

Published based on [How Can I Get Him To Stop The Affair?](#)

How Can I Get Him To Stop The Affair?

Infidelity is one of the biggest reasons marriages end in divorce. It's devastating to be cheated on. It doesn't have to mean the end of your marriage. However, if your husband is still involved in the affair it absolutely must end before you can move forward. Here are a few tips to help you get him to stop the affair.

#1 Ask Him to Stop

This may sound obvious, however many women simply don't take this step. They try all sorts of other things, like paying extra attention to their husband, or downright ignoring him. Often the simplest solution is to ask him to stop. Tell him how hurtful it is and that you'd like him to stop seeing the other woman.

#2 Get Yourself Together

Instead of spending all of your time and attention focusing on him and his cheating ways, start focusing on yourself. What do you want out of life? What interests and passions have you neglected? What do you need to do to feel more in control of your life and happier? You may not be able to directly control what your husband does.

You can control what you do and how you react. Start paying attention to your own needs. If you're happy and living your life your husband may start paying more attention. And along the way you may learn some very important information about who you are, what you want, and what you deserve.

#3 Discover Why He is Cheating

This requires open and honest communication. If either one of you is yelling or blaming the other, then it's not a productive conversation. However, if you can sit down and listen to each other, you may be able to discover why he is cheating and how you might work together to stop the affair.

#4 Revive Your Friendship

If possible, try to revive your friendship with your husband. You used to be friends, right? Once upon a time you two could talk about anything. Try doing things that you both enjoy.

Work together toward a common goal. Infidelity often arises when one spouse feels like they've lost a connection. They make a connection with another and an emotional or physical affair is the result. Reviving your friendship can help you both find that connection you once had.

#5 Get Help

Finally, start getting help for your marriage. Talk to a counselor. Visit a marriage coach. Get outside help from a [marriage program or expert](#). This single step will help you cope with the state of your marriage. It will empower you to take positive steps forward. And at the same time it will show your spouse that you are willing to take action to save your marriage.

Ultimately, the decision to stop an affair is up to your husband. Do what you can to take care of yourself. Seek

outside help and let your husband know that your marriage is important to you. Be the woman you want to be and allow him to make the right decision.

What to do Next? Start by getting a copy of the "[How To Survive an Affair](#)" program. It will give you a step-by-step roadmap for dealing with your husband's infidelity. Don't waste another minute feeling hurt and alone, now is the time to take action and get your life back on track. [Click here to learn more.](#)

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