

Can we Save our Relationship After an Affair?

An affair – whether emotional or sexual – represents a serious breach of trust in a relationship. It can spell the end of a relationship and it possibly should be the final play in many. Whether it should be the end of your relationship very much depends on whether you think the fundamentals are so good that it's worth saving and/or whether you feel trust can be restored. Relationship therapy after an affair is important in uncovering all the factors relevant to understanding the affair and re-building trust.

Rebuilding a relationship after an affair is very much about working out what went wrong and whether the situation can be effectively repaired. A useful analogy would be to rebuilding a house after the ceiling has fallen in and the walls collapsed. You need to build a stronger house. Is this about the builders, the architects or where the house was built? Knowing whether to rebuild will depend on a lot of things – do you have sufficient materials, skills and is the site good enough?

Here are some questions you should ask in determining whether a rebuilding operation is worthwhile:

Have there been previous breaches of trust?

Is the relationship good or has it been good in the past?

Is your partner generally honest and trustworthy?

Were there particular circumstances happening that explain the infidelity?

Do you understand what was happening?

Is your partner willing to be honest and work on the relationship?

Has your partner acknowledged that they did the wrong thing?

What steps have been put in place to provide for transparency?

Are you willing to have an honest look at what was wrong with the relationship before the affair?