

# What to do if your partner is having an affair

## 8 ways to guide your next steps

1



**Confirm there really is an affair**

Hire a private eye to prove it

2



**Prepare yourself emotionally**

Expect the worst to help you cope

3



**Take some time for yourself**

Cool off before acting in haste

4



**Get support in place**

Someone you trust to stand by you

5



**Consult a lawyer**

Understand your legal position

6



**If you confront, do it safely**

In public with a support person

7



**Get professional counselling**

Help for recovery and decisions

8



**Remember there is hope**

Forgiveness can bring healing

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