



Ways To Deal When Your Partner Is Seeing Someone Else




Talk to him openly about how this makes you feel

Give him a chance to explain himself




I'm Sorry




Seek help from friends and family

Do not blame yourself for his actions



Focus on yourself during this time

Have a discussion with him about the possibility of you not being exclusive to each other, if you are comfortable with it



If you think it might be too much for you to handle, consider getting out of the relationship