

sex talk.

answers to your questions about sex and relationships

wildfact

46% of UA students who are single or dating have never had vaginal intercourse. (2009 Health & Wellness Survey, N=1,720)

Q I cheated on my boyfriend and we are in a long distance relationship. How can I rebuild the trust?

A. Owning up to the fact that you made a mistake is a big first step. If you have already talked to your boyfriend about this, you have made progress in what is, as you know, a difficult road back to rebuilding his trust. If you have not yet revealed the affair, that is the obvious place to start. Pick a place and time to have the conversation where you can be together and free from distractions, acknowledge his emotions (e.g. shock, pain, anger), and be sure to listen more than you speak. You will need to come to terms with the possibility that your boyfriend may not want to continue the relationship once he finds out.

If he does want to give you another chance, know that there is still no easy recipe for rebuilding trust other than through honesty, your actions and time. Without a doubt, you will have to demonstrate your trustworthiness in ways both big and small. Given that long distance relationships offer their own unique challenges, communicating your fidelity may be harder still.

Step back for a moment to reflect on why you cheated in the first place. Do you still want to be together with your boyfriend, or was the indiscretion somehow a way out of the relationship? Was it a one-time lapse in judgment, or is your heart set on someone else? Knowing what you want up front will help guide things once you have been honest with your boyfriend. Should you both agree to move forward together, there is a chance that the experience, however challenging, will make you a stronger couple in the long run. Infidelity by itself need not be the end of your relationship, but reconciliation requires work – and a partner willing to offer a second chance.

While relationships can be hard, finding a helpful person to talk to on campus is easy. To make an appointment at Campus Health's Counseling and Psychological Service's department, please call 621-3334.



Have a question? Send it to sextalk@email.arizona.edu

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