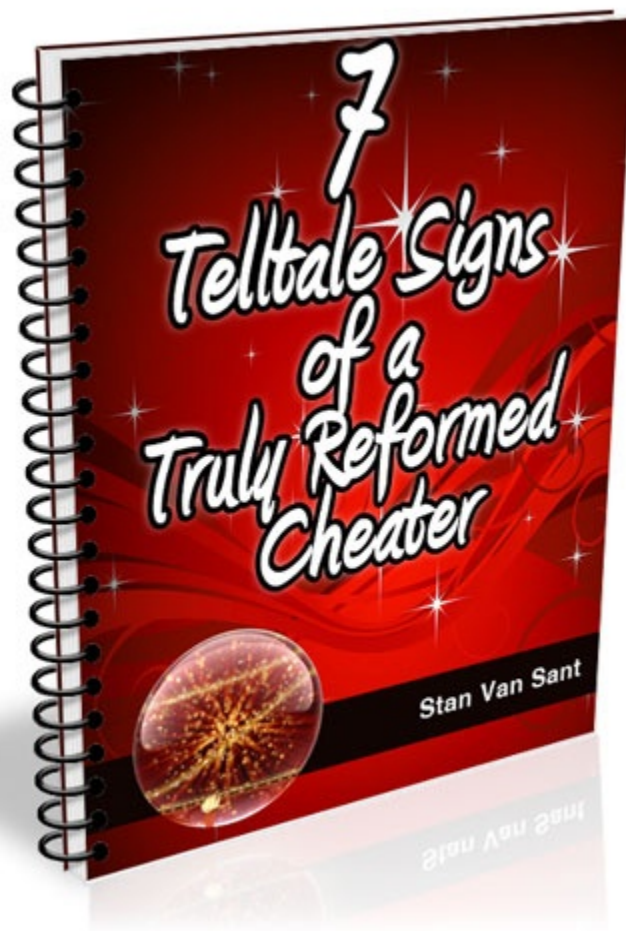


# 7 Telltale Signs of a Truly Reformed Cheater

They've cheated...they're sorry... They've promised never to do it again...but will they? Here are 7 signs that are a dead give away...NO MATTER WHAT they say.

This report is sponsored by  
**Infidelity-CrystalBall.com**



**Stop a Break-Up Even if Your Situation Seems Hopeless:**  
**[CLICK HERE NOW!](#)**

**End the Doubt and Find Out Now if You're Being Cheated On:**  
**[CLICK HERE NOW!](#)**

**Discover Proven Methods that Can Save Your Failing Marriage:**  
**[CLICK HERE NOW!](#)**

### **Disclaimer**

The information contained in this report is for general information purposes only. This report does not replace professional counseling or therapy. The author is not responsible for any loss which may arise from reliance on information in this report. You are advised to seek professional counseling or therapy if necessary.

### **Table of Contents**

<a href="#"><u>Disclaimer.....</u></a>	<a href="#"><u>1</u></a>
<a href="#"><u>Can You Ever Trust Your Partner Again?.....</u></a>	<a href="#"><u>5</u></a>
<a href="#"><u>Is This Report for You?.....</u></a>	<a href="#"><u>5</u></a>
<a href="#"><u>Look on the Bright Side.....</u></a>	<a href="#"><u>5</u></a>

<u>Affair Types.....</u>	<u>6</u>
<u>One-night stands.....</u>	<u>6</u>
<u>Emotional affairs.....</u>	<u>6</u>
<u>Repeat affairs.....</u>	<u>7</u>
<u>Long-term sexual affairs.....</u>	<u>7</u>
<u>7 Signs Your Partner Might Cheat Again.....</u>	<u>7</u>
<u>Sign 1. Is This the First Affair?.....</u>	<u>8</u>
<u>Sign 2. Is there a Full and Truthful Admission of the Affair?.....</u>	<u>8</u>
<u>Sign 3. Does Your Partner Admit the Affair was Wrong – Without     Using You as a Scapegoat?.....</u>	<u>9</u>
<u>Sign 4. Is There Agreement on How and Why the Affair Began?.....</u>	<u>10</u>
<u>Sign 5. Does Your Partner Care About Your Feelings?.....</u>	<u>10</u>
<u>Sign 6. Is Your Partner Willing to Find a Solution to the Problem?....</u>	<u>11</u>
<u>Sign 7. Is the Focus on Your Hurt and Not on the Dispute that May     Have Caused the Affair?.....</u>	<u>11</u>
<u>Time for Self-Reflection.....</u>	<u>11</u>
<u>Question 1. Can You Move Pass the Anger and Hurt?.....</u>	<u>12</u>
<u>Question 2. Can You Focus on the Present Instead of the Past?.....</u>	<u>12</u>
<u>Question 3. Are You Willing to Communicate with Your Partner?.....</u>	<u>13</u>
<u>Is Your Partner a Reformed Cheater?.....</u>	<u>13</u>
<u>Concern 1. Why did my partner risk ruining our life together?.....</u>	<u>14</u>
<u>Concern 2. Can I truly forgive my partner for this betrayal? .....</u>	<u>15</u>
<u>Can You Trust Your Partner Again?.....</u>	<u>19</u>

<u>A Road Map to Trust.....</u>	<u>19</u>
<u>Regaining Trust Step 1: Exhibit positive behavior.....</u>	<u>19</u>
<u>Regaining Trust Step 2: Make specific demands.....</u>	<u>20</u>
<u>Regaining Trust Step 3: Create a list and make it visible.....</u>	<u>21</u>
<u>Regaining Trust Step 4: Change the list if necessary.....</u>	<u>21</u>
<u>Are You Resisting Change?.....</u>	<u>21</u>
<u>Reason 1. My partner should already know what I need.....</u>	<u>22</u>
<u>Reason 2. My partner is complying to trick me.....</u>	<u>22</u>
<u>Reason 3. My partner hurt me. I shouldn't have to change.....</u>	<u>22</u>
<u>Deal Breakers.....</u>	<u>23</u>
<u>The Path to Trust.....</u>	<u>23</u>
<u>Stop Blaming Yourself.....</u>	<u>23</u>
<u>Overcoming Self-Doubt.....</u>	<u>24</u>
<u>Question 1. What's wrong with me? Why did my partner cheat?.....</u>	<u>25</u>
<u>Question 3. How can I overcome my insecurities?.....</u>	<u>26</u>
<u>Building Confidence Step 1. Self-Awareness.....</u>	<u>26</u>
<u>Building Confidence Step 2. Fake it until you make it.....</u>	<u>28</u>
<u>Building Confidence Step 3. Take a step forward.....</u>	<u>28</u>
<u>Building Confidence Step 4. Motivation.....</u>	<u>29</u>
<u>Building Confidence Step 5. Hush the negative inner voice.....</u>	<u>29</u>
<u>Stop the Picture Show.....</u>	<u>31</u>
<u>I Want Out Now!.....</u>	<u>32</u>

How to Proceed?.....32

Are You Ready?.....33

## *Can You Ever Trust Your Partner Again?*

The aftermath of an affair isn't pretty. It's one of the most painful emotional traumas anyone can experience. After all, the one person you thought you could always trust has broken your heart.

Sure, your partner has apologized a thousand times. They've shed tears, pleaded, and begged your forgiveness. But are the apologies sincere? Or is your partner saying whatever it takes to regain your trust?

Only time will reveal if your partner's words are sincere. However, there are signs that give you a glimpse into the future. These signs are behaviors exhibited by your partner that provide insight into their motives.

## *Is This Report for You?*

If infidelity has driven a wedge between you and your significant other, you can benefit from this report. This report is especially for people who:

- Are hurting because of an affair, but think the relationship might be worth saving.
- Want to understand how both partners might have contributed to the affair.
- Want to rebuild the trust and intimacy destroyed by the affair.

## *Look on the Bright Side*

When the pain of betrayal subsides, you might discover the affair was a blessing. It's not uncommon for couples to grow closer together following an affair.

How is this possible, you ask? It's because working through a painful period demands deep analysis of the situation.

Couples often take an honest look at their relationship, learn to appreciate each other, and stop taking the other partner for granted. Maybe it will be the same for you – if you decide it's for the best.

## *Affair Types*

There are different types of affairs. They all cause pain, but the type of affair your partner has may influence your feelings.

The victim of a non-sexual emotional affair might be more forgiving than the victim of a long-standing physical affair. You also might find it helpful to understand the different types of affairs so you can make an informed decision.

### *One-Night Stands*

This type of affair is a one-time thing. In this case, a one-night stand refers to a one time event and not a string of one-night stands.

Most one-night stands occur when a partner is traveling, drunk, or too weak to resist temptation. If your partner engaged in this type of affair, it's possible nothing is wrong with your relationship.

Unlike long-term affairs, there is no emotional attachment with one-night stands. They're usually the result of bad choices, curiosity, lack of integrity, and opportunity.

### *Emotional Affairs*

Emotional affairs are non-sexual affairs where friendship develops into something more meaningful. The cheating partner begins to confide in and prefer the company of the third person.

Any place where people feel free to talk about their problems can encourage emotional affairs. They often develop in the workplace or online where people often talk freely about their lives without fear of admonishment.

Although this type of affair doesn't involve sex, it can be just as devastating as a sexual affair.

### *Repeat affairs*

Repeat affairs occur when a person has numerous affairs over a period of time. People who exhibit this behavior are often referred to as sex addicts. They must continuously seek out new partners in a quest to feel loved and accepted.

Repeat affairs are hardly ever caused by problems within the relationship. The cheating partner may even feel like they're addicted to their behavior. Counseling is a good idea in this case.

### *Long-term Sexual Affairs*

Long-term sexual affairs are what most people think of when they think of affairs.

A long-term sexual affair is when the cheating partner leads two lives. There's the life with their partner, and a dual life with a third person. People have been known to carry on these types of affairs for years.

No matter what type of affair your partner had, you have to decide what to do next. However, it might help to take the type of affair into account. For instance, is your partner a sex addict? If so, perhaps the two of you should seek counseling before calling it quits.

What's important is to figure out the likelihood your partner will cheat again. The type of affair they had will clue you in to the answer.

## *The 7 Signs Your Partner May Cheat Again*

So, you're going through a tough time. What do you do now? Is it time to move on to greener pastures? Or do you stick it out with your partner?

The decisions you make now will have a profound effect on your future. Here are 7 signs that help you determine if your partner really is sorry for the affair.

If your partner can't pass the 7-sign test, then they're likely to cheat on you again. Remember, form your opinions based on your partner's actions and not just their words.

### *Sign 1. Is This the First Affair?*

If your partner has had several affairs that you know of, then their apologies are useless.

A partner who engages in numerous affairs isn't remorseful. They aren't willing to change their behavior, and will likely have more affairs.

How many more times will you allow yourself to be hurt? If you want to take another chance on your partner, then by all means do so. Just prepare to find yourself in the same situation again.

If this is your partner's first affair, there's still hope.

Good and loving partners are capable of making bad decisions. It's true that everyone makes mistakes – sometimes terrible mistakes.

You have to decide if your partner's affair was a terrible mistake made in a time of weakness.

Most people think infidelity is all about sex. The misconception is affairs happen because one partner is bored sexually, and wants to sleep with other people.

Newsflash: Sex isn't always the main reason for an affair.

Sex is the catalyst for some affairs. But the affair could also come from feelings such as a need for affirmation, attention, or excitement.

If your partner has never cheated before, find out what caused the infidelity. Why bother asking? It's because you need to discover the cause of the affair. Both of you need to understand why the affair happened.

### *Sign 2. Is there a Full and Truthful Admission of the Affair?*

Is your partner telling you the whole truth? Or do you know for a fact they're withholding information?

If your partner is still trying to deceive you, their apologies are just hot air. How can you apologize to a person in one breath and lie to them in the next?

If your partner refuses to admit to the affair, then they don't have your best interest at heart. If they can't admit the truth even after it's revealed, you'll have to decide if this is a person you can trust again.

An open and honest partner shows a willingness to make things right. They don't need to provide all the dirty details of the affair. But sharing openly about what happened is a step in the right direction.

### *Sign 3. Does Your Partner Admit the Affair was Wrong – Without Using You as a Scapegoat?*

This is a matter of responsibility. Your partner should admit the affair was wrong – in spite of anything that influenced the decision to stray. Has your partner been able to do this?

If they believe they've done nothing wrong, then their apologies aren't sincere. And if they believe the affair wasn't wrong, there probably will be a next time.

How can the relationship heal when the cheater refuses to admit they were wrong? And if they believe their actions were fine, do you want to move forward with them?

It's not a matter of pointing fingers, either. The truth is you may also share some responsibility in why the affair occurred. But this isn't to say it's entirely your fault.

You can't force anyone to stray if they don't want to. So you can't blame yourself for your partner's behavior. They might want you to, but please don't fall into that trap.

#### *Sign 4. Is There Agreement on How and Why the Affair Began?*

Affairs happen for a number of reasons. A solution is only possible after the root of the problem is uncovered.

As painful as it may be, you need to explore the how and why of the affair. Another affair is likely to occur if the problem that caused the previous one isn't solved.

What caused your partner to stray? Was it a problem in the relationship? Was it a personal problem? Is it something that can be repaired?

You and your partner should talk about this in-depth. Get to the root of the problem and repair it – if possible.

If your partner has no interest in finding the root of the problem, then they're not committed to the relationship.

#### *Sign 5. Does Your Partner Care About Your Feelings?*

Having your feelings acknowledged is important. It's also important in the healing process following an affair.

Does your partner care that you've been hurt? Do they show remorse for the pain they've caused? If not, they're not sorry they cheated on you. They might be sorry you found out, but not that they actually did it.

The last thing you need is to have your feelings pushed aside – again. Here are some signs your partner does care about your feelings:

1. They are visibly concerned and interested when you speak.
2. They initiate communication when you appear upset.
3. They give you their full attention during conversation.
4. They listen without interrupting or arguing.
5. They accept how you feel, instead of telling you what you should feel.

A partner who doesn't care how you feel isn't ready to move forward in the healing process.

### *Sign 6. Is Your Partner Willing to Find a Solution to the Problem?*

The two of you may have to compromise on a solution. The issues you're dealing with are complex. And both of you need to feel the solution is fair and good for everyone involved (including children).

More than one solution is possible so be willing to compromise. Find a way to incorporate ideas from each of you. However, remember the main goal is to find a final solution you both are willing to try.

### *Sign 7. Is the Focus on Your Hurt and Not on the Dispute that May Have Caused the Affair?*

It's a good sign if your partner is focused on the hurt you're feeling. It shows they realize what they've done, and accept that it's caused you pain.

Some unfaithful partners try to avoid dealing with the hurt they've caused. They gloss it over, and act as if it really isn't that bad. If your partner does this, then it's a sign that they're not apologetic.

They either don't want to deal with, think your feelings don't matter, or they want to play the victim. None of which are signs your partner is a reformed cheater.

A partner that never accepts responsibility for their actions is likely to do it again. They'll always have an excuse to have another affair.

## *Time for Self-Reflection*

The first half of this report focused on your partner. Now it's time to shine the spotlight in your direction. The following questions allow you to determine if you're ready to move forward with your partner.

### *Question 1. Can You Move Pass the Anger and Hurt?*

It's important that you deal with the anger and hurt you feel.

Some partners bury their feelings, only to find anger and hurt resurfaces when least expected.

The solution is to deal with you feelings instead of ignoring them. Don't pretend everything is fine when you know it's definitely not.

It's important to deal with your feelings because wallowing in anger and hurt prevents you from healing.

As painful as it is, you must deal with these negative emotions before trying to repair your relationship. Dealing with the negative gives you room to cultivate the positive.

### *Question 2. Can You Focus on the Present Instead of the Past?*

You'll always remember the affair. Very few people would be able to forget such a hurtful event.

So, how can you focus on the present when the memory of the affair is fresh? After a period of grieving, forgive your partner and place the affair in the past where it belongs.

You must decide to let go of resentment, stop focusing on the affair, and view your partner with compassion. Living in the past only makes things worse.

Forgiveness is a profound concept, and it's not easy to accomplish following an affair.

Forgiving your partner doesn't mean...:

- ...you approve of their actions.
- ...you think their behavior was a trivial matter.
- ...forgetting what happened. You will have moments when you think about the affair.

Letting go, moving on, and getting to forgiveness is an emotional process. It won't happen overnight.

Are you ready to move in the direction of forgiveness?

### *Question 3. Are You Willing to Communicate with Your Partner?*

When an affair is first discovered, it's almost impossible to discuss it calmly. In fact, it may be unpleasant to even stand in a room with your partner. This is understandable, and with time the anger you feel should subside.

Is it still painful for you to speak to your partner? Are you at the stage where the very sight of them makes you angry? If you answered yes to either of these questions, you haven't had time to deal with your anger.

Your relationship can't be repaired until you're able to communicate with your partner. And you can't express yourself, listen to your partner, or make clear decisions when you're angry.

One possible solution is to have a cooling-off period. If you find yourself becoming angry during conversation, step away. Explain you need time to get cool off, and will return when you're calm.

If the cooling-off period doesn't work, then perhaps you should seek professional counseling. Your anger may be too much for you to deal with alone.

### *Is Your Partner a Reformed Cheater?*

When news of the affair is fresh, you'll feel like it's impossible to move forward. You can't even stand the thought of your partner, let alone staying in a relationship with them. But after awhile you may start to think the relationship is worth saving.

Does your partner show the characteristics of a reformed cheater? Are you thinking maybe you should give them another chance?

Betrayed partners who reach this point are generally plagued with dozens of questions. Even if you don't want to end your relationship, there are some common concerns that might make it difficult for you to move forward.

### *Concern 1. Why did my partner risk ruining our life together?*

This question demands an answer. There's no way to move forward without getting to the root of the problem. Some couples think the reason behind the affair isn't important, but it is.

You deserve to know why your partner cheated. To find out, you'll need to have an honest and open talk about what happened.

It's important to listen to your partner. Let them explain why they did what they did. At this point, it's important to remain silent and let them do all the talking.

Both of you must feel comfortable and safe enough to speak freely. This certainly won't be easy, but it's necessary. It's an important part of rebuilding emotional intimacy with your partner.

Some betrayed partners worry their words will push their partner away. They believe keeping their true feelings inside keeps the peace, and makes their partner stay around.

This is a short-term way to keep the peace. However, your anger will eventually rear its ugly head. The things left unsaid will cause tension in your relationship.

So, you need to find out what your partner was thinking. Find out why they did what they did. Failure to do so will damage your relationship even further.

Share your feelings with your partner and encourage them to share with you. Remember, to move forward together you must talk about the affair, discover why it happened, and recognize how much it hurt both of you.

### *Concern 2. Can I truly forgive my partner for this betrayal?*

This is one of the toughest questions you'll have to answer. Trust is one of the hardest things to rebuild following an affair.

The way you define forgiveness determines if you'll be able to forgive your partner or not. Some people's concept of forgiveness is unrealistic. They either set the bar too low or too high, both of which are equally bad.

The next few pages explore common beliefs that either block forgiveness or cause you to forgive for the wrong reasons. There's an explanation with each block so you can see how the belief blocks the ability to forgive.

Check to see if you have any of these blocks:

***Block 1. I have to forgive my partner totally and immediately.***

This line of thought might make it feel impossible to forgive your partner. It's so extreme, until not many people would be able to do it. Forgiveness is often an ongoing process. The more hurtful the event, the longer it takes to forgive.

If you think you have to forgive your partner totally and immediately, you're setting yourself up for failure. Maybe you can only forgive some of your partner's actions. Or maybe you can forgive them all. The point is forgiveness is a work in progress.

***Block 2. If I forgive my partner, my negative feelings will vanish.***

If you feel this way, you might actually resist forgiving your partner. Why? Because you need time to deal with anger and let go of your animosity.

This point of view is unrealistic because it doesn't allow time for healing. It requires you to perform an emotional 360 degree turn almost overnight. In matters of heartbreak, good thoughts don't magically appear and replace negative ones.

Even if you forgive your partner, you won't feel all warm and fuzzy when you think about the betrayal. Years from now the thought of the affair might make you hurt.

Forgiveness definitely does not replace your negative feelings with good ones – so don't make the mistake of thinking that it does. What it does is allow you to see that the affair is a part of your past, but it doesn't define the entire relationship.

***Block 3. Forgiving my partner means I condone their actions.***

Some people think forgiveness means to condone or excuse the actions that are being forgiven. After all, doesn't forgiving a person mean you're fine with what they did? No, it doesn't.

When you forgive you decide to let go of resentment and the need for revenge. It's not a matter of believing your partner's actions were excusable or acceptable.

In other words, you can condemn the behavior without condemning the person.

#### *Block 4. If I forgive my partner, they won't work to fix things.*

People who believe this think that forgiveness means wiping the slate clean. And a clean slate means giving up the right to ask anything of the partner.

If you believe this block, you'll be unable to forgive because you associate forgiveness with weakness.

To you, forgiving your partner represents your inability to assert yourself. It makes you look like a weakling unable to demand a solution to the problem.

The truth is forgiveness doesn't make you weak, and it doesn't excuse your partner's actions.

In fact, your partner must work to earn your forgiveness. There's no pardon, in fact it's the complete opposite.

Your partner has to admit what they did, apologize for it, and work to make things better. They'll be perfectly aware of what they did, even after you forgive them.

#### *Block 5. Forgiving means forgetting.*

It's a common misconception that forgiving also means forgetting. Some betrayed partners are afraid to forgive because they don't want to forget. They worry that forgetting will make their pain seem trivial.

The truth is you'll never forget the affair. And the good news is you don't have to forget to forgive.

If the ability to forgive hinged on the condition of forgetting, no one would ever forgive anything. Fortunately, forgiveness is about the ability to let things go. You remember it all, but you don't dwell on the incident.

*The next three blocks prevent true forgiveness. They prevent you from forgiving out of the goodness of your heart. Instead they motivate you for all the wrong reasons.*

***Block 6. Forgiveness is good so I must forgive me partner.***

It's a common belief that forgiveness is good for you and the person you're forgiving. Forgiveness is a popular topic on daytime talk shows. Entire episodes have been spent highlighting people who forgive even the most horrible of acts.

But is forgiveness always a good thing? Is it always good for you? No, not necessarily.

Forgiving too quickly or too easily can be a sign of low self-worth. It can mean you don't think you have the right to be angry at your partner.

As stated earlier, forgiveness is something your partner earns. If you forgive your partner when they haven't earned it, your anger will boil beneath the surface and manifest sooner or later.

***Block 7. Forgiving my partner shows that I'm a good person.***

The idea that forgiveness is an admirable form of self-sacrifice is taught all over the world. A lot of people believe that forgiveness is desirable because it makes them look good.

People who think this way view forgiveness as a chance to appear compassionate or saintlike.

They believe that this form of self-sacrifice makes them look good. And also gives them power to demand gratitude from their partner. Of course, it's a debt the partner can never truly repay.

***Block 8. I will forgive my partner to keep the peace.***

People who feel this way usually do so because they've been trained to avoid conflict at all costs.

Adult children of alcoholic or abusive parents often fall into this category. They learned at an early age to deny their feelings in order to avoid angering the abusive parent.

Avoiding conflict is generally a good idea, but not when it comes to saving your relationship. You've been betrayed, so now is not the time to worry about keeping the peace. Now is the time to do what it takes to get a truly healthy relationship.

If you're desperate to save your relationship, you might forgive your partner just so they won't leave you. You let them off easy because you're afraid of losing them or making them angry.

The problem is you'll become hostile and resentful of your partner. Why? It's because you haven't really forgiven them and you're mad about it.

“Playing nice” isn't the way to heal a relationship. It solves nothing, and pushes a big problem deep into the closet.

Remember, your partner has to earn your forgiveness. You deserve to have your pain acknowledge. You also deserve to know that your partner is apologetic and willing to fix the relationship.

### *Can You Ever Trust Your Partner Again?*

Yes, you can learn to trust your partner again. It won't be easy, and you'll have good days and bad days.

Rebuilding trust after betrayal is a struggle. It's something that's earned like forgiveness. Your partner must work to earn your trust. However, you can help them along by telling them exactly what you need.

It's important to let your partner know what it's going to take to regain your trust.

You need to feel safe, appreciated, and secure. If your partner truly cares, they will be willing to do what it takes. The unfaithful partner may also ask you to make changes.

Both of you will have to work together to bring trust back into the relationship. As long as the requests are reasonable, you both should be willing to comply.

How long will the process take? There's no time limit. It could take months or years to heal from the affair. One thing is true, and that's that you'll never completely forget.

You can take comfort in that learning to trust again helps ease the pain.

## *A Road Map to Trust*

The road to trust is long, and the journey will be rocky. And like any journey, you must take a series of steps to reach your destination.

Below are a series of steps to start you on your journey. Please read this section carefully, and consider implementing the steps in your relationship.

### *Regaining Trust Step 1: Exhibit positive behavior.*

In addition to asking your partner to change, you'll also have to make changes in your own behavior.

You're probably still upset about the affair. That's understandable, but those feelings aren't conducive to positive behavior. And at this point you need positive behavior to encourage your partner.

Your partner needs to feel that you're serious about saving the relationship. They need to know you still love and appreciate them. This may be extremely hard for you but it's necessary. If your partner feels there's no hope, they'll be less likely to make an effort.

### *Regaining Trust Step 2: Make specific demands.*

Now is the time for honesty about what you expect from your partner. Focus on your needs, and make them as clear as possible.

Word your statements in a positive manner that encourages compliance, and avoid generalities.

Requesting behavior changes that can be observed is also important. You'll start to trust your partner again if you can see the changes with your own eyes.

Instead of saying “don't ignore me when I talk”, try something like “look at me when I speak to you so I'll know you're listening”. This is a specific behavior that you can observe.

Your requests should be fair and sensible. This isn't the time to take advantage of your partner by making unreasonable demands.

Your partner can also ask you to make changes in your behavior. You should be willing to comply, as long as you think the requests are fair and sensible.

Nothing on the list should sound mean or threatening. In fact, it's best to explain why you think each addition will lead to a positive outcome.

Think of the behavioral changes as small gifts you and your partner can give each other in an effort to heal your relationship.

### *Regaining Trust Step 3: Create a list and make it visible.*

You and your partner should make a list of your requests. Write everything down. Even if it's something as trivial as putting the toilet seat down, include it.

Place the list in a spot that's visible to both of you. The reason for this is so neither of you forget the promises you've made.

It's also a good idea to put a date and time on your list. This allows you to keep track of how things are going.

If it's been a month and your partner hasn't done anything on the list, it's time for a serious conversation. Has your partner given up? Do they think the requests are unimportant? Find out because this will tell you a lot about your partner's mindset.

### *Regaining Trust Step 4: Change the list if necessary.*

Nothing is written in stone. Feel free to make changes to the list when needed. As you work to rebuild your relationship, you'll notice more things that work against your goal.

For instance, perhaps your partner plays golf every Saturday morning to late afternoon. Your partner never calls during this time. Maybe this didn't

bother you at first, but you start feeling insecure about so much time without contact.

You can add a request to the list asking your partner to call at least once during the day. This isn't an unreasonable request. Your partner needs to know if they're doing anything to upset you.

It's perfectly fine to lengthen the list if the additions are positive. However, the list shouldn't start to look like a dictionary. Adding too much can make you and your partner feel overwhelmed.

### *Are You Resisting Change?*

It's possible that you or your partner will have trouble with the list. You might even think it's silly or a waste of time. But if you give it a try, the results can be beneficial.

Another potential problem is that one or both of you may think some of the behavioral changes are unfair or unrealistic.

A solution to this roadblock is to examine your personal issues. What is blocking your willingness to compromise? Explore your feelings to discover what's causing the block.

Here are some reasons you or your partner might resist the changes:

#### *Reason 1. My partner should already know what I need.*

Unless your partner is psychic, you shouldn't expect them to know what you need. Doing so lays the groundwork for disappointment and hurt.

It's your responsibility to voice your needs. Remember, your partner isn't a mind reader. Ask for what you want.

#### *Reason 2. My partner is complying to trick me.*

You might doubt the sincerity of your partner's actions. That's not a surprise, considering the circumstances. There is a chance your partner is only trying to appease you, and isn't interested in truly changing their ways. However, that's a chance you'll have to take.

If you don't give your partner a chance, you'll never know if the list would've worked.

It's natural to be skeptic about the list idea. Give it a try anyway.

### *Reason 3. My partner hurt me. I shouldn't have to change.*

That attitude is immature and has no place in an adult relationship. Both of you must make behavioral changes. It doesn't matter who did what to whom.

Think of it this way, if your partner sees your willingness to change, they will be encouraged to do the same.

Don't be afraid to take the lead. You'll know you gave it an honest try even if it doesn't work out.

## *Deal Breakers*

Deal breakers are items on the list that are non-negotiable. This means if your partner doesn't comply, it could signal the end of the relationship.

Your partner should know which items are deal breakers. When the two of you discuss the list, make it crystal clear which items are all or nothing.

Deal breakers can include serious things like:

- Continuing to associate with the ex-lover.
- Getting involved in another affair.
- Not making any effort to repair the relationship.

### *The Path to Trust*

Restoring trust in your partner takes time. As the days and weeks fly by, your struggle with the issue will lessen.

Hopefully, you've read this section closely and the suggestions will help return trust and security to your relationship.

## *Stop Blaming Yourself*

One of the first things hurt partners do, when faced with the news of an affair, is wonder if it's all their fault. This is a common reaction.

Your partner may try to make you think everything is your fault. They might say if only you'd done this or that, the affair wouldn't have happened. This is a common tactic used by cheating partners to make you think you're the problem.

Deflecting blame in your direction gives the cheating partner the opportunity to play the victim. If you believe they're the victim, you'll be more likely to doubt yourself and excuse their behavior. You may even feel guilty about being hurt or angry.

Don't fall for the hype. Your partner had an affair because they wanted to. This is important to know because if you don't, self-doubt will make you miserable.

You've been betrayed by someone you thought you could trust. You refuse to believe they'd do something so cruel without a good reason.

You might punish yourself with thoughts like "I should have spent more time at home", "I should have been more daring in bed", or "I should have been more attentive".

Stop blaming yourself right now. The affair isn't your fault.

Rest assured that you didn't cause the affair. No matter what was going on in your relationship at the time, you didn't force your partner to stray. The decision to have an affair was their decision alone. You had nothing to do with it.

Your partner had three choices: work with you on the problems in your relationship, end the relationship, or have an affair. It's obvious which one they chose.

You didn't force your partner into the arms of someone else. They went there on their own free will.

## *Overcoming Self-Doubt*

If you read the previous section, you should understand why you didn't cause the affair. However, some hurt partners continue to blame themselves even when they know it's not a logical response.

Women tend to do this more often than men. Women are more likely to turn their anger and hurt inwards. All the while blaming themselves and trying to figure out what they did wrong. Men, on the other hand, are more likely to turn their anger and hurt outward.

This isn't to say that all men and women follow this pattern. When it comes to matters of the heart, you can never be sure how a person will react.

If you're struggling with self-doubt, now's the time to regain control of your life and your thoughts. With a little soul-searching, you can become a better and stronger person than you were before the affair.

Here are some nagging questions that will chip away at your self-esteem and confidence. If any of them are bouncing around inside your head, it's time to deal with them now.

### *Question 1. What's wrong with me? Why did my partner cheat?*

No one is perfect. You have faults just like everyone else. And you do share responsibility for the state of your relationship. However, none of your faults are to blame for the affair.

When you're hurt, you're more likely to magnify your faults and accept too much of the blame for your partner.

Your partner may resort to blaming the affair on your weight gain, weight loss, new hairstyle, and anything else they can think of. Those are just tired excuses. As stated earlier, your partner decided to cheat because they wanted to.

### *Question 2. Am I worthless? Why else would my partner cheat?*

Learning about the affair forces you to redefine yourself. It's possible you will become someone you don't even recognize.

Before the affair you may have thought your relationship was perfect. You may have considered yourself highly attractive, fun loving, warm, and friendly. After the affair, you may experience strong feelings of anger, jealousy, bitterness, and loneliness.

You start to wonder if your partner wasn't who you thought they were, maybe you aren't either. Maybe instead of the great person you thought you were, you're actually worthless and not worth loving.

If you start to think this way, your self-esteem will plummet.

When a partner turns to someone else, it makes you feel disposable. It hurts to realize your partner doesn't think of you as highly as you thought. This can cause you to devalue your worth as a partner, and as a person in general.

First of all, understand that you're not worthless. Maybe you can't see yourself clearly because of pain and confusion. You certainly can't filter your view of yourself through your partner.

After you've had time to catch your breath, you'll be able to see yourself clearly. You'll realize you aren't worthless, and have much to offer the world.

### *Question 3. How can I overcome my insecurities?*

An affair will often bring all of your insecurities to the surface. You'll start to second-guess everything you do. This insecurity will spread beyond your relationship and out into your every day life.

When you lose the ability to make clear choices, you lose power over your life and your relationships.

The only solution is to rebuild your confidence. The affair gave it a beating but it's not dead. Below you'll find some action steps to help restore your confidence following an affair.

You should buy a notebook or journal to track your progress and record your thoughts. That's easier than doing it all mentally and trying to remember everything.

## *Building Confidence Step 1. Self-Awareness*

Self-awareness is the first step in rebuilding your confidence. You need to discover what it is about yourself you want to change. You also have to identify what destroyed your confidence in the first place. In this case, it's the affair.

Your self-image consists of three building blocks:

- self-worth – the value you place on yourself.
- competence – your confidence in your ability to make smart choices.
- belonging – your feelings about being respected by others.

The affair has damaged all three of your self-image building blocks. So your challenge is to rebuild each block.

What do you think about yourself? What thoughts are causing you to doubt yourself? Write them down in your notebook or journal. Then cross out the negative thoughts and replace them with positive thoughts.

For example, change:

“My partner had an affair because I'm not good enough” to “My partner chose to have an affair instead of discussing their concerns with me”.

Do this for each negative thought on your list. Set aside 30 minutes to an hour to accomplish this task.

Next you have to grade yourself. What do you think about yourself? How happy are you with the following attributes:

- Your looks, health, and weight?
- Your attitude towards yourself and others?
- Your intelligence and skills?
- Your ability to socialize?

Pick anything you're not happy with and find ways to change it.

Are you unhappy about your weight? Take charge of the situation and start a weight loss regime. Join a gym or get a personal trainer. Start an exercise program on your own or with a group.

Take positive action to make changes in your life.

### *Building Confidence Step 2. Fake it until you make it.*

This means you have to convince yourself that you're confident – even if you're not. Eventually your faked confidence will become reality.

Confidence can be learned. Anyone can become more confident if they put in the work. So you have to relearn what you've forgotten. Or perhaps you weren't confident even before the affair. In that case, this exercise will help you grow stronger.

Make a promise to fill your head with positive thoughts and happy mental pictures. Stop obsessing about the affair, thinking about your partner's lover, or blaming yourself for the whole thing. Make a strong effort to focus on confidence boosting thoughts.

Promise to do whatever is necessary to rebuild your confidence. Instead of wallowing in self-pity, take steps to change your situation.

When you think like a confident person, you feel and act in a confident manner. It may sound like new-age mumbo jumbo, but your thoughts really do affect your reality.

Promise that you'll speak kind words to yourself, focus on what you can do instead of what you can't, believe you can change your life for the better, and that you can learn new positive behaviors.

### *Building Confidence Step 3. Take a step forward*

Pick one or two things you can do or stop doing right now to improve your self-confidence.

For example, do you want to lose weight? Commit to 30 minutes of exercise 5-days per week. That's not a lot but it's a good start. You can also commit to healthy eating. Your confidence will get a boost when the pounds start to drop off.

Do you have problems asserting yourself? Try this exercise:

Each time you go into a store, ask a salesperson for assistance. It doesn't matter if you need help or not. The purpose is to get in the habit of speaking up for yourself. This will go a long way in helping you regain your personal power.

Take every chance you get to face your problems instead of avoiding them. You will experience discomfort, but it will pay off in the long run.

You can learn to become confident again. It doesn't matter how defeated you feel, you have the power to rebuild your confidence.

Change the way you think. Change your behavior. You can even change your surroundings. Do this now. With each passing day your confidence will grow stronger. Before you know it, you'll be a better person than you were before the affair.

#### *Building Confidence Step 4. Motivation*

It's easy to talk about restoring confidence, but it's not easy to take the necessary steps. How can you stay motivated when things seem impossible? Setting goals is the answer.

Goals are the perfect way to stay motivated. Remind yourself why you want to accomplish each goal, and what it will cost if you fail.

Start with a few small goals to make things easier for yourself. Small goals add up to big accomplishments.

Perhaps you gave yourself a poor grade on your people skills. Set a goal to compliment one stranger per week.

You could say something positive about a person's clothes or hair. It doesn't matter as long as you say something positive.

#### *Building Confidence Step 5. Hush the negative inner voice*

Everyone has an inner critic. The inner critic is that negative voice in your head that always has something bad to say.

It's the voice that tells you the affair was your fault. It says your partner cheated because you weren't good enough, pretty enough, or smart enough.

You can't let the inner critic win. You have to tell it to go away and leave you alone. Replace the inner critic with a more loving voice that's positive and supportive.

With practice, you'll learn to catch your negative thoughts and stop them. When you become aware of a negative thought immediately replace it with something positive.

Say something to yourself like “stop it” or “that's not true” when the inner critic starts speaking. It may sound silly to you now but it works.

## *Affirmations*

You might also consider practicing affirmations. These are positive self-suggestions designed to change your thinking.

Affirmations should emphasize positive thoughts, focus on what you want for the future, change your attitude, and focus on your strengths.

Affirmations change your thinking patterns. It's a way of training your subconscious mind to think positive.

Here are some sample affirmations:

- “I'm a good person worthy of love and respect”
- “I'm capable of making good decisions”
- “I'm in control of my life and my emotions”
- “I'm becoming the person I dream of being”

It's important to focus on positive words and phrases. Using negative words will have a negative effect.

For example, “I'm not afraid to meet new people” isn't a good affirmation. The wording is negative, and makes you think about being afraid.

A better alternative to the above affirmation is “I’m confident when meeting new people”. The statement is positive and doesn’t make you think about fear.

Create your affirmations and write them in your notebook or journal. Read them several times a day. Committing them to memory is a good idea. You can also hang them on a wall in your office or bedroom.

Repetition is the key to success with affirmations. Make them a part of your confidence building plan and you’ll see results.

### *Stop the Picture Show*

Another important part of restoring your confidence (and your relationship) is to stop picturing your partner with the other person.

All hurt partners put themselves through this. They replay movies in their mind of their partner with the third person. It doesn’t matter if they know all the details or not. They’ll proceed to make them up.

This is one of the most detrimental things you can do. Why are you torturing yourself? Does it make you feel good to replay a scene that hurts you?

The next time the movie starts playing in your mind, replace it with something better.

Picture something that makes you happy. Think of the time you took your children to the park, picture walking in your rose garden, or replay a scene from a funny movie.

Any fond memory or thought will do. You can even perform an activity you enjoy, like dancing or listening to your favorite song.

The goal is to make a habit of filling your mind with positive thoughts. That will help you regain your confidence, and cease the pictures of your partner with the third person.

### *I Want Out Now!*

Sometimes things don’t work out the way you want. You could try with all your might to save your relationship and still watch it fail.

When you feel its time to split, prepare to do it. Don't let anyone force you into staying. Don't stay for the kids, your reputation, the money, or anything else. Create a get-out plan and then put it into action.

Will you have enough money to survive? Will you have a place to stay? Will you be in danger if you leave? Consider all of these questions before making your move.

Hopefully, you and your partner can have a peaceful split without incident. In an ideal world, all splits would be as easy.

### *How to Proceed When It's Over?*

How do you proceed when the relationship is over? There's not an easy answer to that question. People handle breakups in their own way. But one thing is true no matter who you are, and it's that you must take care of yourself.

Take time to clear your head. Take comfort in the fact that you did what you could. You tried to save the relationship, and that's all you could do.

Make sure to take care of yourself before and after the healing process. Some people sink into depression, and turn to drugs, food, or alcohol. There are better ways to deal with the sadness.

Try to regain your emotional footing first and clear your mind. Spend time alone but not too much. Friends and family will serve as your support group during the healing process, so don't shut them out.

You might also want to join an online support group. Sometimes it helps to speak with people who know exactly what you're feeling.

You will grieve for your lost relationship. It will hurt, but the pain won't last forever. You'll eventually emerge from the grieving process and move forward with your life.

### *Are You Ready?*

It's not easy to trust again following an affair. Apologies from a cheater don't carry much weight. They've lied to you before, so why should you believe them now?

There's no easy answer to that question. Hopefully, this report has helped you gain clarity. It will take more than a few words in a report to solve your problem. But you have to move forward eventually – either with or without your partner.

What's your next move? The time to decide is now.

**For more information on how to deal with a cheating spouse, visit**

**[Infidelity-CrystalBall.com](http://Infidelity-CrystalBall.com)**

---

**Stop a Break-Up Even if Your Situation Seems Hopeless:  
[CLICK HERE NOW!](#)**

**End the Doubt and Find Out Now if You're Being Cheated On:  
[CLICK HERE NOW!](#)**

**Discover Proven Methods that can Save Your Failing Marriage:  
[CLICK HERE NOW!](#)**