

# Ex-Husband of Arnold Schwarzenegger's Mistress Speaks Out



Betrayal has definitely been a popular topic in the media the past couple of weeks, and now another person affected by the Arnold Schwarzenegger affair has decided to speak out. Rogelio Baena, ex-husband of Arnold Schwarzenegger's mistress, Mildred Baena, had something to say. Baena was just as shocked about the affair as Maria Shriver was, and to make things worse, up until a week ago Rogelio assumed that Mildred's son was in fact his biological son, according to [People](#). Rogelio decided to speak out about the betrayal he faced on *Entertainment Tonight*, and how he had considered Arnold Schwarzenegger, who employed his wife Mildred or 'Patty' for 20 years, a 'hero'. Looks like Rogelio no longer feels the same way.

**If you're betrayed by your partner, how do you move on?**

**Cupid's Advice:**

Being betrayed by your partner isn't an easy situation to deal with, but here are some tips on how to move on after facing it:

**1. Realize that the situation doesn't define you:** It's important to realize that after any situation that involves betrayal that you are still the same person you always were, and that in fact you are able to move on with your head held high.

**2. Keep yourself busy:** Start moving on and rebuilding your life by enjoying hobbies that will hopefully distract you from all of the bad memories of the past.

**3. Find yourself:** It may sound a little corny, but after going through a tough situation, one of the best things to do is to focus on yourself. Try new things, and try to discover a little more about yourself.

**Have you ever faced betrayal from your partner? Tell us how you were able to move on below.**