I'm not a robot



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To save your relationship after cheating, the first thing you need to do is to work to rebuild or regain the trust in your partner. Trust can be rebuilt, but it takes a lot of work and commitment on both partners' parts. You cannot resolve
itself in a few weeks or months, the rebuilding of trust takes a very long time. Also, you may be able to forgive your partner, but you will never forget what happened. Can you live with that? If you can, you can start the healing process from here. After something as serious as infidelity, trust issues will naturally haunt your relationship, as you have to
rebuild a relationship with an unfaithful partner. If you're the one who's been unfaithful, earning back your partner's trust can be a long road — but it's the only way to make a relationship work. 2. Invest time in your relationship work in the
romantic relationship. Are you both open to soul-searching, listening, and healing? Then, you and your partner, as a team, need to choose a specific period (maybe six weeks or six months) during which both of you commit to working on the relationship. During this time, try to work on rebuilding your emotional intimacy by engaging in open and
honest communication. Even though this quality time is intrinsic to your relationship's survival, remember that it will take time for things to feel the same way again — so if your date nights aren't quite what they were before, be patient. 3. Apologize sincerelyTo move on from the betrayal, your partner must give you a heartfelt and serious apology for
their actions. It can't be flippant, or feel forced. You need to believe that your partner has made a mistake, and is willing to work on earning your forgiveness. Whether you accept your partner's apology may depend on whether this is a one-time behavior or whether this is a consistent pattern in your relationship. It goes without saying that if your
partner continues to betray you, your chances of rebuilding trust decrease significantly!4. Understand each other's perspectiveDo you have a sense of why your partner did the betrayal (lied/cheated/had an affair)? Does your partner understand how you feel and how this affected your relationship? For trust to be rebuilt, both partners must
understand the other partner's perspective and tackle the underlying issues head-on. You don't have to agree with their reasons or motivations or agree with their reasons or motivations or agree with what you hear, but understanding goes both ways. In many cases, they might say they did it for a reason that you don't understand. It's easy to read into things and project the blame onto
yourself, but this is not a strategy for success. While you may never understand their motives fully, it's important to try and see where they are coming from (even if it's tough), so that you can deal with the issues surrounding these choices. 5. Resist self-blameIt is sometimes easy for the person who was betrayed to blame themselves. Your self-esteem
and self-worth are not dependent on your partner's behaviors and actions. Their infidelity is not your fault and never will be your fault. If your partner tries to point fingers or suggests that you were in any way a cause for their actions—this could be a sign that the relationship is not worth saving. You are not responsible for your significant other's
actions. You can be a part of the solution or work to change the relationship, but you are not the cause of the betrayal. No one deserves to be cheated on. Never forget that. 6. Express anger constructivelyBoth partners must express their anger or frustration in healthy ways. While it can feel cathartic to scream, shout, and sob when you discover
infidelity — this will not help with the letting go process in the long run. (Blasting them on social media is also never a good idea!) Studies show that journaling or writing a letter to your partner can be a helpful way to cope with excessive anger. Get it all out on a piece of paper, and then throw it away. Or, if you prefer to speak to someone, you can
find solace in a friend or through couples counseling. 7. Affirm positive qualitiesThinking beyond your grief and anger to what was positive will gradually help you to see the light at the end of the tunnel when trying to save your relationship after a betrayal. Why are you with this person in the first place? Both partners need to list each other's positive
qualities, and both partners need to discuss the good that brought them together. In these moments, it's important not just to romanticize the early days of dating, but to look deeply into your partner's character and find the qualities that make you want to stay. 8. Seek assistance from a counselor or therapistThis situation can be difficult for anyone,
regardless of how strong you are. When a relationship gets into a consistent pattern of hurt and anger, it can be tough to break the pattern. It's important to remember that you don't have to face this alone, as a therapist's perspective and help can be very beneficial. Finding the right marriage counselor for you can help you get back on track, as they
will provide you with strategies to get you back on track for a healthy relationship. Infidelity recovery stages are a form of therapy designed to help you work through the emotional trauma following an affair in your relationship. Emotions can overwhelm you with insecurities, worry, anxiety, pain, and distrust following infidelity. These can be difficult
to work through on your own and may cause emotional damage for years to come. Seeking professional counseling can greatly benefit you either as a single or as a couple. The infidelity recovery stages are designed to work through your issues, reconnect with yourself or your partner, create a timeline, and create a plan for how to move forward. This
article looks at the infidelity recovery stages and how they can help you. What is infidelity? Infidelity within a relationship is when a partner engages in sexual or physical intimacy outside the bounds of their relationship is when a partner engages in sexual or physical intimacy outside the bounds of their relationship is when a partner engages in sexual or physical intimacy outside the bounds of their relationship is when a partner engages in sexual or physical intimacy outside the bounds of their relationship is when a partner engages in sexual or physical intimacy outside the bounds of their relationship is when a partner engages in sexual or physical intimacy outside the bounds of their relationship is when a partner engages in sexual or physical intimacy outside the bounds of their relationship is when a partner engages in sexual or physical intimacy outside the bounds of their relationship is when a partner engages in sexual or physical intimacy outside the bounds of their relationship is when a partner engages in sexual or physical intimacy outside the bounds of their relationship is when a partner engage in sexual or physical intimacy outside the bounds of their relationship is when a partner engage in sexual or physical intimacy outside the bounds of their relationship is when a partner engage in the physical intimacy outside the bounds of the physical intimacy 
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deeply into detail for both parties to be completely honest with one another, not only about the affair but what may have led to the breakdown in love and communication between the couple. Power of acceptance may be a very painful step in the infidelity recovery stages, but it is necessary. RELATED READING: ACT Therapy: Acceptance
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infidelity. Your therapist will help give you the tools to put the past behind you and refocus on rediscovering the good in your relationship. 3. Uncovering the superficial concerns and addressing the unresolved deeper issues within the relationship that may have caused the
infidelity. Many affairs happen for no reason, whereas others can come down to being a product of depression, lack of love or affection in a current relationship, substance abuse, or past trauma. If your therapist detects any of these issues to be a core reason for the unhappiness in the relationship, they will begin to address this as part of the
treatment plan. 4. Addressing and managing pain Since a therapist is a trained professional, they can help you address any pain and hurt you are feeling. They may even detect symptoms and side effects caused by the affair plaguing you, such as those related to PTSD or trauma. A therapist can also help you with emotional pain management and
help you work through the heartache you are feeling. 5. Creating a timeline Some infidelity recovery stages include building a timeline. During this stage to build a true pro/con list of whether staying together would benefit you.
Stages of affair recovery can become easier if you take the time to create a proper timeline for you and the relationship. It gives a much-needed structure to your partner's infidelity. It is important to be open and honest with yourself and your partner during this time and never to rush your decision. By the end of the month, you will tell your therapist
whether you are staying together or breaking up. 6. Forgiveness and the healing process Affairs are painful experiences for both parties involved. As a result of infidelity, guilt, distrust, and anger may flow into your relationship even if you try your hardest to forgive your partner. These conflicting emotions can be difficult to handle. Stages of healing
after infidelity are incomplete without acknowledging the power of forgiveness in infidelity. Your therapist can help you through the healing process. This includes creating a plan of action to reconnect as romantic partners and friends, rebuild trust with one another, and recommit to a seemingly broken relationship. 7. Seek advice if you have
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you get to know yourself better. Whatever choice you make, your therapist can help you chart a course on how to proceed with your life and making progress toward your healthy management of the stages of recovery after an affair. RELATED READING: 11 Key Tips for
Getting Over Infidelity in a Relationship 5 key steps to survive infidelity No matter what form it takes, cheating is one of the most painful experiences you can go through. Therefore, this process can be done alone to work through your emotions or with a partner as a form of online marriage counseling. If you are a couple, this process can help you
learn how to move forward together or separately. If you have left your partner, the infidelity recovery stages can still help you deal with the backlash of the affair and doubt. Here are some things that can help you survive infidelity: Face the reality of infidelity,
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look at some key steps to recovering from infidelity in the meantime. Watch this video if you are trying to decide whether you should stay or go after your partner has cheated on you: Some commonly asked questions Recovering from an affair can be extremely painful for the partner cheated on you.
questions that cause confusion and insecurities. Here are a few of them. The pain of infidelity can be hard to deal with things healthily can help you heal gradually. Infidelity affects different people differently. A person
whose partner has betrayed them might go through stress, anxiety, or depression. It may make them feel deeply insecure about their physical and emotional capabilities. When trust is irreparably shattered and efforts to rebuild consistently fail, it may be time to walk away. Prioritize your emotional well-being and recognize when the relationship is
no longer healthy or fulfilling. The deepest pain from infidelity often stems from the betrayal of trust, shattered expectations, and the emotional scars that linger, challenging the very foundation of the relationship. Final takeaway Infidelity can be difficult, but with some guidance, there can be a way to survive and heal from the pain caused by it. A
benefit greatly from counseling. //www.ncbi.nlm.nih.gov/pmc/articles/PMC3152687/ //pubmed.ncbi.nlm.nih.gov/34241890/ Want to have a happier, healthier marriage? If you feel disconnected or frustrated about the state of your marriage but want to avoid separation and/or divorce, the marriage.com course meant for married couples is an excellent
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Acceptance and Commitment Therapy 2. Rediscovering your relationship How to get over the infidelity pain? If you aim to stay together, one stage of recovery will be rediscovering yourself and your partner. After an affair, it isn't easy to resume your former relationship as it once was. Building a new one together is one of the important stages of
recovery from infidelity. Your therapist will help give you the tools to put the past behind you and refocus on rediscovering the deeper issues Stages of coping with infidelity include getting past the superficial concerns and addressing the unresolved deeper issues within the relationship that may have
caused the infidelity. Many affairs happen for no reason, whereas others can come down to being a product of depression, lack of love or affection in a current relationship, substance abuse, or past trauma. If your therapist detects any of these issues to be a core reason for the unhappiness in the relationship, they will begin to address this as part of
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learn how to move forward together or separately. If you have left your partner, the infidelity recovery stages can still help you deal with the backlash of the affair and the issues it may have caused in your life, such as feelings of distrust, betrayal, and doubt. Here are some things that can help you survive infidelity: Face the reality of infidelity,
acknowledging the pain and betrayal without suppressing your emotions. Foster honest and open dialogue with your partner to understand motivations, express feelings, and rebuild trust. Consider couples therapy or counseling to navigate complex emotions and gain guidance on rebuild trust.
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look at some key steps to recovering from infidelity in the meantime. Watch this video if you are trying to decide whether you should stay or go after your partner cheated on and the relationship overall. It can give rise to many
questions that cause confusion and insecurities. Here are a few of them. The pain of infidelity can be hard to deal with if you truly trusted your partner and were completely caught off-guard. However, taking time and allowing yourself to deal with things healthily can help you heal gradually. Infidelity affects different people differently. A person
whose partner has betrayed them might go through stress, anxiety, or depression. It may make them feel deeply insecure about their physical and emotional capabilities. When trust is irreparably shattered and efforts to rebuild consistently fail, it may be time to walk away. Prioritize your emotional well-being and recognize when the relationship is
no longer healthy or fulfilling. The deepest pain from infidelity often stems from the betrayal of trust, shattered expectations, and the emotional scars that linger, challenging the very foundation of the relationship. Final takeaway Infidelity can be difficult, but with some guidance, there can be a way to survive and heal from the pain caused by it. A
therapist can guide this process by giving you healthy tools to manage the impact of the betrayal. The ultimate goal of infidelity therapy is to learn to forgive. This healing path is not quick and comes in many stages, but the benefits far outweigh the difficulties. Couples or singles dealing with emotional turmoil due to an affair in their relationship will
benefit greatly from counseling. //www.ncbi.nlm.nih.gov/pmc/articles/PMC3152687/ //pubmed.ncbi.nlm.nih.gov/34241890/ Want to have a happier, healthier marriage? If you feel disconnected or frustrated about the state of your marriage? If you feel disconnected or frustrated about the state of your marriage but want to have a happier, healthier marriage? If you feel disconnected or frustrated about the state of your marriage but want to have a happier, healthier marriage? If you feel disconnected or frustrated about the state of your marriage but want to have a happier from counseling.
resource to help you overcome the most challenging aspects of being married. Take Course After discovering infidelity in your relationship, you may be unsure if you should stay or go. Discovering infidelity in your relationship, you may be unsure if you want to heal your relationship, you can ask yourself
these three questions to get clarity: Would you want to be committed to your partner if you decide you would like to stay in the relationship, The Gottman Method
uses a three-step process to help couples heal from an affair. Phase 1: Atone The cheater must show remorse. Rebuilding a relationship after infidelity is not possible without this. The person who was unfaithful attempts to understand their partner's feelings and to accept responsibility without getting defensive. They have to step up and say: "I broke
my commitment to this marriage. I take full responsibility for my actions." These types of comments are not helpful: "If you didn't do _____, I wouldn't have cheated." Couples will then start working to gain insight into what went wrong. Both members must become more aware of the reasons that led to the affair. Without blame. The person who is
                                                                                                                                                            Phase 2: Attune Attunement happens when a couple starts to forgive and is ready to rebuild their relationship without blaming. During this phase, you'll come up with a plan to handle conflict. The
unfaithful must end the affair and all contact if they hope to move forward. There must be a deliberate commitment to the relationship.
unfaithful partner must also make the relationship a priority. The couple will go public as a united front. Phase 3: Attach The last phase involves the couple reconnecting physically. They must learn to trust each other. This can be particularly hard for the "victim" partner. Couples will come up with a plan to reignite emotional and physical intimacy
Affair recovery is complicated, but totally possible with the help of a qualified therapist. As you move through these stages you may experience and where you're at in the process. With some patience and hard work, your relationship can recover and will
become strong again. Find an Infidelity Therapist Get the help you need from a therapist near you-a FREE service from Psychology Today. Atlanta, GA Austin, TX Baltimore, MD Boston, MA Brooklyn, NY Charlotte, NC Chicago, IL Columbus, OH Dallas, TX Denver, CO Detroit, MI Houston, TX Indianapolis, IN Jacksonville, FL Las Vegas, NV Los
Angeles, CA Louisville, KY Memphis, TN Miami, FL Milwaukee, WI Minneapolis, MN Nashville, TN New York, NY Oakland, CA Omaha, NE Philadelphia, PA Phoenix, AZ Pittsburgh, PA Portland, OR Raleigh, NC Sacramento, CA Saint Louis, MO San Antonio, TX San Diego, CA San Francisco, CA San Jose, CA San Jose, CA Seattle, WA Tucson, AZ Washington, DC
More from Whitney Goodman LMFT More from Psychology Today By Mark Travers, Ph.D. | November 25, 2024 Infidelity can deeply destabilize a relationship, leaving both partners with intense feelings of betrayal, hurt and confusion. For many, the breach of trust feels insurmountable, leading them to decide that parting ways is the healthiest choice
For others, it may serve as a call to rebuild, inspiring them to face the challenges of repairing and strengthening the most important factor is finding a path that aligns with each individual's needs and well-being. For those committed to
giving their relationship another chance, healing after infidelity is a difficult but potentially transformative journey. It requires intentional growth, addressing underlying emotions, understanding the causes and consequences of the betrayal and
redefining boundaries. With the right approach, a stronger, more resilient foundation can emerge. Here are eight key steps both partners can take to restore trust and intimacy. 1. Understanding The Impact Of Infidelity For the partner who has been betrayed, feelings of profound sadness, anger, betrayal and a sudden loss of self-worth are common
These reactions often stem from the perception that their trust and emotional investment were violated. They may also question their own value or attractiveness, leading to insecurities that can linger even after the initial shock has passed. Meanwhile, the unfaithful partner may grapple with their own set of emotions, including overwhelming guilt,
shame and a sense of inadequacy. They may feel regretful and anxious about the harm they've caused to someone they care about. This internal conflict can lead them to feel they've let themselves down as well, further compounding the emotional complexity of the situation. Understanding and validating these emotional responses on both sides is
essential for any meaningful healing process. Both partners must acknowledge these emotions, resisting the urge to downplay, rationalize or dismiss each individual to express their emotions freely, which is an essential step toward healing. 2. Exploring And Processing Emotions Processing feelings
post infidelity is essential for moving beyond the immediate pain and creating a space where true healing and reconnection can happen. Both partners can benefit significantly from therapy, which provides a safe and structured environment to confront underlying emotions, fears and concerns in a constructive way. This process not only aids in the
personal healing of each individual but also lays the groundwork for restoring trust and intimacy. For the betrayed partner, therapy provides a safe space to process feelings of hurt, anger and loss, which can often harm self-worth. It supports them in expressing these emotions fully, helping rebuild confidence and a stronger sense of self, while also
offering tools to manage lingering insecurities, fears or doubts in a healthier way. For the partner who was unfaithful, therapy offers a chance to examine the motivations behind the infidelity, often uncovering unmet needs, self-esteem issues, or unresolved conflicts. This self-reflection helps address deeper issues, equipping them to prevent similar
patterns and demonstrate genuine commitment to rebuilding the relationship. 3. Broaching Forgiveness is a conscious decision and an ongoing process that can help both partners find relief and healing. It doesn't mean condoning the betrayal or erasing the hurt but rather involves releasing resentment to make room for growth and
restoration. Psychologist Karina Schumann, author of a 2022 study, describes forgiveness as a moral process in which one lets go of negativity toward them. Values like mercy and compassion makes forgiveness morally uplifting, offering a way to embrace humanity
rather than focusing solely on retribution. Those who forgive often feel they are living in alignment with their highest values, which can lead to a renewed sense of inner peace. For the betrayed partner, forgiveness should come when they feel truly ready. It should never be rushed or forced. The unfaithful partner should accept that forgiveness takes
time and is a gift, and not something they are entitled to. This understanding helps create a healthier, more respectful dynamic as both partners work to rebuild trust and foster genuine commitment. 4. Committing To Rebuild And Heal Commitment is one of the core values contributing to long-term relationship satisfaction, as supported by extensive
research. The journey to rebuilding trust begins with a shared commitment from both partners to engage in the healing process wholeheartedly. This mutual dedication lays a foundation for lasting change and shows that each partner values the relationship enough to invest in its recovery. For the betrayed partner, this commitment involves a
courageous decision to open up to trust once more, even with the risk of being hurt again. It means evaluating if they feel ready to move forward while holding space for their own fears and concerns. For the unfaithful partner, commitment requires a genuine sense of remorse, taking full responsibility for the betrayal and actively participating in
repairing the relationship. This might involve transparency, consistent accountability, and a willingness to change behaviors that led to the breakdown. At this stage, both partners should reflect on key questions to reinforce their resolve: Are we committed to seeing this process through, despite setbacks? Are we ready to face challenges together?
This introspection and open dialogue can strengthen the bond, paving the way for genuine reconciliation and a more resilient partnership. 5. Opening The Lines Of Communication is vital to the healing process, enabling both partners to express their feelings, clarify doubts, and rebuild emotional connection. According to a
2022 study published in Evolutionary Psychology, a few key strategies that help strengthen intimate relationships include understanding each other's needs, discussing issues openly, and demonstrating love or interest. These practices foster a deeper sense of intimacy and mutual respect. Honesty plays a central role in rebuilding trust. The partner
who was unfaithful must be willing to answer reasonable questions about the infidelity, providing the betrayed partner with a sense of closure. This transparency allows both individuals to move forward without lingering uncertainties. To facilitate meaningful conversations, schedule regular, undistracted discussions. Use "I" statements, like "I feel
hurt and insecure because of what happened," to express feelings without placing blame. This approach prevents accusations, such as "You destroyed my trust," and promotes empathy and understanding, which are crucial for healing and restoring the 6. Reconstructing Trust Through Actions After infidelity, it is actions—not words—that rebuild trust
As the Gottmans explain, "If trust is an emotion you experience, commitment as "taking your partner with you wherever you go." This perspective reframes commitment as more than just an obligation or legal formality, emphasizing instead a shared sense of
partnership throughout life's journey. In this context, the unfaithful partner must demonstrate, through consistent and reliable behaviors, their commitment to regaining trust. This may include sharing phone passwords until trust is rebuilt incrementally,
and the betrayed partner should actively recognize these positive behaviors to foster a sense of progress and healing. 7. Restoring Intimacy, closely tied to trust, is often one of the most challenging aspects to recover after infidelity. Rebuilding intimacy, closely tied to trust, is often one of the most challenging aspects to recover after infidelity. Rebuilding intimacy, closely tied to trust, is often one of the most challenging aspects to recover after infidelity.
each stage. The process starts with non-physical forms of intimacy, such as spending quality time together, engaging in meaningful conversations and reconnecting emotionally. These initial steps help rebuild a sense of closeness and trust, creating a foundation for deeper connection. As trust strengthens, physical intimacy can naturally follow,
reflecting the progress made in healing and the renewed bond between the partners. Research suggests that generally, in healthy, positive relationships, intimacy increases linearly over time. As partners mature together, they begin to share more personal feelings, experiences, and vulnerabilities. This deepens their emotional connection, restoring
both emotional and physical intimacy. 8. Cultivating A New Relationship Vision Over time, reframing the relationship can be a powerful tool for healing. The pain of infidelity can act as a catalyst for change, motivating both partners to reevaluate their goals, set new boundaries, and develop a shared vision for the future. This vision isn't about erasing
the past but about creating a stronger foundation based on lessons learned. It may involve adopting healthier communication habits, prioritizing emotional closeness, and making mutual commitments to meet each other's needs. In essence, healing after infidelity is a deeply personal journey, one shaped by individual circumstances, needs, and the
willingness to work together. For couples committed to putting in the effort, it is possible to rebuild trust, rediscover intimacy, and create a renewed bond that may be even stronger than before. Want to know if your relationship is safe from infidelity? Take the Propensity Towards Infidelity Scale to gauge its strength. A similar version of this article
can also be found on Forbes.com, here. ABOUT THE AUTHOR Mark Travers, Ph.D., is the lead psychology, magna cum laude, from Cornell University and his M.A. and Ph.D. from the University of Colorado Boulder. His academic research has
been published in leading psychology journals and has been featured in The New York Times and The New Yorker, among other popular publications. He is a regular contributor for Forbes and Psychology Today, where he writes about psycho-educational topics such as happiness, relationships, personality, and life meaning. Click here to schedule an
initial consultation with Mark or another member of the Awake Therapy team. Or, you can drop him a note here. Take some time and space away from your partner to process your feelings before deciding what you want to do about your relationship. Prioritize self-care and focus on yourself to rebuild your confidence and self-esteem. Lean on family
and close friends who have your best interests at heart. If you decide to work on the relationship, use couples counseling as a safe space to address the underlying issues that led to the betrayal. Time apart allows you to process your emotions. In the aftermath of an affair, it's usually best to wait a few days to sort through your thoughts and feelings
before you decide what you're going to do. Tell your partner that you can't pretend like everything is fine and you need a few days to sort through how you feel.[1] If it's possible, arrange for one of you to stay somewhere else for a few days to sort through how you feel.[1] If it's possible, arrange for one of you to stay somewhere else for a few days. If that's not an option, at least try to separate yourselves as much as possible. For example, you might have
your partner move into a spare bedroom or sleep on the couch for a few nights. Advertisement Acknowledge your feelings and accept them. Being cheated on eminute, then sad, overwhelmed, or even guilty the next. All of
those feelings are normal and understandable. [2] Psychotherapist Kelli Miller notes that "a lot of emotions are happening at once... There's a lot of emotions are happening at once... There's a lot of emotions are happening at once... There's a lot of emotions are happening at once...
face. Just tell yourself, "I'm feeling really hurt and betrayed and there's nothing wrong with me feeling that way." When you feel angry, look for healthy ways to let that anger out. For example, you might write a letter to your partner (you don't have to give it to them). You could also go for a run or go out in the woods somewhere and scream. Take
slow, deep breaths if you start to feel anxious or overwhelmed. It will help you focus on your senses and bring you back into the present. It's never your fault that your partner cheated. When you'd looked or acted in a certain way. But your partner
made the decision to betray you and they are the only one who is to blame.[4] Psychotherapist Kelli Miller agrees that this is about your partner might also try to make excuses or deflect some of the blame. For example, they
most comfortable expressing your feelings—the important thing is that you allow yourself to express them in a positive and constructive way. A lot of people find it really helpful to talk to someone they trust, such as a family member, close friend, or therapist.[6] Journaling is another really powerful way to help you process the different emotions
you're feeling. You might also try expressing your feelings through art or music. At some point, you'll likely want to express your feelings to your partner as well. Only do this when you feel confident that you can talk to them without it turning into an argument. Psychotherapist Kelli Miller recommends couples counseling, which provides you with a
safe "space for you to communicate openly about your relationship." [7] Prioritize calming and nourishing rituals to feel better. When you take care of yourself physically, it actually has a really big impact on how you feel emotionally. Make it a point to take a bath or shower every day, eat nutritious food, and get some exercise. [8] In the immediate
aftermath, it's okay if all you want to do is crawl into bed and binge on junk food (or skip eating entirely). Give yourself a day or two to wallow, then push yourself back into your favorite show or movie, walking in your favorite park, or picking up
 your tayorite treat from a nearby restaurant. Don't put too much pressure on yourself—it's okay if you're not quite up to your usual self at work for a few days or even a week. You'll get there! 91 Avoid unnealthy coping mechanisms, such as drinking or recreational drugs. They might help you escape or feel better temporarily, but they'll likely make
things worse in the long run. Advertisement Take some time to calm down before you do something you might regret. You're hurt and angry, so it's understandable that you might want your partner on social media. In the long run,
though, none of these things will make you feel any better—and they could make things a lot harder if you eventually decide to stay together and work on the relationship.[10] It's also a good idea to hold off on talking to your friends about the situation—at least for a day or two until you've cooled off. The urge to trash-talk your partner can cause you
to say some things that you might later realize you didn't really mean. If you think you might hurt yourself or someone else, get professional help from a doctor or therapist as soon as possible. [11] Talk to friends and family members you trust. When you're feeling this hurt and betrayed, it feels good to surround yourself with people who have your best
interests at heart. They can support you and help you come to terms with what's happened. You'll also feel a lot less alone. [12] It's normal to feel embarrassed or ashamed in this situation, so you only have to share as much as you're comfortable with. A true friend will have patience and understand if there are aspects of the situation you don't want to
talk about. In the immediate aftermath, you might also ask the people in your support system to help you in more concrete ways, such as helping take care of your kids or pets or cooking food. Talking to a therapist is also a good idea. They can give you tools to better navigate your feelings and decide what you want to do next. Advertisement Make the
decision that feels right to you. When you talk to friends and family, you'll likely have some who insist you should leave and others who believe you should try to work things out. Don't let anyone push you into staying or leaving—only you can make this decision. Think about why your partner cheated, the circumstances surrounding the incident, and
whether you'll ever be able to trust them again. It usually takes some time for you to be able to answer those questions definitively, so have patience with yourself.[13] For example, in the immediate aftermath, you might be sure that
things aren't quite as cut-and-dried as you thought. Licensed therapist and certified sexual therapist Charity Danker notes that "a lot of times the person who was cheated on will try to save the relationship by becoming really affectionate... and that could be confusing to them, but it's natural, and it's a natural part of the healing process." [14] Practice
open, honest communication with your partner. There's no doubt that healing your relationship after something like this takes a lot of time and patience. But that doesn't mean it's impossible. If the two of you love and respect each other, you can come back stronger than ever—but it is going to take work and it's not going to happen overnight.[15]
Psychotherapist Kelli Miller notes that "you can't expect to trust your [partner] immediately after you've discovered all this and actions speak louder than words." She recommends that you really [look] at what your partner is doing to build that trust up with you again."[16] Ask your partner anything you need to know about their infidelity. If they're
serious about rebuilding trust in the relationship they'll have no problem being completely transparent about what happened. [17] Set strong boundaries that explicitly define the types of behavior you aren't okay with in the relationship so that your partner understands your expectations going forward. You might also ask your partner to share their
phone and email passwords so that you can rebuild your confidence that they're not hiding anything else from you. Licensed clinical social worker Raffi Bilek emphasizes that it's important to "just be really transparent to help rebuild that security and trust." [18] Advertisement Be honest with each other about where things went wrong. If you're going
to try to move forward together, you have to start fresh by examining the root of the problem that led to the cheating. Once you've identified the issue, work together to come up with a solution that will help you get to the bottom of things and gain a better understanding of what
you need to do to preserve your relationship. Recognize that this process isn't linear. Licensed therapist and certified sexual therapist Kelli Miller
emphasizes that cheating doesn't necessarily signify the end of the relationship: "Yes, it's painful, and it can signify the end but it can also be a really beautiful new beginning if you can both get honest and talk about what was missing or what was lacking and what you want changed."[21] Leave if your partner isn't willing to put in any effort. Your
partner might not seem genuinely sorry for what happened or might not be extremely difficult for the two of you to move on together. [22] You might
also decide to end the relationship because you just don't have the desire to put the work in yourself to make a clean break. Sometimes ending a relationship can feel like a personal failure or like giving up, and it's totally normal to feel that way. But if the
relationship truly isn't working for you anymore, ending it is an act of self-care and shows that you respect yourself. Leaving your partner may not be easy, but try to remember that you're not alone. Reader Poll: We asked 837 wikiHow readers
who've left a cheating partner, and 58% of them agreed that the most challenging part is dealing with emotional pain and heartbreak. [Take Poll] Advertisement Focus on rebuilding your self-esteem before you jump into a rebound. If you end your relationship because of the cheating, it's going to take a while for you to feel as though you can trust
someone. Projecting your fears and insecurities on someone new is likely to push them away. Instead, set goals for yourself and get to work building a happy and fulfilling life on your own before you start looking for someone to share it with.[23] Psychotherapist Kelli Miller notes that "to gain more self-esteem, [you need to] do esteemable acts." She
suggests finding activities, such as volunteering, that make you feel good about yourself. [24] Miller also emphasizes that "while you're going to have to do on your own as far as validating yourself to feel good again." [25] When you do start dating again, make sure you give potential new partners a
chance to prove that they're trustworthy. Don't commit if you believe they're just going to cheat on you like your partner did. Think of cheating as a reaction to something happening inside your partner. While there may have been problems in your relationship, someone's motivation for cheating is usually a lot more complex. Often, it relates to
something the person was going through internally and has nothing to do with you. Once you realize this, you'll find it easier to move on. [26] To truly forgive your partner, you have to be willing to let go of the anger and resentment you feel for them. Try to do this regardless of whether the two of you have decided to stay together or to call it quits.
For licensed therapist and certified sexual therapist Charity Danker, the process starts with acceptance can either be, I accept you and I'm going to stay with you or I accept that this happened [and] I'm going to stay with acceptance can either be, I accept you and I'm going to stay with you or I accept that this happened [and] I'm going to stay with you or I accept that this happened [and] I'm going to stay with you or I accept that this happened [and] I'm going to stay with you or I accept that this happened [and] I'm going to stay with you or I accept that this happened [and] I'm going to stay with you or I accept that this happened [and] I'm going to stay with you or I accept that this happened [and] I'm going to stay with you or I accept that this happened [and] I'm going to stay with you or I accept that this happened [and] I'm going to stay with you or I accept that this happened [and] I'm going to stay with you or I accept that this happened [and] I'm going to stay with you or I accept that this happened [and] I'm going to stay with you or I accept that this happened [and] I'm going to stay with you or I accept that this happened [and] I'm going to stay with you or I accept that this happened [and] I'm going to stay with you or I accept that this happened [and] I'm going to stay with you or I accept that the process th
do this. That's totally normal—take all the time you need to see them as a flawed human and not a monster who just set out to hurt you. Forgiveness is also important for you because, without it, you'll likely have difficulty trusting anyone else. At the least, you'll be afraid to be vulnerable, which is necessary if you want to have a healthy relationship
again. Advertisement Add New Question Question Does the pain of being cheated on ever go away? Kelli Miller, LCSW, MSW Psychotherapist Kelli Miller is a Psychotherapist based in Los Angeles, California. Kelli specializes in individual and couples therapy focusing on relationships, depression, anxiety, sexuality, communication, parenting, and
more. She is the author of "Love Hacks: Simple Solutions to Your Most Common Relationship Issues" which details the top 15 relationship issues and 3 quick solutions to each. She is also the award-winning and best-selling author of "Thriving with ADHD". Kelli co-hosted an advice show on LA Talk Radio and was a relationship expert for The
Examiner, She received her MSW (Masters of Social Work) from the University of Pennsylvania and a BA in Sociology/Health from the University of Florida, It can, It takes time, and you definitely have to be patient, but this is absolutely something you can work through. I would recommend going to see a therapist or counselor, though, It often really
helps to have that neutral space to process and express yourself while you're working through this. Question How can I get over the insecurity I feel about being cheated on? Kelli Miller, LCSW, MSW Psychotherapist Kelli Miller is a Psychotherapist based in Los Angeles, California. Kelli specializes in individual and couples therapy focusing on
relationships, depression, anxiety, sexuality, communication, parenting, and more. She is the author of "Love Hacks: Simple Solutions to each. She is also the award-winning and best-selling author of "Thriving with ADHD". Kelli co-hosted an
advice show on LA Talk Radio and was a relationship expert for The Examiner. She received her MSW (Masters of Social Work) from the University of Florida. First, you should recognize that what you're feeling is totally normal. That's a natural response to being cheated on. Second,
you have to internalize that this isn't your fault. You did nothing wrong. Even if the two of you were fighting or not getting along, you didn't cause this. It takes time, but once those two realizations set in, you'll stop feeling so insecure. Question Is it possible to stay together after you've been cheated on? Kelli Miller, LCSW, MSW Psychotherapist Kelling along, you didn't cause this. It takes time, but once those two realizations set in, you'll stop feeling so insecure.
Miller is a Psychotherapist based in Los Angeles, California. Kelli specializes in individual and couples therapy focusing on relationship issues and 3
guick solutions to each. She is also the award-winning and best-selling author of "Thriving with ADHD". Kelli co-hosted an advice show on LA Talk Radio and was a relationship expert for The Examiner. She received her MSW (Masters of Social Work) from the University of Pennsylvania and a BA in Sociology/Health from the University of Florida.
Absolutely. It can feel like it's impossible right now, but it's certainly something you can work through this on your own, but it can be challenging without some professional help. See more answers Ask a Question Advertisement 1
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Sex Therapist. Expert Interview. 12 July 2023. ↑ Kelli Miller, LCSW, MSW. Relationship Coach. Expert Interview. 11 June 2020. ↑ ↑ Charity Danker, LPC. Licensed Therapist and
Certified Sex Therapist. Expert Interview. 12 July 2023. This article was co-authored by Kelli Miller, LCSW, MSW and by wikiHow staff writer, Jennifer Mueller, JD. Kelli Miller is a Psychotherapist based in Los Angeles, California. Kelli specializes in individual and couples therapy focusing on relationships, depression, anxiety, sexuality,
communication, parenting, and more. She is the author of "Love Hacks: Simple Solutions to Your Most Common Relationship Issues" which details the top 15 relationship issues and 3 quick solutions to each. She is also the award-winning and best-selling author of "Thriving with ADHD". Kelli co-hosted an advice show on LA Talk Radio and was a
relationship expert for The Examiner. She received her MSW (Masters of Social Work) from the University of Pennsylvania and a BA in Sociology/Health from the University of Florida. This article has been viewed 330,191 times. Co-authors: 19 Updated: April 14, 2025 Views: 330,191 Categories: Cheating in Relationships Medical Disclaimer The
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has been read 330,191 times. "Well it really made me think more about why my boyfriend is still stuck in resentment towards a woman, period. Even though I've not cheated on him I just need to learn to love him through the rough times I suffer due to another person's behavior. :-)!!"..." more Share your story Infidelity recovery stages are a form of
therapy designed to help you work through the emotional trauma following an affair in your relationship. Emotions can overwhelm you with insecurities, worry, anxiety, pain, and distrust following infidelity. These can be difficult to work through on your own and may cause emotional damage for years to come. Seeking professional counseling can
greatly benefit you either as a single or as a couple. The infidelity recovery stages are designed to work through your issues, reconnect with yourself or your partner, create a timeline, and create a plan for how to move forward. This article looks at the infidelity recovery stages and how they can help you. What is infidelity? Infidelity within a
relationship is when a partner engages in sexual or physical intimacy outside the bounds of their relationship and can negatively impact the relationship and relationship and can negatively impact the relationship and relationship and relationship and relationship and relationship a
their problems constructively and healthily. 8 infidelity recovery stages Like many other forms of marriage counseling, infidelity therapy is done in stages designed to get to know you and your partner's needs and wants
differently. Here are the common stages of infidelity recovery therapy. 1. Discovery and acceptance Infidelity recovery stages begin with accepting the betrayal that has taken place and grieving what has been lost. It may require you to go deeply into detail for both parties to be completely honest with one another, not only about the affair but what
may have led to the breakdown in love and communication between the couple. power of acceptance and Commitment Therapy 2. Rediscovering your relationship How to get over the infidelity pain? If you aim to
stay together, one stage of recovery will be rediscovering yourself and your partner. After an affair, it isn't easy to resume your former relationship as it once was. Building a new one together is one of the important stages of recovery from infidelity. Your therapist will help give you the tools to put the past behind you and refocus on rediscovering the
good in your relationship. 3. Uncovering the deeper issues Stages of coping with infidelity include getting past the superficial concerns and addressing the unresolved deeper issues within the relationship that may have caused the infidelity. Many affairs happen for no reason, whereas others can come down to being a product of depression, lack of
love or affection in a current relationship, substance abuse, or past trauma. If your therapist detects any of these issues to be a core reason for the unhappiness in the relationship, they will begin to address this as part of the treatment plan. 4. Addressing and managing pain Since a therapist is a trained professional, they can help you address any
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pain and hurt you are feeling. They may even detect symptoms and side effects caused by the affair plaguing you, such as those related to PTSD or trauma. A therapist can also help you with emotional pain management and help you work through the heartache you are feeling. 5. Creating a timeline Some infidelity recovery stages include building a timeline. During this stage, you will be given a timeline, say a month, to figure out whether you want to stay together or break up. Use this stage to build a true pro/con list of whether staying together would benefit you. Stages of affair recovery can become easier if you take the time to create a proper timeline for you and the relationship. It gives a much-needed structure to your partner's infidelity. It is important to be open and honest with yourself and your partner during this time and never to rush your decision. By the end of the month, you will tell your therapist whether you are staying together or breaking up. 6. Forgiveness and the healing process Affairs are painful experiences for both parties involved. As a result of infidelity, guilt, distrust, and anger may flow into your relationship even if you try your hardest to forgive your partner. These conflicting emotions can be difficult to handle. Stages of healing after infidelity are incomplete without acknowledging the power of forgiveness in infidelity. Your therapist can help you through the healing process. This includes creating a plan of action to reconnect as romantic partners and friends, rebuild trust with one another, and recommit to a seemingly broken relationship. 7. Seek advice if you have children together, your therapist will likely include that aspect of your relationship in your counseling session at one point or another. A therapist will listen to your concerns regarding your children, the affair, and your choice of whether or not to stay together and will be able to instruct you on the best way to co-parent while going through this difficult time. 8. How to proceed At the end of your chosen timeline, you will have to decide whether you have decided to stay together. Upon reaching the end of the stipulated timeline, you may continue couples therapy if you are still ambivalent about your relationship status or move on to individualized therapy sessions to help you get to know yourself better. Whatever choice you make, your therapist can help you chart a course on how to proceed with your lives, either together or separately. This can allow you to continue living your life and making progress toward your healthy management of the stages of recovery after an affair. RELATED READING: 11 Key Tips for Getting Over Infidelity in a Relationship 5 key steps to survive infidelity No matter what form it takes, cheating is one of the most painful experiences you can go through. Therefore, this process can be done alone to work through your emotions or with a partner as a form of online marriage counseling. If you have left your partner, the infidelity recovery stages can still help you deal with the backlash of the affair and the issues it may have caused in your life, such as feelings of distrust, betrayal, and doubt. Here are some things that can help you survive infidelity. Face the reality of infidelity, acknowledging the pain and betrayal without suppressing your emotions. Foster honest and open dialogue with your partner to understand motivations, express feelings, and rebuild trust. Consider couples therapy or counseling to navigate complex emotions and gain guidance on rebuild trust and prevent future breaches of commitment. Prioritize self-care, engage in activities that bring personal growth, and seek support from friends or a support network to navigate the healing process. No matter your circumstances, you will find it helpful to have a professional as you work through the affair. However, you can look at some key steps to recovering from infidelity in the meantime. Watch this video if you are trying to decide whether you should stay or go after your partner has cheated on you: Some commonly asked questions Recovering from an affair can be extremely painful for the partner cheated on and the relationship overall. It can give rise to many questions that cause confusion and insecurities. Here are a few of them. The pain of infidelity can be hard to deal with if you truly trusted your partner and were completely caught off-guard. However, taking time and allowing yourself to deal with things healthily can help you heal gradually. Infidelity affects different people differently. A person whose partner has betrayed them might go through stress, anxiety, or depression. It may make them feel deeply insecure about their physical and emotional capabilities. When trust is irreparably shattered and efforts to rebuild consistently fail, it may be time to walk away. Prioritize your emotional well-being and recognize when the relationship is no longer healthy or fulfilling. The deepest pain from infidelity often stems from the betrayal of trust, shattered expectations, and the emotional scars that linger, challenging the very foundation of the relationship. Final takeaway Infidelity can be difficult, but with some guidance, there can be a way to survive and heal from the pain caused by it. A therapist can guide this process by giving you healthy tools to manage the impact of the betrayal. The ultimate goal of infidelity therapy is to learn to forgive. This healing path is not quick and comes in many stages, but the benefits far outweigh the difficulties. Couples or singles dealing with emotional turmoil due to an affair in their relationship will benefit greatly from counseling. //www.ncbi.nlm.nih.gov/pmc/articles/PMC3152687/ //pubmed.ncbi.nlm.nih.gov/34241890/ Want to have a happier, healthier marriage? 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