



“HEALING BROKEN RELATIONSHIPS”

Imagine for a moment that you are bending down planting flowers by your mailbox. It is a crisp, and warm spring day, and you feel relaxed and satisfied to be making your home more beautiful. You see your spouse out of the corner of your eye, get in the car and back out of the driveway, obviously unaware of your presence, because you suddenly feel the dense impact of the car, knocking you over, forcing you to gaze upward in shock. You glance down the road to see your spouse pick up the cell phone, but you already know that this is not a call for help, so you begin to take care of yourself.

Approximately 60-70% of marriages are either ended or seriously challenged due to an affair, many of which last more than two years. With the foundation of adultery being deception and the consideration of the individual’s needs over the needs of the marriage, it is not surprising that once the confrontation is made, it becomes more difficult to carry on. Once brought to light, the choices of how to manage this crisis determine the outcome. If the unfaithful spouse shows a high degree of remorse and is willing to completely discontinue contact, the marriage has a chance to heal. But so often people are caught in the strong chemical reactions that the brain creates when there is something new or dangerous or forbidden. Many people mistake these feelings for love and think they have found their soul mate, when in reality it is more of an addiction, similar to that of cocaine.

In couples counseling, we are finding that more people are determined to save their marriage. If there is willingness to look at the root cause of the disconnect which allowed space for another person, a desire to forgive and create trust again, the couple can move towards a stronger position. This takes both courage and humility as well as a lot of support.



We use the metaphor of the spouse being hit by the car because healing may take a long time and the commitment to walk each other through the healing is easier to comprehend if the wound were physical. For many, the pain of betrayal feels like the ultimate physical, emotional and spiritual pain. We see conflict as an opportunity for growth, with the goal being to not just get the couple back to where they were before, but to help them create a relationship that is intimate and trusting; with a bond that is so strong, there is no room for another. “For two are better than one, for they can keep each other warm and when one falls down, the other can help them up”