



Rebuilding a Marriage after Adultery

Episode 1: Reasons for Adultery – Three Secondary Circumstantial Factors

Introduction

This series has two main sections:

- Counselling the adulterous spouse
- Counselling the non-adulterous spouse

1. Understanding the Causes of Adultery

- a. Why did the adultery occur?
- b. Circumstantial factors vs. Primary causes.
- c. This episode considers three circumstantial factors.

2. Three Secondary Circumstantial Factors

a. Marital Disconnection and Relational Strain

- i. Marital dissatisfaction and weakened emotional connection.
- ii. Unresolved conflict.
- iii. Limited spousal support.
- iv. Diminished commitment to marital responsibilities.
- v. An unsatisfactory sexual relationship.

b. Emotional Vulnerability and Personal Distress

- i. Loneliness, boredom, and dissatisfaction with life.
- ii. Personal crises and stress.
- iii. Major life transitions, such as changes in work or relocation.
- iv. Attempts to avoid pain or escape responsibility.
- v. Unmet desires and expectations.

c. Boundary Failure and Relational Opportunity

- i. Poor boundaries with someone outside the marriage.
- ii. Frequent interaction with a tempting person.
- iii. Inappropriate emotional closeness.
- iv. Private conversations or excessive messaging.
- v. Secrecy in communication or meetings.
- vi. A lack of meaningful accountability.