



Tips To Rebuild Trust After Cheating

Clear your conscience. Tell each other what happened, why, and what you expect from one another.



No matter the reason, acknowledge your mistakes and don't give a half-hearted apology.

Don't let a third person into the trust-building process, and avoid sharing the details of your conversation with people who may manipulate your thinking.



Be open to listening to each other's concerns to understand and work on them.

Give each other space and time to heal, and don't rush into intimacy.



Discuss how the relationship should be now and make promises to keep.