

How To Handle Infidelity In A Marriage Word Count

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Infidelity and the threat of it, is the largest single issue that threatens marriages. A basis of all healthy marriage is the ability to trust. It is not only the sexual betrayal but the lies that accompany infidelity that are so devastating. This break of trust need not be fatal; if both parties truly wish to do so it can be repaired. It takes time, patience, wisdom and true dedication for this process to work.

First, it is absolutely necessary to acknowledge what has happened. No step forward can be taken without honesty. The individual who has strayed must be clear about what has gone on. This does not mean they are to be punished or blamed, but must be accountable, taking responsibility for their actions. Next it is crucial to find out the deeper reasons in the relationship that caused this to take place.

What has been lacking? Have there been hidden resentments?

What does the marriage need, right now?

If both individuals are willing to confront the issues, to open communication, be honest, respectful and patient, then the marriage can emerge even stronger than before.

Emotional Infidelity

The question of infidelity has become much broader as individuals have obtained easier access to others through the internet. Many often satisfy their wish for other relationships or for fantasy and adventure through activities online. When we do not see or have to interact with another in person, there is comfortable distance, which leads one to believe that nothing is going on.

Individuals often feel they can easily exchange intimacies.

Demands made upon one another and can be handled easily through a few words. This stimulates a hotbed of fantasy and it becomes easy to feel one has someone in their life who cares and is there for them. Before they know it, excitement, attachment or dependency arises, and interferes with feelings towards the spouse.

This is a dangerous arena to go into. To protect the well-being of your marriage, stay away from it. Realize that online relationships, or other relationships where your feelings and fantasies become stirred up are a temptation to enter into fantasy. Inevitably, they make your primary relationship at home seem less important to you.

There is a thin line here and it is crossed easily. Define and set boundaries for your emotions and needs. If there is a reason why they are not being fulfilled at home, talk it out as soon as possible, create quality time together, explore new ways of enjoying each other and breaking a possibly deadening routine.

Addictions crop up in marriages and are often hidden from a spouse. The addiction to porn is one of them, and closely allied to infidelity. When spouses find out they are often devastated by it. Many wives feel utterly betrayed, threatened and as though they have not been good enough and are not attractive to their husbands. Often they discover the addiction because their husband's sexual desire for them has decreased. Addictions can be much harder to break than one first realizes. Usually it requires professional help.

The addict must not make light of the situation, but fully realize that he/she is caught in the grip of an illness and needs professional help. These addictions can provide all kinds of highs and excitement that a real flesh and blood relationship may not be able to offer. For some men, after being addicted to online porn it is boring or difficult to have that much sexual interest in their wives any longer.

Awareness must be brought to this situation. Even though the man minimizes it, the woman must hold onto her own reality and need for respect. She must not deny the way you she is feeling, but see to it that professional help is sought.

It is always better to do this sooner than later. The longer an addiction grows the harder it can be to let go of. It is important to recognize these threats to your marriage for what they are, not blame yourself for them or brush them under the table, but to face the issues directly in a constructive and hopeful way. Let your partner know that together you can find a solution that works for both of you. Blaming the self or blaming the other is never helpful and leads nowhere. Acceptance, communication and understanding, however, always go a long way. Needless to say, both must be willing to work on this together. If the partner is not willing to deal with it, then the woman should seek help for herself in making constructive choices for her own life.

All marriages go through challenges. Whether these challenges destroy your relationship or make it stronger, is up to both of you. It takes two to make this commitment, however. One person cannot do it alone.

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