

Emotionally Exhausted Because Of My Cheating Spouse

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Synopsis

My spouse is cheating. I'm hurting and emotionally exhausted. How can I stop hurting and become emotionally healthy again? In almost every conversation I have with a client, these are the statements I hear. I have so much compassion for these clients because I know all too well how that feels.

If this is where you are emotionally, then this is for you. Some researchers say that finding out your spouse is cheating is worse than experiencing the death of someone you love. The reason is that when someone dies, we must accept that they're gone. But the pain from an affair is resurrected every time you see or think of that person.

So the pain that you're experiencing is genuine and excruciating. So what can you do to make the pain more manageable and for you to get healthy? Like, subscribe, and turn on notifications to hear more helpful videos and unique stories of reconciliation from other people going through the same situations you're in right now.

Please leave a comment below, give us your feedback and opinion, and share this video with someone you believe needs it.

We have a supportive community of people going through similar grievances to listen. Place a free strategy call with one of our representatives if you need support and direction through these difficult times.

Find more resources on our YouTube Channel: www.youtube.com/marriagehelper

Get the FREE mini-course here - <https://your.marriagehelper.com/how-to-get-your-spouse-back-mini-course>

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