



Dr. Tracy's Counseling Services

20 years of experience

Q: I just found out that my wife cheated on me.
How can I ever forgive her and move on?

A: The pain and shock of discovering a partner's infidelity can be one of life's most traumatic events. As such, it should come as no surprise that it often takes several years for couples to effectively repair a relationship after infidelity comes to light.

However, many couples are able to recover from infidelity and can develop a stronger relationship with more intimacy and closeness. Several factors influence how successful couples are at saving a relationship after an affair: the quality of the relationship prior to the discovery of infidelity, both partner's commitment to making a relationship work, effective communication skills, and counseling are critical to successful relationship.

Romantic relationships are built, in part, on positive illusions. Discovering infidelity shatters those illusions, it creates a lot of uncertainty, and it raises fundamental questions about the relationship. The initial shock of discovering an affair and the uncertainty it creates, often leads to the following reactions: depression, anger, shame, obsessive thoughts, dwelling on the details of the affair, inability to concentrate, and monitoring a spouse's every move.

To save a relationship after infidelity, it requires two people working toward the same goal. These tasks require tremendous insight and effective communication skills. If issues are not handled effectively, it can lead to further problems - more anger, resentment and frustration.

Given the skills needed to work through these issues effectively, couples counseling is almost always necessary.

Specializing in the treatment of:

Anxiety and Depression ~ Addictions

Trauma and Grief ~ General Coping Issues

**State approved to provide OWI assessments,
substance abuse assessments and substance abuse treatment**

Family Interventions ~ Couple Counseling

Women's Issues ~ Workplace Stress

Most insurance accepted.

NEW GROUP FORMING

"New Year, New Body-Mind Over Meals"

Please call for more info at 515-490-1921.

215 SE Main Street • Grimes

515-490-1921

www.DocTracysCounseling.com