



Relate™

Centre for Marital Enrichment & Therapy

Centre of Excellence for Romance Relationship Management

By professional marital & couple therapists and psychologists with full confidentiality.

INTERNATIONAL PSYCHOLOGY CENTRE™

Centre of Excellence for Personal and Corporate Growth

HOW TO SALVAGE YOUR MARRIAGE AFTER AN AFFAIR?

Generally, a person who's having an affair:-

- Experiences a strong sexual attraction to someone other than his or her partner.
- Keeps the relationship a secret, often resorting to lies and deception.
- Feels a stronger emotional connection to the person with whom he or she is having an affair than to his or her partner.

An affair doesn't have to mean the end of your marriage. Understand how a marriage can be rebuilt after an affair.



Discovering an affair

The initial discovery of an affair can trigger a range of powerful emotions for both partners

Give each other space. The discovery of an affair can be intense.

Seek support. Share your feelings with trusted friends and loved ones or a spiritual leader or counselor.

Take your time. Avoid delving into the intimate details of the affair right away. Take time to absorb the situation, postponing any discussions with your partner until you can have a constructive conversation.

Therapies provided:-

- Couple Therapy
- Marital Therapy
- Individual Therapy
- Sex Therapy



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