

An affair with your wife's best friend

The best affair is the one you have never had



It sounds like the storyline of a drama movie, “I am sleeping with my wife's best friend”. Believe me, it happens, and it happens all too frequently. Imagine the pain and anxiety that this woman is going through. Not only has she been betrayed by you, her husband but she has been let down and betrayed by her best friend as well. A friend that she thought she could trust.

There are two types of affairs, the anonymous affair, where you have met someone on a business trip and it is completely separate from your life. That is hard enough for her to get over, when she eventually finds out, but the other kind of affair is even harder to come to terms with. With a best friend, there are all kinds of emotional ties to come to grips with. The friend is someone that she confided in, she met for coffee, they laughed and cried together, it is someone who was an integral part of her life. There are multi layers of ties binding two best friends together.

So what attracted you to the bestie in the first place? Do some reflection, is your marriage a happy one? Was this just a spontaneous mistake, or were there hidden unhappy issues that were being swept under the carpet? Did you just take advantage of the fact that because the bestie was around so much, an air of familiarity and a foundation of friendship was there already? It was almost like easy pickings, especially if the best friend had no ties.

The perfect storm is created when someone is unhappy in their marriage and open to straying (looking for understanding), and here is the person who is comfort and friendship rolled into one. The emotional bond can lead into a sexual bond, and once that happens, it is very seductive. But...what happens when your wife finds out? It wreaks havoc on so many levels. It is a double betrayal, so it is going to leave her reeling, she is going to feel as though she is walking around in her underwear, while the rest of the world is fully clothed. She is going to feel totally worthless. Now, the big question that you need to ask yourself is this.....was this really worth it?

Have you made the biggest mistake of your life? As from this moment on, your life, as you know it, will never be the same again.

If you have the slightest chance of saving your marriage, that is, if you feel that it is worth saving, you will have much explaining and begging to do, and then there are still no guarantees that your wife if going to be forgiving. She may be relentless in her resolve to leave you, or kick you out, and if there are children involved, it makes the situation even worse. Your wife will do anything to protect the children from any emotional upheaval, but in an instance like this, she will need to come clean to the kids and explain what happened. As ten to one, that bestie, now your lover, will have spent many hours in your home with your children around.

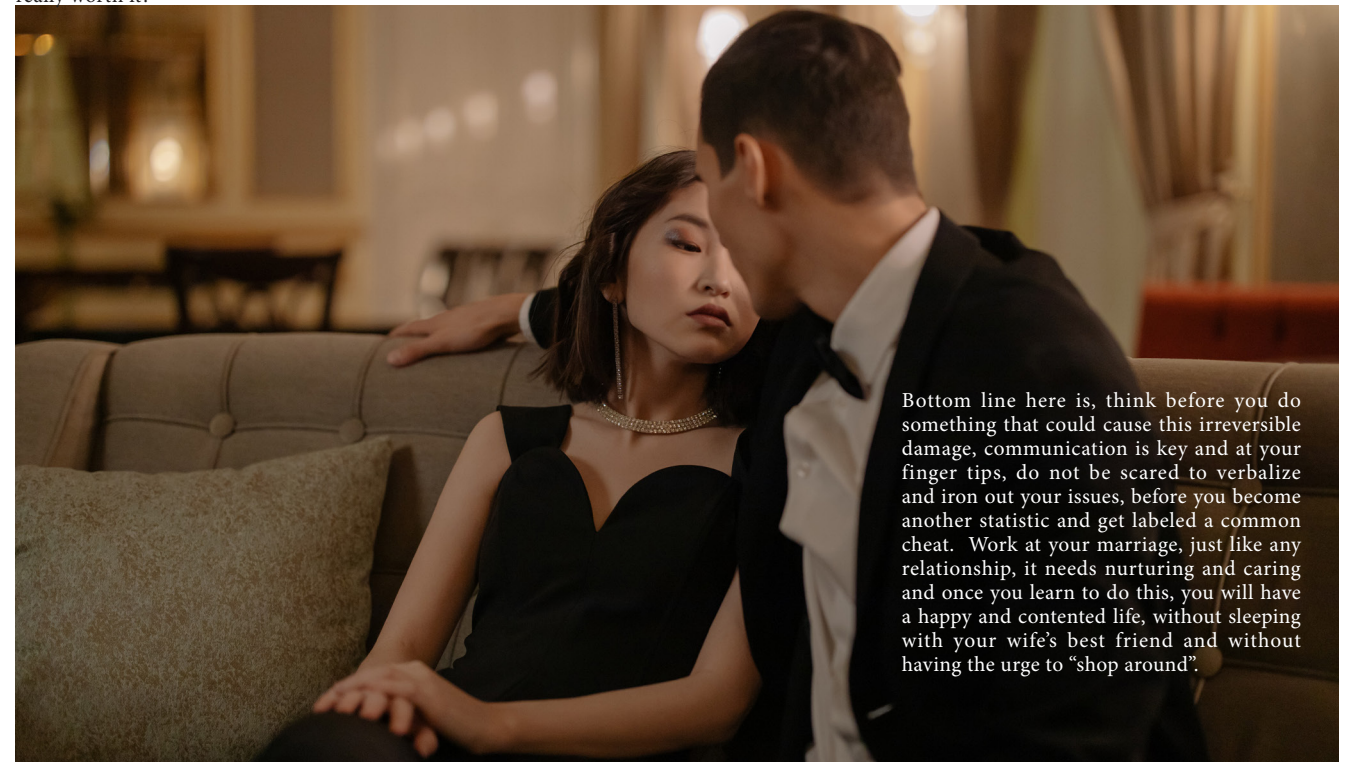
Now is the time to think carefully, you could lose everything that you hold dear, so reflect, think and stay calm. Ask yourself the real reason that you are sleeping with another woman, are you bored in your marriage, are there financial issues debilitating your happiness, are you just wanting a fling? Is there emotional and sexual intimacy in your marriage? Without physical intimacy in your marriage you lose your emotional bond and this is where the biggest problem arises. Never let the affection towards one another slide. Hold hands, give hugs, give kisses, put your arms around her and hold her, at any time of the day, this builds a relationship. Have you let all this go downhill, have you neglected your marriage? Introspection is hard, but needs to be faced, if you want to survive the consequences of your behavior.

If you want to move forward with your wife, you need to give her some time and space to cool down, in the interim you must have the courage and will power to formally end things with her “friend”. You will also have to realize that your wife will never have a bestie again and she will question every move you make in the future.

Once you have shown that you are serious about mending your marriage, approach your wife and have an in-depth discussion surrounding the events, leading up to the point of sleeping with her best friend. Never get judgmental, try and keep your cool, as anger will not achieve forgiveness.

On the flip side of this, is of course the question, were you driven to this by your spouse's behavior? Has she become someone that you do not even know anymore? A nagger, a moaner, who only sees that you have not mowed the lawn, or fixed the garden shed. A wife who is not affectionate, when you are affectionate. Then these issues could be the root cause of your infidelity, and need to be addressed and confronted by both of you. The bottom line is, there is no room in marriage for a third party and marital issues need to be confronted head on, before cheating takes place.

Having an affair, for whatever reason, is damaging, to not only you, but to everyone concerned. It has far reaching consequences, that can be avoided if you are willing to communicate on a mature and adult level. After all, surely this is the person that you promised the world to on your wedding day. Remember a problem shared with your spouse is a problem halved and there is no reason why you can't talk about any dissatisfaction that you may feel in your relationship. Whether it be issues of spending, or distance, when one of you travels or issues of intimacy in the bedroom, nothing is too sacred to talk through. So before you cheat, think about what lies ahead, as once the deed is done, it is irretrievable, there is no going back. When a person finds out that their spouse is cheating, it seems like their life just fell apart, that the universe stopped. Do you really want to be instrumental in causing all of you this kind of pain? The old saying that “time heals all wounds”, makes me ask, “really, does it”?



Bottom line here is, think before you do something that could cause this irreversible damage, communication is key and at your finger tips, do not be scared to verbalize and iron out your issues, before you become another statistic and get labeled a common cheat. Work at your marriage, just like any relationship, it needs nurturing and caring and once you learn to do this, you will have a happy and contented life, without sleeping with your wife's best friend and without having the urge to “shop around”.