

HOW TO DEAL WITH A CHEATING LOVER

1 Ask her outright.

If you suspect your lover is cheating on you, do not worry about embarrassment or gathering too much evidence. The fact that you are unsure of her fidelity is enough to raise the issue. If she expresses surprise by the question or hesitates, present your reasons for asking in as calm a way as possible.

2 Do not act impulsively and end the relationship.

If you ascertain that she is cheating on you, all is not lost. Talk or cry together, and then spend some time apart. If this is the first time, seek counseling with your partner. Discuss why it happened and what it means to both of you. This could lead the two of you to be more honest, and perhaps more trusting and intimate.

3 Discuss the seriousness of the affair.

Talk about whether the indiscretion was a one-time incident with someone of little consequence, or whether your partner is in an ongoing relationship. Talk about the difference and think hard about what the circumstances mean to both of you. Professional counseling can help clarify your feelings and priorities. It can also help you to rebuild a trusting relationship, if this is still desired.

4 Decide what you want first—then ask your partner to decide what she wants.

The best possibility is if you both want the same thing, either an end to your relationship or an end to the affair.

5 Act according to your wishes, not your partner's.

If you want to work it out but your partner does not, work on the relationship until you are certain you have tried your best to salvage things. If this is a recurring problem with your partner and you have talked about it at length before, it probably means that she wants out, or that you can expect her to continue having affairs. To end the relationship, go to page 150.