



# TOP 10 REASONS TO LEAVE YOUR AFFAIR PARTNER NOW

After all, there's no good reason to stay, ever.

By: [Emotional Affair Journey](#)



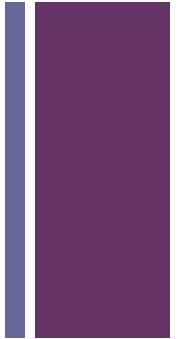
# Let's Pretend

Let's pretend for a moment that you are in another time and another place. You have a great family, a loving wife or husband, and you have some kind of home to call your own.

Soon, you hear a knock at the door. When you open it, you see a person standing there grinning. This person wants to tell you something... "Hello, I am here to tell you that I am going to destroy your entire life. I am going to make sure that you lose your loving spouse, I will make your kids grow to disrespect and ultimately hate you, and I am going to take away your house, your joy, and more than half of your assets.

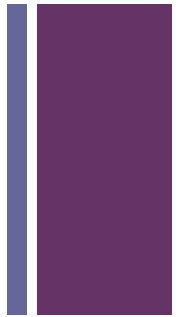
What would you do?

It's up to you to decide if that man takes everything from you. **Because you are that person at the door.**





# The How of Infidelity



## The Anatomy of Infidelity





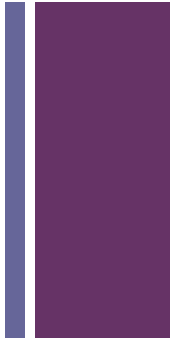
# Reason Number 10

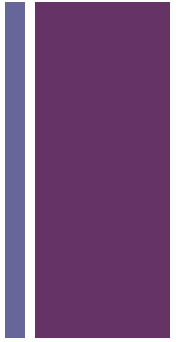
You are only prolonging your loneliness while destroying your life.

You have to admit that one of the reasons you had an affair was because you felt lonely, you felt needy, and you felt like your husband or wife couldn't fill that void. When you embarked on the affair, you soon became intoxicated with the feelings that were generated— by the newness of it all— by the way the other person made you feel. Well, guess what: the affair is only giving you a false sense of company and a false sense of filling a void of loneliness in your life.

*An example:* suppose you had a friend who felt hungry almost all of the time. That hunger was driving him crazy. Well, pretty soon, that friend tells you that he is eating 50 packets of sugar a day and he feels great. The sugar is so sweet, the sugar gives him a high, the sugar fills the void. He is ecstatic because he now has something to eat when hunger calls. What would you tell your friend? If you were a good friend, you would tell him that he was destroying his health and shortening his life. You would tell him that he is now putting himself at risk for diabetes, obesity, and even some cancers. You would teach your friend how to be full on healthy foods that prolong his life.

Well, affairs are like sugar and while affairs may not cause obesity or a shorter life, they destroy the health of your marriage, affairs destroy chances you might have at a long, happy marriage, affairs destroy your children and affairs destroy your spouse. Like sugar, the affair will provide a short-term high in exchange for a long-term penalty. An affair may seem to end your sense of loneliness, but an affair is like a bandage. When the bandage wears off, you have to face yourself and the loneliness again. You have not yet recognized that only you can fill a long-term void within yourself. Until you stop acting like an actual addict and stop using external things to make you okay, you will go from affair to affair. You must meet your own needs.





**What  
you  
allow  
is what  
will  
continue.**

# + Reason Number 9

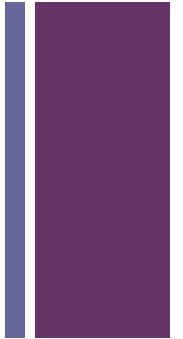
Affairs destroy future generations

Research has shown that affairs not only affect children, they also affect generations yet to be born. Guess what: when you have an affair, you get to be the bad guy or gal who started a really crappy domino effect. You get to be the person responsible for all of the future broken marriages of your descendants.

When you have an affair, you spin a wheel of heartbreak that never stops. Do you really want to be that person? Is this the legacy that you want to leave? Because whether you like it or not, this is the legacy that you will leave.

You will be Mr. or Ms. Homewrecker who started it all and who ruined countless generations. You will have the reverse Midas touch. Instead of everything you touch turning to gold, everything you touch will wilt, die, and beget trauma. Yes, this is all because of your selfish need to go outside of your marriage. Is this the person you want to be?

Do you want your tombstone to say: Here lies a selfish adulterer, breaker of hearts and families. Is this how you want to be remembered? If you don't want to be remembered this way, then keep reading.

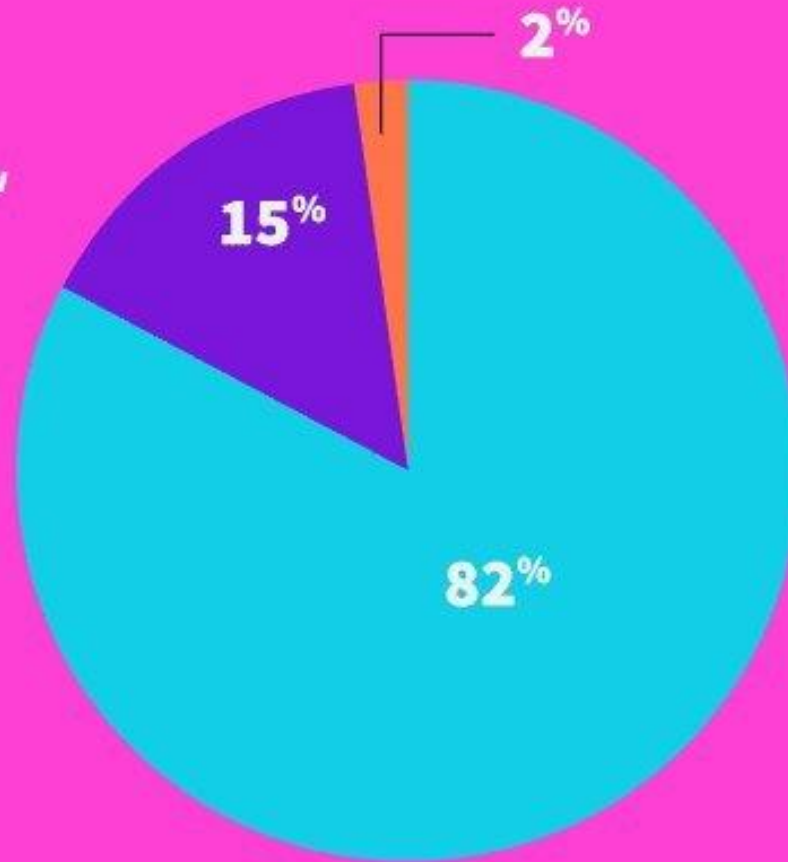




MASSIVE MILLENNIAL POLL

# Do online flirtations or relationships count as cheating?

-  Yes
-  No
-  Don't know





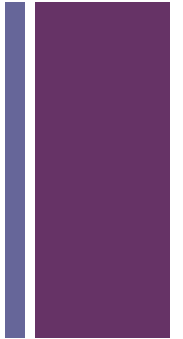
# Reason Number 8

You don't want infatuation to control your life any longer

Infatuation has its time and place and its time and place is in junior high, high school, and even college. As adults, infatuation can play tricks on you. For example, you might see a cute girl or cute guy every day on your coffee run. Since you do not know this person, your mind starts making up a story to fill in what you don't know about that person. If infatuation is triggered and it is associated with this person, you usually make up a favorable story about this person. If full-on obsession takes hold, you soon imagine that this person might be your soulmate and can fill your loneliness.

The mind filling in what it doesn't know can also work in ways that are negative. Suppose that an angry man cuts you off in traffic, makes rude gestures, and yells as he cuts you off. You know nothing about him and so your mind fills in what it doesn't know. If your anger is triggered, you believe this person is a horrible human being, that no one loves him, that perhaps he sprays the garden hose at cute kittens as a hobby. This may or may not be true. In reality, the guy might be rushing to the hospital to help his wife who is in labor.

Our minds make up all kinds of things and you have made up all kinds of favorable stories about your affair partner because infatuation (and likely obsession) have taken hold. Don't allow infatuation to control your life because infatuation will always ensure you make the wrong decision.





# + Is it Love?

## Infatuation or Mature Love

- ▶ The first step in learning how to have a strong close love relationship is to ask oneself “Am I really in love or is this just an infatuation”?
- ▶ Infatuation- is a state of being completely carried away by unreasoning passion or attraction.
- ▶ It is natural to feel infatuation at times especially during your teen years. Some relationships start as infatuation and later develop into love. However relationships solely based on infatuation usually end when the fantasy which they are built on fade away.
- ▶ Mature Love- a strong affection for, and deep attachment to a person whose character the partner knows well. The person accepts and tolerates the partner’s negative qualities.
- ▶ Intimacy- being very close and familiar, as in relationships involving private and personal sharing.
- ▶ Not the same thing as physical, sexual intimacy.



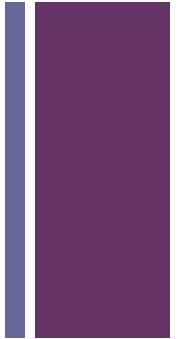
# Reason Number 7

## Bad actions never produce good results

There is a truism that says, “to begin rightly is to end rightly.” But, common sense also tells us that we cannot get good things by behaving in ways that harm others. Sometimes it may seem like the bad guy wins and gets good from his actions, but that is because either we don’t know the whole story or there has not been enough time for the bad guy to get his.

Here is an example of a bad guy who thought he was getting good from his actions: Bernie Madoff. For a while, Bernie and his family lived the lives of multi-millionaires on other people’s money. We all know what happened in the end. Bernie is in jail and his two sons are dead. I bet Bernie would take a do-over as a poor person if it ensured he would be a free man and his sons would still be alive.

Like Bernie, infidelity has you in emotional prison. You are not a free person because of what you are doing. You are a slave to the rollercoaster of infidelity. Nothing good will ever come of it if you continue and it is only a matter of time until your entire world implodes.



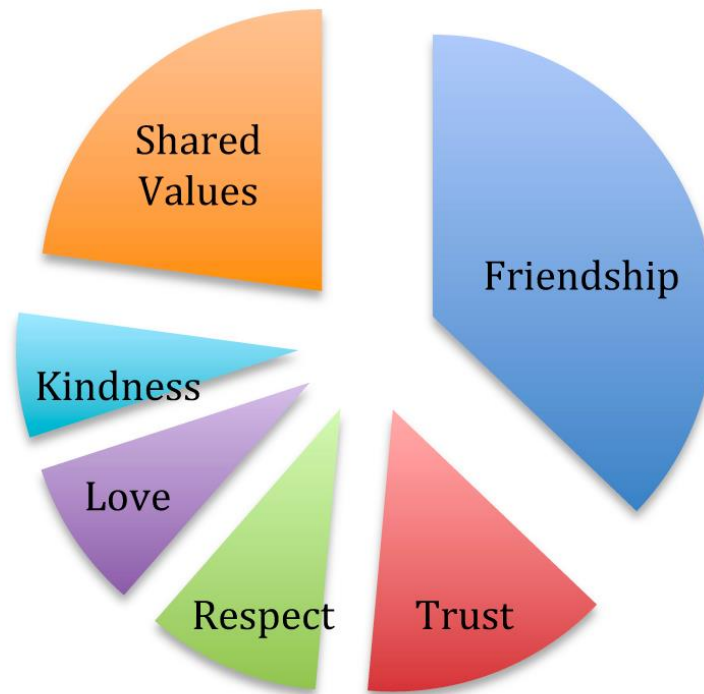


# Did you Know?

This is what a healthy relationship looks like



## Healthy Relationship





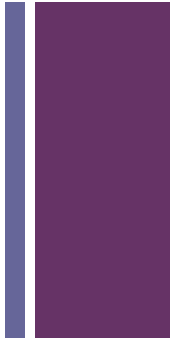
# Reason Number 6

Because exceptional people and real heroes are not cowards

If our U.S. Troops wouldn't have so fearlessly stormed the beach at Normandy, we would have had a very different end to World War 2. Over 9,000 men were killed or wounded that day, but the men knew that their selfless actions served a higher purpose. If our ancestors who fought the American Revolution took the easy way out, we would still be under England's power. If our forefathers hadn't fought for the First Amendment, America would not be the most free country on earth.

A person who is unfaithful is a type of coward. Instead of facing the issue at hand, he or she goes and runs into the arms of a lover. This just compounds the problem.

Infidelity is really about you, the unfaithful, not wanting to face your issues. Those issues could be things like low-level depression, frustration, not being able to get needs met in healthy ways, or just plain, old lust. (Lust is one of the seven deadly sins.) Don't be a coward. Be a man or a woman and clean up your act and rededicate yourself to your marriage. This is what a hero does.





# Reason Number 5

Because your affair partner is not your soulmate

One of the most common things that adulterers say is: “I have finally found my soulmate.” This is the big Trojan horse of affairs and this is probably why the condom manufacturer named itself accordingly.

Here is what we mean by a Trojan horse. The very thing that looks like a gift is actually the thing that ushers in your demise. Affair partners can never be soulmates. You see, soulmates are pure in nature and are not made when someone else has to be profoundly hurt. A soulmate does not come after you have committed yourself to your spouse.

While it's true your spouse may not be your soulmate, that does not mean the other person is. But, if you think about it, there was a time you felt your spouse was your soulmate and we're betting that he or she is your soulmate. You just didn't realize that with soulmates we can experience life challenges and they can help us grow as individuals. Notice that you didn't get a divorce before you had an affair. If you had divorced your spouse, then they probably were not your soulmate. But since you did not divorce them, this says it all. Either way, the other person can never be a soulmate so stop fooling yourself.



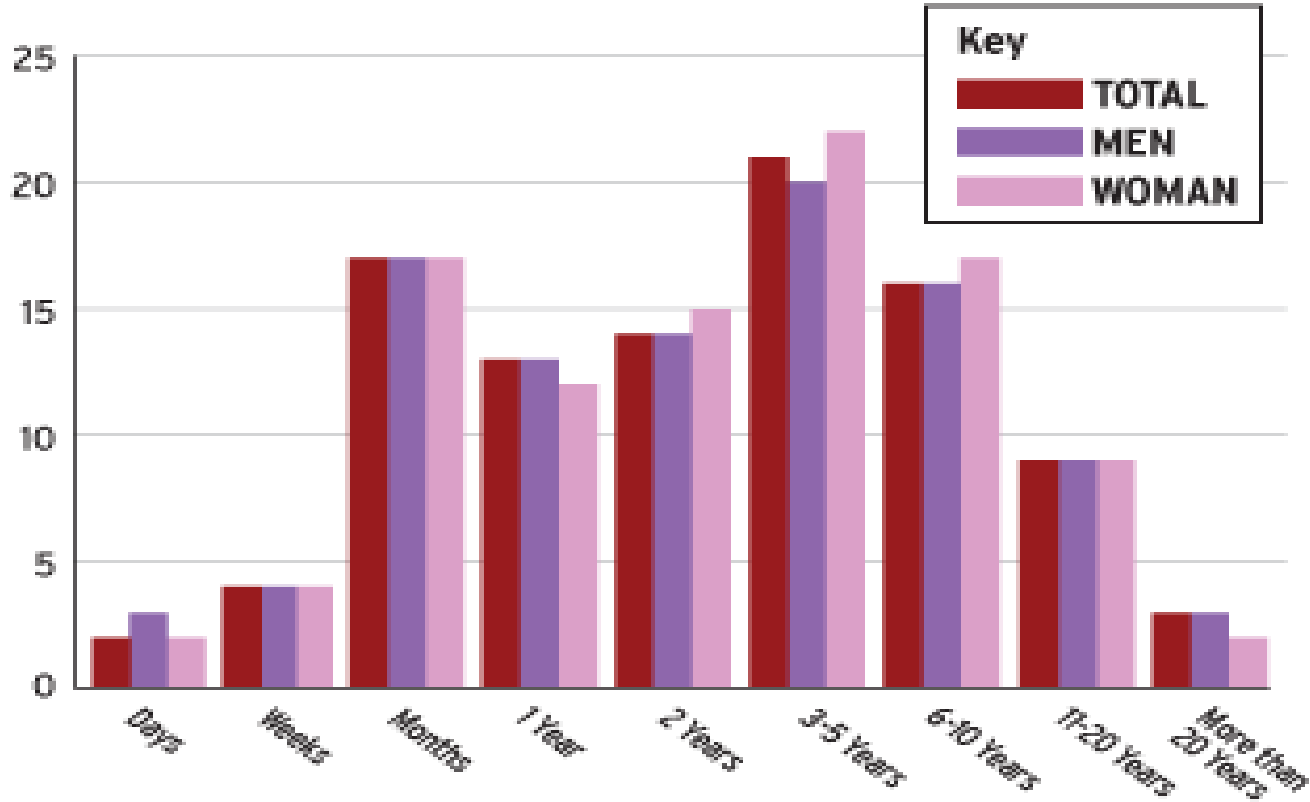


# Did you know?

Length of average relationship versus gender infidelity



## How long were you with your partner before you first cheated?



MSNBC.com/Village Lust, Love & Loyalty survey



# Reason Number 4

Because you can have an affair with your spouse

Once upon a time you believed that your spouse was the end-all-and-be-all to life. Maybe it was when you were dating and maybe it lasted well past the actual honeymoon. During that time, you felt high from being around your partner, you knew you were with your soulmate, you counted the hours until you could see them again. You were reveling in a feeling and believing you were with a soulmate because of the feelings you had when with your spouse. But, those feelings go away because they are based on the powerful and heady cocktail of neurochemistry.

You can get that feeling back and you can have the same feeling with your spouse that you have with the other person. But, it takes work and the result of such work is a payoff bigger than the fleeting obsession that affairs produce. But, it's up to you. You must get rid of the other person in order to make that happen.

You must now date your spouse and do all the things for her/him that you do for the other person. Gifts, flowers, passionate love-making: these all create the same headiness that dating created and you can be in love with and in lust with your spouse again.





## + Are you willing to be your spouse's hero?

They say love is blind. I disagree.  
Infatuation is blind, love is all-seeing  
and accepting.

Love is seeing all the flaws and blemishes  
and accepting them. Love is accepting the  
bad habits and mannerisms, and working  
around them. Love is recognizing all the  
fears and insecurities, and knowing your role  
is to comfort. Love is working through all  
the challenges and painful times.

Infatuation is fragile and will shatter when  
life is not perfect.

Love is strong and it strengthens  
because it is real.

Or does your spouse just get the scraps?





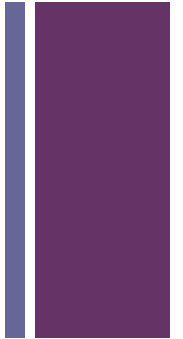
# Reason Number 3

Over time, doing the wrong thing devastates a sense of self

Looking in the mirror is hard when you know you are devastating the lives of others. Your sense of self is diminished, as it should be. Good people don't do what you are doing and you cannot simultaneously be a good person and an adulterer. Life does not work that way. You were probably a good person before the affair began and you can be a good person again after you end the affair for good.

Do you want to be a good person and have your sense of self-worth back? Then, end the affair for good and get on with being the good person that you once were. You can be a good person again and it requires doing good actions. Our actions define our goodness or not. While we cannot control what we think, we can control our actions. There are millions of genuinely good and saintly people who are lustful and become tempted by another person. But these same people know that there is no sin in thinking, there is only sin in doing. Being good is about actions, not thoughts. Those people who are 'saintly' face the same temptations you do.

Good people choose NOT to act on lustful thoughts and good people get help before lust gets the best of them. Sometimes good people fall from grace and have an affair. But, now they are fallen people, not good people. Good people stop having affairs, get help, and choose the path of good. Once you give up bad actions, you are a good person again.



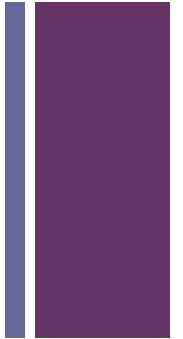


# Reason Number 2

You will never find genuine happiness or satisfaction

“Many feel like their brain has been awakened and their spirit revived, yet while bearing the tsunamis of guilt and shame,” says Bill Lokey. You see, even though you may think you are happy, your life is a co-existence with guilt and shame and even a little self-hatred. The feeling that you are mistaking for happiness is actually just newness. Do you remember when you had this feeling of newness with your spouse? Don’t try to deny that you once had it with your spouse because everyone reacts to newness and novelty in the same way.

Guess what: one day the novelty of the other person will wear off. We cannot predict when it will happen but only *that it will happen*. The reason it will end is because the high you get is all due to neurochemicals that have hijacked your brain. Those neurochemicals have a shelf life. One day your brain will get used to the other person. If you rely on that feeling, you will then go out and find yet another person. Rinse, wash, repeat. Oh, the complex webs we humans (choose) to weave.





# Reason Number 1

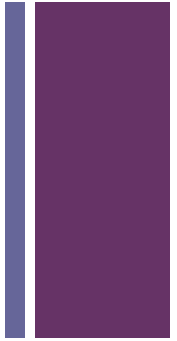
## Do to others only what you would like done to you

Or, to state it differently, “don’t do to others that which you do not wish to have done to you.” This is the the Golden Rule that we all learned at some point in our lives.

So, for a moment, step out of your shoes and step into your spouse’s shoes. How do you think she/he would feel about you continuing an affair? Don’t you think that she/he would want you to end it sooner rather than later? Because the longer you drag it out, the worse it becomes when you do end it. Being passive is cowardice.

*If you are a man cheating on your wife*, let’s pretend that your wife has a male lover. Let’s pretend that her male lover is doing all of the same things to her that you are doing to the other woman. But, let’s pretend her male lover is doing it BETTER than you ever did. Let’s pretend that your wife and her lover laugh at your lack of performance. That would hurt, wouldn’t it? If you continue your affair there is a high chance your wife could have a revenge affair and do all of those things we stated. Would you like to have her do that to you? Then don’t do it to her. It’s time to break it off now and re-devote yourself 100% to your wife and children.

*If you are a woman cheating on your husband*, let’s pretend the same thing. Let’s pretend your husband is confessing his undying love to another woman. Let’s pretend he is doing things for her that he never did for you? That would feel just terrible. Would you like him to do that to you? Then don’t do it to him. So, it’s time for you to stop your affair and tend to your children and family and give them 100% of you. You can’t give 100% to your family while giving yourself away to a lover. It does not work that way.



# + How to Break It Off with Your Affair Partner

- Break it off in a very civil and clear way, over the text or phone
- Tell the person that she/he was an active participant in the affair and that you are no longer willing to live a lie.
- You do not need to apologize to your affair partner. She/he is an adult and a consenting one at that. Your affair partner went into the relationship knowing she/he was an equal partner in breaking a moral law and knows she/he is an equal partner in wrecking a home. Your affair partner is not a victim and does not deserve an apology. Apologies are for your spouse and family.



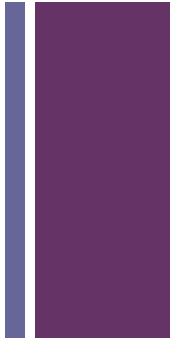


# If Still Are Not Convinced...

Do you owe your affair partner anything at all?

You might say to yourself, “I am a good person and I don’t want to hurt anyone.” Throw this justification out the window. Here is why:

- As long as you are having an affair, you are NOT a good person. Being good is both a quality and a behavior. You must live life as a good person and have behaviors that reflect you are a good person. Having an affair turns you into a bad person and you cannot be a good person again until you let go of the affair partner for good.
- You say you don’t want to hurt anyone, but think of it this way. You have already wounded your spouse deeply and you have profoundly harmed your marriage. Forget about the other person’s feelings because she/he was a 50/50 participant in harming your spouse. You cannot worry about harming your affair partner because the other person knew full well what she/he was getting into and she/he is not and never was a victim. She/he does not deserve an apology and does not deserve your guilt or your sympathetic ear. Save it ALL for the only person that matters: your spouse.





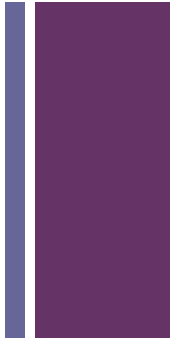
## Continued...

You didn't actually believe we would let you off so easily, did you?

Here are some other things you do not owe the other person and **should NOT do with the other person:**

- Any kind of 'talking it through' or any kind of listening to her/him at all – don't do it.
- Any contact, no matter how benign you believe it to be. No checking in via email, no birthday wishes, and **NO CONTACT** when she/he reaches out to you as a manipulation tactic. Don't even think about it!
- Any mindset where you envision the other person as the victim. We'll say it again: victims are not those who willingly participate in destructive situations. Victims are the innocents who are harmed by the evil actions of others. Thus, your spouse is the victim and the other person **HELPED** you victimize your spouse. So, unless you forced yourself on the other person each time you had physical contact, she/he is not a victim.

So, don't insult the real victim, your spouse, by even putting the other person in the same category. Don't ever, ever, ever lose sight of the fact that your **SPOUSE** is the **ONLY VICTIM** here. No, ifs, ands or buts about it!



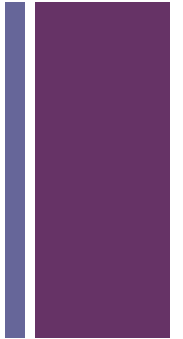


# How to Tell Your Spouse

You should do this in a therapist's office with a therapist of the same gender as yourself.

**There is no good way to tell your spouse. But here is the gist of what you can do:**

- Tell your spouse that you have made a huge mistake and that you understand the repercussions for such a mistake.
- Provide the basic facts about the situation.
- Tell your spouse that you want to work through it and ask if your spouse is willing to work through it.
- Tell your spouse that you broke it off, what happened when you broke it off, and what measures you will take so that you never make this mistake again.
- Apologize *many times* if you must.
- Also acknowledge your spouse's hurt and show that you have empathy for him or her.
- Finally, **never blame your spouse for your actions**. You had the affair, now own up to it.
- No matter how old you are, if you have not become an adult, now is the time to do so.



# + How to Move Forward

The rules are as simple as this:

- Delete all contact info, emails, texts, photos, and emails from the other person.
- No matter what the other person might say to you, go no contact and never engage in future communications.
- Never allow the other person to manipulate you by telling you that you are a bad person if you leave him/her. (Note: the other person will be holding you emotional hostage by saying this. This should be further proof that he/she is not such a nice person.) If you want to be the 'Good Guy' or 'Girl', you will leave the affair partner for good.
- Do not ever blame your spouse for what happened. No matter what your spouse did, you chose not to get a divorce and you instead chose to cheat. The burden is 100% on your part in the affair and another 100% on your affair partner. Either you or the other person could have stopped. If your affair partner chose not to stop, she/he is equally guilty. Part of being an adult is not blaming the victim for your actions.
- We'll say it again another time: whatever happens with your affair partner, your job is to have no further communications or contact. There are no exceptions to the rule.



# + Still not convinced?

You have been warned....

I am sorry, sir, but your name is not on the list. It says here that when you were alive, the other woman was too hot to give up. But let's look on the bright side. I think you will be happy spending eternity with her in an equally hot and bright place.





# Lose the Other Person Now



Now is as good a time as ever to break it off with the other person.

There is no justification to continue and it is time to let the other person go. If you follow the right path and break up with your affair partner, it may be difficult in the short term, but the rest of your life will be all the better for it.

Do you want to be on your deathbed knowing that you never made things right?

We'll leave you with two quotes to ponder by Johann Goethe:

*“Only by joy and sorrow does a person know anything about themselves and their destiny. They learn what to do and what to avoid.”*

*“Things which matter the most must never be at the mercy of the things which matter the least.”*



# If You're the Unfaithful Partner (Or Married to One) and Feel Like You Need Some Direction

## This just might do the trick...



Typically at some point during or after their affair, the unfaithful find themselves getting off track, feeling lost and not knowing what to do or what to say throughout the healing and recovery process. It's normal.

So we put together a bundle of resources to help guide the unfaithful towards a better understanding of where to go from here.

[Click Here Now to Learn More](#)