

ROMANTIC RELATIONSHIPS


What do I do if there is cheating in my relationship?

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Every relationship is as diverse as the people in it, but, to many, cheating represents a breakdown of trust and a reason for breaking up.

We can define cheating as the decision of one partner to become involved with someone else, either **emotionally** (by exchanging romantic feelings), **physically** (by becoming physically intimate) or **digitally** (by engaging in flirtatious conversations over platforms like social media).

Research suggests teenagers sometimes cheat due to unmet needs in a relationship, such as a lack of emotional connection, feeling unheard, or sexual dissatisfaction. However, understanding why it's done doesn't excuse the act – **cheating is never okay**. Let's break down what you can do if there is cheating in your relationship.



First things first, **trust your gut**. If something feels off, muster up the courage to have an honest conversation with your partner and share your concerns calmly. If you discover evidence of cheating, take a step back and **assess your emotions**. It's normal to feel hurt, angry, or even confused. Give yourself the time and space to process these emotions before making any impulsive decisions.

Talk to a trusted friend, family member, or even a therapist. Don't be afraid to scream into a pillow or process your emotions in writing, if that helps. Let the emotions flow, but don't drown in them.

Once you've navigated the emotional rollercoaster, it's time for a big decision: **talk or walk**. Do you want to sit down with your partner and understand their motivations? Are you open to working on rebuilding trust and communication? If yes, listen and be prepared for some messy conversations. If a conversation seems impossible or the betrayal too deep, then walking away might be the only way to heal.

Whether you stay or go, **prioritise healing**. Surround yourself with supportive people who love you truly. Pursue whatever helps you reclaim your joy. Remember, the pain will fade, and you'll find happiness again.



It's important to mention **the role of social media** in all of this. Do whatever it takes to create a safe space for your healing. This might look like unfollowing or muting your ex-partner, if you've decided to part ways, or deactivating your account altogether. It's okay to take a digital break! To read more about how you can maneuver post break-up life, check out our text [How do I get over a breakup?](#)

This painful experience, however horrible, can be a valuable learning opportunity. Ask yourself what you need and deserve in a future relationship. Use this experience to set stronger boundaries and find a partner who truly values you.

Navigating cheating is a personal journey. So, take your time, listen to your gut, and prioritise your well-being. You'll come out of this stronger, wiser, and ready for a love that truly deserves your heart.



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