



Tips For Exiting An **EXTRAMARITAL AFFAIR**

Clearly explain the situation to your affair partner.



You should confess to your spouse about having an affair and wholeheartedly ask for forgiveness. It is much better than your spouse coming to know about it from someone else.



Maintain emotional and physical distance from your affair partner. Switch to "no contact" mode.



It may take time for your spouse to come around. Offer them love and support to heal and find peace.



Make efforts to rebuild your relationship with your spouse.

