

## **Somebody Shoulda Told Me**

**By Remon & Candace Tuck**

Cheating does not carry a universal definition in a marriage. When entering a relationship or if currently married, it is important to discuss exactly what YOU consider cheating is because it's not restricted to having sex with another person. You must know what your spouse categorizes cheating as because you all could have different meanings. Also, SSTM that you cannot allow your own assumptions and thoughts to become the reality of the situation. Your assumptions cannot convict your spouse before you hear the facts. You need to ask questions and move forward based on the facts. If you feel like the truth is not being told, you have the right to ask more questions but once you get to the point of moving on do so only with the evidence you have and what your spouse has admitted to.

Somebody Shoulda Told Me that a marriage can survive when infidelity has occurred. You must know that when your spouse cheats it is not your fault but their choice. You have to understand when someone cheats multiple times you will begin to wonder if you are good enough, does my spouse want to remain married, or is there something I can do to keep him/her satisfied. But it may have nothing to do with you and everything to do with him and where his head is.

If you are questioning whether it's worth it, you have to use your heart and head to judge if you want to remain in your marriage. Listening to one without the other leads to an imbalanced decision. Your heart checks with your emotions to see if they are alive and passionate about your boo. Your head looks at the reality of the situation and allows you to see things as they truly are. You must analyze several aspects when determining the future of your relationship: your emotional state, years married, children involved, number of times it has occurred, and the state of your marriage prior to the infidelity.

Somebody Shoulda Told Me that making the decision to remain in your marriage has to be solely on you. You may need a shoulder to cry on and a listening ear, but you shouldn't ask anyone, "What should I do?" To keep it real, you have to live with the decision you make so what someone else thinks is irrelevant. You can't listen to all that advice because when put in the same dilemma some people wouldn't follow their own darn counsel. Your peers have no idea about EVERYTHING that happens under your roof so they are making a one-sided judgement call with only half of the information.

Somebody Shoulda Told Me that once the act of infidelity has been brought to the surface, if you were unfaithful you must lay all the cards on the table. Straight shot, no chaser. You have to tell the whole truth, nothing but the truth, so help you God! God is who you are going to need if you try to lie your way through your explanation. The truth can eliminate doubts. Don't let your mind play tricks on you...making you believe reserving some of the details is protecting her/him. The deed is done. The pain is there. Tell everything at the beginning so the wound is not reopened as the truth comes out one layer at a time over days, weeks, months, or years. If you decide to move forward and not tell the whole truth, you'll discover how big a mistake it is later when your spouse finds out you lied. HE or she will return back to the pain, topped with the pain of being betrayed once again. Mr. or Mrs. Cheater, please understand that a slew of questions are headed your way. Be prepared. Be understanding. Be truthful. FYI—please don't make the mistake of saying, "I don't want to talk about this" because you are going to make things go south real quick and possibly end your marriage.