



3. CHEATING

"Betrayal never happens in a vacuum," says relationship expert April Masini. "Once you get over feeling like a victim or a perpetrator, you can try to understand, together, how this happened. When you get to the point where you see how you both contributed to the situation, you can grow and become stronger together."

After all, there's a reason the phrase, "What doesn't kill you makes you stronger" exists. "There's some truth to it," says Masini. "When you and a spouse get through an indiscretion, you can have a better-than-ever marriage if you're both willing to keep open hearts and minds."

To get through the experience, avoid the urge to act rashly when the truth about the affair comes out. "Temper your own behavior when you learn about an indiscretion, and if you need a time out—even if it's for a week or more—take it," says Masini. "Time doesn't heal all wounds, but it does heal a lot. And better yet, it gives you the opportunity to calm down and process what's happened so you don't do things you may regret later."