



THE ROAD TO RECONCILIATION AFTER YOUR HUSBAND'S OFFICE AFFAIR



Before you forgive him



Ask him every detail of their relationship and the extent of it so that nothing remains hidden anymore.



Don't refrain from expressing your anger and shout or cry if you want to.



After both of you have bared your hearts out, accept his apology and never talk about it again.



Rebuilding the relationship



Discuss if he can find a new job or take a transfer to a different division away from the coworker.



If not, make it clear that he should not talk to them except for work-related queries.



Meeting the coworker outside the office, even for work or a business trip alone, is off-limits.



Let them keep their communication least personal, preferably via email rather than call or text.



Meanwhile, you may try to go on romantic dates, revisit favorite places and talk about what either of you can improve on.

