



EmotionalAffairJourney
Follow our journey as we save our marriage after an emotional affair

The Unfaithful Female – “Sara”



“Sara”

Note: *We did not conduct a phone interview with Sara, as she preferred to answer questions in writing.*

Tell me a little about your affair story. What type of affair was it? How did it start? Who pursued who? How long did it last? Is it still going on? etc.

The affair was between a co-worker and I, who was also a friend of my husband's. He and his wife hung out with us and other friends on a regular basis, I also watched their children when they would go on date nights. We knew each other for about 2 years before things turned...

I started working a lot because money was tight, I had just been promoted to a new position and worked in a different department that worked closely with his department. At first, we just became very close friends, he would notice if I was having a bad day and ask what was wrong. At first, I wouldn't open up but then I began to share some problems at home that we were having. He would offer some suggestions/advice/support and then began telling me about his own marital issues.

Things just didn't seem to improve between either of us. He began pursuing me, I remember thinking to myself that I would never EVER cheat on my husband... things weren't great but I wasn't going to do anything that would make it worse. He was very persistent, but to be honest I did enjoy the attention- I wasn't getting any at home.

Then it just sort of snowballed... we were spending a lot of time together at work and then would see each other if our families got together and we began to develop feelings for each other. The whole affair lasted about 6 months- 2 of those months it was emotional and then things turned physical.

Did you share your (if any) unhappiness in your marriage with your husband before you had the affair?

My husband and I had so many discussions (read: arguments) about reasons we were unhappy. The main things we could never agree on were our finances (my husband is a spender, I'm a saver).

I always felt like I was the bad guy for telling him that we couldn't go out to eat sometimes or buy something that he wanted or do this or that with our friends because we needed to save money, but he was never responsible enough to do that sort of thing for himself), help around

the house (I work full time, he quit his job to go back to school, I would come home and be expected to cook and serve him dinner, clean the kitchen, keep up with laundry and housework- but he rarely helped out if I asked for a hand), and intimacy (I felt that he wasn't attracted to me anymore- he would jokingly call me "chunky" or make fun of my cupcake obsession (I was also guilty of this banter towards him however it was very rare). He also would jokingly comment about how attractive the girls at his college were...

I did know that he was "kidding," but after hearing it enough times, and pair that with the fact that he didn't want to have sex with me whenever I tried initiating it, a girl starts to think he really does mean what he says.

So I lost 15 pounds in hopes that he would pay more attention to me/ be attracted to me again. One day after work I went to the store and bought new lingerie, went home and changed (he had been home from school and was playing video games on the couch in the living room) I walked out to surprise him, started walking toward him and began trying to get him to come to the bedroom and he says "can you get out of the way?" Literally the most unwanted I have ever felt. It was after that that things began to intensify in the affair.

Was it discovered?

Yes.

Are you still married?

We are still married and working to reconcile our relationship with one another.

Is your affair partner still married?

I have had zero contact with them, but I believe that they still are married.

How and why did it end?

His wife found text messages between the two of us on his phone. She sent them to my husband.

Have you had any contact with him since?

The first two days after it was found out, we tried to lie and say that nothing had actually happened, that we had just been sexting. We talked in secret trying to figure out what to do to

cover it up. I knew that eventually everything would come to light so I told him that we needed to be truthful about the whole thing from then on out.

When I told him that we had a long talk about what would happen after we told the truth... I honestly don't remember what all was said during that talk but I do remember that he "jokingly" suggested that we run off together but I knew that's not what I wanted. We cut off all contact with both of them after that and haven't spoken since.

Are you tempted to?

Not at all.

Questions from betrayed husbands/men.

The most often asked question...

"Why? How could you betray me? Did you stop to think about the pain this would cause me and your children?" What lead to you straying so far that you had an affair?

I think that the biggest factor was having a very persistent man interested in me. But I can't just blame the whole thing on him. I take full responsibility for my actions and I knew the whole time that it was wrong. I had shot him down multiple times before but he never let up, I eventually just gave in.

Looking back, I should have been more firm with him and put my foot down from the get-go (being stern when he flirted or made inappropriate comments instead of just laughing it off), but during that time I was very vulnerable- I felt like my husband was only with me because of what I could do FOR him (pay the bills, cook, clean, do his homework, etc.) - not because he loved ME.

I had also been off of my birth control for a couple of months so that I could lose weight and my hormones were all out of whack. So, there were a lot of factors that went in to that terrible decision but the common denominator is me. Had I been stronger willed and had a clearer head when all of that was going on, I believe I would have handled things much differently.

Was the affair more about emotional needs or sexual needs? Please explain...

We did have sex multiple times, and it did "meet my need" for that, but for me it was more about having emotional needs met. I felt that he understood me when I would voice my concern about things that bothered me. When I would try to do that at home, I would get

yelled at and told that if I didn't like the way things were I should just leave. To me that says "I don't care about your feelings enough to change what I'm doing that hurts them, so I'd rather just get a divorce than work on things."

It seemed like we were "on the same page" about every issue- maybe he was just trying to be agreeable to convince me to sleep with him, but to me it felt like honest consideration for my feelings- something I hadn't experienced since my own husband and I had been fighting so much.

Did you compare the sex and the emotional connection between AP and husband?

Yes. I felt that he "took care of me" in the bedroom- it was always focused on me getting what I wanted and he made sure that I was comfortable. He took his time... That was one of my biggest complaints to my husband. When we would have sex it seemed like it was just for him to get off, it didn't feel romantic, I didn't feel wanted, and I thought he was just using me to get what he wanted without any regard for what I wanted or needed. The emotional connection seemed to be very strong as well, it felt like we "got" each other. We agreed on almost everything and had the same outlook. Whereas during that time, my husband and I couldn't even agree on where to go out to eat, much less the more important decisions that we needed to make as a family.

What did you feel you were getting from the relationship that your husband couldn't provide?

Mostly attention. It sounds immature, but when you're busting your ass to make sure that your bills get paid, being gone to work 10-12 hours a day, then having to come home and cook dinner, feed the dogs, clean up the kitchen, do laundry, and your husband's homework while he plays video games... it's pretty sad feeling like your only objective in life is to attend to all of his needs without him reciprocating any of the time or effort you put in to the relationship.

I loved my husband so much and tried so hard to be a good wife to him... even lost weight so that hopefully he would be more attracted to me, but he didn't even seem to care. I felt like a maid or his mom rather than his wife- even did way more things for him than our other friend's wives did for their husbands but he was so ungrateful and didn't recognize what it was doing to me. It was exhausting. And I allowed so much bitterness build up toward him and didn't have a way to deal with it. The affair became an escape from all of the stress that I felt at home.

Do you have fond memories of the affair?

I have fond memories of us all hanging out as friends, from before the affair started. I don't want to think about the affair itself because I know it was all built on lies and immoral actions... so any "fond" memories aren't actually real. I've read so many articles, books, listened to podcasts, etc. about affairs and have realized what is so true about them. You're in this alternate reality that seems like things could be so great if only your own spouse could be more like this other person... but you're only focused on all of the good in them and all of the bad in your spouse. Once you step back with a clear head you're able to see that all of that is backwards and none of it is real.

What did the other person and the relationship really mean to you?

He became a very close friend, and although we did have feelings for each other, I never loved him. I never wanted to get a divorce from my husband, I had always hoped that things would just work themselves out at home and that I would eventually end the affair and live life as normal. It's very selfish, but since things weren't going the way I thought they should, the affair was a way to get what I wanted in the interim.

Had you discussed leaving your spouse and/or him leaving his wife? Did you think he would leave his wife? What happened?

We never made any sort of plans about getting together, although it did seem sort of implied that was something that COULD happen later on down the line. I knew that the only way he would leave his wife was if I left my husband and he knew that I wasn't going to do that.

After the affair was found out his wife contacted me on 2 separate occasions asking if I wanted to be with him because she "couldn't stand to see her husband in love with another woman" and that he is "so upset that he didn't tell me that he loved me sooner and thinks things would be different if he had." But to be honest I could never actually see myself being with him, despite what I did I still loved my husband and wanted things to work out between us.

Did you go through a period of fence sitting where you were trying to decide what to do and who to be with? How did you deal with that?

The day the affair was found out, my husband and I met at my mother's house to talk about things (wanted to have other people there because I didn't know how he would react). My sisters were there and he brought one of our mutual friends who was with him when he received the "proof." It was almost kind of decided for us that we would get a divorce- my family knew about my complaints and unhappiness in the marriage and we all assumed that

my husband would never be able to forgive me or want to be with me after being unfaithful. Everyone had their own opinion about it.

I entertained the thought of being with the other man for about a split second, I knew that's not what I really wanted... to be a homewrecker and end up with someone I knew to be shady (not just in his personal life but also in his professional life)- what a joke! And what a mess I had gotten myself into... After the initial shock of the affair and its revelation, divorce seemed like the way to go, but after discussing things with my husband we decided to try to work things out.

Do you still love your husband? If not, why not?

Yes, I think I love him more now than ever after almost losing him.

Do you feel that you loved your husband during the affair?

Yes, I have always loved him. I just think that I was extremely annoyed and upset with his behavior and unwillingness to change that so much resentment built up and I allowed some outsider to step in and distract me from actually working on my own marriage to improve it.

Do you want to stay married? Why? Why not leave for the affair partner or just leave to be on your own?

I want to stay married because I love my husband. I love the life we have built together and the memories that we share. I love our friends and the activities we do together. This was a very, very stupid mistake because I know that we are supposed to be together, Even though things weren't perfect, I feel like I ruined a good thing. If we divorced, everything would change for both of us, our lives would be flipped upside down.

Do you feel that you blame (or at one time blamed) your husband for your affair? Please explain.

I wouldn't say that I "blamed" him for the affair, but I do think that I have used what he did in the relationship and how he treated me as a defense for what I did, which is totally unfair to him. No matter how bad things got, having an affair should never have been an option.

Sure, he wasn't "holding up his end of the deal" when it came to our marriage and responsibilities, but two wrongs don't make a right, and certainly not in this situation. It almost negates all of the "good" that I did pre-affair, because it's like no matter what I did before (or even what I try to do now), I still cheated, I still broke our vows, I still shattered the bond and trust that we had and it has and will take so much work to get that back.

Have you told your husband all the details about the affair? If not, why not?

He knows everything, from the best that my memory can serve. Things have come up since the initial “spill,” and I have been completely honest with any details that either I remember or he asks about.

Do you feel that you have a good understanding of what your husband has gone through? How has that affected you?

Seeing my husband process that pain that I have caused him has been absolutely heart-wrenching. Looking back I can't even believe that I could do such a thing and seeing the effects that it has had on him have made me feel overwhelmingly regretful.

I never imagined myself in this situation (having an affair or it being found out), and never thought that this would be something that we would go through. I have this internal battle in my mind now of whether or not I'm a “good person,” and it's a real struggle. I told so many lies and did so many shady things, went completely behind his back and betrayed him... and it's like I made this mess and am doing everything I can to try to fix it but I'm still doing things wrong, he's still hurting.

Knowing all of this heartache could have been avoided is the most frustrating aspect; I'm so mad at myself for not holding myself to a higher standard, for not being a stronger person, for not taking a break from the chaos at home before it got so out of hand that I just turned to someone else that could never even “fix” my problems anyway.

What has your reaction typically been when your husband wants to talk about the affair or your relationship?

I am open to talking about the affair, I do admit that I can get defensive when he says hurtful things about it, but for the most part I do try to see things from his point of view and think rationally about it. The hardest part is when we get into arguments about something completely unrelated and he brings the affair up in the middle of it.

Does your husband do anything that makes it harder to talk about the affair?

My husband doesn't just want to “talk about the affair...” it usually comes up when we are having an argument about something unrelated and he will throw what I did back in my face. He has called me names and said some things that are very hurtful. But we knew this was going to be hard when we decided to work things out so I am just trying to take things one day

at a time. I know that the reason he lashes out like that is because he is hurting and wants to let me know, if not make me suffer as well. I'm committed to him and the healing of our marriage, so if I have to fight through some of that too for us to get back to a solid and secure place/feeling, then I most certainly will.

Let's say your husband asks you...How do I trust again now that I've given you another chance? What sort of things can you do so that I won't worry every time you leave the house?

I keep in touch with him regularly, he has tracking on my phone so if he ever wanted to he could find my location at any time. Building the trust takes time, but I am committed to doing whatever it takes to earning it back. I don't want to let him, our family and friends, or my God down again.

Would you say that you are putting forth 100% effort now to make the marriage work and help heal your husband? Why or why not?

At first, I was doing literally ANYTHING I could to mend things with him. Things were pretty rocky for a while so I felt like I was walking on eggshells as to not upset him in fear of having what I did brought up and thrown in my face again. Things got better little by little.

I enrolled in an online marriage system (he doesn't want to go to counseling), and applied everything I learned, and am doing my best to become a better wife, friend, person in general. I started going back to church which has been a huge help for me, but it's hard because my husband "doesn't really believe in God," and I think that would help him get through this and other things- having something to believe in that is bigger than himself, something to cling to when everything feels like it's falling apart.

Often, after the discovery of an affair, the betrayed spouse goes through a process where they make changes and/or work on themselves. Has your husband done this and how do you feel about that? Do you accept this "new" person?

We both started working out and have been trying to eat healthier, but other than that he hasn't really made any changes. I'm glad that he is trying to live a healthier lifestyle, that was something that I had tried to encourage him to do before.

Do you have guilt and/or shame for what happened?

Overwhelmingly yes. There are days I think about it and just start crying, I can't even begin to imagine why I ever decided to do what I did. I feel like I messed up a good thing that was just going through a rough patch and made everything so much worse.

I still have to convince myself that I'm a good person that made a very bad mistake, and as long as I do whatever I can to try to make it better I have the chance to redeem myself. I feel like almost everyone at work knows about it and has their own opinions about me or my husband or our decision to try to work things out, and for a while walking in every day I couldn't even look people in the eye because I was so ashamed of myself and embarrassed. It's been really hard but I know it's even harder for my husband.

Do you feel that your husband has forgiven you? What has that meant for you and your marriage?

My husband has said in many arguments that we have had in the first few months that he would never forgive me... it crushed me and felt like a death sentence for us and our relationship. But I had to keep trusting God and showing him that I am a person that he can grow to love again and want to be with, praying that he has a change of heart. We get along pretty well now considering everything (we are 6 months out from D-Day) but I'm still hoping for the day that he tells me that he forgives me.

Questions from betrayed wives for their husband's affair partner

The number one question(s)...

Why did you have such little regard for the fact that he was married with children; did you not care about the impact on us? Why did you have so little disregard for your own husband and children? Help me understand what you are thinking.... you have a child; you have a husband; Your affair partner has a wife; your affair partner has children; do you not see that this is hurtful to all those who are touched by your actions? Do you not care that others are hurt?

This was my biggest reservation... I KNEW that people would be hurt from this if it were found out and I never wanted that to happen. I remember before the affair began having an

argument about this exact thing and was assured that “no one would be hurt...” foolishly, we never expected to get caught and had no idea what would come of our actions.

How did you justify your actions?

In my head I thought this was the way to receive admiration, attention, and get what I was so desperately aching to get from my husband, who didn't care or seem to even love me anymore despite sharing my feelings with him. I always knew it was wrong, I had even cried after meeting up with him wondering how in the world my life had come to this. But there was something about it that wouldn't let me stop, even after trying to break it off.

Why would you want to be with a man who was showing you he was a cheater?

I guess it made me feel wanted- he already had a wife and since he was bypassing her to have me it seemed like I was the “better choice” to him I guess? I don't know... I was so insecure since my own husband didn't pay attention to me or care to give me the things I told him that I needed I guess I just enjoyed getting it from someone else even though it wasn't real anyway.

Did you understand the ramifications of your actions?

Not until after the fact did I realize what I had really done to them and to my own life. It's heartbreaking thinking about what I did not only to my own husband, but to one of my best friends.

One woman asks...What were your thoughts about me while you were carrying on with my husband?

My thoughts about her didn't really change. I knew that she had some issues that she was battling within herself and we even remained friends and hung out with each other while the affair was going on. I was the only person trusted to watch their children, so I was the one that babysat their kids while they went on date nights... all while having this stupid secret relationship on the side. I see how sick that is now and I can't believe how naïve, selfish, stupid, (I could go on) I was to think that it was okay. I miss her and her kids and feel terrible for what I did.

What were your thoughts about your own husband/children when you were having the affair?

I don't have kids, but I think that if I did I wouldn't have had the affair. I was so frustrated with my husband during the affair I pretty much only thought negative things about him. But the

affair was never like a “screw you, you hurt my feelings so I’m going to hurt yours ten thousand times worse by cheating on you...” It was literally this second relationship on the side that I used to get the attention that I wasn’t getting from my own husband. I was still so in love with him though, I couldn’t imagine my life without him, but I was just so hurt and exhausted from trying so hard to be everything to him without getting what I needed in return. It was like in the places he was falling short I was having someone else subbed in.

Were you not worried about your husband finding out?

I was SO worried about him finding out. I didn’t sleep well some nights, just constant worry and looking over my shoulder, never letting my phone out of sight, lying about working late. I had become this shady person with a relationship on the side. It was so stupid. And in the end the whole truth came out anyway, and here we are now.

What unintended consequences have come from the affair?

For one, we lost some good friends. My husband would tell you he was never a good friend, but had the affair not happened we’d still be hanging out with them every other weekend, they’d be going golfing together, and his wife and I would be going to the pool with their kids. Our selfish and stupid actions have ruined that friendship and I hate it. Our other friendships have also somewhat suffered as well- at first no one wanted to hang out with me because they were disgusted by my actions and rightfully so. But over time they have become really understanding and are able to see both sides of our story and respect our decision to try to work things out, so having their support has really helped us.

I also found out that I contracted an STD from him. At first both my husband and I were very upset and frustrated, I was so mad at myself all over again (still am) but thank goodness that it didn’t/doesn’t affect either one of us so it’s not a huge issue anymore (at least I don’t believe it is).

Many of the betrayed wives who responded to our survey came across as feeling that you are a husband poacher and everything was pre-meditated to some extent. What do you say to that?

I don’t mean this in a cruel or mean way whatsoever, but if I was a husband poacher, we would have been together before any of this came to light. The affair partner wanted to be with me, he had considered leaving her before things even escalated between the two of us. But I never planned on leaving my husband to be with him and it was in no way pre meditated.

One thing that I became more aware of while pouring through these questions is the notion that there is some sort of unspoken code between women and mothers. Here is a typical question with respect to that...How did you allow yourself to go against everything most women do for each other which is to have the back of their fellow woman? Isn't there a loyalty from woman to woman, mother to mother?

I believe that there is a sacred woman's code, we were friends for a couple of years and were pretty close- she shared a lot of her heart with me and I guess the only explanation for breaking that code is the excuse that I was hurting. I ignored or chose not to think about how what I was doing would make her feel, and I hate myself for not taking a stand not only for myself and my marriage but for her by not giving in to his advances.

How have you suffered from your choices? Are you remorseful for the pain you caused?

I think remorseful is an understatement... Knowing the pain that this caused my husband and just thinking about how low she must feel knowing that her husband was sneaking around her back while she was taking care of them- it makes me sick. I regret everything and wish we could all go back to the way that it was before any of this happened.

Have you ever thought of contacting his wife to apologize? If so, did you follow through, and what happened?

I wrote her a lengthy apology message on Facebook a few days after everything was found out (we had each other's phone numbers blocked), basically explaining everything from my point of view and apologizing for betraying her and how sorry I was for how this would affect her kids whom I care so much about. She said that she has "prayed and prayed and prayed and that everything was going to be okay," that she understands how it happened, that she forgave me and even brought up how she did things wrong in their own marriage.

At first I was floored that she would be able to say these things after suffering such a low blow, but after going back to church, reading countless books, articles, listening to podcasts about affairs, I understand how she was able to say this and how strong of a woman she is for being able to go through and deal with what she has. I really do miss her, I wish I could give her a hug, tell her how sorry I am all over again and let her know that I am still praying for her and her family as much as I am praying for my own.

Looking back, how do you feel about the whole situation...What was your ultimate goal? Did you get the results you expected? What would you have done differently if anything?

Talking about the apology? Now that I've lived a little since then, there's a lot more I'd like to say to her. In a dream world my goal would be that we all are able to be friends again but I know that would never happen. I wouldn't care if I never saw my affair partner ever again in my life, but I'd at least like to be friends with her and be able to hang out with their children. The only thing I would have done differently (other than not having the affair at all) is be truthful from the beginning.

How do you feel NOW that he's chosen to stay with his wife?

I'm glad that he is staying with her- he thinks that she needs him but it really is the other way around (he is a very good bill-payer and supports their family, but isn't there for them emotionally). I just hope that he's treating her right... he can be so cruel to her, I hope that his eyes become opened to everything that she does for them and that his heart is softened toward her and that they are able to fall in love all over again, which is the same I hope for my own marriage.

Being in this position is extremely awkward/strange but I have the unique ability to be able to see both sides of the situation since I was so close to both of them. I just want all four of us to live happy lives.

How did you emotionally handle the fact that your affair partner more than likely continued normal life (and other) activities with his spouse? Did it bother you that he was sleeping with and having sex with his wife? Did you feel jealous?

I'm not concerned with their life, honestly before these questions I was solely focused on my own husband and marriage and didn't care what was going on in their lives. But they do have me thinking now... Them being together doesn't make me jealous, what makes me jealous is that I know that she was taking him back with open arms after this being the second instance of infidelity on his part.

I don't know what goes on behind closed doors but knowing how hard I have worked to mend the relationship between my husband and I is frustrating, because I know that my affair partner's ego is too big to ever humble himself to his wife and take full responsibility for his actions like I have to my husband.

Would you get back with him if he contacted you again? Why or why not?

He did try contacting me via co-workers and family members shortly after everything was found out. But I have no desire to be with him at all. I realize the relationship that we had was

based on this false sense of security- we thought very highly of each other and chose to look past all the bad and had no regard for the mess we were making.

What are you struggling with most since the discovery of your affair?

Seeing how much I hurt my husband is the number one thing. I spent so much time before the affair thinking that I was this perfect wife that was doing all this stuff for a husband who didn't care at all, was ungrateful, unappreciative, didn't do anything for me, and was SO SELFISH. Then I did the most selfish thing I could have ever done by having the affair.

I also struggle with this pretense that since I cheated on my husband that I am the scum of the earth, I'm heartless and a terrible person who has no regard for other's feelings. And at one point I guess I really was, but the steps I'm taking now to make things right help me to feel a little bit better about the situation. I know I could have just left, gotten a divorce and moved on with my life leaving my husband to pick up the pieces of his broken heart. I like to think I'm at least just a little bit better than the absolute scum of the earth since at least I am staying and trying to pick up the pieces with him and help him heal.

Do you feel confident that something like this won't ever happen again? Why or why not?

I know without a shadow of a doubt that this won't happen again, at least on my part. I have thought about all of the factors that went into this one forming- extreme stress from work/school/home/finances, hormone imbalance, having someone interested in me and going out of his way to convince me, etc. and since I've been through it I would be able to recognize the signs and stop anything that might ever try to creep up like that again. Satan is very sneaky, but once he's caught you in a snare once it's easier to recognize the trap.

Have you done any self-reflection that causes you to be aware how much pain and suffering you've caused to others including yourself? What have you learned from this whole experience?

At the very beginning, I used to think to myself that "oh well if my husband really cared about me, he would pay more attention to me and actually be interested in me and want to do things with me... he should be attracted to me because I've lost weight, he never listened to me when I told him what I needed in the bedroom, he never helped me out with things around the house or thanked me for what I did for him, he was always overspending on stuff he didn't need and stressing me out... if he didn't do those things I never would have had this affair."

Or the other thoughts of “If I never had this guy interested in me keep trying to sleep with me or start this relationship with me, if he would have learned his lesson the first time he had an affair, if he would have understood that I just needed an ear to vent my problems to, not one to tell me that things weren’t going to get better and try to make a move on me when I was in a vulnerable state, etc. then I never would have had this affair.”

I quickly realized that blaming others for what I did was the dumbest and immature thing I could do- I was the only common denominator in these situations! I was the one who allowed this to happen! And I could have been the one to stop it from happening. Once I finally held myself accountable for it, I felt mature- I have owned up to my mistakes, I’m taking responsibility for what I had done, that’s what an adult does... but at the same time it was such a burden- knowing that your life is forever changed because of something that YOU chose to do... this was when I realized my true sinful nature and my need for God’s saving grace.

I had been spending all this time trying to be the “perfect” wife to my husband, but when he wasn’t responding the way that I thought that he should, I started to get bitter and self-righteous. This caused my attitude to change and before I knew it I fell into temptation and was tangled in this huge web of lies that eventually blew up in my face.

Working toward healing for our marriage has been the hardest thing I have ever done and will probably ever do- I know it’s going to be a long road to recovery (and will probably last a lifetime) and the only thing keeping me from throwing in the towel is that if we are able to make it all the way up this steep, rocky mountain, our view from the top will be heavenly...

The first 3 months for us were extremely difficult, and at one point my husband told me that he needed to take some time to think about everything and make up his mind what he wanted to do, he thinks that he made the decision to stay with me too quickly. He hadn’t been sleeping well because every time he closed his eyes he would picture me with the other man.

My heart absolutely broke for him, I wanted him to see that I was still there for him, still wanting to take care of him through his pain, but I guess me being around was a constant reminder of what I had done and he couldn’t get the thoughts and images out of his head.

He took off his ring. I was devastated. I was still working through my own guilt and shame knowing how my actions had affected us, and now imagining my life without him because of what I had done was awful.

I had read so many stories about other people in our situation and all of the different outcomes- divorce and still friends, bitter divorce and never speak to each other again, divorce

and then remarry, stay together and miserable, stay together and empty, but I hoped for the best that we would be able to stay together and be better than ever.

The only thing I could do was pray, but instead of praying for what I wanted I started praying for what God wanted. I didn't know what his plan for our lives were to be, but I did know that I was forgiven by him but didn't get to decide if my husband ever forgave me or not. I could only pray for a change of heart, but had to trust that even if that didn't happen, everything would still be okay. Once I left everything up to him and quit stressing out about whether or not my husband was going to leave me, once I started working on myself and my own flaws, things began to get much better. Had I chosen this method to deal with my problems beforehand, I wouldn't be in the mess we are in now.

I'm still believing for a miracle in our marriage, that my husband will come to know God and his peace as I have in the past 6 months, and for us to be able to connect better than we ever have from going through the tough stuff together. My hope is that we will also be able to be an inspiration to others who have experienced similar circumstances once we have "arrived"-our testimony is still being written...

In short, I guess the things I've learned from all of this is: It doesn't matter if someone else is doing something wrong first, you doing something wrong in response to what they're doing wrong doesn't make it right... You can't control how other people act, you can only control how you react. They hit you first? Well, be the bigger person and don't hit them back harder. Show them love instead. We are all flawed human beings in desperate need of a savior. His love covers a multitude of sins, and it's up to us to emulate to others the selfless love that he displayed to us. His power is made perfect in our weakness.

To understand more about what the heck the unfaithful person was thinking, you can listen to additional audios and read more interviews as part of our program:

[Inside the Mind of the Unfaithful: Understanding Why Cheaters Do What They Do](#)