**Questions Hurt Partners Can Ask Themselves –** [Shirley Glass](https://amzn.to/3AnCgyH)

If you have just heard that your partner has lied to you & been intimate with someone else, you might not be sure whether your relationship is worth the time & the effort to sustain it. Because you’re not in any shape right now to make a permanent decision, take your time thinking through how you feel & what you want to do. How you answer on Day One may be different from how you answer three months later.

Of the partners of sex addicts, 60% threatened to leave after the initial disclosure, but only 24% who threatened to leave actually left (Schneider, Corley & Irons (1998), in *Sexual Addiction & Compulsivity, 5,* 189-217).

1. Ask yourself whether this infidelity is part of a larger picture of cheating & lying.

* Has this kind of thing happened before?
* Do you trust your partner to tell you the truth about other things?
* Is your partner generally dependable & trustworthy?

1. Is your partner understanding of your pain?
2. Is your partner willing to allay your anxiety by being accountable?

See also:  [Should I Pick Up the Pieces or Throw in the Towel - Part 3](https://vivianbaruch.com/wp-content/uploads/2022/07/Should-I-pick-up-the-pieces-or-throw-in-the-towel-Part-3.docx)