

# Arnold Schwarzenegger Admits to Another Affair in Memoir



By Jennifer Ross

Just when you thought you had heard it all, Arnold Schwarzenegger confesses to another love affair. From his new book, *Total Recall*, the former California governor wrote about an affair with his one-time co-star Brigitte Nielsen that happened back in the 1980's. The latest news comes just one day after *60 Minutes* released an interview excerpt where Schwarzenegger admits to fathering a child with a former housekeeper while married to Maria Shriver. According to AP, it was his affair with Nielsen that made him want to marry Shriver even more.

**What are some ways to deal with the revelation of a partner's affair?**

**Cupid's Advice:**

Apart from a death, finding out your partner had cheated is

one of the most saddening news to receive. You will go through many negative emotions and, more importantly, need to decide what to do next. So to help you with your dilemma, here are a few ways to deal with the revelation:

**1. Answer the hard question first:** One of the hardest questions to answer after an affair has happened is will you stay or leave your partner? No matter which you choose, the road will be difficult, so it is useless to look for the easier path. Even so, you must choose wisely and not go back on your decision.

**2. Know your part:** Unless your partner is a philanderer, he did not go out looking for an affair. This means that the affair more than likely was a slow process that started when you two had issues, and way before the other person came around. To truly deal with the issue, you must look inwards to understand your part, even if your part was just looking the other way.

**3. Understand the stages:** The next few months will be a roller coaster. Understand that you will go through times of anger, frustration, sadness, and moments of feeling absolutely nothing, in any order. Eventually, the negativity will lessen and you will get to peace and rekindling.

**How did you deal with your partner cheating on you? How hard was it to deal with? Comment below.**