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Should You Forgive Infidelity?

By Skye Thomas

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by: **Skye Thomas**

If you're asking yourself that question, then somewhere within you there must be a desire to forgive the other person. After all, if you knew 100% for sure without doubts that you definitely should NOT forgive, then you wouldn't be entertaining the question, right? You would have already said your goodbyes and would be moving on with your new life and licking your wounds. You may or may not have trust issues in your future relationships depending on how you processed the infidelity in your past. But what if you are struggling with the question? What then?

The first thing you need to look at above and beyond all else is the cheater's character. Do they have a history of cheating on their partners? Do they have a history of cheating on you? Are they too self-centered to deny themselves whatever pleasures come along? Are they well meaning but weak? Unless someone's incredibly ugly, they're going to face temptation some time during their life. Saying no is all about having backbone, willpower, self-discipline, and the ability to truly care about another person's feelings. Does your partner have all of those traits? If not, then forget it. Move on.

Let's assume for whatever reason that you have decided that yes your partner has the ability to be faithful and this was a one time indiscretion. You now need to look at why they did what they did. Motivation is more important than the act itself. If you know why they cheated, then it's possible to avoid having the same triggers repeated. Were you emotionally and physically distant for so long that you may as well have pushed them into finding love elsewhere? We are a love hungry species. Our spirits die when we do not feel loved. The body will follow. You've heard of the old couples who die within a short time of each other. You've also seen the studies they've done with the baby monkeys who don't thrive and grow without their mamas. It's the way of us to seek love. That's our supreme motivator. So look at what caused the infidelity. If you can honestly say that yes you were completely loving and supportive and they cheated anyway, then you may want to consider walking away from them. If they give you some other reason that makes absolute sense to you and you can truly see it as a forgivable reason, then so be it. Forgive them. If they don't have a reason that makes sense to you, then don't forgive them.

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The next thing to evaluate is what is at stake. What kind of a life have you built together and what does it mean to you? Do you have children together? A long marriage? A business and material wealth? What if you don't think you can trust them and yet you will lose everything that you do love by leaving them? That's something that only you can answer. Is the money, the marriage, the children worth a lifetime of being cheated on? You decide. Maybe it's a marriage of convenience anyway and you really don't care where they sleep. Then it's going to be much easier to forgive them than if they are your one true love and your emotional health is at risk by having your heart shattered.

As you know, there are plenty of reasons to choose not to forgive and forget. But what if you have created a long beautiful life together and your partner is a wonderful parent to your children? What if you feel just as much to blame for the infidelity because you had pushed them away for too long. What if they had made an honest effort to work things out with you but you just kept pushing them away? What then? Just because you want to forgive them doesn't mean that you can forgive them. How do

you forgive and forget? The bible may tell us to turn the other cheek, but how? How do you do it? There's a big difference between saying, "I forgive you" on a generic spiritual level and saying, "I forgive you" on a personal heart to heart level. The key to real forgiveness must involve trust. At some level you have to really believe in your heart of hearts that you can trust this person to never ever repeat such a painful choice again. If you don't really believe that, then you aren't really going to forgive them and the underlying resentment will eat away at whatever is left of the foundation of your relationship.

I believe that the most important barometer of how easy or hard it is to forgive is how they behave after the event. Do they browbeat you with comments like, "Look I said I'm sorry. Get over it already." Or are they beating themselves up for having caused you this pain? Are they offering to jump through hoops to prove to you that they have learned a horrible lesson and will make damn sure it never happens again? The intensity of their apology and their willingness to allow you to feel the pain of it will have a direct impact on your ability to heal from the infidelity and on their ability to rebuild trust in your eyes. If they demand that you simply trust them on their word and they have done nothing to show you that they are taking full responsibility for the broken trust, then leave them. It's not your fault that they broke the trust even if you were not emotionally available to them, the breach of trust was done on their part. You can't force yourself to trust someone again. Just like when our teenagers lie to us and have to earn back our trust, it's no different between adults whether the trust was broken in a marriage or a business relationship. It's their job to recreate that. They need to find their own way back.

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Skye Thomas is the CEO of Tomorrow's Edge, an Internet leader in inspiring leaps of faith. She became a writer in 1999 after twenty years of studying spirituality, metaphysics, astrology, personal growth, motivation, and parenting. Her books and articles have inspired people of all ages and faiths to recommit themselves to the pursuit of happiness. After years of high heels and business clothes, she is currently enjoying working from home in her pajamas. To read more of her articles, sign up to receive her free weekly newsletter, and get free previews of her books go to

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Infidelity – Childs Play Or So You Thought!

By Terry Ross

Infidelity is a funny little thing that come and bite you in the bum when you least expect it. Affairs might be fun at the time but infidelity isn't worth destroying your marriage for.

I often liken affairs to an addiction whereby however much you tell yourself you shouldn't be doing something you feel compelled to do the opposite. And of course, while it's sitting there for you on a plate who are you to say no. However, infidelity is like any other addiction, there comes a time when you realise that this isn't what life is all about and decide to let go. Unfortunately, all too often the realisation comes too late!! Just remember, if you want to play such a dangerous game as adultery someone is always going to get hurt.

I personally believe that you shouldn't sleep with someone while you are sleeping in the marital bed. Infidelity can be really cruel on the cheated partner, have you ever thought how you would feel if you knew your partner was behaving the same as you?

Some people do have open relationships and it does work but ground rule number one has to be that your partner is aware and is happy with the situation.

If you are the one committing adultery now is the time to ask yourself is infidelity really worth it. Is your life that bad that you need to shit on your spouse from such a great height? Do you love the person you are having an affair with and if so do you love them enough to destroy the lives of those around you. Is the new relationship strong enough to last and is it truly worth the infidelity?

A slight interlude - I had a mare once who, fell in love with a gelding in another field. She wasn't really allowed to see this horse because where they were kept most of the owners preferred their horses to be in separate paddocks. This didn't make a difference to my mare who, would jump out of her paddock into the next as soon as you put her back in her field (where she had several companions). After a month of messing around, jumping 7ft high hedges and a series of five bar gates just to get to the one she loved she got evicted for bad behaviour. I took her to another yard where she immediately flirted with all the guys and totally forgot the horse that she had got herself (and her mate) evicted over.

Anyway back to marriages and affairs. The only advice I can give you if you are having an affair is that you have to make a choice, and you have to choose now. It is totally unfair to both your spouse and the person you are having the affair with to continue as you are, you need to choose .

The choice is hard but you have to make it with a clear head and an open mind. Just because you are going through a rough patch now doesn't mean to say that with a little effort you can't save your marriage and become stronger and ultimately be better than it was at the start. Before you destroy what was and could still be a good thing be 100% certain that even with a lot of effort you can't save your marriage and that the person you are committing the infidelity with and destroying your marriage

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for is someone you want to stay with for the rest of your life.

If your partner is having the affair, or you suspect they are, it doesn't mean that it is the end of your marriage. For one your suspicions might be incorrect and for two if it's true you are now in the driving

seat. The future of your marriage is in your hands. You need to decide whether or not you feel you can and want to save your marriage, is it worth saving and can you forgive you partner for such a stupid mistake. We all make mistakes and some of us make more serious mistakes than others but should infidelity necessarily ruin the rest of our lives?

You need to ask yourself: Do you still love your partner? Do you want to save your marriage? And are you committed to trying to save it?

If you truly want to save your marriage then you will always wonder `what if?' if you don't make the effort now.

Just because your partner is having an affair it doesn't mean to say that they don't still love you and it doesn't mean to say that they don't want to try to work with you to save your marriage.

Don't just sit back and let infidelity destroy your relationship, say no to affairs and save your marriage before it's too late.

For more information of infidelity please visit:

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