

# LifeSolutions Corner – October 2008

*“I think the person I love is involved with somebody else. Can LifeSolutions help?”*

Yes. The number one reason people use *LifeSolutions* is for family, marital and other relationship concerns. It is not uncommon for people to call because they think a loved one is having an affair, or because they themselves have been unfaithful, and they want to talk about their feelings and what to do.

## **Why Do Affairs Happen?**

People get involved in affairs for many reasons. Often an affair serves (and is best understood) as a “red flag” signaling personal or interpersonal issues needing attention. If these problems are not recognized and addressed, another person’s attention and interest may become very attractive. An affair usually creates a painful crisis—but it also creates an opportunity to make positive personal or relationship changes.

## **Can Our Relationship Be Saved?**

If you find out that the person you love has been unfaithful to you, you are likely to feel shocked. If you have been the unfaithful person, you are likely to feel guilty and defensive. Both of you may also feel deeply hurt, angry, embarrassed, and confused. You may wonder whether you can or want to continue your relationship.

Some couples do come apart after an affair, but many relationships survive. If you choose to stay together, the trust that had been broken with one another can take a long time to re-establish. However, if both of you choose to recommit to each other and to be honest with one another, and you are able to work through the personal and relationship issues that the affair has raised, your relationship can survive. It may in fact become stronger and more satisfying for both of you than it had been prior to the affair.

## **Further Help**

People who have questions about relationship issues, including infidelity, often find it helpful to talk confidentially with a knowledgeable and supportive person outside their circle of family and friends. If you want to find out more about how *LifeSolutions* can help, please give us a call at 1.800.647.3327.