.

We tend to want what we don't have. And you have things that other people do not. Just because you don't have something doesn't mean the other person is better off.

Choose your own path, work on your own goals.

Remind yourself of what matters most to you and go for it. It takes a big effort and a ton of focus to achieve any specific goal. Don't allow yourself to get scatter-brained and chase “the shiny metal object”- the newest, coolest thing.

Identify the Things that Matter Most

Just as I mentioned in the previous section, it takes a whole lot of energy and resilience to achieve one singular goal. Therefore, it makes sense to identify what you want most in life or you will constantly run around chasing the next most exciting thing.

It takes time to figure out what you want. Don't just assume you know. Ask yourself why you want what you want to ensure that it aligns with your personality, timing in life, skills and resources.

Distinguish Between Temporary and Permanent Pain

You might find it easy to feel stuck and fear that the challenge you face now will last forever. After all you do not see a way out, so how you could possibly feel that the pain would end.

This is where resilience and the logic that some things seem worse than they really are come into play.

We often tend to exaggerate pain and suffering.

Rely on a Core Group of Close Friends/Family

Not even the strongest person survives without close group of friends. Identify which of your friends you can rely on to pick you up when you're down.

Everyone needs a friend or family member with whom they can call with little notice and they will drop whatever they're doing to come to your aid. This gives you the

sense that you're never alone for too long, that you do have help.

Not even a spouse can offer this kind of support because a friendship from outside the marriage offers unconditional love.

Emotionally Detach Yourself from Dead Relationships

Physically leaving your spouse is only part of putting the relationship in the past. If you still desire to be with your ex-partner then you will find it difficult to find clarity and closure.

If you still float the idea around in your head that you two could get back together then that is possibly an indication that you lack human contact. Perhaps it's time to meet more people and get out of the house.

Even if you are not ready to date again you must find new friends or ones that want to go out and have fun more often.

Ability to Withstand and Confront Deep Uncomfortable Feelings

Someone who fears facing confrontation or uncomfortable topics will tend to run from their problems.

They will choose the path of least resistance more times than not. It becomes crucial to develop strong interpersonal skills to either communicate effectively with others or to introspectively examine your own feelings.

Avoiding to analyze the intricacies how the affair lowered your self-esteem will only prolong the pain. This is part of acceptance. Accept what happened confront your fears so that they no longer control you.

When you find the ability to openly discuss difficult conversations you'll discover like I did that there is not much else that could surprise you or hurt you quite as much.

Forgive and Let Go

Harboring hate and anger will make it difficult to find inner peace and to love others. As we discussed before you must isolate your spouse's decision to cheat from how others will treat you. Most people will not take advantage of you like that.

The ill feelings that accompany resentment will hold you back from feeling free. No matter how much you protect yourself from future disappointment the only way to feel close to someone is to permit vulnerability.

Give yourself permission to love others and give everyone a chance. Instead of accusing others of being guilty, deem them innocent until they otherwise prove you wrong.

This list of traits and strategies above are what I discovered that worked for me to free myself from the pain of losing my partner to an affair and to help me reroute my life in search of new meaning.

Do Today What Will Feel Right Tomorrow

The most challenging part of your decision to stay or leave is that there are no guarantees. You don't want to live with regret and lose more time.

On one hand if you stay and the relationship stays cold or worse your partner cheats again then you will second-guess yourself. But if you don't at least give it a shot then you will live with regret that you missed out on the opportunity to fix the relationship.

Then there's fear, fear of the unknown when you choose to live alone and start over. In my case I had no choice because after her third D-day she left. I've never had to live with regret that I gave her another try but I do wish that I had sought professional guidance. And even with that there's no guarantee the results would have ended that way that I wanted.

And I'll never forget how helpless I felt.

Why did I have to fight for something that I had already earned?

The feeling of loss can demoralize you if you let it.

How can properly manage your emotions while strategizing which steps to take to confront your spouse while not pushing them away?

Therefore, when choosing which path to take I would recommend thinking about how you will feel tomorrow, in the future, about the decision you make today. Plus remember that if you give your relationship one more shot you can still choose to move on alone later.

However, if you feel the relationship is over then sticking around would only prolong your suffering.

Signs the Relationship is Over

*“Cut loose what poisons the mind
and soul.”*

If you would like some assistance to help you gauge if the relationship is over then I recommend checking out my free eBook [“Signs Relationship Over after Cheating: Are You Better Off Alone?”](#)

This book will help you identify why you stay in a relationship that you know is toxic. It will also help you identify the signs that the relationship is on a path that leads to a dead-end.

I completely understand your desire to fix something that you worked hard to earn but in order to make healthy decisions you should weigh both sides. And that's why I created [“Signs Relationship Over after Cheating: Are You Better Off Alone?”](#). [Click here to download it.](#)

Life Reroute: Survival List for Life Alone After an Affair Divorce or Abandonment

*“Time to heal yourself and set an
example that they can survive too.”*

If at this point you feel that your relationship is doomed and you have made the conscious decision to move on and seek hope and new purpose in life to feel fulfilled then I recommend my eBook [“Life Reroute: Survival List for Life Alone After an Affair Divorce or Abandonment”](#).

It will help you put emotional closure to your relationship and choose a new path of survival. Other people can provide support but only you can grab hold of the reins in your life.

Happiness comes in many different packages and it may not involve a romantic partner, at least not for now. It might be time to look for new solutions.

Click here for more information on my eBook [“Life Reroute: Survival List for Life Alone After an Affair Divorce or Abandonment”](#).

Questions, Feedback, Support: My Invitation to Reach Out to Me

Everyone needs a helping hand at some point- even the strongest person. Please feel free to contact me Orlando, directly if you would like to interact with somebody from the outside. You can do so by [clicking here to fill out my contact form](#). I respond within 24 to 48 hours and usually faster.

I also invite you to join my secret Facebook group called **“The IFAK Lounge”** where you can mingle with other subscribers from my site InfidelityFirstAidKit.com. Feel safe because this is a secret Facebook group which means

your friends on Facebook cannot see that you're a part of this group.

Benefit from the quick and real-time support. Your comments and stories are safe with us. You can even create a secondary Facebook account to use a fictitious name like some of the members have done.

Steps to Join My Secret Facebook Group “The IFAK Lounge”

It's quick and easy to join just follow these three steps:

1. **Add me as a friend** on Facebook
2. **Message me** that you would like to join the group
3. **Wait for me to add you** as a member

I promise you that the pain will subside.

It will never completely go away but it can feel miniscule provided that you decide to take ownership of your feelings, thoughts and actions.

Plant the seed today that you will survive and it will grow into a tree of hope just like it has for all other survivors.

I hope to hear from you soon.

In the meantime, please feel free to gain new insight regarding your affair journey survival with these related articles I've published on InfidelityFirstAidKit.com.

[Survive the Affair: 3 Things to Do and Not Do to Avoid More Chaos](#)

[Survive Infidelity: 5 Essential Tips to Suffer Less, Live More](#)

[Serial Cheater Profile: 9 Personality Traits](#)

[Stop Extramarital Emotional Affair! Why THIS kind of Affair Kills Marriages](#)

[4 Destructive Marriage Conflict Resolution Strategies- Are you ruining your marriage?](#)

[Break Free from the Affair Review: Waste of Money or Helpful Tool?](#)

[10 Divorce Survival Tips after an Affair](#)

[Forgive Cheating Spouse? 9 "Second Chance after Cheating" Decisions](#)