

# After Infidelity

*Can a Husband Help Heal His Betrayed Wife? Yes!*



## Part 3: Ending the Affair

A wife who has experienced the type of devastation caused by betrayal needs absolute tenderness. If you have blindsided your wife by being unfaithful, here is a picture for you to have in your mind. (Warning: it's not a pretty picture, but it is a picture you will need to own if you want to help your wife heal and your marriage to be revived.) This is the picture. Your wife is standing in a room of your home, looking out of the window. You come up behind her, javelin in hand, and pierce it through her neck. And then you leave her to bleed out on the tiled floor. I know, that sounds violent and harsh, and it is a bitter pill to swallow. But that is a true portrait of how brutal your infidelity has been.

Your wife is now in the intensive care unit, a gaping javelin wound in her neck, her skin stained with the seeping blood, fighting for her life, barely conscious, and not coherent enough to know or understand if she even has a life left to fight for. She is battling complications and crises that she did not create. You have to be her champion! The steps outlined here, and in the remainder of this series, will help you to save her life, heal her heart, regain her trust, and restore joy and pleasure to both of your lives. There is hope for a marriage broken by betrayal. (Continued on page 2.)

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## Part 3: Ending the Affair (Continued)

### Your Possible Objections

Perhaps as the unfaithful partner you're saying, "Wait, this wasn't all my fault. We had a difficult and unhappy marriage way before this affair. There's a lot you don't know about my wife! No one knows the names she has called me. No one has seen her temper the way I have seen it." The reality is this. Even if the marital issues over the years have not been all your fault, the affair you had is totally and completely your responsibility.

There are many people who are dissatisfied in their marriages and yet they do not choose infidelity. You had many alternatives to the affair: counseling, marriage books, a marriage mentor, prayer, couples' retreats. The list goes on. If your marriage has seen awful days at the hands of both of you, your marriage can see better days. But we have to first deal with the patient who is in critical condition. We have to save her life. And then we can tend to the issues that have plagued the marriage historically.

### What to Do Right Now

End the affair. There is no teeing up to ending an affair. It is cut and dry. It is immediate and abrupt. There is no "thoughtfulness" regarding the outsider. All thoughtfulness is to be invested in your betrayed spouse. As it relates to ending the affair, neither you nor your wife owes the outsider anything. You may have led the outsider on. You may have initiated the affair. You may have made promises. You may have misled her into thinking you were not married. Those were all things you should never have done. And yet, as it relates to ending the affair, those are irrelevant. The outsider will need to look elsewhere for her own solace and recovery. She does not need and is not owed your solace. Your solace is owed to your wife. You cannot heal a wife and tend to a mistress at the same time. It just does not work that way. You gave the outsider things that were not hers to have. Your wife is your priority and you can not treat the outsider as though you have unfinished business with her. Your business with her - that business that should never have started - is finished! So how do you demonstrate that it is finished? How do you officially end it? You end it with an email or letter. (Continued on page 3.)

**“For the lips of a forbidden woman drip honey ... her speech is smoother than oil, but in the end she is bitter as wormwood, sharp as a two-edged sword.”**  
(Proverbs 5:3-4, ESV)

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## Part 3: Ending the Affair (Continued)

You do not end it with a telephone call or a face to face meeting. The letter is drafted with the collaboration of your wife, and sent as the last and final contact with the outsider. The letter should be concise, clear, and non-emotional toward the outsider. Below is an example. Notice it does not begin with “dear” and it does not end with “sincerely” or “truly” or any other words of warmth. This is deliberate and necessary for all involved.

Laura,

I am permanently ending the relationship with you and will have no further contact with you. The affair was a very thoughtless, selfish, and destructive choice. It hurt many people, particularly my spouse, who has never done anything to warrant my betrayal and gross disloyalty. My wife and children deserve more love and loyalty than I can ever give them. I will spend from this point forward doing whatever I can to heal them and to diligently make amends for my awful betrayal. The thought of the pain I have caused my family is tortuous. I love my wife deeply and regret every act of infidelity. If I could erase the affair and repay my wife for every ounce of pain she has endured, I would do so in an instant! The relationship I had with you is over, and I will not be contacting you further. I do not want you to make any contact with me. I do not want to see or hear from you again. My wife has all of the details of the affair, and she will be told of any attempts made to contact me. This ends all contact with you.

Tim

In addition to the deliberate absence of warmth in the letter, there is also a clear articulation that the affair is over and that no additional contact is wanted. There are no apologies and no platitudes. There are no wishy washy, ambiguous words regarding your commitment to your wife. Your loyalty to your wife and her unrivaled value in your life are clearly articulated. Do not fight your wife regarding the wording of the letter. It will communicate to her that you are trying to protect the outsider. This will wound your already deeply injured wife. How you handle this letter can set a profoundly positive tone for your recovery journey. Make the most of it for the sake of your wife and your marriage, and garner the help of a proficient marriage counselor if you need help wording the letter. Once the letter is written, both you and your wife should be present to email it or to mail it. This mitigates any doubts by your wife that the letter might be altered by you prior to sending it. This letter will be one of your first steps in the journey of healing your wife.