

Moving On After Long-Term Affairs When Both Parties Are Married

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Long-term affairs when both parties are married can be challenging and stressful, especially when both are married. This article details what happens when married people have long-term affairs with each other and advises how to move on after such a situation.

When two married people have an affair that lasts for a long time, it can lead to many different feelings and complicated relationships. The affair may have started innocently or by accident, but as time passed, it became a deeper connection that was hard to overlook.

I. LONG-TERM AFFAIRS WHEN BOTH PARTIES ARE MARRIED

Long-term affairs between people who are married are complicated and often damaging. They can be awful for both spouses, and the hurt feelings can last long.

People have long-term relationships for many reasons, but some of the most popular ones are:

- Unhappiness with their marriages
- Lack of intimacy or communication with their partner
- Feeling ignored or unappreciated
- Falling in love with someone else

No matter what the reason, it can be hard to end a long-term relationship. There is often a lot of emotional connection between the two people, and they may not want to end the relationship.

When both people are married, dealing with the mental complexities of a long-term affair can be tricky. Both the people having an affair and their partners often feel guilt, shame, and anger about it.

Also, there is often a feeling of loss because the people having an affair may have to end the relationship they have made. It can be arduous, and you should give yourself time to feel sad about the loss.

If you are having trouble getting over a long-term relationship, you should get help. A therapist can help you figure out how to deal with your feelings and move on.

II. UNDERSTANDING LONG-TERM AFFAIRS

A. Definition and Characteristics

1. Defining Long-Term Affairs

