

# Celebrity News: Josh Duggar Confesses to Cheating on Wife Anna



By

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They say bad things happen in life so that we can truly appreciate the good times. In latest [celebrity news](#), Josh Duggar has fessed up to cheating on his wife, Anna, the mother of his four children. According to [UsMagazine.com](#), "Josh Duggar has confessed to cheating on his wife Anna Duggar, just one day after the emails of millions of users on infidelity website Ashley Madison were exposed, including the eldest Duggar son's information." He has issued apologies and since then has been silent on social media.

# Not all celebrity news is good. What can you do to regain trust in relationships after someone cheats on you?

## Cupid's Advice:

Scandal is swirling around Josh Duggar right now, and even when it comes to non-celebrities, rumors and scandal are never good things. Being able to regain trust in your relationship and love life after betrayal is tough, so Cupid has some love advice:

**1. Open communication:** If someone has cheated on you, then there was clearly a lack of honesty and communication. The best way to regain trust in your partner is by establishing an open line of communication. As long as you each know how one another is feeling, there will be no question about what the other wants. Therefore, there will be no reason for them to go out and cheat. You will both be on the same page!

**Related Link:** [Celebrity News: Jill and Jessa Duggar 'Have Forgiven' Josh Duggar Post-Molestation Scandal](#)

**2. Affirmations:** Often times when people cheat, it's because they are looking for support, attention and compliments. If they aren't getting that, then they look elsewhere for it. It's like the saying goes, "You should always be like a girlfriend even when you're married, otherwise he's going to go out and get a girlfriend." Constantly remind your partner how much they mean to you, and use terms of endearment to show you care. Life is short, so let everyone know how much you love them!

**Related Link:** [Jill Duggar and New Husband Derick Dillard Are Expecting First Child](#)

**3. Effort:** If your partner has cheated on you, but is making an effort, then it may be time to trust them again. If they are being genuine and it's a two way street, then that is a good sign. Both parties involved should care and be making an effort to salvage the relationship. It's time to grow from the unfortunate experience.

**What are some other ways to regain trust in a relationship once it's broken? Share your thoughts below.**