

Emotional Infidelity

Sharing those parts of yourself, your thoughts and feelings, that should be shared with your spouse leads to emotional infidelity. It is allowing someone else to meet your emotional needs, someone besides your husband or wife.

Opening yourself up to another person, be it a best friend, a son or daughter, and especially a member of the opposite sex, diminishes the quality of the relationship that you have with your husband or wife. It builds a wall between the two of you as you turn to another person for connection, comfort or support. This often happens when a couple has drifted apart due to lack of communication or other circumstances. It's not OK, it's not acceptable, it's not long lasting to have a deep emotional connection with someone who is not your spouse. This will only lead to heartache.

In order to rebuild the marriage, the two of you need to identify who have been those "others" in your marriage. Those that you have allowed to come between the two of you.

1. As it became harder to talk to my husband/wife, I found myself turning to _____ for support, connection or comfort.
2. Taking responsibility for your own actions, what were the circumstances in your marriage that had you looking elsewhere for emotional connection?

3. This person provided/provides me with:

4. I found/find it easier to connect with them because:

5. I realize that this has been/is detrimental to my marriage because:

6. In order to focus on my marriage, I need to set up the following guardrails around the relationship:

The following questions are to be answered if your spouse has considered or engaged in emotional infidelity in the past.

7. What was the dynamic like in your marriage before the infidelity?

8. What is like now?

9. What guardrails do you need to have in place to feel safe and to see that trust is being rebuilt?

Daring to set boundaries is about having the courage to love ourselves, even when we risk disappointing others.

~ Brene Brown