



Infidelity Recovery
Confronting the Other Person
RISKS & REWARDS

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Introduction

High risk, high reward...

Confronting the other person has a high risk and sometimes high reward factor. There often is no middle ground. You are playing with fire. But, fire warms as well as burns, correct?

Confronting the other person may intensify and entrench the affair or it may be a catalyst for stopping the affair.

Confronting the other person may be a personal catastrophe and heart ache or it may boost self esteem and personal power.

I wasn't sure where I stood on this issue so I emailed my subscribers with a series of questions related to their experiences of confronting the other person. Some 500 people shared their stories.

I've gone through these stories, collated them and attempted to sort the chaff from the wheat.

Not much extensive information is available for those who want to use the confrontation as an act of resolution and healing.

This E-book is for those who are determined to confront the other person, and want it to be a productive experience. This E-book is for those who are on the fence, who have thought about confronting the other person, but have held back for a number of reasons.

Or, for those of you who have already confronted the other person, this material will shed light on your confrontation.

And, if you are a friend, family member or professional helping person, you will find tools to deepen your understanding, support and guidance.

There are no hard and fast rules for confronting the other person.

Affairs are complicated and whenever a third party (the other person) is brought in, the complexity is increased exponentially.

My research discovered that confronting the other person holds either great potential for healing or for destruction.

How to use this E-book...

Please pay attention to the first section on the confrontation and the type of affair. I don't take the time here to go into details regarding the 7 types of affairs. For that, I encourage you to get my E-book, "[Break Free From the Affair](#)" which guides you in the intricacies of determining the type of affair facing you.

Determining the type of affair saves frustration and failure. Once you identify the type of affair, then you can predict the outcome of the confrontation with much greater certainty, if indeed, you do choose to confront the other person.

Within the stories of those who confront the other person, you might find yourself or a situation that parallels yours.

I'm a list person. I like to be as concrete and behaviorally oriented as possible. I'm not much for fillers.

Please use the lists toward the end of the e-book to guide your planning and action. Print them out. Keep notes. Come back and refer to principles and concepts in this e-book.

I wish you the best, and remember that "this too shall pass."

Bob

Dr. Bob Huizenga, the Infidelity Coach

<http://www.break-freefrom-the-affair.com/coach.htm>

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Chapter 1:

The Large Picture:

Confrontation and the Type of Affair

Let's look at the larger picture.

Part of the larger picture involves the type of affair facing you. To confront, or not to confront, can and should be guided by the type of affair.

I will not go into detail regarding these 7 types of affairs, i.e. their characteristics or motives for a person entering into a specific affair.

The 7 types of affairs, as I stated before, are extensively outlined in my E-book, ["Break Free From the Affair."](#)

Please know that whether or not a confrontation of the other person is successful depends on the type of affair.

Allow me to give you some very general guidelines:

Confronting the other person in the "I Fell out of Love...and just love being in love" type of affair may provide juice for the affair couple. It may heighten the drama for them and they may spend clandestine hours going over every detail... and love it. It gets them off.

It may be helpful in the "I Need to Prove My Desirability" type of affair to strongly confront the other person if that person is assuming the predator role. Your cheating spouse, in "working out" issues of sexual confusion and/or a history of abuse, may need protection.

Confronting the other person in the "My Marriage Made Me Do It" type of affair may intensify the anger and enhance the rationalizations of your cheating spouse, bringing him/her and the other person into a more bonded relationship.

In the "I Want to Be Close to Someone...but can't stand intimacy," the affair equilibrium may be shaken and become a catalyst for constructive change.

Confrontation in the "I Want to Get Back at Him/Her" affair may generate more active anger, rather than the passive aggressive tendencies. This has the probable impact of "getting it out in the open," and perhaps making it easier to deal with.

Confronting the other person in the "I Don't Want to Say No" affair may lead to an alliance between the wounded spouse and the OP, since the cheating spouse may be manipulating and lying to the other person as well.

Confronting the "I Can't Say No" spouse may intensify his/her shame and guilt and s/he may become more entrenched in the addictive tendencies.

Beware. These are generalizations. And, most affairs have overlap.

Some explanations regarding the type of affair will be given in the following case studies.

As you read these theories, I want you to be aware of how important it is to understand infidelity and the patterns around you before you leap and regret leaping.

Chapter 2: Top 10 Apparent Reasons for Confronting the Other Person and the Results (Good and Bad)

As I mentioned before, I asked my subscribers to tell their stories of confronting the other person. Some 500 people briefly told their stories, and gave me permission to share with you.

I proposed three questions:

1. What was your purpose for confronting the OP and what did you say/do?
2. What happened? What was the outcome?
3. If you were to do it again, would you do it differently? What did you learn?

I selected some of the responses, and their answers to these questions are given below.

I've also grouped the responses according to the apparent reason they had for confronting the other person. You will find 10 different major groupings or reasons why someone ostensibly wants to confront the other person.

The reasons for confronting, in the words of the subscribers, are at the beginning of each grouping.

On some of the responses I add comments or "coaching tips." Some of those have high value and point to underlying issues.

I also add some miscellaneous responses at the end.

1. I'm going to tell him/her to back off!

1. What was your purpose for confronting the OP, and what did you say/do?

My purpose for confronting the other married man my wife was having an affair with, was to approach him as a man-to-man, fighting for the marriage. I told him that he was causing our marriage to fall apart, and asked that he back off and allow my wife and I the chance to reconcile for the sake of the kids, and our families... plus, I still loved her, as sad as that may sound.

2. What happened? What was the outcome?

At first, he threatened me over the phone, that if I let anything out about his relationship with my wife, to his wife, that his family would have ways to deal with me, and that I didn't know what I was messing with. He basically threatened my life. Oh, he also denied that he had done anything wrong by being involved with my wife, even thought it was kept a secret from his wife, and my wife tried to keep it secret from me, and even took extreme measures to hide it (i.e. adding him to her mobile to mobile group so she wouldn't rack up huge cell bills, and having the billing address changed to a secret P.O. Box).

Anyway, the outcome was that he promised to back out of our lives, and would respect my request that we be allowed to try and save our marriage. I, in turn, agreed not to tell his wife of his secret. (I basically just wanted the bastard to go away.) In the end, things continued, but even more secret, they tried to be more careful not to leave evidence, but I had installed a PC spy program, a voice recorder on our home phone, etc... I knew the truth, even though it was denied over and over again.

In the end, my wife divorced me. She now dates this slime, and has involved our 2 daughters, ages 13 & 15, in the affair. He buys them visa gift cards and takes them out to dinner, etc., all still behind his wife's back. I ended up with over \$40,000 in attorney fees for allowing it to drag on for

over 2 1/2 years, trying to reason some sense into my ex-wife's head... it didn't work, unfortunately.

3. If you were to do it again, would you do it differently? What did you learn?

If I were to do it again, I would have filed for divorce immediately, gotten all the evidence of the affair together, in order to present it to his wife once I had moved out with my children. Instead, I let my emotions rule my better judgment, and I allowed myself to be further victimized by the affair.

* * *

1. What was your purpose for confronting the OP, and what did you say/do?

I called the OP for the reaction, and to give the OP the information that, not only are they hurting their spouses, but the entire family with small children. The OP said she wasn't aware of any children.

2. What happened? What was the outcome?

During the conversation, the OP denied, of course. They suggested that we all three sit down for a conversation, or a three-way phone call. I firmly stated that was not necessary, or relevant, at this point. The affair stopped shortly thereafter.

3. If you were to do it again, would you do it differently? What did you learn?

Yes, it was not the smartest move to confront the OP. My thoughts at the time were "nothing ventured, nothing gained," but ultimately, I stooped to a level I should not have. Basically, since I was not the party making the selfish mistakes, I should have risen above their low moral standards. If I were to do it again, my path would definitely be to take the high road, and not to stoop to lower standards. It is not worth it in the end.

* * *

1. What was your purpose for confronting the OP, and what did you say/do?

She is my husband's assistant. He had an affair with a co-worker in their plant in Mexico for a year. The assistant found out, and was jealous – she wanted to be the one he was having an affair with. The worst part is, she is also my neighbor. I found texts to my husband, and lost it. The affair in Mexico was over 4 months ago. His assistant tried to be friends with both of us. I later found out that all she wanted was to find my weak points, and find out what was going on...

My husband is not interested, and is still trying to make up to me for the whole Mexico thing. However, this assistant of his started ignoring me. She even texted me a nasty message that they were only friends and I have issues of jealousy and trust....

I lost it. I showed them to my husband, who FINALLY WOKE UP. I finally told her that although they work together, and I have little control over that, she needs to understand the boundaries. She decided she should tell me off. I told my husband and he was very upset – he took care of the situation the first thing when he got into work the next day...

2. What happened? What was the outcome?

Getting over the affair is hard enough without finding out that other people are involved. She knew he was having this affair, and claims to be my friend, yet she never told me.

The outcome is - I am trying really hard to forgive and move on. We have a lot of love. I believe humans make mistakes. I believe all marriages are difficult at some point, but how you choose to handle them, well, that's an individual choice. I think I am handling it okay.

3. If you were to do it again, would you do it differently?
What did you learn?

No. I was afraid for a long time to confront people, even girls that have put themselves in my husband's life, for fear of him being mad at me...

20 years and 2 teenagers later, I now feel I deserve to be treated fairly, with love and loyalty, and if he feels differently, then he needs to be man enough to say "I want out!" I am no longer "keeping the peace," which is what I was raised to do as a good catholic girl. I have two daughters. What would I be teaching them?

* * *

1. What was your purpose for confronting the OP, and what did you say/do?

My purpose for confronting the OP was to get her to accept the fact that my husband chose to save the marriage. She lives in another country, so I confronted her by email. I said that she must respect his wishes, if she truly has, or had, feelings for him. And if she was such a very important person in his life, he would have chosen her over me. It's time for her to back off, and stop calling to reconnect with him. And the fact that he lied to her, as well, and made promises that he could not keep. And both of them lived in a fantasy that never would have had a good outcome. I said that you cannot build a new and healthy relationship on a broken marriage, and a family that has been destroyed by infidelity. The foundation is full of lies and deceit and would eventually destroy the new relationship that started out of the affair. I also said that I do not know her and I do not know if she has her own motives for the affair. And that I was not willing to hand him over to her on a silver plate. Maybe she is using him? But I also said that if he did choose her, I would have let him go. The fact that he did not, showed me that the love he claimed he had for her, was after all, not deep enough to leave his marriage.

2. What happened? What was the outcome?

She kept on calling and sending emails. But eventually saw that he was not going to respond. She did email me and said that I can be very glad that she lives in another country, because she knows that it will not work. She said that my husband told her that she made him feel like he never felt in 20 years of marriage with me. And that she was his true companion and a love like theirs will never be forgotten by either one of them. She said that if love like that happens to two people there are no boundaries, because it happens once in a lifetime.

3. If you were to do it again, would you do it differently? What did you learn?

I would do it again. I expressed my feelings, and hoped to get her to see it from my view point. It did not matter much if she did, since she is going to believe what she wants anyway. But just maybe I said something that did. It was easy with emails, because I do not think that I would have been able to see her in person. Maybe later, when my confidence has been restored, I will be able to. I learned that people will believe whatever they want to make them feel better. I think it's easier for the OP to think my husband was madly in love with her and wanted to marry her so she does not have to deal with the deceit and the lies. Sort of check of reality, the fantasy is much better to believe. And it makes her feel good about herself to make me the enemy, because I separated them. But then again, she might not be a person with value of morality.

* * *

1. What was your purpose for confronting the OP, and what did you say/do?

My purpose was to tell all 3... that I found out about their affairs with my husband, and to let them know what I think of them... sluts. And never to contact him again, or they will have to deal with me.

2. What happened? What was the outcome?

One just walked away from me angry, and has avoided me and my husband ever since, whenever we would, unfortunately, run into her. On one occasion, she spit on the ground after my husband walked by... I was walking behind him, and saw it. The second one, we had a decent 2 hour phone conversation, but she tried contacting him again on his cell phone. As she is one of his clients, she said she was inquiring about some work being done at her house, and said she wasn't getting any answers from his staff, so went directly to him. I sent her an email, reminding her that we (my husband and I) had sent her a text message from his phone saying never to contact him again, to deal with his staff instead... In my email, I also said if she still has a problem with the staff, to either go above my husband to the owner, and I gave her his cell phone number, or, contact me and I will make sure her work gets done, and gave her my cell number. I also told her that if she is still not satisfied, then I suggest she find herself another company to do her work, as there are plenty of them out there hungry for the work.

With the third one, I showed up at a bar that I had found out she and my husband were at, and told her to get out, and never contact my husband again. Both of them were very angry at me, but too bad. Tough noogies, and all of that. She turned on her heel and left. She called my husband's cell phone again the next day to talk about the previous night's confrontation, so I called her back that night when I found out about her phone call from my husband... I called on his cell phone so that she would pick up, and I spelled out specifically that she is to never contact him again, that he has been trying to get rid of her (he told me this himself), and am I making myself perfectly clear, or do I have to go to her house, or work (I knew where both were), and tell her in person? She said nothing, and hung up. Never heard from them again since. Also, on the third one, my husband said he was actually glad I showed up at the bar because that ended it... he had "no idea" how to end it with her, and I did the trick.

I am sick of this. I feel like his mother. I have my own boyfriends now, that he is too stupid to stumble upon,

since I was too smart to stumble upon his 3... Maybe there are, or have been, more, though, I don't know...yet, anyway.

3. If you were to do it again, would you do it differently? What did you learn?

I wouldn't do it again, because I did it 3 times, 3 times too many... I am not putting up with any more of his affairs again... If I find out, I don't care anymore... I have my own "friends" now... I would just keep it to myself...or divorce him...but, he has a lot of money, so, why?

I have a great life otherwise, with our children, too. I don't have to worry about money, thank God, and live in a beautiful house in a beautiful area... and I am a very good looking woman, so, now, I don't turn down any advances anymore... it ain't too bad! I've lost all love for him after finding out about these affairs, so, what does it matter anymore...who cares?

* * *

1. What was your purpose for confronting the OP, and what did you say/do?

I'm not sure why I contacted her. I guess, to ask her to leave our family alone, and to tell her my side of the story in our marriage. If she truly wanted him happy, his family is what he wanted. I believe he is in the "my marriage made me do it" type, however, he could fall into other

categories, but I feel that it is the strongest. To her, he claimed he wasn't happy and didn't feel it was ever going to change. So, I guess I felt I needed to tell her my side, and let her know she wouldn't be happy with him, either. My husband has many issues, one of them being that he is a narcissist. So, life with him hasn't been easy. In any case, she works with him, so I knew her email address, and I emailed her and asked her to back off, and tried to tell her she would be the cause of breaking up a family, and being considered a home wrecker. I didn't curse her out or lash

out at her, but tried to open up to her to see if she would respond.

2. What happened? What was the outcome?

Well, her first response was "I'm not pursuing him. We are in a relationship. We are best friends and he loves me." Well, that hurt. The emails didn't end there. We continued to email back and forth. It resulted in me befriending her to get information. She would get pissed at him and then spill all the beans about them. She sent me emails and snippets. I was getting more information than I bargained for. I was obsessed with getting as much information as possible about why this was happening to me and my marriage and my family. It was only hurting me more, though. I found out a lot about her. She is a woman with many problems of her own. Why he is at all attracted to her, I don't know. He says he would never leave me or the kids, but on the other hand he wouldn't leave her either. He told her he would never leave us, but that wasn't enough for her to back off. So, I filed for divorce and it will be finalized in a month.

3. If you were to do it again, would you do it differently? What did you learn?

I'm not sure if I'd do anything different, other than, I would have ended my marriage sooner, and my communication with her would have ended sooner. I let this go on for awhile. It took me a year after finding out about the affair to file for divorce. I think I did all I could to try and save it, but if only one person wants it to work, it's not going to.

* * *

1. What was your purpose for confronting the OP, and what did you say/do?

Well, to begin with, we were friends with another couple, and my husband had an affair with the wife. It would shock you, I think, more than most, if I told you the details. I thought we were pretty close, but come to find out, she only wanted to be close to my husband. After it all

exploded, I was such a wreck and I couldn't think straight for several months. She wanted the four of us to try and remain friends, so we went for drinks with them on several occasions and I met her alone, several times, to discuss what happened, and why. She tried to convince me it wouldn't happen again, but all the while, she was begging my husband to leave me for her. She was a Siren alright. For a time, she had me, my husband, and her husband convinced that we could all be friends again. She actually said "why can't we all pretend this never happened?"

2. What happened? What was the outcome?

After several months of going out to dinner with the other couple, and me getting together with "her" in an attempt to mend our friendship, I FINALLY realized how absurd this idea was. I was the one, out of four of us, that slammed on the brakes and said "wait, we need to back up, this is insane." I told her I never wanted to speak to her again, and not to email or call my husband. He eventually told her the same thing. She threatened to commit suicide. My husband and I have survived an extremely difficult 5 years, and every day I get a little bit stronger. She and her husband got divorced. I have not seen or communicated with her in 5 years.

3. If you were to do it again, would you do it differently? What did you learn?

I needed the confrontation, even though hearing the details, from her perspective, was extremely painful. It was definitely an opening of "Pandora's Box." Knowing what I know now, I wouldn't do it again, but that's what happens in life, right?

* * *

1. What was your purpose for confronting the OP, and what did you say/do?

I was not sure that she knew he was actively married, and interacting as a husband and family, AND carrying on with her in another town.

2. What happened? What was the outcome?

I made copies of our recent family photos/activities, and mailed them, along with copies of her love letters stating "he was her other half" and she loved him, "without consequences," and I wrote on the pictures..."the other half and the consequences." I also mailed it to her family members, who were probably unaware of his family situation. I searched for her phone number and address, and then researched the billing of her phone and P.O. box to get other family members addresses. I sent complete copies of the love letters to all recipients

3. If you were to do it again, would you do it differently? What did you learn?

No - I would have done it sooner. It blew up the romance, she was livid and humiliated. Her family got a reality check, and the secrecy was ruined, so the thrill was gone.

* * *

1. What was your purpose for confronting the OP, and what did you say/do?

My purpose for confronting the other man was to bring it out into the open that I knew who he was. I also hoped that he would back off and give me time to try and save my marriage. I had learned who he was by secretly reading my wife's e-mail (after she had admitted being involved with someone). I also knew from the e-mails, that he seemed to feel much more guilt about the situation than my wife did (she seemed to feel no guilt whatsoever). I asked him if he was the one my wife was involved with. He said yes. I asked him to back off, and he said he would. I also asked him not to tell my wife we had talked, and he said he couldn't do that, because he would have to explain to her why he was backing off.

2. What happened? What was the outcome?

My wife was extremely upset when I told her I had talked to him, and immediately went to see him. In the short

term, I think he did back off a little, at least as far as sex, and he stopped letting her stay overnight. They continued to see each other, though. My request that he not tell her that we had talked made me look sneaky, and made my wife angry that I was "interfering with her life." My wife moved out several months later, is still involved with the other man, and we're proceeding towards divorce. My wife has even gone as far as introducing him to our children as her friend.

3. If you were to do it again, would you do it differently? What did you learn?

I would have avoided asking him not to tell her we had talked. I'm not sure if there was a way I could have handled a confrontation that would have had a more positive outcome.

* * *

1. What was your purpose for confronting the OP, and what did you say/do?

The other person was calling my cell phone and home phone. She would not give her name, but told me she was "f***ing my husband for three years!" She had previously left unintelligible messages on my cell phone, saying I was stupid and ugly! I told her I would find out who she was, and hoped that it was good with my husband. I also told her if she kept calling, I would contact the police. No more phone calls. After going through cell phone bills, I saw her number and found out who she was, and I called her. I wanted to let her know that she was a dumb ass, and she was a fool to mess with someone as intelligent as me.

2. What happened? What was the outcome?

I confronted my husband first, and he confirmed who she was. I knew her. She had babysat our older kids when they were 3 and 5. Our kids were 17 and 19 at the time of the outing of the affair. After contacting her, she hung up on me, because she was scared that I'd found out who she was. I had thrown my husband and all of his belongings

out of the house, and I called her again, telling her she could have his sorry ass! She did not say anything. I then told her, if she ever called my house again and spoke with one my children (she had spoken to my daughter), I would beat her ass! Never heard from her again, and that was three years ago. My husband and I separated for 1 1/2 months, and when we reconciled, I wrote the other person a letter. I showed this letter to my husband. I let her know that she had only a small piece of my husband temporarily, and that I felt sorry for her, and not to hate me because I was beautiful! I also let her know that she was of no significance in our lives, and that there was no need to reply, because as far as we were concerned, she did not exist.

3. If you were to do it again, would you do it differently? What did you learn?

I would have still called her, but I would not have told her she could have my husband. I said that in anger! Everything else I did, I am proud of. If the other person had not contacted me first, I would not have called her. She opened up that door and invaded my space. So, I felt I had the right to confront her. I learned not to make the affair about the other person. My husband was accountable for everything and that held him responsible, not the other person. No way was I going to make her feel like she played some significance in my relationship with my husband. Too many windows had been opened before, and it was time to close all of them! I directed all the anger of the affair towards my husband and not the other person. As far as I was concerned, she was just a fleck of dust, not important.

* * *

1. What was your purpose for confronting the OP, and what did you say/do?

She was a family friend, and his co-worker, so I wanted to face her to make sure I got the point across that she needed to stop contacting him. He had told her several

times to quit contacting him, and she just kept it up. Told him if it happened again, his butt was out the door and he would have no second chance.

2. What happened? What was the outcome?

She tried to give me excuses of why it happened, but I knew she was lying. Then, she apologized, told me it was over and left. I told her to stay away from my husband and my family, and if she EVER tried to contact him again, I would make her life hell because she swore she told her husband about the affair, but I never believed her. She has never contacted him again.

3. If you were to do it again, would you do it differently? What did you learn?

Yes, I would do it again, but not differently. I learned that you cannot trust people who are getting buddy-buddy with your husband, and buying your children gifts. I also learned that I am A LOT stronger than I ever thought I was. It wasn't me, it was him.

* * *

1. What was your purpose for confronting the OP, and what did you say/do?

I confronted her to tell her to back off. My husband and I wanted to sort out our marriage, but with them still being work partners, she was with him all the time. She kept discussing all her personal issues with him, and I wanted her to stop.

2. What happened? What was the outcome?

She first said she would back off as she did not want to be the cause of a marriage breakup. She said that if my husband left me, then it would be because he wanted to, and there was nothing left to work on, and not because of her. But as time goes by, she still talks to him about all her problems in life. Even though it's nearly two years down the line, and the affair is over, they still have a very

emotional connection, and I cannot get my husband to understand that it cannot be. But she also does not stop.

3. If you were to do it again, would you do it differently? What did you learn?

I don't know how I would do it differently, but yes, I would do it again. They still work together every day, and every now and then, I still mail her to say she is going too far, but now she just ignores me and does what she wants. I learned that it does help to get nasty with the other person, no matter what anyone tells you, and it still gives me joy when I contact her, because at least she knows my husband is telling me what she tells him. I also learned that no matter what, she will not stop telling my hubby all her personal issues, and my hubby will not tell her to stop talking about it, so I either have to live with it, or give up 24 years of marriage.

* * *

1. What was your purpose for confronting the OP, and what did you say/do?

My purpose in confronting her was to be VERY clear that she had better not mess with my family ANY LONGER... YES, I was very angry!

2. What happened? What was the outcome?

She agreed to all that I laid out (important to note that my husband let her know, too, that it was OVER). She gave back gift certificates that he gave her, and I WENT AND USED THEM!!! (SPA certificate... it was my money too!)

3. If you were to do it again, would you do it differently? What did you learn?

Not even a little bit different... eventually my husband said he'd have done the same, perhaps worse (e.g. physical fight) we went for counseling, it took a LONG time for me to heal, but 3 years later we are doing well...

* * *

1. What was your purpose for confronting the OP, and what did you say/do?

My reason for the confrontation was to let the other person know that my partner had made a choice to come back to our relationship and make a go of it. I asked the other person to leave us in peace, stop making contact and give us a fair chance.

2. What happened? What was the outcome?

The person did not make any more contact as far as I am aware, that was 18 years ago. We repaired our issues and moved on, and couldn't be happier. I laid down lots of ground rules, told my partner that I wasn't hanging around to play games.

3. If you were to do it again, would you do it differently? What did you learn?

I set out the conditions, and am happy with how it went. I am not a person who pleads, or plays the victim, and it was either, let's sort it out and move on, or break up and move on.



2. I need more information.

1. What was your purpose for confronting the OP, and what did you say/do?

10 months after my husband claimed that all contact had ended, he gave me access to his business phone bill, and I saw that they had constant contact during our reconciliation. I wanted to know what they talked about, but he refuses to tell me. I called her cell phone to see if she still had the same number, and left a calm message inviting her to call me back. I figured we are all adults who were supposedly hurt, and could now talk in a calm

manner about the two most devastating years of my life. She was supposedly trying to attain a degree in family counseling, and had said all the "right" things during the crazy days of first discovery: "Be kind to yourself and to your wife;" "You obviously love her. Go and make it right with her;" and (to him, in a text I discovered initially) "I miss you, too, but having been in the same situation I could never inflict the pain on others I experienced in my first marriage."

2. What happened? What was the outcome?

She did NOT call me back, but rather tracked my husband to his new office and said flatly, "Your wife called my cell phone. She was also parked in my driveway once." THAT NEVER happened. So much for my thinking that she was a mature adult who could handle a mature, calm conversation, many, many months after the affair had ended and all contact stopped.

3. If you were to do it again, would you do it differently? What did you learn?

No, I don't think so. It reformed my opinion of her. Initially, I felt only empathy towards her, a lonely single mom. Now, I realize she was an immature drama queen, who spoke a good game whether it be for money, gifts, or weekends away that she could not afford on her own. I now have some compassion for my husband. I think in a low time in our lives and our marriage, he was played for the price of admiration and flattery. How sad it all is, not only for me and my children, but for him as well. We still have so much more work to do.

* * *

1. What was your purpose for confronting the OP, and what did you say/do?

My purpose for confronting the OP was to acquire more information in order to help me process the whole ordeal, and determine the severity of involvement between the 2

of them. As I had already heard from my wayward husband, I needed to hear her take on the relationship. I feel that I received what I wanted to hear, and it helped me to sort through the lies and to process better. It was from this conversation that I realized that filing for divorce would at least put the outflow of cash to the other woman under scrutiny.

2. What happened? What was the outcome?

I approached with dignity and respect – not aggressive, but definitely assertive. Do you love him? Response: Oh no, it's not like that. He just advised me as to how to open my business. We're just friends. My response: OK, the jig is up. You can quit lying, because he just admitted everything. Her response: Crying and Oh my God, my therapist says I'm not a bad person, I'm not a bad person. Me: I had no response to that. Me: Were there many hotel rooms and dinners locally, as well as abroad? Response: Well, yes, there was some of that in the beginning. Crying, crying, crying (her, not me). Me: Thanks for your time.

3. If you were to do it again, would you do it differently? What did you learn?

I learned that they both became so entrenched in their lies that even when busted, they still preserved the lie. I learned that she does love him. I learned that she is in therapy for this, and something bigger than this (likely a child from this union – yet to be proven). I learned above all that my gut was right. A ten+ year affair is tantamount to another marriage, and there is no easy out. I learned that their allegiance resided with each other, and not with their spouses. I discovered my core strength, my control of my emotions, and my capacity for the most difficult decision of my life... to end my 26 year marriage to a man who could lie, cheat, and steal, both emotionally and financially from his wife and children, and with no compunction, remorse, or reservation.

* * *

1. What was your purpose for confronting the OP, and what did you say/do?

It came as a response to my husband's No-Contact-Letter to her, ending a 25 year emotional affair that was very one-sided. I was present for this letter, and added a note as well.

2. What happened? What was the outcome?

She was angry, very angry. She said she felt like she was being accused of something she didn't do. She said that she only responded to my husband out of friendship. She contacted him again and told us this. I found the letter before my husband did, and responded to her first.

3. If you were to do it again, would you do it differently? What did you learn?

I know I would have asked her more, or perhaps better, questions as to the extent of my husband's contact with her over the years. He has been very limited in his disclosure of the affair. I would ask her why she didn't send him packing when he went to see her or contacted her, and what she got from his attention to her. I'd ask why she cheated on her husband with mine, and if she realized what she was doing each time she asked my husband to tell her he still loved her.

* * *

1. What was your purpose for confronting the OP, and what did you say/do?

My purpose for confronting the other woman was to get some clarity to the situation - I found them the night before, she was my friend, and I wanted answers as to why a friend would do this to me, and to hear her side of the story

2. What happened? What was the outcome?

She wouldn't talk to me, was very cocky and sure of herself, and said she would talk to me that evening, but not at that moment, and to please leave. As I was shaking, because I was so upset, I did leave. An hour later, she texted me, and said she wasn't about to get into a battle with me. She said there was nothing to say, it was all my fault, and not to contact her ever again.

3. If you were to do it again, would you do it differently? What did you learn?

If I were to do it again, I would have refused to leave until I got answers, or at least made her squirm a bit. I was far too respectful of her wishes, and not focused enough about my own. However, long term, I don't think it's helpful in any way to interact with that person, seeing as they obviously have no thought about you – if a friend is going to do that to you, then they aren't worth talking to, are they?

* * *

1. What was your purpose for confronting the OP, and what did you say/do?

My original purpose for confronting the other person was selfish. I honestly could not believe my husband had an affair. He admitted to one. In the beginning, I felt this was a sick joke both parties were playing on me. Friends of my husband knew more specifics than me, and couldn't believe I wasn't reacting. When they finally shared some things, I was slammed with the realization my husband had an affair. This is the start of "Fatal Attraction," the movie, in my life. I called her and she was sweet as gold... she had the most even-toned voice, not at all upset... unlike me... willing to talk endlessly. She even asked me to call her anytime, if I needed to talk to her. I introduced myself on the phone and asked her if she had an affair with my husband. She admitted yes... stated her husband was seated beside her at that moment, and was aware of

everything. She supposedly apologized, but I was so charged, I don't recall it.

2. What happened? What was the outcome?

Outcome... horrible. To further explain, this woman has been with many of her coworkers... 10, as a matter of fact. She was followed by a private investigator who made videos of her with each of them. This information was turned over to me after she was caught in bed with another man. The story went around their workplace like wildfire and the DVD and pictures landed in my car, along with video of my own husband and her. This was after I had found out about the affair. In effect, she felt stalked. I did not share the information left in my car, however, someone else notified her husband that I had this information. It became a threatening issue of him wanting to know who was in the tapes, DVD, pictures, etc. I hadn't even told him that I had them, but he knew. The outcome was that he became threatening, more so to me than even my husband! I blocked his emails at work and home... and he finally just went away. It seems a dead issue.

3. If you were to do it again, would you do it differently? What did you learn?

Admittedly, I should have been able to trust my husband that he was having an affair since he admitted to it... How crazy is it that I was still in denial? I've learned a great deal about how the other party doesn't tell the truth to her own spouse. He may consider it total truth... but in actuality there is never ever going to be full-fledged honesty in an affair. She covered up facts to make herself look better? Or him worse? If I had it to do all over again... I would never ever have responded to his beginning email to let me know, if my husband didn't tell me everything, that he would. No matter how burning the need for knowledge... it's not worth it. Everything that evolved was less than the truth... full of hatred and despise. And nothing that was ever said from the other person or her spouse was helpful towards me in ANY way.

* * *

1. What was your purpose for confronting the OP, and what did you say/do?

My husband and the other woman kept saying they were just friends, and that they were not having an affair. I wanted to talk to her to get things straight from her, as she was my very good friend as well. We met 2 times, and I asked her questions about situations, but the answers were ones she and my husband had come up with to cover their behinds.

2. What happened? What was the outcome?

She lied about everything. She said they were just friends, and that they had to talk to each other and meet because of the committees, and things they were on together.

3. If you were to do it again, would you do it differently? What did you learn?

I am not sure I would do it differently. I needed answers, and although I did not get those answers at the time, I found out what a liar she was, and her true self was revealed in time. I learned that even if you get answers, it does not help because there are some things I will never understand. Plus, you only know what a person wants you to know. My friend deceived me, she went after my husband and would still take him to this day.

* * *

1. What was your purpose for confronting the OP, and what did you say/do?

I confronted her to gather information about the nature of the affair. To satisfy my curiosity as to what kind of person was able to ensnare my husband so that he was unable to end his attachment (at the time), and was choosing to be with her, and end our 27 year marriage.

2. What happened? What was the outcome?

The first time I called the other woman, the discussion was brief. She was surprised I knew her name, and how to contact her. She asked me to call the next day, as she was busy. I agreed, and thanked her for her time. She immediately called my husband, and he then asked me not to contact her again. I agreed. Five months later, my marriage was apparently at its end, because my husband was "too attached," to end his affair, so I called the other woman again. She was very indignant and self righteous, as if she was the wronged party. After initially refusing to talk, she began to open up to refute several claims my husband had made about their affair. She asked for my email address to send "proof" that her rendition was more accurate.

I hoped to receive the emails, but a few days later (after I left a voicemail message restating my email address in case she took it down incorrectly), she sent a rudely worded email, and cc'd my husband, telling me how special the affair was to both her and my husband, and that the emails they shared were none of my business, and then telling both of us not to contact her again. She called my husband a spineless coward, apparently referencing his inability to divorce me for her. My husband's attempts to restart their affair for a third time were rebuffed. He told her that I was just angry at her because he had just told me that he still had feelings for her, which was an amazing demonstration of his ability to lie and try to turn a bad situation around to his advantage. It didn't work; she dumped him.

3. If you were to do it again, would you do it differently? What did you learn?

When I contacted her the second time, I thought my marriage was over, so my objective was to learn everything I could to understand how this could happen to me after 27 years of a very good, happy marriage, and the raising of four sons. I was completely incredulous, and could not rest until I tried the last (and most promising) source of information on the affair (the other woman). I think my approach was very tactful and disarming for her,

because she seemed to have had no intention of talking to me, but still found herself telling all.

I learned several very significant details which my husband had lied about – he claimed his lies were to protect me and our marriage, but it's apparent he just didn't want to face up to the truth of how awful he was. The information I learned led to further disclosures by my husband, which I wanted. Significantly, I wouldn't have believed my husband's initial reaction of siding with the other woman, if I hadn't seen it. He was furious at me and didn't care about my feelings at all. All he cared about was the other woman's feelings. He thought I attacked her and called her names to hurt her, which sounds unbelievable – as if he didn't know what kind of person I am at all. His first words to me were, "our marriage is over!"

Later, in small part because I wanted to test his loyalty, I sent a letter to the other woman's employer to complain about her seducing my husband while on the job (she's a

flight attendant, who asked my husband to take her out while allegedly "working" a nine hour international flight he was on; and I included other highly significant and relevant complaints). I assumed she would contact my husband about it, and I could then see his reaction. Unfortunately, she didn't contact him and I never learned how he would have truly reacted. When I later told him about it, he claimed he had no feelings for her, and would agree to whatever I wanted done to keep us in reconciliation.

* * *

1. What was your purpose for confronting the OP, and what did you say/do?

I found out my partner was having the affair with her, and couldn't get any answers from him. I just had to know what was happening.

2. What happened? What was the outcome?

It did no good whatsoever, and they carried on seeing each other to the point where I told him to leave. He did, and has lived with her for two and a half years. It broke my heart.

3. If you were to do it again, would you do it differently? What did you learn?

If only there was a chance to handle it all differently. I would not have told him to leave, and tried to weather it. It may have burned out by itself. I just lost control, and didn't think at all, and just reacted very badly, and now there is no chance ever to be with him.

* * *

1. What was your purpose for confronting the OP, and what did you say/do?

2 years ago, I found out about the affair. My husband stopped having all contact with her on the day of my discovery. After a few horrible days and nights, we started "working on" our marriage and our relationship. 2 years later, we are at a point of "standstill." I still have the problem with not trusting him, I still think he is not telling me the whole truth, and I still cannot really pin-point the kind of affair it was. So I decided to go and see for myself where, what and who "made" my husband forget his promise to me, the children, and to himself. I wanted to see the place, and feel the atmosphere, I wanted to understand what was motivating him for 2 years to live a secret, double life, and I wanted to see what kind of a person would knowingly hurt other people.

I wanted to understand what does my husband really say when he tells me: "I was addicted, I was crazy, I was insane, I did not love her, sex was not great, in fact, it was terrible, I would never go out in public with her, I was unhappy, and she knew exactly when which buttons to push ..." The OP worked for me for a few years before and their affair started at that time, first by phone and SMS's,

and 3 years later, it became sexual (for 2 years). So, when I stood in front of her door, I did not need to introduce myself. In addition, their affair ended 2 years ago, so she nearly fainted when out of the blue, I stood there asking her if she remembers me. Well, she did. She invited me in, gave me a coffee, composed herself quite quickly. I asked her if she loved him, and she said "Yes." I asked her if she ever believed that he will leave me and marry her. She said "Yes."

2. What happened? What was the outcome?

My visit was 2 hours long. The apartment was dark, very small, behind the trees. A perfect place for secrets. There was a black cat that could be the sister of our black cat – I found out that it was. She talked quite freely, admitted that it took her many years to get him to sleep with her. She never thought that their affair was hurting other people, in fact, she never thought about me or the children, and she never asked him about us.

After speaking with her and after seeing the place, I felt, for the first time, something like compassion for him, and for her. I started to see that disturbed, unhappy, and very confused man (my husband), and I started to see that naive, quite selfish, and very lonely woman. And most of all, I started to see our marriage and our relationship for what it was then (before the affair), and for what it is now, and what could have been and what can be, if... If I allowed myself to let go of the demons a little, became more realistic, less romantic, less superior, more open to being loved. I now believe that our marriage, and our relationship, can have a future.

3. If you were to do it again, would you do it differently? What did you learn?

No, I would not do it differently. That visit made me see the reality. I don't paint pictures anymore – about him, her, or myself. I have a choice. I feel free to make a choice. He is not perfect, I am not perfect. And she does not matter. What choice will I make? I do not know just now. What I do know is that, this time, my decision to stay or to go will be based on realistic reasons.

* * *

1. What was your purpose for confronting the OP, and what did you say/do?

I thought they were just phoning each other, but I wanted to know the inside story, so I called him.

2. What happened? What was the outcome?

He told me, "I f***ed her." He tried to create that wedge between us. It did not work. I knew it was he who sought after her, due to the numerous incoming calls, and the fact that she called me several times afterwards out of guilt. Our relationship is stronger now. I am going to stop working away from home and stay home to watch for these predators. He wanted to move in and take over my home.

3. If you were to do it again, would you do it differently? What did you learn?

Yes. I would stay home and work in our area, and pay more attention to her activities and callers. She was just curious, and found out there are vast numbers of cheaters out there who prey on lonely women.

* * *

1. What was your purpose for confronting the OP, and what did you say/do?

I wanted to meet her, to see what this other woman looked, and acted like, that my husband was so in love with. Not having a face to go with her name was very frustrating for me. I also wanted to tell her in person that my children knew about her, and how hurt they all were, and that she should exit our lives ASAP. This was after calling her a couple of times, and emailing her, maybe 3 times, over the course of months. Nothing changed. I got word that she was flying into the country, and wanted to

plan to meet my husband. I took this opportunity to go to the airport and confront her.

2. What happened? What was the outcome?

I talked my way through security and went to her boarding gate, where I had her paged. I know! Sounds crazy. She thought it was my husband, and was horrified to see me. I said "Hello – I thought it was time we had a little chat." She wouldn't say anything but "Talk to your husband, it's a two way street." I got so frustrated that I embarrassed her in front of her fellow passengers by saying some choice words. She ran away, I left. Then, I warned those two that if it didn't end, I would call her place of business and tell them about her, which I eventually did. Only because he wouldn't get out, and kept promising it was over. It never was.

3. If you were to do it again, would you do it differently? What did you learn?

Although my husband called me evil for doing all that, I would do it again. Now, I don't care, but at the time, I was so embroiled in the pain and jealousy that I had to act. This was only after being patient for months, and trying to understand. But when the two of them had this secret life, I felt so alone and excluded. Although I tried not to be, I was obsessed! It was the most difficult thing I ever went through.

I eventually filed for divorce. He is no longer with her, but I know he still loves her. She thinks I nearly ruined her life, and will have nothing to do with him, because, who knows what I am capable of? So maybe it worked. I know she is a sweet person, but 20 years younger than my husband. We have 5 children, and I thought it was so wrong of her to get involved – it broke up my family. Of course, I know it is really him who should get the blame. Me, too, to some degree. But, that is another story.

* * *

1. What was your purpose for confronting the OP, and what did you say/do?

I couldn't really believe it was happening, and wanted to hear the truth from her mouth (which I didn't). Then, I wanted to tell her she was evil to destroy a family. I wanted to hurt her. I wanted to make her go away. I thought I was strong and powerful enough to do this.

2. What happened? What was the outcome?

She said lots of hurtful things to me right back! Basically, that it was my own fault. I collapsed on the floor sobbing in front of my husband. Then, I did not get the response and help I desperately wanted from him either. To my horror, I felt and experienced that he seemed to be on her side. It was an unmitigated disaster from all angles. Probably one of the top 2 or 3 worst experiences of my life.

3. If you were to do it again, would you do it differently? What did you learn?

It was a mistake to confront her in anger, it just made things worse – and I had not thought things could get worse. But it is so hard when you are confronted with infidelity in someone you love and trust and have built up a life with over so many years! I think the only time it might be right to confront the other person when your spouse has fallen madly in love with them, is when one has been able to calm down, and would not be confrontational, but I think in this situation it is a losing battle. They are a team, they are together, and I was out. I was confronted with this ugly reality.

I think it's better just to confront the spouse, which keeps the focus and the power on whatever is left of your relationship. Bringing in the other person gives them power. And all this being said, I still have fantasies of telling her what I think of her! In some ways, I am glad I did, but if she ends up marrying my husband, and is step-mother to my young child, then having the two of us hating each other is also not a good outcome, which is

what a confrontation in a passionate affair will engender (at least it did in mine).

* * *

1. What was your purpose for confronting the OP, and what did you say/do?

I wanted to find out how far the emotional affair had gone.

2. What happened? What was the outcome?

She denied communications with my husband, which I already saw from the cell phone charges, so I knew she was lying. She also blamed him for contacting her, and said that she was just talking to him to help him work on his marriage. The outcome was that my husband was angry with her for blaming him for a friendship that she initiated, and she no longer wanted anything to do with him, because he was married with a family.

3. If you were to do it again, would you do it differently? What did you learn?

Yes, I would have confronted her the first time she hung up on me when I answered the phone (6 months earlier). I wouldn't have contacted her – I knew what was going on. I should have separated from my husband, and made him face what he was doing without the cushion of being home with his family. I would have had less compassion for my husband or the lonely other woman.

* * *

1. What was your purpose for confronting the OP, and what did you say/do?

I had not yet confronted my wife, and suspected that she would not be forthcoming when I did confront her. I had the smoking-gun evidence, and figured my best chance to get a confession was from the OP. When he answered the

phone, I said hello, identified myself as my wife's spouse, told him I was not going to hassle him, but needed a question answered: did you sleep with my wife?

2. What happened? What was the outcome?

He said, "Aww, man, don't put this on me" (verbatim), and hung up.

3. If you were to do it again, would you do it differently? What did you learn?

Although that was not an outright confession, his response confirmed for me that he knew exactly what I was talking about. I later confronted my wife. Over the course of several months, I bluffed her into telling me all of the truth I will ever get out of her. Being able to relay what the OP had said seemed to weaken the bond between them. Left to my interpretation, his words meant, "Don't blame me, blame your wife." I'm not sure how I would handle it if I had it over to do again. I am a very emotional person, and need to deal with emotional experiences fully – so I guess I would handle it the same, unless I was grieving differently.

3. I want to know what s/he is like.

1. What was your purpose for confronting the OP, and what did you say/do?

My purpose, though embarrassing, was to find out how good she was in her talk, whether she was brilliant, or had a great sense of humour... and to wriggle out the truth from her, which I did.

2. What happened? What was the outcome?

It was one of the most painful conversations that I've ever had in my life, and I still don't know who's speaking the truth. Painful, because all the gory details of their sexual encounters came tumbling out, just because she wanted

to avenge him for so-called letting her down, and coming back to me and the children. Apparently, she tried to persuade him long and hard to give me a divorce, take the children away from me, give them to her, and that she would not have children of her own, etc, etc.... all of which my idiotic husband believed, and got ready to leave. The thought is still so frightening and shocking.

3. If you were to do it again, would you do it differently? What did you learn?

I really don't know. It's been almost 2 years, but the pain is as new as if has happened yesterday, and the one good lesson I seem to have learnt, is that one can only believe in oneself and nobody else. Investing time, energy and love in another person comes with no guarantees at all, as most men as I'VE EXPERIENCED, ARE UNDEPENDABLE...

* * *

1. What was your purpose for confronting the OP, and what did you say/do?

I was in a position where I would be meeting her – my husband and I went to a function required for his job. At this point the affair had ended. I approached her, and asked her if she would like to talk for a few minutes. She said yes, and we arranged to meet outside at a set time. She began the conversation by apologizing for any pain that she caused. She said that wasn't her intention; she got "attached" to my husband and still had feelings for him. I did not respond. I said very little.

I went into this feeling calm and centered, and I believe this is KEY to "confronting." It was essential to me that I keep my integrity, not divulge information about myself or my relationship with my husband. I would not have initiated this meeting if I had been feeling emotionally charged, angry, or "out of control" in any way. I feel I would have been empowering her/them if I had not been completely in control of myself. I said that I wished for someone available to come into her life, that my husband

and I were committed to our marriage and our family. And that was all. I was not cold, just neutral.

2. What happened? What was the outcome?

We both expressed to each other that we were glad to have had this short conversation. I came away feeling "done," like I had done my part, and had some closure.

3. If you were to do it again, would you do it differently? What did you learn?

Overall, I am satisfied. I got an opportunity to get a feel for who she is, and that was important to me.

* * *

1. What was your purpose for confronting the OP, and what did you say/do?

I confronted her to expose my husband's lies (he told her that our marriage was over, and he was no longer intimate with me), and to discover the truth about their affair. Also, to try to convince her to leave my husband, and appeal to her that she was damaging our family and hurting my daughter.

2. What happened? What was the outcome?

The other woman was more than happy to share the details of the affair, and the lies my husband told her. She asked me many questions, and tried to find out why he would lie to her, while continuing to tell me he wanted to save our marriage. The affair continued, no matter how many times I talked to her over a period of at least 2 years. I believe the affair continues to this day, though my husband and I are now separated.

3. If you were to do it again, would you do it differently? What did you learn?

I don't know. I learned a great deal about the truth of what had been going on from the other woman. I wanted the

truth, but I was only getting lies from my husband. However, contacting the other woman did not end the affair in any of the three times that we talked. The other woman is aware that my husband has lied to her since their affair began, but that does not seem to be enough to break her addiction.

* * *

1. What was your purpose for confronting the OP, and what did you say/do?

The only purpose was trying to identify that other person. I knew that something was going on, but did not know who that person was. I discovered her email address, so I opened a new account and sent her a letter telling her that I knew everything about their relationship.

2. What happened? What was the outcome?

She was very angry, sent him an email telling him about my mail, calling him a coward and things like that... He never told me anything, and they continued on with their affair without me even knowing her name. Much later, I knew that she was his assistant (secretary).

3. If you were to do it again, would you do it differently? What did you learn?

I would hire a detective. It is safer and faster. I learned that in some cases, time really counts, and I exposed myself without knowing her intentions, or how she or my husband could react to my letter.

* * *

1. What was your purpose for confronting the OP, and what did you say/do?

I wanted to see her face to face. She had visited my home with her husband, and even came to dinner parties, twice. Clearly, this kept me off track, so I wanted to talk to her. I

had already spoken with my husband, but I thought her behaviour was really very bad. I was always under the assumption that people having affairs would want to keep it very secret, and the fact that she had wanted to visit my home and meet my children was, to me, psychotic.

2. What happened? What was the outcome?

I was very calm. We met at my sister's apartment, and spoke for about 2 hours. My husband joined us towards the end. I got the usual junk about how hard it was for her to make female friends (barf!). Her intent was to tell me that it basically was a friendship gone too far. Unfortunately, my husband and I had spoken at length, and in great detail, before I met with her, so I was able to discount much of what she was saying. She was from another country and had faked meetings to fly here and see my husband, and so I was able to ask her why a "friendship" required physical contact.

Anyway, I really got tired of her quickly, and told my husband to drop her back at her hotel. I was done with her. He let me know that she was afraid that I would tell her husband. A few weeks later, I did tell him due to some other stunt she pulled. I have no idea where or what she is doing now. That was 6 years ago and I am still going through recovery with my husband and it has its upsides in that we are closer. Nothing I have ever experienced has come close to being as devastating, and I am a cancer-remission-survivor – who was, at one point, told I may not live for more than 5 more years!!

3. If you were to do it again, would you do it differently? What did you learn?

I would do it again in a heartbeat, just to see for myself that she was really an awful human being. I learnt that she really didn't matter in the long run.

* * *

1. What was your purpose for confronting the OP, and what did you say/do?

I needed to find out who they were. How they knew my partner.

2. What happened? What was the outcome?

I later found out that several were hookers. Others were dates from the internet, and they told me the truth.

3. If you were to do it again, would you do it differently? What did you learn?

No. I felt better after I talked to the women. My partner tried to lie, and I told him I already knew, then later, he admitted it was true. I learned the truth by calling them. If I had not, then I would have always wondered what the truth was.

* * *

1. What was your purpose for confronting the OP, and what did you say/do?

My husband (we were separated at the time) planned to take our 10-year-old son there for the weekend. This affair had been going on for over a year (with my knowledge, just a few months). I felt there were some things I needed to say to her, prior to that happening. She lived in another town and I had never met her. I mainly wanted to make her real in my mind and heart. Prior to this meeting, she was just a figment of HIS imagination.

2. What happened? What was the outcome?

I, along with my sister, drove to her home, 1 1/2 hours away from mine. My husband was there for the weekend – I knew he was there – and I asked him to leave while we spoke. I had tried to meet her several other times, but she backed out each time. I asked to meet her somewhere, but she said (through my husband), that if I wanted to meet her, then come to her house – so I did. She invited me in,

but I refused. My sister stayed in the car, but was within eye sight. I told her that I had some things to say, and I felt she needed to face me.

She started out by saying she was sorry for my pain. I shared that she and my husband had control over the pain that our children and myself were experiencing. I would not allow my son to spend any overnight visits with them, as we were still married and I felt that was morally wrong. She tried to tell me how moral she was (she worked in a bank), but I stuck to my beliefs. I told her that my husband and I would always have a connection through our children, and that I would not go through her to get to him. We would always need to talk about the children and make decisions. She said she wanted to be their friend, but never their mother.

I told her I still felt there was hope for our marriage, but she needed to step out of the picture. She said she would walk away – if my husband told her to. She said you can't help who you fall in love with, but I disagreed - don't date a married man, was my solution to that. She said she would move to our town for MY sake, so that I would be closer to my son during my husband's visitation times. But if I didn't want them to live there, they would move somewhere else. We parted in a civil manner. Then, I met my husband and wanted to hit him where it hurt – but refrained.

3. If you were to do it again, would you do it differently? What did you learn?

I needed to meet her, just to start to process that this was real, and she was a real person. I would still go to her home – I did that for my son. I insisted they not have him there until after the divorce, which they did. He was confused enough without explaining that. She then moved to our town (without my knowledge) a few months later. I read about the real estate transfer in the paper. They didn't want me to know about the move, because we had not finalized what I wanted from the divorce. To end this story – we have been divorced over a year and a half. They married 1 year after the divorce, and he says that she accuses him of cheating with me. Funny, huh?

* * *

1. What was your purpose for confronting the OP, and what did you say/do?

I was in such a state of shock that I felt compelled to see the person my husband had chosen to derail our 36 year relationship with. I wanted to confront her and let her know there was no more hiding what she had done to our family, and to tell her to stay away from my husband.

2. What happened? What was the outcome?

I sent a text message from my husband's phone (as though from him) asking her to meet me (him). She invited "him" to come to her house because they (she and HER HUSBAND [he knew, too, and they had been "working out" the threesome arrangement – she'd had many affairs and they had both been "swingers" with neighbors – ugh.]) were up. I told her I didn't want to see her husband tonight, only her... So, at 2 a.m., she drove to the meeting point to see my husband, and when she drove up, I got out of my car, got into hers, introduced myself, and said, "I understand you've been sleeping with my husband. I want this to stop and for you to stay away from him." She hung her head, and said "I didn't mean to hurt anyone." I told her my husband would have to make up his mind, because I would not share him with her, and would not stand by and allow their relationship to continue. Then, I left. I went home and was awake for the next 3 days. I felt like my husband had hit me with a sledge hammer. I was like the walking dead for a long time.

3. If you were to do it again, would you do it differently? What did you learn?

In a way, I wish I'd been more forceful and in my fantasy, I wish I'd crushed her like the snake she was!! But, that's not me. I tried to forgive him and talk things out, tried to believe he was still the wonderful man I'd loved all my life and he would do the right thing to save our family. For 7 months we went to counseling, but he secretly continued to be with her. He lied, she refused to stay away from him,

and I learned that I was not prepared to cope and handle things in a rational way. I tried to be super wife, and as he continued to deceive me, I became more unraveled. I simply could not wrap my mind around the fact that he had changed so drastically under her influence.

He never actually told the truth. They ran away – he went to work one morning and never came back. I had to work very hard to stop loving him, to accept the reality that he was not the same man, and father that we had known and loved. They lived together for 4 months before she was divorced, and 4 more months while we were still married. They hid – he could never speak to me face to face. Text messages!! It sickened me to see his cowardice, because he had always been my hero. We divorced in 2005, they married in 2006, and he's still not happy, but he's afraid to leave her and have to deal with financial and emotional issues again.

I'm stronger than I thought, more peaceful and happy than I had been for years, and healthier – without the stress-related illnesses that had plagued me for years. I learned a lot of other things about myself, got a realistic look at how things had changed over the years, and I had resigned myself to accepting a less than satisfactory life. Life is good now, and God is my center instead of my husband being my 'god.' It was a blessing – but a VERY hard lesson to learn.

* * *

1. What was your purpose for confronting the OP, and what did you say/do?

My purpose for confronting was selfish. I wanted to see who this person was, not only in looks, but personality and such. I really wanted to know, for my own need of knowing, what kind of person would fall for such nonsense. What I did was invite her to my daughter's home, since she was lied to, so she could see the family unit that she was helping destroy, and would see that we are real, caring, feeling people.

2. What happened? What was the outcome?

I found out a lot of information, most of which I hated hearing. She told me how they met, etc., their plans for the future, and many of the lies he told her. The outcome left me ill.

3. If you were to do it again, would you do it differently? What did you learn?

Well, I was so curious, and it was eating at me to know. So would I do it differently? Probably. I learned that nothing good could ever come out of any of this.

* * *

1. What was your purpose for confronting the OP, and what did you say/do?

It was an affair that started on the internet, and my husband never knew her before. He never found out her last name or where exactly she lived. There were very few details they shared with each other. He broke it off with her before I ever found out he was having an affair. But he still talked to her on the phone for 5 more months, always refusing to see her. He said he had started something because our marriage was failing after 30 years. We did truly stop valuing one another, but I never ever could believe he could ever cheat. He did not seem capable. He never changed anything. He was totally deceiving me for 9 months while he met her in rest areas and parks, because they were keeping it anonymous.

When I found out, all I had was her cell phone, which led to a dead end. He did not care if I found her. He just didn't think I could. He changed his number, and I texted her to change hers and she did. They never communicated once after I found out. They just totally stopped, but he told me it had been over already for the 5 months since he had seen her. I do not know why he kept calling her, except that he told me she always said nice things to him, and when I would be screaming at him, it wouldn't bother him as much because he had somewhere else to call (go). But

he always knew it was wrong. The reason he stopped seeing her was because they met on his boat once. She got on without panties on and he said she was always the aggressive one sexually. He had sex with her one time, that day. On our boat. And he stopped it then.

I felt I had to talk to her. To see what she looked like. I could not go on. I spent 4 months pursuing how to find her. It is amazing, the story of how I did it, but I did. I called a number, it turned out to be her. At first, she denied she had an affair with him. She said that they were only friends. She was now scared because I had her. I knew the address to go with the home number. We talked for 30 minutes. She asked me what I wanted from her, she said she had changed her cell number like I asked, and that it had been over for a long time. I said, "for you, but not for me." I said I wanted her to apologize, which she did. Among other things, I told her I needed to see her. She refused, so I showed up on her doorstep one afternoon. She came to the door. She was an ugly, fat hag, and smugly, I stood there staring at her, while she begged me to leave. She said that she would call the police, that it was over. I just stood there smiling. Then, I walked to my car, got in and laughed.

2. What happened? What was the outcome?

My counselor said she noticed that I was better after that. I felt it was closure in some way. He is so sorry about the affair, and yes, it is true, we are learning to love, respect and honor one another like never before. I have learned that I could not treat my husband like an object, a slave. He was not perfect either, and realizes that both of us were giving the other reason to build up walls.

3. If you were to do it again, would you do it differently? What did you learn?

I wish I had asked her more about what happened. But, she seemed to be a compulsive liar, so it probably wouldn't have made much difference at all. I do find myself still wishing to find out more of what she is like. He does not want to know her, and I have seen his attitude change over the last 7 months since I found out, to see her

more for what she was. He knows he was using her, too. He took so long to let go because he felt bad that she had become attached to him, and he did not want to continue to relationship. We are going to a great counselor, and are doing well. I sent her a letter since then, and a book, by Beth Moore, "Get Out of That Pit," because I know she is a hurting individual. And if she ever knew how bad I have been hurt – I have not had one day in 7 months without tears – maybe she will never do it to another person.

4. I want to know if my spouse is lying.

1. What was your purpose for confronting the OP, and what did you say/do?

I just wanted to know if my husband was telling the truth, so I called her. I asked her if they are still seeing each other. Until now, I don't think hubby knows that I called her.

2. What happened? What was the outcome?

Luckily, I had already read Dr. Huizenga's "Break-Free-From-The-Affair," so I was charging neutral and it was a success. She confirmed what hubby said, that he'd already ended it.

3. If you were to do it again, would you do it differently? What did you learn?

I learned and applied what I read from the e-book, so, no, I don't think I'll do it in any other way.

* * *

1. What was your purpose for confronting the OP, and what did you say/do?

I just wanted to know if they were really going out, or not.

2. What happened? What was the outcome?

She still referred me back to my hubby for confirmation, and then I knew it was true.

3. If you were to do it again, would you do it differently? What did you learn?

No, I wouldn't do it again – it wasn't necessary!

* * *

1. What was your purpose for confronting the OP, and what did you say/do?

I contacted the OP to try and reveal some of the truth. I found them together on my anniversary. They were at her home, and he was backing his vehicle out of her garage. He told me he had to go there because she was going to commit suicide. After four days, I called her.

2. What happened? What was the outcome?

The OP advised me that the affair has been going on for 2 years, they just finished making love, and the passion is so intense between the both of them that neither of them can give up the relationship. She also advised me that she was never going to commit suicide, however, she did go on a date that night with another man, it did not turn out favorably, and my spouse came to the rescue. By other questions that I asked, I found out that my spouse was more involved with her sexually than ever with me.

3. If you were to do it again, would you do it differently? What did you learn?

In this position, I do not regret confronting the OP. I did learn how misled I was by my spouse. After I confronted the OP, I asked my spouse the same questions and watched his body language. I was amazed how well he has lied. I am approaching 4 years after the affair, and trying to work things out. I do regret trying to work things out, and wish I'd ended the relationship when I found them

together. This is based on my learning experiences from confronting the OP - I am with a professional liar.

* * *

1. What was your purpose for confronting the OP, and what did you say/do?

I wanted to hear from her that this affair happened. I couldn't believe my husband would ever do this. I called her, and asked her about it, and she lied and said nothing ever happened. (She was married, too.) She told me she wanted to help me.

2. What happened? What was the outcome?

She called my husband later that night, and blamed him for everything. Said he was living with a crazy person. I think this was the first step in healing our marriage. He realized that she did not care enough about him to even admit to the affair.

3. If you were to do it again, would you do it differently? What did you learn?

Three months (and a lot of counseling) later, I did call her back. At the time, I knew my husband had kept every e-mail and chat from their time together. It was all pretty graphic. I called her to say that I was sorry she was in a bad marriage, but that didn't give her the right to ruin mine. I told her that my husband kept every contact with her, and that she would be wise to stop contact with him. A little threat, yes. But, I felt better after that, and never called her back.

* * *

1. What was your purpose for confronting the OP, and what did you say/do?

The OP had no idea my husband was married. He had told her he was divorced. He travels, and she was living in the

state he was working in during those months. My motivation was to verify if he had told me the truth about her, and about their relationship... He hadn't, he had left out a lot, and tried to smooth over the details so I wouldn't know just how involved they were, and how much he had betrayed me. His was a revenge affair against me.

2. What happened? What was the outcome?

She was apologetic because she didn't know, and felt horrible for hurting me unknowingly. And, she had a lot of anger towards him, as well. She assured me that if he contacted her in any way she would let me know. She also brought to light some of the lies he kept telling me for the next year – AFTER the affair. She contacts me every once in a while to see how I'm doing, and vice versa. We formed an awkward friendship of sorts, trying to repair ourselves. Neither one of us hates the other in any way, and we have leaned on each other for emotional support occasionally. She supported me when I decided to stay with my husband and work things out. It's been a long road.

3. If you were to do it again, would you do it differently? What did you learn?

No, I would not do it differently. Especially since he was lying to both of us, I felt responsible to clear the air as to my status with him (yes, we were married, and I was 9 months pregnant when I found out about the affair). I learned that when the cheating spouse is found out, they want the discovery anger to be brief, and the recovery to be quick, and they will deny details to ensure that happens (i.e. "I only saw her once a week," when really, he saw her every night, etc.). I learned that I can be the bigger person, and even through the hurt, I could forgive the OP and see the situation for what it was.

* * *

1. What was your purpose for confronting the OP, and what did you say/do?

I contacted her to let her know that he had been lying about the true state of our marriage. I also wanted to confirm some of the dates and statements he had made to me.

2. What happened? What was the outcome?

She is a Filipina in the U.S. military. I told her that if she hung up on me, my next call would be to her Commander. She did not hang up. I asked her for the timeline of the affair – some of it matched up with what my husband had said, and some didn't. I asked if she knew he was married, and she did. I asked if she cared that he was married, and she didn't. I asked how she could inject a married man into the lives of her children, and she had no answer. I asked if the affair was over for her, and she said she already had a new "boyfriend." I told her what I thought about her, heard her broken English responses, and told her that I felt sorry for her.

3. If you were to do it again, would you do it differently? What did you learn?

I would handle the whole situation differently. The moment I found out that he was cheating, I would have severed all contact, bankrupted him, and divorced him. I regret every day that I wasn't strong enough to step out on my own. I think I sent a horrible message to my sons (it is ok to treat your wife and family disrespectfully), and a worse message to my daughter (this is normal, to be expected and tolerated). If I could go back in time, I would tell the broken-hearted me to get up and do what needed to be done to salvage my self-respect. I have none now, nor do I expect to have any.

* * *

1. What was your purpose for confronting the OP, and what did you say/do?

My purpose was to warn off the other person, and also to see whether an affair was really taking place. I confronted him alone, and discreetly asked him if an affair was taking

place (he denied it), and why he was texting my wife (I had discovered a text on her cell phone). I also told him not to be so stupid, and that there were children involved in this. Additionally, since this person had gotten married himself, just a few months earlier, I reminded him that he had a wife himself who wouldn't be too happy to see that text.

2. What happened? What was the outcome?

It turned out to be a pointless exercise. My wife told me that I had made a big mistake – maybe I had. I didn't discover there was an affair going on until a couple of months later (silly me – I believed all her lies), and I had already decided at that point that if she could lie like that to anyone, that I didn't want her as my wife, but I had to “manage her out” of my life very carefully, and make sure the kids didn't get hurt along the way. It was a long and difficult process, but I also got on with the opportunity to get on with my life pretty quickly, I just did it using the same lies she was using on me... Boring, expensive, hassle all around, and a huge danger to our children's well being, but we got through it.

3. If you were to do it again, would you do it differently? What did you learn?

I think that is a difficult question. What I would do, for sure, is think a lot harder and longer about the possible outcomes. I didn't think too hard about it then (to be honest, I totally believed my wife then), but if he had come clean at that point, I would not have been in a position to handle it very well. If you think about it, you are putting yourself in a fairly tight corner under these circumstances. If you are going to learn something you don't want to hear,

you really don't want that to happen with the OP around do you? As a general rule, I would not think I would bother with confrontation if I was in this situation again. Your relationship is with your partner, and if you drag this third party into it as well, then you are pretty well including them in your relationship as much as your partner, creating the “triangle” Dr. Huizenga talks about.

* * *

1. What was your purpose for confronting the OP, and what did you say/do?

When I confronted my husband with evidence that there was someone else, I knew he was lying about who and how long. I called her in front of him to confirm his story.

2. What happened? What was the outcome?

Initially, she pleaded the 5th, "we're just friends." I calmly spoke to her about my life, how many children I have, and she then saw how he was lying to her as well. I got the truth – a long 8 year relationship that had resulted in her own divorce. My husband finally admitted it all, and his tune changed. He became desperate to save our marriage.

3. If you were to do it again, would you do it differently? What did you learn?

It was hard to hear details from the OP. But, so much damage had been done. At that point, I needed everything to make sense. I felt crazy. The truth forced him to make a choice. We're still trying to get through it, 1 1/2 years later.

* * *

1. What was your purpose for confronting the OP, and what did you say/do?

I just needed "to know" – he kept telling me that she and her husband were friends from his pool league. She corroborated his story at first, but I found a few discrepancies, and with further questions, I realized that he must have been telling her what to say, and how to answer. This was done through email – we live in MD and she lives in PA. It all started when he forwarded a "joke" email to me that originally came from "her." I know his friends, and he has no female friends (he swears men &

women can't just be "friends" – go figure). So, of course, I questioned who she was.

2. What happened? What was the outcome?

I was not mean to her at all. I emailed her, just asking how she knew my husband. It took her HOURS to reply. I figured out later that it took so long because she was trying to get a hold of him to see what she should say back to me. Neither are good liars so it was pretty obvious what the true story was.

I actually tried to explain (like an idiot) that she wasn't the first one, and that I'd been through this with him before, so I just wanted to know the truth. I also honestly feel that women should stick together and respect each other. If you get a feeling from someone else's husband that they are crossing the line or being too flirty – set them straight. IF they are doing these sneaky things with you – it's pretty safe to assume you aren't the only one!! So, don't even play into their game. Tell them to go home to their wife.

We had just had a baby, and my husband is in the Army, and he had just left for Germany for 2 years when I found all of this out. It was hard – and the outcome... when I tried to explain to her that I just wanted to know the truth, and I had a family to think about... she told me to NEVER EMAIL HER AGAIN. Still to this day, I wish she'd talk to me, but I know she won't and I don't blame her. Apparently, he lied to her about lots of things, and had her believing she was "special." So... there wasn't much of an outcome. The whole thing just stinks.

3. If you were to do it again, would you do it differently? What did you learn?

I could do it differently – I'd pack his crap up and drop it off on her and her husband's porch. Then, she could deal with his cheating, overbearing, selfish, lying, self-centered self. Then, she'd realize why I just wanted TO KNOW...



5. I want to set him/her straight about my spouse.

1. What was your purpose for confronting the OP, and what did you say/do?

I wanted to warn her about my spouse telling untrue stories about me. I collected her phone number from my spouse, and called her.

2. What happened? What was the outcome?

When I spoke with her on the phone, she denied having an affair with my husband, while admitting that he actually made advances with the aim of having an affair.

3. If you were to do it again, would you do it differently? What did you learn?

I would not bother to call as I later discovered that she reported all my phone conversations with her to my husband. I learned that it is most effective to charge neutral when you discover that your spouse is having an affair.

* * *

1. What was your purpose for confronting the OP, and what did you say/do?

My purpose was to try to get her to realize that she wasn't special, just a number in my husband's collection of mistresses over the years. I called her and told her that he would leave her and come back to me, and that it would be short lived. I was right.

2. What happened? What was the outcome?

She ignored me, and didn't believe a word I said. I don't know why I was surprised.

3. If you were to do it again, would you do it differently?
What did you learn?

No, I wouldn't bother again. Why should I try to warn someone of something that may hurt them, when they are knowingly perpetuating an act that was hurting me, without any regard for my feelings. It was just pointless.

* * *

1. What was your purpose for confronting the OP, and what did you say/do?

I confronted her to let her know that I hadn't given up on my marriage, that I, in fact, DID NOT kick my husband out of the house.

2. What happened? What was the outcome?

She was surprised that my husband lied to her. She confronted him, and kicked him out of her home.

3. If you were to do it again, would you do it differently?
What did you learn?

I would have done it sooner. I learned that he was dumb enough to think he'd get away with his lies. And that she thought she was so special! HAHAHA!!!

* * *

1. What was your purpose for confronting the OP, and what did you say/do?

First, my wife asked me to divorce without telling me she was having an affair with someone, and giving me no real reason to divorce. Because of respect to her will, even if ill used, I said OK, feel free to go. Then, some days later, I learnt by my own means that there was an OP, and who the OP was. Then, I wanted to know if both were serious about their affair, and did intend to turn it into a lasting relationship. I loved my wife deeply and was afraid she

was not very balanced at the moment because of a series of external factors. I wanted to let it be known to the OP, and at the same time, show him I knew who he was and was ready to "give up" on my wife if she so wished... and was serious about him.

2. What happened? What was the outcome?

He showed surprise when I called him. Then, he told me I should not be talking to him about the affair, but to my wife. Told me that, in fact, my wife no longer thought of herself as of my wife, but as his partner, and that it had been so for longer than I suspected. He said my wife was very balanced, and she had already made her mind up about leaving me. Then, I learnt my wife was not leaving me for him, but she had decided some 3-4 years ago she no longer wanted to be my partner, or not wanted me to be hers, and had been looking for someone more akin to her, and her "new life-style," until she found this guy (a married man, by the way, 3-4 years younger than her).

3. If you were to do it again, would you do it differently? What did you learn?

I learnt the OP was very confident about their affair, and that could only mean my wife was serious about their relationship and definitely would not stay with me. I felt a bit uncomfortable during the 15-minute call, but managed not to lose my temper somehow. Would I do it again? Probably yes, but was a very hard experience because of the information I grasped about my wife not having considered herself as such for so long. A real liar and deceiver, a total traitor. It helped me decide not to fight for her, and respect her will, even if it was mean of her to have behaved that way towards me in the last 2 years.

* * *

1. What was your purpose for confronting the OP, and what did you say/do?

I confronted her to expose my husband's lies (he told her that our marriage was over, and he was no longer intimate

with me), and to discover the truth about their affair. Also, to try to convince her to leave my husband, and appeal to her that she was damaging our family and hurting my daughter.

2. What happened? What was the outcome?

The other woman was more than happy to share the details of the affair, and the lies my husband told her. She asked me many questions, and tried to find out why he would lie to her, while continuing to tell me he wanted to save our marriage. The affair continued, no matter how many times I talked to her over a period of at least 2 years. I believe the affair continues to this day, though my husband and I are now separated.

3. If you were to do it again, would you do it differently? What did you learn?

I don't know. I learned a great deal about the truth of what had been going on from the other woman. I wanted the truth, but I was only getting lies from my husband. However, contacting the other woman did not end the affair in any of the three times that we talked. The other woman is aware that my husband has lied to her since their affair began, but that does not seem to be enough to break her addiction.

* * *

1. What was your purpose for confronting the OP, and what did you say/do?

I got tired of bill collectors calling, and figured his lack of money was due to still giving her money. We are now separated, so figured I had nothing to lose, and she should know the truth about what she was getting into. Also, I wanted to tell her I tested positive for an STD. She should know, and although my ex knew about it, and said he had told her, he hadn't... She doesn't deserve to have anything, but it most likely came from her in the first place.

2. What happened? What was the outcome?

She and I had a good conversation, and she did keep it confidential. I think she would rather have the truth than find out later on. Wish his ex- wife had filled me in. She agreed. Supporting someone is not fun when there is nothing in return but more cheating.

3. If you were to do it again, would you do it differently? What did you learn?

Wouldn't change a thing.

* * *

1. What was your purpose for confronting the OP, and what did you say/do?

I wanted her to know that she is not the only person my husband had been with.

2. What happened? What was the outcome?

My husband defended her, and became angry with me. He told her I lied, and that she was the only one he had been with. He married her.

3. If you were to do it again, would you do it differently? What did you learn?

I'd tell them both that they were two irresponsible adults being led by their genitals, and affecting the lives of our children and myself. Of course, no matter what I'd say, it would make no difference... Knowing what I know now, I'd be better off watching a good movie, going to the gym, or having fun with friends.

* * *

1. What was your purpose for confronting the OP, and what did you say/do?

I wanted the OP to hear, from me, that we'd both been fooled into believing his lies. When I discovered his affair, I considered what I wanted, and decided that there was much I could learn about myself in how I handled my feelings about his betrayal. I also knew that making a decision to throw him out of my house would be understandable, but not wise. After weighing his plea for forgiveness and another chance, I agreed to work through the affair on 4 conditions: 1) he ended it immediately, AND took me with him to give OP the news, 2) we went together to be tested for STD's, 3) no sex between us until I felt ready, AND he use protection until we were retested in 3 months, and 4) he agreed to counseling with an infidelity professional. NO exceptions.

I also went in for some counseling to process my anger, hurt, and confusion. I introduced myself to her and told her she was the OP. She jumped up from the table, and ran out of the restaurant. She called me on my cell on the ride to the STD lab, crying inconsolably, and begged me not to tell her husband, and swore that she had never cheated on him before this. I told her that she should probably get tested herself since they hadn't used protection, and that I couldn't know if the two of us were the only ones he was cheating with. I wished her well; I felt oddly compassionate towards her. I told her that I would tell her husband if they didn't end their affair.

2. What happened? What was the outcome?

What happened is the tests were negative, they ended their affair (as far as I know), we stayed together, and it's been a little over 2 years now. While we eventually resumed our sex life, I admit that my attraction to him has never fully recovered. I haven't cheated on him, nor do I want to put myself through that. I don't know if I'll stay with him; sometimes, I have to process forgiveness over and over. I think I'm waiting to see if that process ever really comes to an end. I've been honest with him about my conflicted thoughts and plans. I have good days with him, and some that are just plain empty. Nothing's really

wrong, and nothing's ever been right since the day I confronted him. I've been meditating about what I want, who I am, and if life with him holds any new promise, for either of us.

3. If you were to do it again, would you do it differently? What did you learn?

What I learned is how strong I am, that I can tolerate dozens of seemingly overwhelming emotions, and that I don't have to be controlled or defined by my emotions. I learned that his affair was about his stuff, and that my own stuff needed my attention, so I took the spotlight off his affair and made myself the center of attention, to myself. Out of all this, I've found much new happiness in many areas of my life. His affair was a wake-up call, and I "took the call," for which I'm grateful. I learned that my instincts are sound and trustworthy; it's hard to imagine that I would ever distrust them again. What would I do differently? Nothing.

* * *

1. What was your purpose for confronting the OP, and what did you say/do?

I never met her, but sent some very angry emails. I didn't know what to do with my rage. (This is the only time I'd felt it...what a horrible emotion.) There was only one that I'd send over again which was, "You are a fool. If I can't trust him after 25 years, what makes you think you can?" My others were impulsive, and mistakes.

2. What happened? What was the outcome?

It brought the two of them closer, giving them common ground.

3. If you were to do it again, would you do it differently? What did you learn?

Although I doubt it was possible, I learned I should not have been contacting either my husband or his

"soulmate." (Yuck). Looking back... I was fueling the situation.

6. I want to stop the affair and get him/her out of my life.

1. What was your purpose for confronting the OP, and what did you say/do?

My purpose was to discover and stop the affair with strong evidence. What I did was create a false sense of security for him, which he fell for in a matter of minutes. I then requested that he contact me (as in, me pretending to be my wife), which he did. From there, many truths were learnt. Later that day, I took her cell phone with me for a business meeting. This, in itself, caused panic, whereby she attempted to contact him for several hours. There is a lot more to it, however, this is pretty much the core of it.

2. What happened? What was the outcome?

After discovering that they were found out, there was no inclination, or intention, to come forward with the truth. After 24 hours, I had collated my evidence, and approached her with it. It was here that a confession (per se) was put forward. Regardless, these were all lies, as the evidence spoke for itself. From there, an ultimatum was given to him to tell his wife what he had done. He refused to do so, even though he continued to feign that he did. He had abandoned my wife altogether, and pretended she did not exist. He wouldn't return my/her calls, and responded to emails with one liners full of guilt. After tracking his wife down, she was advised by me of his activities with my wife. His own wife left him after that.

3. If you were to do it again, would you do it differently? What did you learn?

I learnt that emotions can drive one to do incredible things. I would have allowed the game to be played out for a little longer, as this would have given me more of an

insight into how/what my wife had really thought of our marriage. This was a culmination of many different "types" of affairs. However, for him, he only saw it as harmless fun. In fact, these were the words he told his wife.

* * *

1. What was your purpose for confronting the OP, and what did you say/do?

My husband was forced to take early retirement. His self esteem and ego must have been very low at the time, and he went into an affair which lasted for 7 months. Obviously, he denied it, although his phone records proved that he was in contact with the OP, at least 3 times a day, whilst I was at work. He said that it was purely business. I decided not to contact the OP, but phoned her husband and told him of my suspicions.

2. What happened? What was the outcome?

After this, it was like a swarm of bees, with calls being made backwards and forwards with all parties concerned. My husband denied – emphatically – to the OP's husband that anything was going on, but they both got such a fright, that no further contact was made with each other – to my knowledge.

3. If you were to do it again, would you do it differently? What did you learn?

No, I wouldn't do it differently. The only thing I regret was that I lost my cool in the end. I just wish I had never blown my top, and told the other woman what I thought of her when she started shouting at me on the phone. I was actually lowering myself to her level.

1. What was your purpose for confronting the OP, and what did you say/do?

* * *

My husband had been having a type of "emotional affair." It was a case of "Just friends" with a work colleague, but at some point, she went on vacation with her boyfriend. While in a different country, she emailed "I love you" messages to my husband, behind her boyfriend's back. My husband wrote an over the top affectionate email to her, so he could tell her that the friendship had gone too far. When he spoke to her by phone when she got back, he told her that things had gone too far, and things should resume to "work friendliness" only.

She ignored him and called relentlessly, about 40 times in 2 weeks. He called casually twice. This whole "affair" thing came to light when he forgot to sign off on his computer, and I saw her "ILY" emails right on the screen. He was "caught." I was in such shock and pain, I asked my husband to call her and tell her, whatever it was, it was over between them. He refused, and left the house to call her and tell her it was over. In my immediate shock, I called her at work to simply tell her I knew about her and the emails she'd sent.

2. What happened? What was the outcome?

I called her office, she answered the phone, and I told her who I was. There was a period of dead silence. I think she was very surprised, and couldn't talk at first. Then, she said in a very obnoxious tone, "I don't know you, I've never met you." I said "No, but you know my husband, John Smith (fake name)." She then said my marriage problems were between me and my husband. She said a few mean things, and then hung up on me. All I said was that I knew she'd been emailing my husband. She came up with the rest of it.

3. If you were to do it again, would you do it differently? What did you learn?

I don't know that I learned anything, except perhaps that this woman was extremely cold, and sounded selfish. There was something ugly in the way that she could react with such spitefulness toward someone she knew would obviously be quite hurt and shocked. Even though

emotions were going crazy inside me, when I spoke to her, saying only the sentences I wrote above, I said them calmly to her. I simply let her know I knew about her, and I also said there was impropriety, if nothing else, in her dealings with my husband. I did nothing undignified, and I'm okay with that. In retrospect, if I had it to do over, I probably would not have called. Why even let them get the satisfaction of knowing they impacted you in any way?

PostScript:

Knowing how destructive and hurtful affairs are, personally, if I was single, I could never be involved with a married man. It just would not ever be right. There is always the woman who is in the background, the wife, and I just could not ever do that to someone else. Never did when I was single, never will. The idea of hurting someone else just isn't something I could do.

* * *

1. What was your purpose for confronting the OP, and what did you say/do?

I was not sure that she knew he was actively married, and interacting as a husband and family, AND carrying on with her in another town.

2. What happened? What was the outcome?

I made copies of our recent family photos/activities, and mailed them, along with copies of her love letters stating "he was her other half" and she loved him, "without consequences," and I wrote on the pictures..."the other half and the consequences." I also mailed it to her family members, who were probably unaware of his family situation. I searched for her phone number and address, and then researched the billing of her phone and P.O. box to get other family members addresses. I sent complete copies of the love letters to all recipients

3. If you were to do it again, would you do it differently?
What did you learn?

No - I would have done it sooner. It blew up the romance, she was livid and humiliated. Her family got a reality check, and the secrecy was ruined, so the thrill was gone.

* * *

1. What was your purpose for confronting the OP, and what did you say/do?

The OP was a bank employee, and we both had accounts there. When I found out, I went down there, closed my account, and told her if she wanted my husband, she could have him when I was done with him. She repeatedly told me that they were just friends. I told her "just friends" is not 15 phone calls a day back and forth, and him at her house behind his wife's back. A "friendship" I would have known about, so then why all the secrets.

2. What happened? What was the outcome?

Nothing happened. They have continued this for one year now. All this time, my EX has still denied it. The other woman called me just last week, and I filled her in with everything from this past year. I thought we were working on things, but she informed me that they have been a couple since last year. He continued with me for the past year, also. I should have spoken with her earlier, and dumped his ass earlier. I think she gave him the boot, also (for now).

3. If you were to do it again, would you do it differently?
What did you learn?

No, I wouldn't do it differently. I felt some relief telling her off, and letting her know what kind of woman she was to interfere in someone's 20 year marriage. If she was any kind of woman, she would butt out and see what happens. But she didn't. Now, I feel like I got revenge for fooling around with him, on her. Maybe now they can hurt like I did. It is over for good now. Knowing the truth will finally

give me the strength to move forward. I can say that I hate him for doing this to me.

* * *

1. What was your purpose for confronting the OP, and what did you say/do?

My purpose was to get her to stop all contact with my husband, and refuse his phone calls and emails. She was Chinese, half his age, and he saw her on business trips to Asia (which he extended), and spoke to her almost every day over the internet. I found out they met in foreign cities when she was supposed to be on business for her company. I also found out that she told him she could never tell her father about him.

I called her (I got her phone number from his phone log), and told her that if she had any further contact with him, I would call her boss, and tell him that when he thought she was on business for him, she was really meeting a western, married man twice her age. I had found out the name of her company, and the head of it. I also told her I would tell her father, too, even though I could not actually do that, in reality. I DID NOT TELL MY HUSBAND THAT I DID THIS.

2. What happened? What was the outcome?

She dropped him like a hot potato. I know he kept trying to contact her for awhile, but finally gave up.

3. If you were to do it again, would you do it differently? What did you learn?

I would have done it sooner. I learned not to be passive, afraid, or intimidated; to act strong and forceful, even when you are scared inside, to project an image of confidence.

* * *

1. What was your purpose for confronting the OP, and what did you say/do?

She used to be one of my closest friends. I had tried to maintain some bit of a friendship after discovering their emotional affair (they had "only" held hands and kissed for 3 years!), but she had continued to pursue my partner. I asked her to explain what she was up to – probably in a more hostile manner than I intended when I decided to do it.

2. What happened? What was the outcome?

She said she had nothing to explain. He was the one doing all the running. I was being unfair. They "didn't do anything," just had a "special friendship," and "everyone has a right to their secrets."

3. If you were to do it again, would you do it differently? What did you learn?

I would have stayed calmer and worked out a script in advance. Or, I wouldn't have done it at all. I think I just fed her drama queen hunger and I was left feeling worse – and less secure – than before.

* * *

1. What was your purpose for confronting the OP, and what did you say/do?

I wanted her to know I knew what was going on. I indirectly confronted her through relatives. She denied it and made excuses. E-mails were sent to me listing my short-comings. She tore me down as if to justify "something." After knowing her all my life, I know this is the way she operates. No responsibility, with loads of blame shifting.

2. What happened? What was the outcome?

No further contact with me. Husband is quite another story. No one has admitted to anything. I am still being gaslighted.

3. If you were to do it again, would you do it differently? What did you learn?

Next time (hopefully not to be one), I will just be the sponge on the wall. The fewer tip-offs, the more they tend to make mistakes. There is something to be said for the false sense of security. To stand back and let the chips fall is better than forcing a resolution, and will be much more to my advantage (bad as it would pain me). I really don't know if I could survive another incident, or if I will survive this one.

* * *

1. What was your purpose for confronting the OP, and what did you say/do?

I found a text message on my partner's mobile phone, "When are you coming back, Paul, I miss you. Love, Lyn." I was furious. I wrote down the number, then confronted my man. I was leaving for a trip in 3 hours. He cut up the sim card and said it was "done." I called her number during a stopover. My heart was racing. I finally had proof – tangible proof – that she was in contact with him. He is easily swayed, and if I wanted this to stop, I had to make her pull away. So, I began a tirade of calls, hang ups, texts, emails, etc.

2. What happened? What was the outcome?

Others who cared for me, helped in the quest to bully her out of our lives. It worked. She sent him an abusive email – derogatory toward not only myself, but also him. Wishes she had never met him. Threatened him with the police. I want to be sure it has stopped, but cannot be certain. He is clever with the computer, I see his trail. (He doesn't think I know where to look.) He has visited new public

email sites and signed up. There was a duplicate page for her on Facebook, looked the same, but hell, was it full of truths and warnings to others – men and women – about psychos like her that use Facebook to prey on our men. He doesn't access these when I am around. When I confronted him previously, he denied everything – even with very tangible evidence, he tried to lie his way into an explanation. He didn't have my advantage though... he didn't know how much of the big picture I was seeing. Make a list... see where the dots connect... keep following the path. It's so easy.

3. If you were to do it again, would you do it differently? What did you learn?

I wouldn't do it again. He is on his final warning. If he gets caught, I walk – and he will find himself in mountains of trouble financially, as I am the major wage earner! If I were to do anything differently – it would be to do nothing differently. I waited patiently to find this slag's address or phone number – one can't intimidate by email, it's too easy to be blocked. She was so damned cocky, she figured he would choose her, even though the affair was electronic and conducted across state lines. I learned so much, and renewed a vow to myself never to give 100% ever again. I will never fully trust a man, even this one, ever again. It hurts too much when you get kicked in the guts – right where the intuition was screaming at you to wise up to things. Face and confront!

* * *

1. What was your purpose for confronting the OP, and what did you say/do?

On the day I found out, I had made a phone call to a number my husband had called several times the night before. (I grabbed his cell phone.) A woman answered. Eventually, after asking her several times if she was having an affair with him she said yes. I then proceeded to tell her a few things about our relationship she was unaware of, like we were going away for 3 weeks (she thought he was

going on a business trip), that we still slept together (he told her we didn't), and that he had a sexually transmitted disease.

2. What happened? What was the outcome?

We were both keen to meet, and to confront him, as he had been lying to us both. It didn't change anything, as he continued denying it all, and they are still together.

3. If you were to do it again, would you do it differently? What did you learn?

I learned that she could never be my accomplice, or aid in bringing him to his senses, no matter how many lies he was telling her. I asked him to move out, which she had no doubt been hoping he would do for years, so I played right into her hands. She was angry with him, and broke it off briefly, but she needs his financial support. She is a big spender, bankrupt and unemployed, and he has a good job. She drinks at the pub he frequents after work, which is where she met him. We have caught him out on a few lies on other occasions, but now I have backed off. She is also involved with another married man from time to time, but they are still together. He tells me he is caught in a web he can't seem to break free from.

7. I want him/her to know what this is like for me.

1. What was your purpose for confronting the OP, and what did you say/do?

I wanted her to know that I knew about her "best friend" (ha) relationship with my husband of 25 years. I wanted her to realize how serious her fun was, and how many lives their actions were affecting.

2. What happened? What was the outcome?

Although I haven't determined which of your categories this affair falls into, not much was accomplished through the call on my end. It probably just gave them a reason to discuss me. She seemed remorseful for damage done to my family, but insisted their affair was only a friendship. I know better than that. I have also met and talked with her husband in person. We confirmed each other's suspicions through comparing notes, etc. It has been over 2 years since I contacted her, and I keep finding evidence that the affair is continuing. Both parties work at an army depot which has tight security. I have never seen where my husband works! I am determined to hang in there, regardless. I have a son in the Marines, and a daughter that is a sophomore in college. I want them to have a home with 2 parents to come home to, at least until they are done with their present tasks. My husband has always been a good father and a man of high morals. That is why I have been so blown away by all of this.

3. If you were to do it again, would you do it differently? What did you learn?

Calling her really didn't seem to have any impact on the affair, but it did make me feel better to confront her. I am still pretty much in a state of confusion about the whole thing. My husband still tells me that he loves me, and he will not leave our home, even though I have asked him to. He apologizes over and over every time I find a new clue. I really think he wants to drop her, but she is just so much fun at work where he spends 12 hours a day, 6 days a week (sounds ridiculous, doesn't it?) He has called her twice in front of me (on speaker-phone) and told her he wanted to end the relationship, but it continues. I have learned to be strong. I am determined she isn't going to steal all that we have worked for over the years. I have learned that he is unable to think rationally when she comes around. I really don't know what my next action will be. This is the worst thing that has ever happened to me in my 54 years!!!

* * *

1. What was your purpose for confronting the OP, and what did you say/do?

My purpose was to get the other person to see me as a person too, someone she was hurting. I also wanted her to know that I knew what was going on. I responded to text messages that she sent my significant other, asking her politely to leave us alone.

2. What happened? What was the outcome?

She ignored my request, and nothing happened.

3. If you were to do it again, would you do it differently? What did you learn?

I probably would not have even sent the text messages. She didn't care. I learned that the other person is immature and self absorbed.

* * *

1. What was your purpose for confronting the OP and what did you say/do

I wanted to let her know how badly their affair was hurting me, and that I took care of his mom.

2. What happened? What was the outcome?

She was nice, and said she would stop seeing him. They didn't stop though.

3. If you were to do it again, would you do it differently? What did you learn?

I've done it numerous times, whenever I reach the end of my rope. I hear about them from friends and get so enraged that I call her. I would not do it differently

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1. What was your purpose for confronting the OP, and what did you say/do?

My purpose in confronting the other woman was to try and get her to understand the pain and devastation she was inflicting on me and my sons. I asked her if she knew, or understood the pain she has caused me. I have spent 31 years of my life with this man and she is encouraging him by staying with him... Now, keep in mind, she had already moved in with my Ex. She had been living with him several months prior to my confrontation.

2. What happened? What was the outcome?

Well, basically, nothing happened. I did the talking, and she said nothing. She wouldn't even look at me! The outcome was this – she had claimed to have been abused in some way, as my Ex told me. I found later she claimed to have been raped....hmm...another long story... but, I did tell her if she was abused in any way, I'm sorry, and I wouldn't wish that upon anyone. Before I left, I hugged her. She gasped! She wasn't expecting that, and I didn't have a clue I was going to do this! Well, I found out later that day, she told my Ex that I had met her, and my Ex had the nerve to say to me, if you want me to TRUST you, you better tell me everything truthfully from now on????

3. If you were to do it again, would you do it differently? What did you learn?

I would not do it again! I learned that it is a waste of time to talk to my Ex's other woman. They are completely not in their right minds! My Ex's OP showed no remorse... none whatsoever. She absolutely did not care!

8. I want to put an end to this and get closure.

1. What was your purpose for confronting the OP, and what did you say/do?

My reason was to bring closure for me, and in a way, I had hoped that she would reply with remorse and apologies. I e-mailed her as it made it less personal. I let my husband read the letter before I sent it, and we both agreed for it to be sent.

2. What happened? What was the outcome?

She was incredibly sorry and apologetic. I got the feeling that she meant everything she said, and her words and apologies were very heart-felt.

3. If you were to do it again, would you do it differently? What did you learn?

I would do it just the same. For me, the outcome was very conclusive. There were absolutely no harsh words from either of us, and in a strange way, I felt an amazing connection with her after our correspondence.

* * *

1. What was your purpose for confronting the OP, and what did you say/do?

Some of it was a macho thing, to be honest. Most of it was partial closure for me.

2. What happened? What was the outcome?

I'd gotten to the point where it was decision time for me, and I called him to tell him that he could have her, and I wanted nothing more to do with her. I told my wife of the call, and what I told him. The blood drained from her face when I showed call details showing that I called the guy she'd been seeing. I tossed the phone on the bed and

walked to get my suitcase, as I'd decided to leave then and there. My wife stayed in the room while I calmly packed, and listened to her tell me how much she loved me, how little the OP means to her, and how this was all the worst mistake of her life, etc. The OP ended up hearing things like, "He means nothing to me. Please don't pack. You can't leave." More things about how unimportant he really was to her, and so on.

A short time later, I was in the basement getting other things to take. The house phone rang, and it was the OP calling my wife. I was downstairs and didn't hear the phone. A couple of minutes later my wife came down and told me of the call, and that he'd heard everything we were saying upstairs. He didn't answer the call, and it filled his voice mail with several minutes of her ranting and crying of how little the OP meant to her, etc. The call he made to her on the house phone basically told her to end all contact and things were over. The following day the OP called my cell while I was at work. When I had called him the previous evening, I blocked my cell number, and the accidental call was also blocked, as it was a re-dial. I asked him how he had my number and he admitted to taking it and many others from my wife's cell phone months earlier. He then asked if I had intentionally called him and left the line open. When I explained the accident, he could see how it happened with flinging the phone.

I was able to get quite a bit of information regarding the questions I'd had for some time. I was even able to find out that the OP had been on outings with my wife, and she even brought our eight-year-old son with them. It turned out that a couple we knew went double-dating with them on more than one occasion. In simple terms, there were apparently no limits as far as my wife's conduct was concerned.

3. If you were to do it again, would you do it differently? What did you learn?

While some of the information stung quite a bit, it was good to know, and I realize that I needed it. It cleared up many mysteries surrounding the previous months, and allowed me to stop wrestling with my own destructive

guilt & shame. I was able to properly see that there was no way for me to anticipate, or counter, what she did. There were no warnings that tipped me off, and no horns of alarm. Of course, having gone through this experience, I now see things quite differently. I see that while there were no warning horns, there were things that I missed in our relationship. Things that may have made a difference, no matter how small. But the bottom line is that I was able to stop torturing myself for bad decisions that she decided to make regarding her lack of commitment to our children and me.

* * *

1. What was your purpose for confronting the OP, and what did you say/do?

I confronted the OP because my obsession with her was really out of control. When I spoke to her, I released a lot of negative feelings which were weighing me down, to be honest.

2. What happened? What was the outcome?

The outcome of the phone call I made, was that once I had spoken to her, and released a lot of negative feelings, it felt as though a weight had been lifted from my shoulders, the obsession ceased, and I have never felt the desire to speak to her again. While I was advised by many not to make the phone call, I am glad I did. It was a turning point for me, I could let go of the unhealthy obsession I had with her. That is not to say, that I don't still have thoughts about her at all.

3. If you were to do it again, would you do it differently? What did you learn?

I don't think I would do it differently. The call I made served a purpose for me, and I was able to channel my thoughts away from her, and back to where it should be, at my marriage. I do not feel that I empowered her, although I realize some may argue this point.

* * *

1. What was your purpose for confronting the OP, and what did you say/do?

My purpose for confronting the other woman, after my husband's earlier affair, was closure for myself. I had to show both her, and myself, that I could be the "bigger" person. I told her that what they did was wrong, extremely wounding to our family, but that I was going to stay with my husband, since he ended the affair and confessed to me, and learn what forgiveness meant. I also told her that I was going to forgive her FOR MYSELF, whether or not she deserved it.

2. What happened? What was the outcome?

I did just that, and did it well, although I must admit to feeling a little victory as I saw the surprise, and a bit of fear, on her face when she saw me walk into their office.

3. If you were to do it again, would you do it differently? What did you learn?

I learned that a script is a MUST for confrontation. (I had one.) The injured spouse's motives for confrontation must be clear, and the script must fit those motives. No attacking – that will just set the OP in their belief that you are all the bad things your betraying spouse said about you to the OP. I will not confront my husband's current OW. He has chosen her over me, filed for divorce, and I see no use in confronting. I still have to work on forgiving them both, if only for my own sake, but there has been no expression of remorse, or indication of a turn-around after two years involvement.

9. I need to protect my family.

1. What was your purpose for confronting the OP, and what did you say/do?

The other woman contacted my 2 teenage daughters, and told them everything. She told them that their father didn't love me anymore, told them all the lies that my husband told her to make what he was doing okay. She told my children that I had been with other men, etc. When I did confront her, I charged neutral, and she told me all the dirty details. Of which, I don't know what is true or not.

2. What happened? What was the outcome?

Because I was cool when I spoke with her, she seemed to think I was her best friend. After I got enough info from her, I told her she could have him, and that I wasn't interested in talking to her, or my spouse, again. That was over 2 months ago, and I have no desire to speak with her. I don't know if my spouse still sees her, as he is living with his mother right now. He is very mixed up, and cries every time we talk. He still hasn't come clean, and I have no intention of trying to work it out until he does. He says he wants his family back, but doesn't know how to do it. Because my daughters were contacted by the OP, they are bitter.

3. If you were to do it again, would you do it differently? What did you learn?

I wouldn't have done it differently, because the timing was right. I got some information from her that I wasn't getting from my spouse. I learned that he was lying to the OP, as much as he was lying to me. It gave me that chance to tell her not to involve my daughters, and made realize that she was a loser.

* * *

1. What was your purpose for confronting the OP, and what did you say/do?

My husband was hours late coming home, and the kids were wondering if he was okay. Because my kids were worried, I went to her work to get him. She works as a security manager at a store, so she could see me come in on the cameras. They took 15 minutes to get their stories together before they came out to the store floor.

2. What happened? What was the outcome?

My husband introduced us, as I noticed her bra was hanging out of her shirt. He said she and I should talk, so she took me to the back of the store where she gave me the story that she was not a home-wrecker. That they were soul mates. And that she had tried to make him go back to me, but it was futile because the attraction was so strong. A month later, I asked him to move out because he was treating me poorly in front of the kids. She moved in with him, and left her husband. He has lost his identity, and she runs the show. He has given up many of his pastimes.

3. If you were to do it again, would you do it differently? What did you learn?

I needed to get my husband home, but confronting her was like giving them an open license to do whatever they wanted. He started flaunting his "needs" in front of me, and became self-centered and cold. At least, when they thought I didn't know, he was more courteous and kind – especially with the kids – and he actually lied less. This affair, that he thought was so wonderful, has compromised his whole being to the point that he is not even himself anymore.

* * *

1. What was your purpose for confronting the OP, and what did you say/do?

This was a high school student (21 years old - older than normal) that my wife taught for 4 years, and fell in love with. I confronted him a year ago when I first knew something was amiss, before I had known it was already physical, and asked him as one man to another, to stay away and allow my wife and I to reconnect. I reasoned with him that, would he want his girlfriend to have another male as a "best friend?" I was encouraged to confront him by my Bishop – the young man needed to know that he was affecting the lives of five children. It was by phone. He felt bad and terminated the relationship – but about 6 weeks later, my wife pursued him, and "tempted" him to start it back up again (she was massively emotionally attached).

I spoke with him another time, after I read the first e-mail that confirmed – to my horror – that a LOT more was happening that I ever suspected (motels every week, leaving school early to go to a motel, meeting behind the Home Depot, etc., etc.). He denied it completely, but I pleaded with him to stay away. He did, for about 6 weeks. The next confrontation was by phone when my wife stayed in a motel for a week during valentine's week to "sort things out." I came by the night before she was to return home, to make sure she felt welcome, just as he was entering her motel room with a key. I was very upset, and my wife talked with me in the hall while he slipped out the window (bottom floor).

I then called him and pleaded with him to stay away. He was belligerent (for the first time), suggested we "fight for her," and said she was pursuing him. I even mentioned I would tell his folks, but he just didn't care. Things went up and down. I took my wife and kids to Hawaii to get away – she stayed away for six weeks. This summer, I took my wife and two older boys to Paris and London. Two weeks afterwards, I suspected she was going to see him (she has lived in her own apt for 4 months), so I went over to talk with her. I checked her window to ensure she was awake, but saw she was dressed down in a teddy and putting on perfume. I moved away and was just trying to figure out

how I proceed, when the kid showed up, sneaking around the back before I even got to the door. In this case, I approached him, he smiled at me, and then pushed me when I got close (last time I met him, I just put my arm around him – I am 25 years older – and pulled him aside to talk). I could have called the police, or let him take a shot at me like it appeared he would do. So, I figured he had initiated it, and I decked him (really hard). When he got up he started running and I ran after him (I'd been working on a marathon to relieve the stress). He finally got away (lucky for me--he's a bigger kid).

My wife "found me" as I was walking back to my car and convinced me to talk. I told her it was time for a divorce, and painted the terrible picture of what was going to happen – as a teacher of this kid, her consequences were not just divorce. She finally knew that I'd had enough, and was throwing in the towel to our 17 years and five kids (whom she would lose). She called me the next morning, and finally confessed everything that had ever happened.

She couldn't believe her life and what she had become, and said that she was crying all night. She then proposed a reconciliation plan, which included getting rid of her cell, moving back in, and affair proofing her marriage. She also went to our Bishop (LDS), and confessed everything to get it out into the light. That was 2 weeks ago. Today, she said to bring the van over to pick up her furniture from the apartment. It will be a LONG and difficult road back... if we make it.

2. What happened? What was the outcome?

She is back in our home, but this is the first step in a year-long battle of my life. There are dynamics I don't understand. She was proud of me, and said she finally saw her husband as her protector again – knowing she was about to do something really bad and being saved just before she did it. The kid may have also just told her he'd had enough, and I got her back out of default. I am still scared to death, and am cautious with each step – but this is what I have waited for... just the chance. We'll see what happens. In the meantime, I am still holding to the changes I made when I realized the problems in my

marriage, so I am a different person for her to come back to (I wasn't "bad," but I worked too many hours, had to many hobbies not in common, didn't do my fair share with the kids and would get angry (cold, not violent) when she was cold to me. Now, I charge forward neutral, discover her needs and meet them, and try to stay positive in this mess. We'll see...

3. If you were to do it again, would you do it differently? What did you learn?

I did everything I could imagine, using several different approaches. I would not do anything different, except maybe to "chase" this kid away sooner, and give her a chance to go through all the withdrawals enough to get her sanity back.

10. I want to bring reality to the fantasy.

1. What was your purpose for confronting the OP, and what did you say/do?

I wanted to inject some reality into the fantasy that they were building. I met the other woman and asked her what her intentions were toward my husband. He had been pretending that they were "just friends" (with no sex), but as their meetings had been going on for 5 years in secret, and they couldn't live a day without texting and emailing multiple times, this was super-fishy.

2. What happened? What was the outcome?

This creature's first sentence was, "I don't have feelings for your husband anymore." For someone who was married, and had two little children, and was "just a friend" of my husband's, that she admitted having "feelings" for my husband was a (small) surprise. That she wanted me to hear, "well, I don't want him anymore, you can have him back now that I'm done with him" was certainly not a surprise.

She had never allowed our families to meet, to let an actual wholesome friendship develop. It was all about, could she seduce one of her stable of a dozen married, drooling mid-life dupes into flattering her ego by leaving their wives. That I had been very ill, and had suffered a bad car accident, simply allowed her to show off in front of my husband in her Lycra outfits at the gym with the excuse of "helping him be a better athlete." She proceeded to tell me how their "relationship" was so "hot" that she'd had to call it off; it was affecting her marriage, and she'd had to go to marriage counseling with her husband, her children, etc. (Never a thought for how it might be affecting me, of course.) When I told my husband she'd said this, he was very upset that she'd said SHE had to break up with him. He wanted me to believe HE'D broken up with her. He was nearly in tears that she'd said this. I had trouble not laughing.

I told her my husband's true financial position, and that whoever wound up with him would have his debts, and my alimony to pay, and he would need their help. She certainly didn't like that, but didn't believe me, and kept contacting him – even later that day, ostensibly to ask him "how (your wife) was doing." As if she cared. Well, I was ok with my husband admitting that it had been an affair, and that he was very sorry he'd hurt me... Right up until she called him at work to tell him that everything she'd said to me, she hadn't said. He saw an opportunity to make me wrong and switched his line to, "You made this all up to make me look bad, what kind of a wife are you? I can never forgive your deception." Alice Through the Looking Glass.

The poor OP was even jealous of a third woman in his life that he was also courting at work. I followed my attorney's advice not to leave the house. My husband saw, and had to admit that I hadn't made up his 5-year romance, or the other women, what with all the evidence and admissions, etc. So, he promised me he would end it and sent me his "final" email to the hussy, saying a "friend would never do what she had done" blah, blah, blah – only to fall into her arms "accidentally" at her place of employment a month later.

A month after that, he asked me to rededicate our marriage, and promised not to see or communicate with her anymore, and I accepted him back. He then kept on seeing/emailing/texting/calling her, until she finally gave up. Her attempt to use lying to drive a wedge between us didn't work, but it certainly exposed the weak underbelly of my husband's ego. His excuse? "She admires me more than you do!" I have to laugh. He hasn't forged her signature on everything from tax documents to loans and caused her foreclosure, poverty, ill health and betrayal in many areas of life. If he had, she would admire him exactly as much as I do, and he'd have to go find someone else to deceive to get his narcissistic fix all over again. Players deserve each other, but she got away. If he'd only find a rich one next time, I'd let her buy me out.

3. If you were to do it again, would you do it differently? What did you learn?

I learned that I married a narcissistic, weak man. I paid the price for learning what all that was. I couldn't do anything differently, as I was too ill to leave. I'm getting stronger now, and who knows what the future will bring? Your website certainly gave me strength, and made me feel not so alone, and not at fault. It still hurt a very great deal, but I know that, like many who have been betrayed, it's the betrayer who is most at fault, who actually commits the act that is most cruel. Those of us who suffer these "slings and arrows" must learn to protect and value ourselves and to build a life that has no room in it for people who have criminal standards about keeping their vows and promises. We can take responsibility for our futures, and never put it in the hands of another. We can make it good for ourselves, no matter what they are doing. Crazy people are pathetic. And liars are all crazy.

* * *

1. What was your purpose for confronting the OP, and what did you say/do?

I wanted to let her know what she was doing to me, and to my children. I wanted her to know that it was not the fantasy that she envisioned, but was reality, because there was a wife and children.

2. What happened? What was the outcome?

She did not care, and went on acting as if she was the wife, and not the mistress. They grew closer, and I was the outsider.

3. If you were to do it again, would you do it differently? What did you learn?

I'm not sure that I wouldn't do it again. I can't say. I would do some things differently, such as not giving them the power they had over me. I let them control the situation. I learned that you can't change anyone, unless they want to be changed.

* * *

1. What was your purpose for confronting the OP, and what did you say/do?

I simply walked up to her and congratulated her on a job well done in a show that she was in with my husband.

2. What happened? What was the outcome?

She looked at me like a scared little rabbit. I really thought she was expecting me to blow up in her face, but I did the exact opposite. I felt very powerful and full of energy. I had taken back control. I wanted her to know that I existed. I was hoping it would burst the fantasy bubble. Later, I found out from my husband that she had been scared as I was walking toward her expecting a big scene. I calmly complimented her and gave her a hug. Wow! Tough, but necessary to charge neutral.

3. If you were to do it again, would you do it differently?
What did you learn?

I would have done it the same exact way. Sometimes I wonder if I should have said something more sarcastic, but I always come back to being very pleased with how I did handle the situation.

11. Additional Reasons:

- **I found them together.**

1. What was your purpose for confronting the OP, and what did you say/do?

The first time: I found my husband and his OP together at his office. I confronted both of them in shock. I was flooded with emotions. I abused both of them in anger, I called her a scrag, "skanky b***h." I was crying. Her response was, "Don't lower yourself." In tears and frustration, I made it clear that I couldn't possibly be any lower, so what does it matter what I say to you.

Confrontation 2: Over the phone, about 2 months into their affair. (My husband was still coming home at 6 a.m. to do breakfast and help get the kids ready for school, and in the evening, he would come home for dinner & leave after the kids had gone to bed, to go to her.) My purpose then was to ask her what she thought of the situation. She was very disrespectful. Her comment was "if you had looked after your husband he wouldn't be doing this." She also pushed my buttons by saying "Do you think I'm the first girl he's had an affair with?" I told her that "regardless of what my husband said you, as girls, we have morals, and married men are a 'no go.'" I asked her if she thought she could fix our problems by having an affair with my husband. I also told her "what goes around comes around" and that I can't wait for this to happen to her, because she deserves it.

There were confrontations many times after this. I was acting very irrationally and engaging with all sorts of thoughts in my head and began making prank phone calls to her and hang up. I would do this to really annoy the hell out of her even though it was doing me more harm, as I kept re-living and engaging in the drama of this affair.

2. What happened? What was the outcome?

What happened was that it became very clear that I knew everything, or a lot of what was going on between them. It wasn't so much a secret anymore, and I knew that their little game was over, but I knew I had to be careful because it could develop into another form, a stronger bond. Mostly, the calls would end with me telling her what a s**t she was, and how dare she ruin the lives of my 2 young children. On the last occasion, I told her that they deserved each other.

As for the outcome, I have to say I felt better. I vented all of my anger onto her (and not my husband, for whatever reason). I know it's not healthy, but God, it felt good to let her know what I really thought, and to say a few really crass words to make her feel guilty, angry and ashamed, (which were the exact 3 words for how I felt through it all). My husband and I are now back together, and we are much stronger and happier than ever before. We are still the same, but so many shifts have taken place that I know I'm a much better person than before the affair took place.

3. If you were to do it again, would you do it differently? What did you learn?

If I were to rewind the tape to the point where I found them together at work, I don't think I would do anything differently. I said and felt everything that I thought was the best at that point in time, even if it was irrational. If my husband was to have another affair, I would certainly respond differently, I'm a much happier, healthier person and my newfound strength would allow me to walk away with my head held high, and my two kids in my arms, and I would know that we would be okay. I certainly wouldn't contact the OP, because I couldn't be bothered – the affair would say too much about my husband, not me, and I

would be glad to get out of that horrid situation. Yes... sometimes I have fears and anxieties that it will happen again, but mostly I feel free of those emotions....thank goodness.

- **I need to protect my social image.**

1. What was your purpose for confronting the OP, and what did you say/do?

My purpose in confronting him was that I just could not take the stares from others at the hospital where he and his new love worked, and where I received my medical care. I did not catch on for a long time (almost a year), and just assumed that they were looking at me out of curiosity because he worked there. As time went on, I realized that they were looking at me with pity in their eyes, not curiosity. The final straw was that I had added him to my cell phone account and the company started sending itemized statements. I realized that many (40+) of the phone calls from his phone were going to a number in another city. I called and found out that it was a nurse who worked at the hospital.

A friend of mine finally came up to me and filled me in on the details. My friend had just found out, as they had been spotted in a rather compromising position on her floor, and she saw it with her own eyes. She told me the nurse was married also, and had 4 children. Her husband did not know of the affair, but the entire hospital knew. Apparently, they had been caught on more than one occasion by hospital administrators, and my husband told them that he was divorced already. We were not divorced, and I had no idea that this had even been going on. I was devastated.

I finally got up the nerve to go to the floor where the nurse worked, and confronted her. She was easy to spot as a ruby and diamond pin, that I thought I had lost, was adorning her uniform. Although I wanted to deck her

(which would have been a trick since I am handicapped),.I held my temper in check somehow. She knew who I was, and tried to steer me clear of any of the other nurses being able to hear us. I stood my ground, and did not really care who heard us. I did not raise my voice, nor did she. I told her what I thought of her, told her she deserved neither a husband nor children, and left in tears. She simply did not care. I turned to look back as I was leaving and she was already on the cell phone.

2. What happened? What was the outcome?

Well, if I had an inkling of how far and how long it had been going on, I would have protected myself financially before I even caught on that I knew. By the time I finished with my appointment at the hospital, got home and starting thinking a little more clearly about practical matters, like money and how I was going to take care of myself, as I was handicapped and could not work, it was already too late. He had just been to the bank, thanks to the warning that I had given (without thinking clearly) to both him and the nurse, and took \$40,000.00 out of our joint account, leaving a balance of less than \$100.00.

This was some of the money that I had received as a result of a settlement for an injury that I had received. The only saving grace was that I had purchased a nice mobile home and paid cash for it, and put it in my name only. Same with the car. But I had virtually no money left. I am now on food stamps (\$160.00 per month), and General Assistance (\$56.00 per month). He is living very well.

3. If you were to do it again, would you do it differently? What did you learn?

Yes, I definitely would have done it differently. Knowing, just from the marriage, that he could be very cruel and vindictive (although he had little reason to be), I would have hit the bank first to be honest with you. I would never have let on at all that I knew what was going on until I had a plan in place, and knew that I had the funds to be able to take care of myself. But, I really was emotionally devastated by this, whereas for him, when I finally spoke to him about it, he said he felt "entitled" to do what made

him happy, and if that involved an affair with someone else, so be it. He also said that he felt that I had already served his purpose.

The lessons I learned are many and very important. Never, ever, ever think that love alone will carry the day. You have to keep your eyes open, and question things. Make sure you have the means, if available, to take care of yourself. And, if you do, make sure you protect yourself before taking the bull by the horns. The truly sad part of this is that I still loved him at this point, and in some ways, still do. But the life I thought we were building was a fantasy. Never allow your emotions to dictate your actions. Step back, take inventory, protect yourself, and then do what you have to do.

- **I had my husband face her to see if he still loved her.**

1. What was your purpose for confronting the OP, and what did you say/do?

Actually, I did not confront her, but forced my husband to re-face her after a period of 5 months abstinence to see if he still really loved her. He met her at her place of work for 15 minutes, and found he did still love her, and in facing her once again, he made her think that he might still divorce me. When he did not contact her for several weeks after that last meeting, she called with intense anger, and told him to never call her again. This made him turn all of his anger toward me. He felt that I had essentially confronted her in a way, and caused her to stop waiting for him.

2. What happened? What was the outcome?

He had hoped that she would still be waiting, if our marriage didn't work out. We have not been able to move forward because she is always essentially "in the backyard of his mind." In other words, he's not been totally committed to our reconciliation, though he says he has

been. Because of my inability to "charge neutral" 100% of the time (I've had numerous "slips"), and because he is so angry at the thought of losing her, he now wants a divorce. And he's called her to say he wants to start dating her again, and she's said okay. What a nightmare I (we?) have created. We've been married 42 years and he's had numerous affairs, though until this one, I was only aware of one other (25 years ago), for which I had forgiven him. I thought after that one, that he would never cheat on me again. Wrong! He actually continued that affair without my knowledge right up until the time he met this new love. He believes he has finally found his soul mate.

3. If you were to do it again, would you do it differently? What did you learn?

I would not have insisted that he see her once again. I had thought that, after 5 months, if he saw her again, he would be able to make up his mind, because he has not been able to get her off his mind. Dumb. I learned that was a huge mistake. Also, during the last few weeks, attending S-Anon meetings, I have learned that I am a co-dependent, that he is a sex/love addict, and that there is no hope for "WE" unless we both continue serious involvement in the 12-step programs for these two "diseases." I am hopeful that we could repair our marriage, but he has no hope. I am in despair, but I know that I will survive, and am very grateful for your book, which I keep referring back to when I need some good advice.

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- **I was asked to confront the OP by my partner, who thought I would understand the affair better.**

1. What was your purpose for confronting the OP, and what did you say/do?

I was asked to by my partner. She thought I would understand the affair better.

2. What happened? What was the outcome?

I met the other lady, and we both agreed to give my partner space to figure out what she wanted. She left the meeting and went straight to her, while I held back. She then said that it proved she loved her more, because she came right to her.

3. If you were to do it again, would you do it differently? What did you learn?

I would not have gotten it involved. It only gave me a face to my put with my thoughts. I learned I should just continue to work on me, instead of creating more drama.

Chapter 3:

13 Underlying Reasons Why Some Want to Confront the Other Person

If you have experienced the power of infidelity pain, you know how easy it is to fall back on default patterns of behavior.

For example, if you tend to accept the stings of life passively, you will most likely withdraw into a fearful paralysis or immobilization upon the discovery of infidelity. Or, if you bull ahead when faced with a life crisis, you will most likely take some sort of action - as in confronting the other person.

Understand that both actions are knee-jerk reactions based on your history of dealing with life. Neither one is right or wrong. In reality, your coping pattern in some situations has served you very well.

The discovery of infidelity in a marriage or relationship of investment is exceedingly powerful as it cuts to the core of how you think and feel about yourself, and it does devastation to your personal need system.

Infidelity hammers at your senses of self-esteem and self-worth. Your adequacy as a lover, as a person, and as a sexual being are called into question. What can be more central to your "self" than those arenas?

You also live focused on your need system. You manage life to put yourself into situations and to bring others into your life who will meet your personal needs. Meeting your personal needs creates a sense of comfort, safety and predictability. Although it is not a long term solution for finding purpose and meaning in life, it does generate a sense of well-being most of the time.

Infidelity cuts short and puts a halt to the meeting of your needs. Suddenly, your need for safety (a home), and love (the affection of your spouse) are at risk, and that's only to name two of your most basic needs. The life you created to meet your various needs is radically altered.

It is out of this pain, this sense of lostness, and the threat to your need system, that you might revert to confronting the other person.

It is most likely that you will not give the confrontation extensive thought. It may be a knee-jerk reaction based on your pattern history. When you confront the other person under such circumstances, your chances for a confrontation that does you well are minimized.

You will be more effective in your confrontation if, should you decide to go that route, you uncover the layers or reasons for the confrontation.

Rather than going with your knee-jerk reaction, take some time to understand your true reasons for the confrontation. Peel back the layers of your needs, your desires, your patterns and the situation to sculpt a confrontation that will serve you well.

I believe that the greater your self awareness and the more distinctions you make in your feelings, thoughts and behaviors, the more you live in health and exude a tremendous sense of personal power that is exceedingly attractive.

Let's peel back the layers and look at some REAL reasons for confronting the other person.

1. I don't want people talking about me behind my back.

Affairs are triangles. Two people hold secrets against a third. Others may be brought into the triangle and whisper and gossip about the affair. Technically the roles in this triangle are the victim (I am the wounded spouse), the perpetrator (I have a lousy marriage), and the rescuer (You poor boy/girl, I will make it better).

The "victim" may confront the other person to destroy the triangle and move out of the victim role. Others watching may have a newfound respect for the "victim" and the "victim" may hold his/her head a little higher around others.

2. I need to find my personal power.

This is one of the more common reasons for confronting the other person once the layers of motivation are peeled back. The person who feels most "victimized" wants desperately to feel a measure of personal power and control.

Frequently, I hear of a situation where someone who was initially paralyzed and depressed, but took the risk of confronting the other person, and felt immeasurable relief after the confrontation. After all, depressed people are easier to deal with than angry people, right? And, a sense of personal power can emerge with the anger. Just remember, you continue to move through the stages of healing, and will not stay at the anger stage.

I've identified 8 paths, or stages, that a person takes through the infidelity recovery process. Here's the chart:



Confrontation of the other person can propel someone more quickly through the various stages of recovery, providing the confrontation is done with forethought.

It is healing and freeing to discover that one truly possesses a measure of personal power to create and design his/her future.

3. I want to discover the truth.

For some, not knowing raises a myriad of feelings and thoughts. Secrets, half-truths and omissions become crazy-making. It also takes tremendous energy to live with secrets, or as I often say, to live with the elephant standing in the middle of the room that no one will acknowledge or talk about.

Some become extremely worn out with the underlying tension and lack of genuineness in the relationship.

And, as with triangles, living with lies and deceit (intentional or otherwise), in a relationship of investment perpetuates a dysfunctional relationship, and dysfunctional people who must deal with the consequences, in different ways. Yes, you may feel like you are going crazy, because, at some level, you probably are.

Confrontation of the other person may be an attempt to find the truth and eradicate the lies and deception.

Often the wounded spouse is not aware of this motive in his/her desire to confront the other person. But, s/he does know the desire to get at the truth is extremely strong.

There is power in the saying, "the truth will set you free."

4. I want to affirm my intuition or inklings.

Finding the truth is important for those who feel a strong desire to affirm their intuition.

We often "pick up" on nonverbal signals that indicate something is amiss. Questioning the cheating spouse may lead to an outright denial: "No, nothing is wrong. You've got it wrong. What's wrong with YOU?" A common tactic of deception is to throw the responsibility for the secret or betrayal back onto the questioning person.

However, the inner voice continues to speak and say, "Something is off here. I know it. But, I don't know what it is."

Living with this contradiction for a period of time leads to mistrust of one's own internal radar, which, by the way, is incredibly accurate. Lacking trust in this radar means lacking a trust in self, which means that, over time, there is a downward spiral of honoring and thinking well of one's self. The doubts of self continue to build and escalate.

Confronting the other person, and getting at the truth, is often an underlying attempt to rebuild faith in one's inner compass and self-worth.

5. I want to gather more data to decide whether I should stay or go.

A wounded spouse may be in the process of evaluating the marriage - asking the hard question: "Do I truly want to be married to him/her?" This is especially true for those in marriages where there is a history of physical or emotional abuse, or the cheating spouse is suffering from a character disorder common in the "I Don't Want to say NO" type of affair.

In confronting the other person, new layers of lies and dysfunctional behavior may emerge.

6. I want to determine the nature of their relationship to help me in my decision making process.

This person expressed it best:

"I learned that they both became so entrenched in their lies that even when busted, they still preserved the lie. I learned that she does love him. I learned that she is in

therapy for this, and something bigger than this (likely a child from this union – yet to be proven). I learned above all that my gut was right. A ten+ year affair is tantamount to another marriage, and there is no easy out. I learned that their allegiance resided with each other, and not with their spouses. I discovered my core strength, my control of my emotions, and my capacity for the most difficult decision of my life... to end my 26 year marriage to a man who could lie, cheat, and steal, both emotionally and financially from his wife and children, and with no compunction, remorse, or reservation."

7. I want to express myself and be heard.

Self disclosure is a vital ingredient for personal well-being. And, when disclosing to a cheating spouse who minimizes, or refuses to hear or listen, then one's well-being is at risk.

Taking the time to reflect on what one truly wants to say, to rehearse those statements and present them to the other person may be a way to regain that equilibrium of well-being.

8. I prefer to confront the other person rather than my cheating spouse.

It may seem much easier to confront the other person rather than the cheating spouse with one's needs and concerns. After all, there is much less investment in the relationship with the other person.

Or, confronting the other person may be a way to indirectly "confront" the cheating spouse, depending on the relationship of the cheating spouse and the other person.

9. I want to frighten off the intruder and defend my honor and territory.

Discovery of a cheating spouse may come close to the feeling of being raped. Your boundaries are violated. What you once thought sacred and yours, is now trampled upon and invaded. Another entity has entered into your space, without your permission, to do harm.

Confronting the other person may be an attempt to ward off the attack. You want to protect your territory. You want to forcefully remove the threat to your marriage from your midst.

For the aggressive person, this may be an overriding motive for a no-holds-barred confrontation.

10. I want to set boundaries to protect the children.

Here's a scenario which speaks to this need to confront:

“The other woman contacted my 2 teenage daughters, and told them everything. She told them that their father didn’t love me anymore, told them all the lies that my husband told her to make what he was doing okay. She told my children that I had been with other men, etc. When I did confront her, I charged neutral, and she told me all the dirty details. Of which, I don’t know what is true or not.

2. What happened? What was the outcome?

Because I was cool when I spoke with her, she seemed to think I was her best friend. After I got enough info from her, I told I her she could have him, and that I wasn’t interested in talking to her, or my spouse, again. That was over 2 months ago, and I have no desire to speak with her. I don’t know if my spouse still sees her, as he is living with his mother right now. He is very mixed up, and cries every time we talk. He still hasn’t come clean, and I have no intention of trying to work it out until he does. He says he wants his family back, but doesn’t know how to do it. Because my daughters were contacted by the OP, they are bitter.”

11. I want to restore my self esteem, and see the OP's warts.

A most common response to the discovery of infidelity is: "What's wrong with me? Am I defective? What didn't I do?"

The assumption often exists that the other person must be more attractive, more loving, more caring, more sexy, more everything. The other person must be everything that I am not.

And so, self esteem goes lower... and lower... and lower.

A curiosity about the OP may lead to a confrontation. The purpose is to eyeball this OP, and hopefully restore a sense of well-being.

12. My cheating spouse requests that I confront the OP.

Sometimes the cheating spouse has gotten in over his/her head and can't get out. (I believe most affair partners know, at one level, that the affair relationship is toxic and temporary.)

The cheating spouse may lack the skills or fortitude to break off the relationship.

13. I want to break out of the enmeshment.

Here's an example of enmeshment, and the eventual act of breaking that enmeshment:

“Well, to begin with, we were friends with another couple, and my husband had an affair with the wife. It would shock you, I think, more than most, if I told you the details. I thought we were pretty close, but come to find out, she only wanted to be close to my husband. After it all exploded, I was such a wreck and I couldn't think straight for several months. She wanted the four of us to try and remain friends, so we went for drinks with them on several occasions and I met her alone, several times, to discuss what happened, and why. She tried to convince me it wouldn't happen again, but all the while, she was begging my husband to leave me for her. She was a Siren alright. For a time, she had me, my husband, and her husband convinced that we could all be friends again. She actually said “why can't we all pretend this never happened?”

2. What happened? What was the outcome?

After several months of going out to dinner with the other couple, and me getting together with "her" in an attempt to mend our friendship, I FINALLY realized how absurd this idea was. I was the one, out of four of us, that slammed on the brakes and said "wait, we need to back up, this is insane." I told her I never wanted to speak to her again, and not to email or call my husband. He eventually told her the same thing. She threatened to commit suicide. My husband and I have survived an extremely difficult 5 years, and every day I get a little bit stronger. She and her husband got divorced. I have not seen or communicated with her in 5 years.

There are probably more underlying reasons for someone to confront the other person.

This gives you a start, and an opportunity to reflect on the patterns and themes that surround you.

Chapter 4:

32 Tips and Observations on Confronting the Other Person

Here is a summary of tips and observations for confronting the other person.

1. There's an ever-present danger in confronting the OP, if they are involved in an "I Fell out of Love...and just love being in love" affair - it only juices the affair relationship. It keeps it going. It gives it more fuel to burn.
2. Infidelity is more about a parent-child relationship bound by deceit, strong unresolved personal needs that are consistently sought after, confusion about standards and values, and a desire to live life in the shadows.
3. Infidelity follows a triangle pattern, which states that a person is bound (unconsciously) by a strictly held role of rescuer, persecutor or victim. Much drama and pain in those roles.
4. When confronting the other person, do not expect adult-like responses.
5. It is also problematic to set up an agreement with a triangle (you, the OP, and your spouse) with the hope that it will remain intact and honored. After all, isn't an affair a blatant disregard for marriage vows? How can one expect someone who easily and consistently breaks those vows to honor other agreements?
6. It is common to appeal to the decency and sensitivity of the other person. Usually this is attempted by someone who holds to the values of decency and sensitivity to others. However, someone involved in an affair may not share those values or that sense of decency.
7. Appealing to decency may work best in the following types of affairs: affair #7, "I Want to Be Close to Someone...but can't stand intimacy;"

affair #6, "I Need to Prove My Desirability;" and affair #3, "I Don't Want to Say No." In these affairs, you stand the chance of the other person holding to some values of decency. But... I wouldn't give it better than a 50-50 chance.

8. If you want to meet the OP with the intent of boosting your self-esteem (Hey, I really am okay!), do you suppose there are better ways of doing that than through confronting the OP? And, what if confronting the OP leads to more questions than answers, and leaves your self-esteem in a more precarious position?
9. Part of confronting the other person involves boundaries. What am I going to share? What will I refuse to share? How much information needs to be passed back and forth? Setting in your mind, beforehand, what the boundaries will be, generates a feeling of being in "integrity."
10. "Charging neutral" is basically a refusal to react, internally and externally, to the other person or your circumstances. You don't flinch. You don't react. You don't give away your power. No one ruffles your feathers.
11. Confronting the other person, or persons, often leads to the truth in the "I Can't Say No" type of affair. Why? Because these relationships hold little emotional investment. The OP feels no particular loyalty to the cheating spouse. The degree of emotional separation may also be an indicator of how far along the cheating spouse is, in terms of his/her addiction.
12. If your spouse is having an affair, and you want to confront the other person with the intent of having him/her understand your situation, you will probably be greatly disappointed. The other person typically doesn't care about you, your children, your pain or your situation. Also, it is important to give thought to what outcome you want from the confrontation. Those who impulsively confront the other person do not find the confrontation fruitful.

13. A hint: when confronting the other person, do not ask questions. Make statements.
14. When one blows the whistle, confronts the entanglement, and states a very firm position, all hell may break loose. This is because the person who is highly dependent on the group cannot tolerate such personal "exposure."
15. Be aware that confronting the other person may find you embroiled in another person's (couple's) sickness. Their sickness may taint your life and leave you with scars. After all, infidelity is a fairly dysfunctional, sick act. It represents much that is not healthy.
16. Confronting the other person is often a fishing expedition to discern the truth. It's a form of spying. By reading the body language and content of the other person's response, one can often gain insight, or validate one's suspicions.
17. If the OP is an old "friend:" When confronting the "friend," know that the relationship has changed. Do not expect favors, or the disclosure of truth. It may happen, but probably not. Once boundaries are crossed, it's very difficult - well nigh impossible - to go back and expect "friendship."
18. Sometimes the patterns of infidelity and personal dysfunction are so well entrenched, so undeniably strong, that you might as well throw in the towel... or read a good book.
19. The more people you add to the mix, the more opportunities there are to juice the game, and muddle the communication. Communication needs to be clear, concise and clean. You don't know what you are getting when you talk to person x, hoping s/he will communicate what you want to say accurately to person y. It doesn't happen very often. (Ever play the parlor game of whispering something to the person next to you, and then they whisper to the person next to them? The last person often has a different story.)

20. If you consider confronting the OP, please be prepared to encounter all possible scenarios.
21. I've read several instances where it was helpful to confront the other person if first there was some level of self disclosure by the cheating spouse about the affair. In other words, the cheating spouse was perhaps beginning to shift allegiance from the other person to the spouse. If there is no self disclosure by the cheating spouse, and none can be elicited, it's doubtful that confronting the other person will be helpful.
22. I've observed that the movement toward compassion is extremely difficult in the beginning stages of infidelity, which are ruled by much pain, fear, confusion, and rage.
23. What feels so empowering and freeing about contacting the other person is often the act of stating one's position. Rare is the other person who will acknowledge, or agree, with that position, but that fact is often secondary. If one prepares for a negative and hostile response and can imagine holding one's own with that onslaught, then the confrontation may hold promise.
24. In confronting the other person, the underlying and very pertinent questions are:
- What will confronting the other person do for me?
 - What kind of person am I, and how do I want to express that in the confrontation?
 - What kind of person do I want to become, and how can I use the confrontation to expedite that?
 - How can the confrontation best serve me?
 - What personal needs do I have now, that the confrontation may meet?

25. When you confront the other person, are you ready to hear from him/her about the "perfection" of his/her relationship with your spouse? Will that haunt you, or can you reframe that description as the spouse below was able to do?
26. A large percentage of my infidelity coaching with individuals, is developing a script that will say powerfully, and without reactivity (charging neutral), the truth of the situation. And, I firmly believe that that truth will set free, and unclog the channels of deception, lies and secrets.
27. It often seems like a person is beating his/her head against the wall in attempts to get empathy and understanding in the "I Want to Be Close to Someone... but can't stand intimacy" affair, and the "I Need to Prove my Desirability" affair. The cheating spouse in those types of affairs is typically distant and emotionally closed.
28. After reading hundreds of confrontation stories, it appears that confrontation appears to work best if there is some sort of alliance with one's spouse, or if the cheating spouse is either ambivalent about the infidelity, or is on the way of the affair. Approaching a confrontation is always best if the focal point is on your needs, your strategy, your care and maintaining your integrity. If the confrontation is reactive, not much good can occur.
29. When confronting the other person, always keep the triangle - you, your spouse and the other person - in the front of your mind. You are not merely confronting the other person; you are confronting the dynamics of the triangle. Confronting the other person brings the affair to the front and center. No more hiding - the fact of the affair, at least. However, confronting may not change the dynamics of the triangle. Over time, the dynamics of the triangle may stabilize, and the three parties live with an "unspoken agreement" to co-exist due to a variety of personal needs.
30. Using the confrontation as a "fact finding" mission is problematic. Very seldom is one given the straight truth. If you trust your intuition completely, know your internal signs and signals for truth-telling,

then the confrontation may be productive. However, most of us are ill prepared at that time to trust and know our internal signals. They are usually corroded and contaminated by the series of lies fed our way, that we half-believe and half-doubt.

31. My hope for the human race: That we could all have images in our minds of who people truly are... human beings, all struggling to find their way, sometimes succeeding in finding their way, but all with warts, all with doubts, all with fears (except for sociopaths... and watch out there) all with imperfect bodies, all incapable at times of reaching the orgasm, and all doing stupid and silly things that bring shame and remorse. Doesn't that feel better? Don't you feel better knowing that? Don't you have less need to compare yourself to others, to not blame and judge, and have no need then, to discover their warts? Confronting the other person is often a powerful drive to find those warts.

32. Contacting the other person may be a legitimate way to discover the truth. In essence, you are setting the other person against your spouse. From that, the truth - the extent of the affair, the nature of the relationship, etc - may emerge. It may mean, though, that you must read between the lines since personal distortions often exist in infidelity.

Chapter 5: 41 Steps of Preparation and Assessment for Confronting the Other Person

I suggest you print out the chart below and spend considerable time preparing to confront the other person, if that is your intent.

Remember, your confrontation is not to be a knee-jerk response to your hurt and pain. Such a response will most likely end in disaster, and more pain.

Gather yourself, and use this tool to achieve maximum results for you and your future.

41 Steps of Preparation and Assessment for Confronting the Other Person	
Section #1: The Larger Picture	
I can list 5 specific reasons why I want to confront the other person, and how it will benefit me.	<input type="checkbox"/>
I know the type of affair facing me, and the risk and reward associated with each type of affair when confronting the other person.	<input type="checkbox"/>
I know I am not defective in any way.	<input type="checkbox"/>
I'm familiar with the 7 types of affairs, and have experimented with different strategies for dealing with the cheating spouse.	<input type="checkbox"/>

My ultimate goal is to live according to my standards and values, rather than my personal needs.	<input type="checkbox"/>
If I rage, I will use the rage to move out from my paralysis and fear.	<input type="checkbox"/>
I can have compassion for the other person, realizing that affairs arise out of personal neediness or internal emptiness.	<input type="checkbox"/>
I know the 8 paths one takes in recovery from infidelity.	<input type="checkbox"/>
I know on which path I entered, and where I want to move.	<input type="checkbox"/>
I have studied, and integrated, the 5 major "unlearnings" of infidelity.	<input type="checkbox"/>
Total:	
Section #2: Preparation	
I'm prepared to handle anything I might discover, including the sordid details of their relationship.	<input type="checkbox"/>
I have rehearsed over and over what I will say.	<input type="checkbox"/>
I realize that my expectations of what I want to see happen, may not be met.	<input type="checkbox"/>
I don't expect a positive response from the other person, unless it's an "I Don't Want to Say No" type of affair.	<input type="checkbox"/>
I will confront the other person fearlessly.	<input type="checkbox"/>

My painful images of them are under control (most of the time).	<input type="checkbox"/>
I've identified 3-4 of my top personal needs, and am in the process of meeting them.	<input type="checkbox"/>
I have answered the tough question: Do I truly want to be married to him/her?	<input type="checkbox"/>
Total:	
Section #3: Communication	
I will be direct, but not obnoxious, in my speaking and mannerisms.	<input type="checkbox"/>
I will know when to charge neutral.	<input type="checkbox"/>
I will be devoid of criticism and judgment.	<input type="checkbox"/>
Any "letting fly" will be rehearsed and well planned.	<input type="checkbox"/>
I can state my position, and make my points powerfully and quickly.	<input type="checkbox"/>
My intent is not to force change, but to make my position known.	<input type="checkbox"/>
I will rage appropriately, letting the OP know where I stand, my values and my standards.	<input type="checkbox"/>
I will say simply what needs to be said, directly and succinctly, even if it's difficult.	<input type="checkbox"/>
I will be able to pick up on the verbal and nonverbal meanings of the OP, and know how to respond accordingly.	<input type="checkbox"/>
Total:	

Section #4: Protection/Support	
I will be able to walk away if the confrontation becomes damaging for me.	<input type="checkbox"/>
I have an "exit strategy."	<input type="checkbox"/>
I will not allow the OP to "dump" on me, or disrespect me.	<input type="checkbox"/>
I will know immediately when I begin to feel that the confrontation is working (or not working).	<input type="checkbox"/>
I am in good physical well-being (enough sleep, good food, exercise, etc.).	<input type="checkbox"/>
I have a friend who understands, and supports, what I'm doing.	<input type="checkbox"/>
I have a coach or professional who can guide and support me in this process.	<input type="checkbox"/>
I have shared my strategy and rehearsed what I want to say with another person.	<input type="checkbox"/>
Total:	
Section #5: I Have Addressed and Spent Considerable Time Reflecting and Writing on These 5 Powerful Questions:	
1. What will confronting the other person get for me?	<input type="checkbox"/>
2. What kind of person do I want to become, and how can the confrontation expedite that?	<input type="checkbox"/>

3. What kind of person am I, and how do I want to express that in the confrontation?	<input type="checkbox"/>
4. How can the confrontation best serve me?	<input type="checkbox"/>
5. What personal needs do I have now that the confrontation might meet?	<input type="checkbox"/>
Total:	

41 Steps of Preparation and Assessment for Confronting the Other Person

Instructions:

Step 1: Respond to the 41 steps above by checking the step(s) that are met.

Step 2: Total the number for each section.

Step 3: Fill in the chart to the left. Start at the bottom of the chart and pencil in the number of steps for each section that you checked.

Step 4: Spend 5-7 days per section to answer the unchecked questions and take the necessary steps of preparation.

Spend significant time focusing on the questions or steps, writing and talking to a trusted other.

Step 5: When satisfied, check that step and fill in the chart on the left.

10					
9					
8					
7					
6					
5					
4					
3					
2					
1					
	Sec 1	Sec 2	Sec 3	Sec 3	Sec 5

Conclusion

Infidelity is a very complex phenomenon that buries its painful tentacles deep within a person and relationship.

Caution is urged in confronting the other person for this very reason. Blasting away with a shotgun is liable to leave a nasty mess. Instead, examine the type of affair, look at other dynamics, and target exactly what to say and do to bring you exactly what you are looking for.

It is important to know that recovery from infidelity takes time. I usually say, it takes 6-18 months of concerted effort and focus to heal from the ravages of infidelity. Without a concerted effort, or by merely reacting and shooting from one's hip, look for a longer period of time, perhaps 2-4 years before the pain of infidelity begins to recede.

I've mentioned a number of times the importance of knowing the type of affair facing you. Please get my ebook, [Break Free From the Affair](#) for detailed information on the 7 types of affairs and what you must do for each particular type.

Also know that you are welcome at my site (www.break-free-from-the-affair.com) to find articles, e-courses and other resources to help you in your infidelity recovery.

This is wishing you the best, and reminding you that "this too shall pass."

Bob

Dr. Bob Huizenga, the Infidelity Coach

<http://www.break-freekfrom-the-affair.com/coach.htm>