## *Ask the* Professionals



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DR. ELAYNE TANNER
Registered Social Worker

Counselling & Psychotherapy

Milton 905-854-0801 www.DrElayneTanner.com

My husband had an affair and I found out. After much screaming and crying, I know that I still love him and believe him when he says he loves me. I know the affair is over and that he is very sorry. Is there any hope for us?

An affair is the ultimate betrayal of trust in any relationship. Often it means that one partner felt abandoned, disrespected or rejected and in need of ego stroking and self-confidence boosting and found someone who stepped in and met those needs. An affair is a fantasy "perfect" relationship that has all the good things we think we want without the responsibility or need for commitment. There are no kids squabbling; no chores; no garbage to take out; no laundry; no house cleaning. Sex is plentiful and your illicit partner is never "too tired" to please you. Life always appears perfect in an affair. If the demands become too much and the excitement flags, it is generally easy to end an affair, in an affair, communication appears good and you feel understood since much of the talk focuses on your bad marriages and how your spouses do not understand you. In this way an affair becomes the easy, albeit immature, way to feel adequate, young, and carefree with no responsibility. But rarely does an affair become a successful long-term relationship.

In order to successfully move on past the affair, you and your partner must both be prepared to do some difficult work. The person who was in the affair must of course, end all inappropriate relationships and communications. There cannot be phone calls, texting, meetings or any other meet ups to check "how (s)he is doing". In order to repair the damage, trust must be rebuilt from the ground up. The partner who was betrayed must be open to trusting and not hold the affair over the other, as a weapon. Trust can be rebuilt without asking for details, without checking phones and without snooping. You either trust or do not trust. Improve communication rather than giving the third degree. Trust does not need to be earned. It needs to be developed and can be lost, but I believe success must come from a place of trust.

Rescuing a marriage can be done. Trust and abandonment issues must be addressed and honesty is integral to success. Do the work and the relationship will either be better or not able to sustain the damage. There is always time to end a marriage and it will not hurt more if you try to save it. Nothing justifies an affair. It takes a great deal of maturity, commitment and soul searching to move on beyond an affair but it can be done and often with very successful results.

"HELPING YOU HELP YOURSELF"

Elayne Tanner Social Work Professional Corporation



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Zachary Fiddes B.ENG. O.L.S. President

: I want to build a fence and make a few other landscaping changes to my property. How can I find the bars on my property? Can I use an old survey I have?

: Knowing the location of your boundary is important in order to avoid a costly dispute as a result of the incorrect location of a fence or other structure. By law, only a licenced Ontario Land Surveyor can mark property boundaries.

It is sometimes difficult to locate survey monuments as they may be buried deep beneath your lawn or maybe not set directly on your property corner. Bars and stakes may rot away, become displaced by construction activities, or even removed by angry neighbours. If you rely on your own location estimates you are assuming a lot of risk. Having an Ontario Land Surveyor locate your boundary is a cost effective choice when compared to the cost of moving a fence- or having a neighbour take you to court.

Take caution when relying on information shown on old survey plans as the details may be out of date, unreliable, or not sufficient for your current needs. Survey plans are prepared at a specific time for a specific purpose and the situation may change over time. A new up-to-date survey will provide all the information you need before you build your fence or make other landscaping changes.

As a licensed Ontario Land Surveyor I will be happy to discuss your particular situation with you and help you determine if a survey of your property is recommended for your needs.



## MOM ONE

- Change engine oil & filter, lubricate
   (5L max., excluding synthetic)
- Rotate & balance tires as necessary
- Install snow tires that are on rims
- Check all fluid levels
- Check brakes, steering, suspension, exhaust & fuel system
- Check vehicle for tune-up
- Scan computer for codes

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