



Suggestions for the Faithful Partner: Dos

- Know this does not have to end the marriage.
- Take time before you take action.
- Commit yourself to learn, not leave.
- Stay away from obsessing about details of the affair.
- If you continue to be sexually involved with your spouse, take disease precautions.
- Ask for a commitment from your partner.
- Be willing to look at your own possible contributions to the affair.
- Develop a variety of coping strategies.
- Have honest discussions with your spouse, even if it means confrontations.
- Be honest and direct with the information you have.
- Set a time limit on how long you will allow yourself to be in limbo.
- Remember that angry betrayers try to blame their spouses for deterioration of the relationship.
- Separate facts from negative self-talk.
- Know there may need to be a period of separation for various reasons.
- Give the affair time to self-destruct.

Virkler, H. (1992). *Broken promises: Understanding, Healing and Preventing Affairs in Christian Marriages*. Word Incorporated.
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