



After the Affair: Healing the Pain and Rebuilding Trust

J.D. Rockefeller

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Infidelity can yield devastating consequences to a couple and is often the ultimate deal breaker, ahead of physical abuse and emotional unavailability. Yet more than half of married people decide to weather the storm than break their relationship. Unfortunately, the healing process from an affair isn't an overnight event, and even the most loving and committed couples can be accosted by painful feelings, resentment, and paralyzing guilt.

The effects of an affair can be detrimental, have psychological aspects, affect your kids, and induce low self-esteem. And the worst thing is that the pain will linger for a period unknown.

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