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Secret lives of wives – major cause of mistrust in married life [by Jacob Dickson](#)

Article published on August 15th 2012 | [Divorce](#)

Men are not always at fault when it comes to broken or distress marriages. Having trust and confiding secrets between husband and wife is the main ingredient that can keep the relationship growing. Every person has some secrets and desires but it is important to confide it with your life partner if you are interested in carrying out a smooth life and a trouble free marriage. As the world is advancing at rapid pace, secret lives of wives is becoming the major cause of divorce in marriages. Dealing with distrust in marriage is a tedious task as it can lead to severe consequences and it can affect the life of kids.

Psychologists are taking the secret lives of wives as the major cause for mistrust in marriages, which in result comes with divorce. When woman were asked to speak on this context, it was found that, men do not understand their feelings and their interest of doing something because of which they intent to do their work secretly which is not liked by men and causes problems of distrust and annulment. One must understand that mistrust is a feeling that is faced by both husband and wife and they have to solve this problem together.

What should be done to solve the problem of mistrust with your wife?

If you genuinely love your wife and do not want to have a gap or break in your marriage, then you must follow some steps that can help you in saving your marriage. Below mentioned are some of the steps, which you can follow:

Confrontation: When you are not able to trust your wife and know about her secret lives, then it is time that you confront her. This will ease the problem of mistrust and the issue will be under control if the confrontation is done in a proper manner.

Counseling: This is another resort or step, which you can follow. Taking to a counselor would help you in saving your married life. Along with this, your wife will be able to understand that the things that she has been doing secretly are wrong and have to get over it.

Share your feelings: It would be better if you start sharing your live together. As it has been seen that, mistrust is caused by the secret life of wives, you can share your secrets with her, which in result can help you in knowing her secrets as the bond of trust is created.

Additional pointers

It is essential to know and understand that trust is the root cause of all relationships. Having trust on each other is important and for living a healthy and happy married life.

Article Source:

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Article Keywords:

relationships advice, Relationship Issues, marriage therapy, online dating tips, online dating tips, Parenting Tips, Family Bonding, Breaking up

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