



Can Our Relationship Survive An Affair?

Hi, I'm Jenny Glick, Licensed Marriage and Family therapist. I get at least one or two phone calls a week from individuals or couples interested to know if their relationship can survive an affair. Statistically, we know that somewhere between 25 and 60% of people in committed relationships will experience some kind of extramarital relationship either by their choice or their partner's choice. This is very common in our world today.

My response to them is yes. Absolutely, relationships can survive affairs, and thrive from affairs as well, though in the moment the pain, the debilitating emotional effects of an affair can feel, and be extreme. Those emotional extremes are very real. It's incredibly helpful to have a third party such as a therapist or counselor to work with in order to move through out some of that emotional discharge that's happening, those experiences.

Affairs are almost always an outcropping of something that's been happening in the relationship on a much deeper level, and so the work in therapy is to get below the affair, and find out how the marriage itself or the committed relationship has come to include on the menu the option of seeking comfort, emotional closeness, physical intimacy outside of the relationship.

There are many resources available, and many tools that therapist can help you with in order to help you get through these very difficult, and trying, and unfortunately common situations in relationships. If you're interested in speaking to me more I invite you to book a free 20-minute phone consultation to see how I might be able to help you navigate this difficult time in your relationship. I'm Jenny Glick, for the Counseling Center of Cherry Creek.