

Torn Between Two Women: Man's Infidelity

Infidelity can destroy even the most solid and firm relationship, leaving painful feelings of guilt, betrayal and anger. With it, trust is broken and often, takes so much time and effort to rebuild.

And for couples that suffered this violation of loyalty, especially on the part of the wife, overcoming these painful feelings will and can be tremendously difficult.

Statistical studies revealed that 65 percent of men had been in another relationship outside of marriage by age forty.

In addition to those feelings of torture (loss of trust and faith of the woman to her husband), the wife will undergo physical illness as well, having imaginations of the husband's relationship with the other woman.

Recovering from as well as enduring all these painful emotions, the healing, trusting once more, understanding and forgiving, and restoring the relationship takes time and a lot of effort.

There can be several possible reasons that a man becomes weak and go into an affair. It is important to try to identify as to the reason it has happened, since once the problem is identified and understood, solutions to the man's infidelity can be created.

It will take an intentional decision to rescue your marriage or relationship. Along with that decision, it would likewise take so much bravery to surrender and trust the husband again, and it will take both partners to get involved.

Admitting will often be the hardest, however, when the husband is willing to try, then being honest and admitting that at some point he was attracted to another woman, can ease some pain. With this, there is still so much hope in the relationship, because the husband chooses his wife and not the other woman.

When the husband has admitted his mistake and has decided that both couples can try and work things out, then the relationship is off to a good start in the long mending process.

In addition, it is vital that the wife recognizes the chance given to her to rescue their relationship because of the man's honesty and his decision to make it work. Or else, he could have just left the wife and had gone with the other woman. But he did not.

Therefore it is essential for partners to explore the reason that encouraged the attraction together.

When the man has considered another relationship, discontented enough to not to consider his wife's feelings in an unconscious effort to fill his needs, then this is his responsibility to examine the basis of his discontentment and unhappiness and handle it.

Solutions to certain problems leading to infidelity in a relationship must be solved by both partners, but with greater effort coming from the man. The wife must try very hard to forgive and to put things behind, never to repeat constantly the mistake made by the man. The man should understand his wife's reaction, constantly assuring her of his love and proving that he is worthy of her trust.

If so much effort was made in order to solve and ease the problem but no answer can be created, then the couple can end their relationship.

When this results, after intensive and mutual efforts done by the couple to resolve such difficult problem, then the end of such relationship or the separation can be carried on with less pain and stress, knowing that both did their very best. They will not blame themselves because they both have done their best.

A relationship will, can and should survive after a man's infidelity or affair with another woman, as long as both couples are determined, willing and inclined to work and repair the damage and to rebuild a now stronger relationship grounded on forgiveness, commitment and trust.

Yes, unquestionably this can be really hard on the woman, however, as this is painful to her, this is also painful to the man, having hurt the one he loves, feels a lot of shame, guilt, anger that he did not have the courage to resist the temptation, embarrassment and disappointment.

The most important thing here is when after the damage, after the storm, both could pick up the pieces and the relationship can be constructed once

more, together and now, much stronger.

About the Author

[My Relationship Tips](#) has hundreds of dating and relationship tips for men and women.

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