

Stop all contact with the affair partner - forever!

I won't get too much into all of the why's and how's of ending your affair and stopping all contact for good. I'm sure that you know that ending the affair and any contact with your affair partner is a necessity if you want to save your marriage. There can be no recovery and healing otherwise. Just do it.

I didn't end my affair immediately upon discovery and I regret that fact very much. I realize it can be tough and you may waiver on your resolve to end things, but you must. When I did end the affair, I did so by phone and I've had zero contact since.

In many respects, you have been behaving like a person addicted to a drug. Your drug of choice has been another woman. When a person is addicted to drugs, the drug provides that person with wonderful feelings. Similarly, the affair gave you wonderful feelings. After all, that's probably why you got involved with the affair in the first place.

Because of this addiction, it may not be possible for you to easily give up the affair. You're going to feel all the feelings you were trying to avoid by engaging in the affair. When you are feeling down and out or when you are in emotional pain, the way of escape you became accustomed to won't be there.

Now is when you need to have faith that when you end the affair and you start looking within and begin working on yourself and your issues, at some future time you will be in better shape and feel better than you ever have. That may not be how you're feeling at this very moment, but keep the faith, and you can make it happen.

If you have indeed ended your affair, good for you! The challenge that you face from here on out is to make and honor the commitment to yourself and your wife that you will not have any further contact with your affair partner and that you will tell your wife should any accidental contact occur (like running into her at the store, etc.).

If you haven't ended the affair, now is the time to do so. There simply is no way that you can repair your relationship, your honesty, your integrity, and your life if you are still engaged in an affair.

There are four possible ways you can let your affair partner know that the affair is over:

1. Simply do not contact her ever again
2. Tell her over the phone
3. Send her a letter
4. Send her an e-mail

Do not meet with her in person to end the relationship. It probably won't turn out very good.

Regardless of the way you choose to contact your affair partner, you should make this final contact almost business-like and in the presence of your wife. By doing this, you are actually starting the trust building process. If you are ending it by phone, let your wife listen in. If you choose to send an e-mail or write a letter, allow your wife to read it and offer suggestions prior to sending it.

Make it clear that this permanently and unconditionally marks the end of the relationship and that you will not be in contact with her anymore and that you will not respond to any of her attempts to communicate with you.

Let her know that the affair was wrong and that you have chosen to work on your marriage. You will not be friends with her or respond to her if you happen to run into her unexpectedly.

You don't have to be an asshole about it if it's not necessary, but be quite clear to her that the affair is over and that any remaining connections you have to one another must end as well.

After you've ended it, there may be times when your affair partner will try to contact you. Again, do not respond. If this happens, tell your wife. If the affair partner sends you emails or letters, do not respond and show them to your wife.

None of this will be easy but you must suck it up and face the pain if you want to save your marriage.

Action Steps:

- Formulate your plan to end the affair and discuss it with your wife.
- Follow your plan and stick to it.