

Infidelity

Infidelity does not have to mean the end of a relationship or a marriage. Many relationships can withstand a physical or emotional affair. A key indicator for repairing the relationship is the couples desire to make it work. You need to ask yourself are you willing to process the affair, work through the hurt, set strong boundaries, and forgive.

Mending the relationship is a process. Uncovering issues that have not been dealt with, filling unmet needs, and learning to voice dissatisfaction in a healthy way are all part of that process. This process does not happen overnight. It takes time to rebuild trust and recover from hurt.

There are no guaranties, but many times a relationship can recover and even become stronger than it was before the affair.

If there has been infidelity in your relationship and you would like to repair and recover from the hurt I can help.

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