

# ***The Get Over Yourself!***

## **Handbook on Cheating and Betrayal**



**R. Milton Quibner  
and Mia Matters**



*The Get Over Yourself Handbook is a simple way to get to the heart of today's complex relationship issues, from dealing with a cheating spouse, to what to do when your partner catches you in a lie, to any number of issues you normally need an expert to unravel. This easy-to-read booklet gives you the power to face whatever Life offers you while learning how to deflate the intensity of your reactions.*

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First Edition

## **Ch. 4 – When your partner discovers you cheated in the past, or *that* secret!**

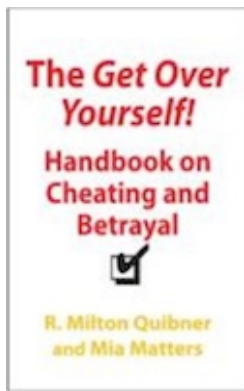
Well, admit that it happened or the truth of whatever secret you were keeping. It's time for the truth, and that means being an adult; nobody has a perfect past, and now that the secret's out, so what? “Are you gonna love me less because of what I did in the past? If that's the case, we shouldn't be together anyway.”

Be willing to talk about it and reveal whatever your partner wants to know; the discovery of cheating creates ripples of mistrust that have to be dealt with. Determine if your partner will drop it eventually and move on now that everything is out in the open, or if they want to use the information to make you feel bad or aren't able to accept and forgive. Some people, once they uncover a secret, and that secret is a bad one, cannot help endlessly throwing their pain into your face. If so, then you must be the one to free both of you from any more misery...unless you *like* suffering and being continually pounded into a pulp over your mistakes!

## **Ch. 32 – When you catch your partner lusting at someone else**

Seeing your partner clearly lusting at someone else is both disrespectful and should tell you something about the person you're with. If it's a trait that's established and your partner is not going to change no matter what you say, the only one that *can* change is you. Change means, 'Do I put up with it or not?'

People *do* look at each other and we're a very visual society, so you need to see things clearly. We should love and lust at the person we're with, and not dissipate our energy on others. Make your partner the object you crave, and you will have found the secret to lasting happiness.



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