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Your Fiancé Found Out You Kept a Secret ... Now What?

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So you kept a little something-something from your significant other — and now, he knows. Yikes! But before you launch a fitful apology or otherwise freak out, you may want to consider this expert advice.

First, take an honest inventory of your relationship. "A fiancé who was under the impression that you didn't have any secrets between you is going to feel more hurt than a fiancé who knows that you don't tell each other every single thing," explains relationship expert April Masini. "Expectations for secrets kept is going to be a litmus test for the relationship withstanding secrets."

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Next, what kind of secret were you keeping — and why? "The reason you didn't divulge a secret is going to temper his reaction," Masini says. "For instance, if you've been hiding plans for a surprise birthday party for him and he finds out, he's going to be a lot more understanding than if you dated his best friend and he found out."

After you've talked things over with yourself, now's the time to come clean to your guy. "Your trust has been damaged, and it's important that you don't continue to damage that broken bond by further withholding from him, advises Masini. "Tell him why you withheld information, because the 'why' is usually more important than the lie. Knowing and sharing your motivation may help you overcome problems that cause you to lie about things that hurt him."

Have you ever kept a secret from your main man? Share the details on Twitter by tweeting at us @BRIDES!

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