

10 Relationship “Band-aids” for Surviving Infidelity and Preventing Divorce

by Dr. Denise Wood, M. A., Psy. D.

Are you trying to put your relationship back together after your cheating boyfriend destroyed your trust? Have you discovered your husband’s affair and are willing to repair the relationship? Dr. Denise Wood believes that every relationship can be repaired if you are willing to work hard to fix it.

Here are 10 Relationship *Band-aids* that can save your marriage!

- 1) Be totally honest with your partner and get all your feelings out in the open. Don’t hold everything in until you explode later. Talk about the issue here and now and don’t continue to bring it up again in future fights.
- 2) Let your partner know what you will need in the future for the relationship to work out. Tell them what you want them to do to make things up to you and what you expect in the relationship.
- 3) Allow your partner to re-earn your trust. Make new rules for the relationship to help him/her earn your trust back. For example, become transparent to each other and share your E-mail passwords, work schedules, cell phone contacts, etc.
- 4) Get support from your family and friends. If you are the cheater, use accountability to prevent future cheating. Have a friend that you trust talk you out of the infidelity, if you are craving another affair.
- 5) Think of 5 positive things that you love about your partner and tell him or her daily.
- 6) Go back in time. Think about the days when you first started dating. Treat each other like you did back then. Go out on dates. Be silly. Have fun. Take risks together. You’ll be surprised how much it brings you back.
- 7) Call your partner throughout the day and remind him/her how much you appreciate him/her. It will prevent future temptation even more when your partner understands all the work you are willing to put into staying in their life.
- 8.) See a relationship counselor whenever issues come up, and be willing to admit it when you are wrong.
- 9) Ask your partner what you can do to be a better partner and do it. Picking up after yourself, keeping calm in the face of conflict, remembering important dates, or special occasions, etc. can go a long way to proving you are making an effort on the relationship.
- 10) Connect with your higher power. Pray for the patience it will take to trust and love your partner again. Meditate each day on how you can show love to those around you.

©2010 Dr. Denise Wood M.A., Psy.D. Dr. Denise Wood is a doctor of clinical psychology and the author of *Inside the Cheater’s Mind: Why He Cheats & Why She Cheats*. Her website is www.drdenisewood.com and she is currently taking new patients through the privacy of Skype therapy.