

Published based on [My Spouse Had An Affair – How to Overcome Obsessive Images about the Affair](#)

My Spouse Had An Affair – How to Overcome Obsessive Images about the Affair

Step #4 of The 21 Most Important Steps You Can Take To Save The Relationship After It's Been Shattered By An Affair

After the affair, it is not uncommon for the injured spouse to be troubled with haunting images of the affair. Playing these images over and over again in your head makes it difficult to heal from the pain and rebuild your marriage.

You need to realize that these images aren't real (even if you caught your spouse in the act), the images are happening in your head and not in the real world. Realize that your mind is your own and no one can put any thoughts or images there except you. Even though sometimes it may not seem like it, but you are in charge of your mind. There are visualization exercises that can help you put an end to the images that torment your every waking hour.

The below video gives you some practical suggestions that you can use right now to help you overcome obsessive images about your spouse's affair. The information is taken from Dr. Gunzburg's comprehensive Survive an Affair program plus companion workbook.

If you would like to learn more about this alternative to marriage counseling program and how it can help you stop painful images, just click the link below the video.

<http://youtu.be/P-up-hf9cgM>

You can also find this article published on [My Spouse Had An Affair – How to Overcome Obsessive Images about the Affair](#), and on the tag pages [after the affair](#).