

Published based on [My Spouse Had An Affair – How To Process Your Painful Emotions Effectively](#)

# **My Spouse Had An Affair – How To Process Your Painful Emotions Effectively**

## **Step 2 of 21: "The 21 Most Important Steps You Can Take To Save The Relationship After It's Been Shattered By An Affair"**

Just to recap, in the first step we talked about "[How to Get in Touch with Your Pain](#)," after learning of your spouse's betrayal. In this step, you'll learn how to process those painful emotions effectively.

The information is taken from Dr. Gunzburg's comprehensive Survive an Affair program plus companion workbook. If you would like more help on how you can effectively process your emotions after the affair, just click the link below the video.

<httpvh://youtu.be/PeWw3kx8wBQ>

You can also find this article published on [My Spouse Had An Affair – How To Process Your Painful Emotions Effectively](#), and on the tag pages [after the affair](#), [after the affair advice](#), [after the affair feelings](#).