

Published based on [My Spouse Had An Affair – How to Rebuild Your Self-Confidence, Self-Trust and Self-Respect](#)

# **My Spouse Had An Affair – How to Rebuild Your Self-Confidence, Self-Trust and Self-Respect**

## **Step #5 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 you to completely lose your self-confidence, self-trust, and self-respect. Unfortunately this is part of the fallout of dealing with infidelity. You may become so full of self-hate that you hardly recognize yourself anymore. Overcoming these negative emotions can seem like an uphill battle, but it can be done

The below video gives you some practical suggestions that you can use right now to help you rebuild these vital aspects of your character. 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 regain your self-esteem, just click the link below the video.

<http://youtu.be/cZCtjwFxyZw>

You can also find this article published on [My Spouse Had An Affair – How to Rebuild Your Self-Confidence, Self-Trust and Self-Respect](#), and on the tag pages [after the affair](#).