



# SPECIAL REPORT

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# 07

Q&A

## WHAT TO DO WHEN YOU'RE CAUGHT CHEATING

7 Questions Answered for Those Who've Been Caught Cheating



[www.GoAskSuzie.com](http://www.GoAskSuzie.com)

by **SUZIE JOHNSON, CPC**



**SOULMATES ARE NOT MADE IN HEAVEN.  
THEY ARE CREATED RIGHT HERE ON EARTH.**

# What To Do When You're Caught Cheating

## Special Report

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# ABOUT THIS SPECIAL REPORT

7 QUESTIONS ANSWERED FOR THOSE CAUGHT CHEATING

Dallas, Texas

**W**elcome to my special report on **Caught Cheating**. This report is for anyone who's crossed the line from fidelity to infidelity and gotten busted and now finds themselves scrambling for some helpful tools, tips and strategies on how to best deal with the backlash and collateral damage created in the wake of the discovery of the affair.

*If this describes you...*

Let me take a moment to say how much I would have preferred meeting under different circumstances and at a time before it all got so complicated. I would have loved to have gotten a chance to tell you a lot of the things I am about to share with you *before* it was too late.

*But alas...*

Since we can't move backwards in time, we must now focus on the very best ways for you to move forward and get things back on more solid ground.

Therefore, it's my goal in this report to share with you

the best insights, strategies and advice I can offer to help you jumpstart that forward motion - *without* causing more damage.

### PLEASE NOTE:

I offer no judgment here about why you did what you did or how you came to be where you are. That is not my interest. My interest is to help you make the best out of a bad situation and provide you with ideas on how to successfully navigate these choppy waters.

Another reason you'll find no judgment with me...

If you have read, watched or listened to anything else from me, you probably already know that I have not led a blemish-free life myself. If you haven't, you do now. You see, I know what it means to let yourself down. And I know what it means to totally disappoint people that love you. And I know firsthand just how raw those feelings can get when you have to endure this kind of guilt bearing down on you every single day.

*In other words...*

I know how uncomfortable the “hot seat” can get and how strong the urge to escape it can become.

## GOOD NEWS/BAD NEWS

The good news is that, with just a little bit of courage, you can choose to stand in the discomfort (rather than run). Now with the right words and the right strategies by your side, there's a way for you to skillfully and carefully come out of the dark place you've been in.

*But here's the bad news...*

If you allow yourself to give into that urge to run, hide and escape the discomfort... and if you continue to use the same kind of attitudes that got you into trouble in the first place... and should you choose to follow the wrong advice or use poor strategies for dealing with this predicament... then you'll only end up prolonging the pain - stalling your recovery process (possibly taking things beyond the point of repair).

And since I know that's not what you want...

I suggest you *read this report all the way through*. I want you to *really focus and decide* to make it your business to learn as much as possible while reading. Then after you've finished reading, I want you to be willing to *stay open* enough to at least put my advice to the test.

Now in case you're wondering why, let me explain. You see, even though reading is a good first step... it simply isn't going to be enough. For anything to really change for the better, you **MUST MAKE CHANGES**. This report is about pointing you towards what helpful changes you need to make right now.

*So with that said...*

Here they are: The top 7 questions I get from wayward partners and my answers to each of them.



Dallas, Texas

# HOW TO GET THE MOST FROM THIS REPORT



## 1. READ THE TIPS WITH AN OPEN MIND.

Keep in mind, some of what I share, you already know... and yet, knowing isn't enough. The goal here is for you to connect with the information at a deep enough level, so it causes you to question your current beliefs, inspires in you a shift in perception, and strengthens your resolve to better understand. Staying open gives you the best chances of doing that.



## 2. DO THE PROCESS QUESTIONS.

At the end of these 7 questions, I've provided you with 3 process questions similar to the ones I use with my private clients. The goal of these questions is to take you deeper than reading alone. And as far as I'm concerned, it's taking the time to answer these types of questions that will end up being the difference that makes the difference for you.



## 3. FOLLOW THE NEXT STEPS.

I've provided you with a "next steps roadmap" to follow (if it makes sense in your situation). Please note: My next steps are just one of the many options you can take. If my recommendations make sense for you... great. If not, then that's also okay. The key here is to remember that this is a marathon (not a sprint), and to survive, you've got to keep moving forward.

## SEVEN QUESTIONS ON WHAT TO DO WHEN YOU'VE BEEN CAUGHT CHEATING

QUESTION #  
**01****WHAT'S MY  
NEXT MOVE?****Q:**

My wife just found out about my affair. She's told me not to come home and that she doesn't want to ever see me again. I'm not sure what my next move should be. Suzie, what do you do when you've crossed the line and gotten caught?

**A:**

When people get caught, the first thing they tend to do is panic. This leads them to make irrational decisions and to act in extreme ways (neither of which will help). So right off the bat, I want you to calm down. Take deep breaths and say to yourself, "Right now, 'Panic' is *not* my friend."

## 6 HELPFUL THINGS YOU CAN DO RIGHT AWAY

**1. TAKE RESPONSIBILITY**

Don't blame-shift or make excuses. Own your mistakes.

**3. SHOW APPROPRIATE EMOTIONS**

What your partner is looking for are signs of your humanity, signs that you recognize how much your actions could (and did) cause them hurt and pain, signs of remorse. (BTW, remorse and guilt? Not the same thing.) They are probably going to want to see evidence of unselfishness, and signs that you're willing to stand up and take responsibility for what happened.

**5. READ A LOT OF SELF-HELP**

The Internet, my website and the bookstore have a myriad of books to help keep you going. Have something on hand that you can turn to in order to get you through the dark days.

**2. END THE AFFAIR**

No wiggle room here. No renegotiation. Your marriage deserves your priority.

**4. GET COMFORTABLE WITH DISCOMFORT**

Any way you look at it, the next few days and weeks are going to be uncomfortable. Don't run from it. I want you to *lean into it*. It's time to don your mental and emotional Teflon overcoat, and get ready to *embrace the hot seat*. (It's coming.)

**6. RELEASE AS MUCH GUILT AS YOU CAN**

Here's the thing. If you're blocked by your own guilt, you won't be there for your partner. This may come across to her as insensitivity, and that's the last thing you want. My suggestion? Talk with a priest, rabbi, or someone who can help you process and release that guilt.

**BOTTOM LINE?**

Make this list your "go-to" and know that the more consistent you can be in doing the things on this list, the faster you will steer your relationship back towards safe harbor.

## SEVEN QUESTIONS ON WHAT TO DO WHEN YOU'VE BEEN CAUGHT CHEATING

QUESTION #  
**02****HOW COULD I HAVE  
DONE SOMETHING  
LIKE THIS?****Q:**

I cheated on my loving girlfriend. It happened twice. Thing is, I love her. How could I have done something like this? I don't even understand why I would do this. Can you help me to understand it?

**A:**

There's this notion called the "curse of curiosity", and what it alludes to is the fact that we human beings have an unquenchable thirst for "newness." Sometimes this leads to ingenuity. Other times it leads to self-sabotage. In your case, it seems that your curiosity for the forbidden got you into trouble.

**Here's the dilemma.**

How can you cheat and admit to being in love? One would assume that love would make you immune to any and all temptation, right? Well, as you no doubt have found out, that simply isn't the case.

Being in love doesn't automatically make us immune to sexual temptations any more than it makes us immune to theft, greed or any other vices. What love does is it inspires us to want to become better people, to *make better choices* and be more selfless. It's this kind of inspiration that motivates us to resist temptation. (Notice here that I did say it *motivates*... not guarantees).

**So, what does this all mean for you?**

In the more than 15 years of doing this work, I've noticed that many people are mostly unconscious to what's going on inside of them at any given moment. In other words, many of us are asleep at the wheel of our own lives and it's not until we smash into a brick wall that we wake up to the truth about ourselves.



- 1) Seek to understand the underlying fear or need that motivates your actions.
- 2) Accept the consequences of your actions. For help in asking the right questions, read my article "[What Does the Affair Say About You?](#)" It includes a Personal Inquiry Worksheet that you can use.

**BOTTOM LINE?**

Lessons in life don't go away until you learn them. So by seeking to better understand what the affair is trying to tell you about yourself, you'll be taking a potentially deadly misstep and turning it into a stepping-stone that could very well become a game changer for you.

## SEVEN QUESTIONS ON WHAT TO DO WHEN YOU'VE BEEN CAUGHT CHEATING

QUESTION #  
**03****HOW MUCH DETAILS SHOULD I DISCLOSE?****Q:**

Suzie, it's been 2 months since the day I confessed to having an affair, which completely devastated my husband. I'm the last person he would have ever expected to do something like this to him. And although he says he wants to work it out, I'm not sure he will ever get past it. I've told him the truth about what happened, and yet he still questions me every day.

He badgers me, interrogates me and asks me for the smallest details. I'm just not sure how much of the specific details I should disclose. What do you think?

**A:**

This dilemma reminds me of that famous quote from the movie "A Few Good Men," where Jack Nicholson arrogantly informs Tom Cruise's character... "You can't handle the truth!" And the reason that statement resonates so well is because it's often true. For many people, no matter how much they say they want to hear the truth... the fact is, they just can't handle it.

And nowhere is this more apparent than in the aftermath of infidelity. Just like in your situation, you see the betrayed partner who begs, badgers, and pleads for the truth, leaving the wayward partner in the precarious spot of not knowing whether or not they actually *can* handle the truth.

**SO WHAT'S THE RIGHT THING TO DO HERE?**

How much should you disclose about your affair? When it comes to details, how much detail is too much? How much of the truth can they handle? Are you wrong for withholding details? Where should you draw the line?

**Sadly, there's no perfect formula here and no clear-cut answer.**

This is one of those things that you'll have to decide for yourself. And to help you make that decision, here are three things you will want to consider.

**3 REASONS WHY YOUR PARTNER WANTS THE DETAILS****REASON #1:**

So they can torture both of you with all of the the added details.

**REASON #2:**

So they can use the details to compare themselves to your affair partner. (This is the most common reason of the three.)

**REASON #3:**

Because they hope that getting all of the details, will finally give them closure and allow them to stop fantasizing about what may have actually happened.

So to answer your question, you really need to find out from him what he hopes to gain by having more details. And from that conversation, you should be able to better determine how much of a risk sharing the details might pose to your reconciliation.



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### MY SUGGESTIONS:

#### ■ GET A MEDIATOR

If you're going to do a full disclosure, it can be a good idea to have your marriage counselor, pastor or some objective (unbiased) person present. This can often help the process go much more smoothly for all concerned.

#### ■ GET A PROMISE

You will want to be sure and ask for and secure a solid commitment from your partner upfront that they promise not to use the details later on to torture either one of you.

### BOTTOM LINE?

The key here is that you both understand that by withholding the details, you will be taking a risk (maybe they find out more details later on on their own, which would be worse).

But you also will be taking a risk by disclosing more of the details (maybe they can't handle it or do use it against you).

So you see, either way, you risk. What you have to decide after accessing all of the risks (and what those specific risks are), is going to have to be left up to you.

## SEVEN QUESTIONS ON WHAT TO DO WHEN YOU'VE BEEN CAUGHT CHEATING

QUESTION #  
**04****HOW DO I INSPIRE  
THEIR FORGIVENESS?****Q:**

I'm the wayward partner. It's been 8 weeks since D-Day. The first few weeks, we were working together on the pain and recovery. But about 4 weeks ago, it was like a light switch got tripped. She has since told me, "I will never forgive you, and you will never have me again."

**A:**

That statement she made is characteristic of the vengeful strategy: "I will never forgive you, and you will never have me again." Notice... I will never forgive (withholding forgiveness to punish you), and you will never have me again (withholding self to punish you). So the way I see it, this is really about punishment more than anything else right now.

**🚑 6 HELPFUL THINGS YOU CAN DO RIGHT AWAY****DON'T**

- **Don't** push the idea of forgiveness right now. Forgiveness is like love. It cannot be forced upon anyone. Know that some people never forgive (and that's their choice). You've got to make peace with that.
- **Don't** make it about your need to be forgiven.

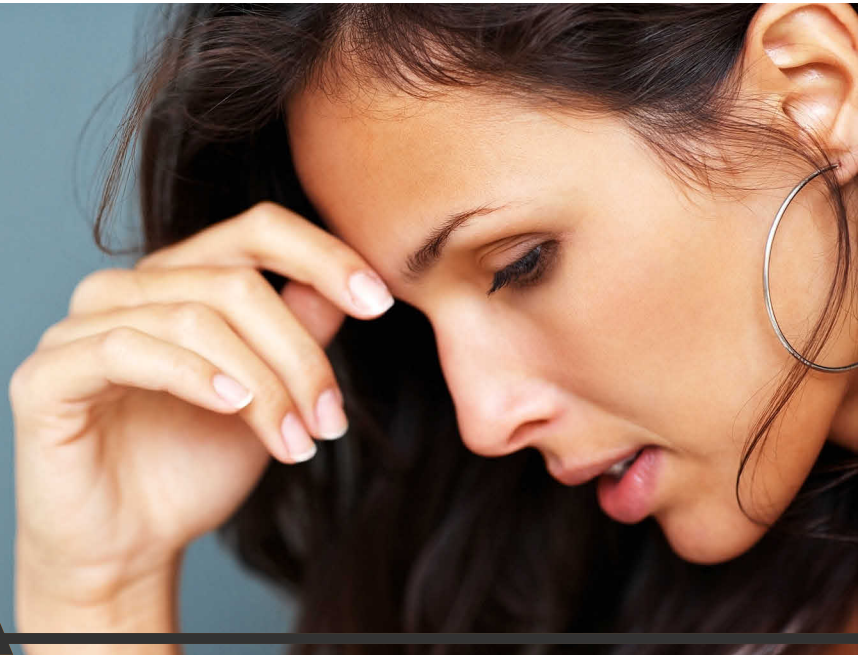
**DO** ✓

- **Do** offer to pay for counseling, therapy, books, movies... anything to support her recovery.
- **Do** show her how it benefits *her*. Talk about how painful it will be to drag the bitterness into the next relationship, and how forgiveness is not just for you. It's primarily for her by freeing her from pain and negativity.

**BOTTOM LINE?**

Forgiveness is a gift. You can't earn, bargain or beg for it. And yet, you can inspire it. And the most important thing to remember is this: *Love is what inspires forgiveness*. The fear-filled person cannot inspire love any more than a kleptomaniac can inspire trust. This means, *you cannot come from fear and to inspire forgiveness*. Your actions must be rooted in love. For more info on how to inspire your partner's forgiveness, you can also get access to my coaching program "[How to Inspire Your Partner's Forgiveness](#)" which is included in my Wayward Rehab online workshop (*more on this later*).

## SEVEN QUESTIONS ON WHAT TO DO WHEN YOU'VE BEEN CAUGHT CHEATING

QUESTION #  
**05****HOW DO I END IT  
WHEN I DON'T  
WANT TO?****Q:**

Suzie, I've been married for 8 years and have three children. My best friend (of more than 20 years) and I had an affair. Is it possible to still have my affair partner in my life? I want to be with my husband and to work on our relationship, but I don't want to lose this man either. How do I end it when I don't want to?

**A:**

I understand the concerns you're raising in your question. You want to have your cake and eat it too. It's something we've all wished for from time to time, so I totally understand. And yet, I feel it's important to bring some things to your awareness right now.

**TWO TIPS FOR ENDING THE AFFAIR****1. Denial is the decision to ignore the obvious.**

You must come out of denial about the fact that once you have an affair... that person is no longer "just a friend." You can't pretend otherwise. The affair changed the dynamics of that relationship forever. In other words, you can no longer consider that person "harmless" and you can no longer think of the relationship as "neutral." Why? Because it's the nature of affairs to be toxic to marriages.

**2. Let love clarify your priorities.**

One of the great things love helps us to do is to make our priorities crystal clear. If you love your husband, then your loyalty **MUST** be to him. Anything less is unacceptable. The fact that this hasn't been obvious to you suggests to me that you must still be harboring some romantic feelings towards your affair partner, and those feelings are clouding your judgment.

**BOTTOM LINE?**

Love is not a feeling. Love is a *decision*. It's the decision to put someone else's interests ahead of your own. The question is this: Will keeping the affair partner in your life be for your own interest, or for your husband's interest? The answer to this question will point you in the right direction.

## SEVEN QUESTIONS ON WHAT TO DO WHEN YOU'VE BEEN CAUGHT CHEATING

QUESTION #  
**06****HOW DO I SAVE MY MARRIAGE?****Q:**

I've made a mistake. I cheated on my wife, and now my whole world is falling apart. Please help me save my marriage!

**A:**

While I can't offer a magic pill to save your marriage (because there is none), **here's a great story** that may set you in the right direction.

**THE MONK & A BEAUTIFUL WOMAN**

*"One day, a monk was meditating by a river. He had been sitting in the same spot meditating with very little food and drink for many years. Rumor had it that this monk was very wise and even knew the secrets to immortality.*

*One day, a beautiful woman came to see him. She had traveled from a far away land. She had braved killer mosquitoes, jungles, warring clans and harsh deserts. She had journeyed across dangerous seas just to find this monk, and when she did, she threw herself at his feet and said; "Master, I have sinned against my husband. I have committed adultery with his master-of-arms. When my husband found out, he killed my lover and exiled me from his castle. He has stricken my name from his heart. Now I'm very sorry for what I did, but he will not hear my words. What can I do to win his forgiveness? Please tell me. I am desperate, and I am willing to do anything."*

*The Master meditated upon her words for a while. Suddenly, he grabbed her and dunked her head under the water. With strong arms, he held her submerged until the woman began to fight and struggle, but he kept her head down. At the last minute, just as she was about to drown, the monk pulled her head up from the water. The woman came up gasping for air.*

*"Why did you do that?" she shouted. "You could have killed me!" The monk calmly asked, "What was it you wanted while you were under the water?" "Air," she replied. "All I wanted was air." "And why did you want air so desperately?" he asked. "To save myself of course," she replied indignantly. "Go away," said the monk. "And do not return until you want to save your marriage as much as you wanted to save yourself."*

I like this story, because it makes an interesting point: How deep is your desire to save your marriage? When the desire is sincere, then you'll become willing to do whatever it takes, and that's when the real miracles occur.

How to 

# SAVE YOUR MARRIAGE

after having an affair



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## 1 MAKE

No desire is stronger than your desire to save your marriage (not pride, not ego).

## 2 DECIDE

No action is neither too big nor too small.

## 3 TELL YOURSELF

No distance is too far and no journey is too long.

### BOTTOM LINE?

As great as having the right marriage saving strategies are, they are not the most important part of saving your marriage. The most important thing is having the right psychology. Start with this and you'll find it's the difference that makes the difference.

## SEVEN QUESTIONS ON WHAT TO DO WHEN YOU'VE BEEN CAUGHT CHEATING

QUESTION #  
**07****HOW CAN I WIN HER BACK, AFTER ALL THAT I'VE DONE?****Q:**

I love my wife, and more than anything, I want our relationship to survive. But I feel like I don't even deserve her. So where do I find the courage to win her back after all that I've done?

**A:**

Let me answer your question by telling you a story. After winning the Masters, the golfer had an interesting comment. A reporter asked him to describe what was going through his mind as he approached the 18th hole knowing he was both behind on the leader board and his ball was stuck in the sand trap.

Here's what the golfer told the reporter: *"I didn't think about any of my previous mistakes; I simply thought about the shot I was about to play and I asked myself, how can I put together my best shot from here?"*

**This is a very powerful answer.**

**In a way, YOU are that golfer.** When you hurt someone you love, trying to win them back requires extraordinary turnaround skills. This is no easy task. You're going to need to draw upon some of the same mental toughness skills that many professional athletes use whenever the championship is on the line.

**DID YOU NOTICE?**

He didn't get caught up in the backlash of his previous mistakes. He wasn't focused on mentally beating himself up or what he had just done, but what he could do. He stayed in the moment. His mental approach was one of absolute calm. He asked himself the kind of empowering questions necessary to get the job done. The best part is that it worked! And in this case, he turned everything around and won the Masters. I believe if you follow his lead,

**THE KEY QUESTION**

To win her back, I want you start with this question: *"What can I do right now to give myself the best shot of winning her back?"*

I am really asking you to actually ask yourself this question - out loud. The reason is this: The answer is in you somewhere. How can I be so sure? I'm sure because you've won her heart before, so it only stands to reason that you already know how to do it. And if you've done a thing once, you can surely do it again. Right? Of course!

**BOTTOM LINE?**

**Let this question guide you. And perhaps more importantly, model the winning golfer's mindset and don't allow yourself to dwell on your past mistakes. Focus only on the opportunities to win her back today. Do you think you can do that? I know you can.**

# FINAL THOUGHTS



**N**ow we've come to that place in the road... where you've got to decide for yourself how much of what you've learned you will take with you and how much you will discard.

## AS YOU CONSIDER THAT, CONSIDER THIS.

The same approach that gets you into trouble *cannot* also be the one that gets you out of trouble. This means, if it was deception that got you into trouble, you cannot then expect that continuing to be deceptive will get you out of trouble. And if it was failing to communicate that caused the problem... then keeping that level of poor communication will not solve this.

## SO, WHERE'S THE GOOD NEWS IN ALL OF THIS?

The good news is that using the opposite approach of what gets you into trouble is often the most effective way out of trouble. So if being deceptive leads you into temptation, it goes without saying that being honest leads you out of it; and if poor communication skills got you into trouble, then, it only makes sense that improving your communication skills will help you out of trouble.

## THE BOTTOM LINE?

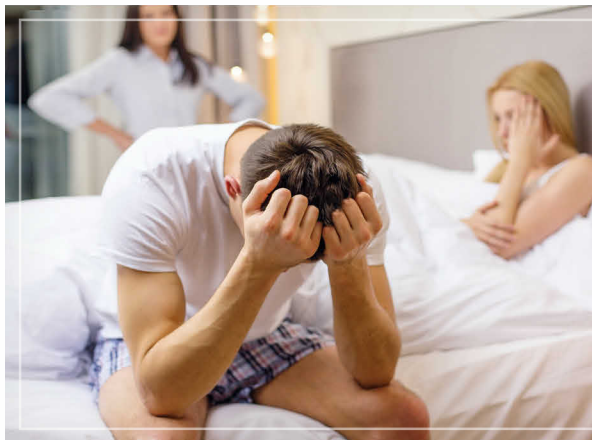
At this point, you've got to be willing to discard what didn't work... so you can find what does work. And I have faith... that I've provided you with some pointers and useful insights on how to go about doing that... and

yet, as nice as all that might be, what's needed now is for you to be willing to put some of these ideas to work for you. Do you think you can do that? If so...

## MY FINAL 3 SUGGESTIONS FOR YOU

- 1) Print the **7 questions Infographic** (next page) and then use it as a visual guide to help you stay the course.
- 2) Give serious consideration to using my **Wayward Rehab online workshop** to guide you on exactly how you will turn things around.
- 3) Take the time to do the **process questions** (last page). This helps you go deeper into your own psychology and connect the dots to what led you here.

Until we speak again,  
Remember... Love Wins!



# TOP 7 Q&A

## ON WHAT TO DO WHEN YOU'VE BEEN CAUGHT CHEATING

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### WHAT'S MY NEXT MOVE?

# 1

Do these 6 things:

- 1) Take responsibility.
- 2) End the affair.
- 3) Show appropriate emotions.
- 4) Get comfortable

with discomfort.

5) Read a lot of self-help.

6) Release as much guilt as you can.

The more consistent you can be in doing the things on this list, the faster you will steer your relationship back towards safe harbor.

### HOW COULD I HAVE DONE SOMETHING LIKE THIS?

# 2

Being in love doesn't automatically make us immune to sexual temptations no more than it makes us immune to theft, greed or any other

vices. To help you better understand what led you to the affair, read my article "[What Does the Affair Say About You?](#)" It includes a Personal Discovery Worksheet that you'll find very helpful.

### 3 HOW MUCH DETAILS SHOULD I DISCLOSE?

This is one of those things that you'll have to decide for yourself because if you withhold the truth, you take a risk. And if you give a full disclosure, you take a risk, but not because telling the truth is risky but because your choice to have an affair put your marriage at risk. My suggestion? Book a couple's appointment with me or a marriage

### 4 HOW DO I INSPIRE THEIR FORGIVENESS?

Forgiveness is a gift. You can't earn, bargain or beg for it. And yet, you can inspire it. For more info on how to inspire your partner's forgiveness, you can play the coaching session, [How to Inspire Your Partners Forgiveness](#) which is a part of my [Wayward Rehab - 7 Steps to Wayward Partner Recovery online workshop](#).

### 5 HOW DO I END IT WHEN I DON'T WANT TO?

Love is not a feeling. Love is a decision. It's the decision to put someone else's interests ahead of your own. One of the great things love helps us to do is to make our priorities crystal clear. If you love your partner, then your loyalty MUST be to them. Anything less is unacceptable.

### HOW DO I SAVE MY MARRIAGE?

# 6

While I can't offer a magic pill to save your marriage (because there isn't one). But you can save your own marriage by knowing this:

- 1) No desire is stronger than your desire to save your marriage (not pride, not ego).
- 2) No action is neither too big nor too small.
- 3) No distance is too far and no journey is too long.

### HOW CAN I WIN HER BACK, AFTER ALL THAT I'VE DONE?

# 7

To win her back, I want you to start with this question:

*"What can I do right now to give myself the best shot of winning her back?"*

Let this question guide you. Focus only on the opportunities to win her back today.



# NEXT STEPS



Register for my  
**WAYWARD  
PARTNER RECOVERY**  
HOME STUDY COURSE

- ✓ Overcome mistakes
- ✓ Win back trust
- ✓ Recapture respect
- ✓ Inspire forgiveness

**BE MORE  
TEMPTATION-PROOFED  
THAN EVER BEFORE**

**CLICK TO GET ACCESS**

# PROCESS QUESTIONS

## WHAT TO DO WHEN YOU'VE BEEN CAUGHT CHEATING

Anne Frank became famous for keeping a diary during the Holocaust. What many people don't realize is that writing is a powerful way of processing pain. So, although Anne didn't have a therapist, she did have a way to process what she was going through. I suggest you do the same. Start with these 3 process questions and don't stop here. Keep your own journal. You'll find it can help you tremendously. And should you decide to work privately with me, then bring along your notes. Because I have found working directly with people who bring their own reflections they've written down is a much more effective way to go.

QUESTION #  
**01**

It isn't always easy to do what is right, and sometimes, doing the right thing is the biggest risk you can take. Describe here how doing the right thing puts you at risk (socially, emotionally).

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QUESTION #  
**02**

Our deepest wisdom usually comes from learning from our most foolish choices. Describe the type of wisdom you have extracted from this experience.

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QUESTION #  
**03**

How people handle a problem often reveals a lot about their character. Describe a time before now when you encountered a difficult problem and how you solved it.

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“

THERE'S A BIG DIFFERENCE  
BETWEEN BEING A BAD PERSON  
AND BEING A PERSON WHO  
HAS MADE A BAD JUDGMENT.

”

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