

# After Infidelity

*Can a Husband Help Heal His Betrayed Wife?*



## Part 2: Blindsided

A husband who wants to help his wife heal after infidelity has to be willing to face some difficult and painful realities. He has to be willing to stop and look at the raw devastation he has caused. This takes courage and humility.

As strange as it may seem, many husbands who have been unfaithful do not fully comprehend the depth of damage that has been done. The picture has to be painted for them. Let's consider "Samantha's" story as a way of painting the picture.

Samantha's story begins abruptly. For her there was no advance notice, no preparation, no "We need to talk" prefacing what she was about to hear (not that a preface would have made it any easier to hear). It was just a cold pronouncement: "I want a divorce."

She was stunned. What had her husband, Jon, just said? She couldn't wrap her mind around it. She was speechless. Weren't they having a conversation about the kids? What happened? How did the conversation end up here? It was as though her mind froze with shock and raced with panic simultaneously.

She had been blindsided. (Continued on page 2.)

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## Part 2: Blindsided (Continued)

She did manage one question. “Is there someone else?”

There was another cold, matter of fact response. “Yes.”

Blindsided again.

She couldn’t catch her breath or her thoughts. She stood there, bewildered. Just bewildered. The only thing she could do was blink. Her mouth couldn’t form the words. Her mind couldn’t decide what words to have her mouth form.

Samantha is not alone. Her description of that devastating moment in time is a description I have heard time and time again from women who have been betrayed. They search for words to capture that moment in time when their entire life changed, when their understanding of who they were and what their marriage was had radically and abruptly shifted, and when disbelief and bewilderment had sucked them down like unyielding quicksand. No wonder words fail at that moment. What words could fully convey all that is felt, absorbed, experienced, and needed in such a moment of complete and total devastation and despair?

If you are a wife whose husband has betrayed you, you can likely relate.

Regardless of how you found out about the affair - through an abrupt confession, an incriminating email, a suspicious receipt, a call from a friend, a malicious comment from an acquaintance, the discovery of an STD, an early return home that exposed a secret tryst, or one of the other horrible, terrible ways a woman is devastatingly confronted by an affair - the typical feeling is that of being blindsided. Even for a wife who suspects that her husband is being unfaithful, the confirmation is like being hit by a bus, gutted by a dagger, and engulfed by a tsunami all at the same time.

**“We were under great pressure, far beyond our ability to endure, so that we despaired of life itself.” (2 Corinthians 1:8)**

I looked into Samantha’s eyes, and I could see the hurt, the pain, the disbelief, the shame, the humiliation, the utter devastation. And I could see her desperate plea to be rescued. There is a cry for help that I see in betrayed spouses. They feel like they are drowning. They are begging for someone to rescue them. And they are totally bewildered. They have lost sight of both the shore and the horizon. Even if she could get free of the current that is pulling her under, she wouldn’t know in which direction to swim.

If you are a husband who has been unfaithful, you can help rescue your wife! In Part 3 of this series you will find the immediate steps you can take.