What to do if your partner is having an affair

8 ways to guide your next steps





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



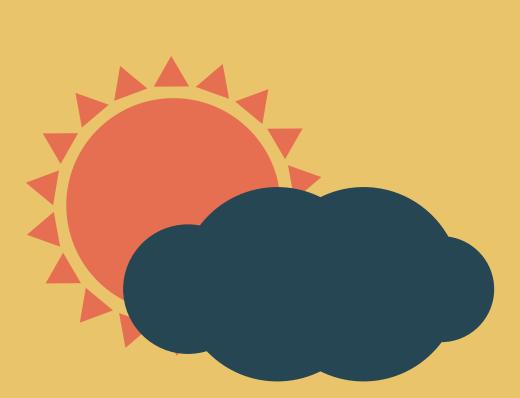
If you confront, do it safely
In public with a support person

7



Get professional counselling
Help for recovery and decisions

8



Remember there is hope
Forgiveness can bring healing

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