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Moving On After Long-Term Affairs When BothParties Are Married

Long-term affairs when both parties are married canbe challenging and stressful, especially when bothere married. This article details what happens whenmarried people have long-term affairs with eachother and advises how to move on after such asituation.

When two married people have an affair that lastsfor a long time, it can lead to many different feelingsand complicated relationships. The affair may have started innocently or by accident, but as timepassed, it became a deeper connection that washard to overlook.

I. LONG-TERM AFFAIRS WHENBOTH PARTIES ARE MARRIED

Long-term affairs between people who are marriedare complicated and often damaging. They can beawful for both spouses, and the hurt feelings can lastlong.

People have long-term relationships for manyreasons, but some of the most popularones are:

- Unhappiness with their marriages
- · Lack of intimacy or communication with theirpartner
- feeling ignored or unappreciated
- Falling in love with someone else

No matter what the reason, it can be hard to end along-term relationship. There is often a lot ofemotional connection between the two people, andthey 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