

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



By

[Katie Gray](#)

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.**

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## **Celebrity News: Jill and Jessa Duggar 'Have Forgiven' Josh Duggar Post-Molestation Scandal**





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In recent celebrity news, Jill and Jessa Duggar have forgiven their brother Josh Duggar for the molestation that occurred when they were children. The whole family received therapy and counseling to get through this traumatic and tough situation. The girls opened up about the road to forgiveness and moving forward. According to [UsMagazine.com](https://www.usmagazine.com), "On the subject of forgiveness, Kelly says the message was clear. He has been forgiven. 'They told me that,' she said. 'They also talked about the journey from the pain to the forgiveness, and it was not without some bumps in the road. All of the children went through counseling, all of them, not just Josh, not just the victims, all of them went through licensed therapist counseling to try to get through what happened.'"

**Not all celebrity news is uplifting. What are three steps to take if you feel you've been**

# molested?

## Cupid's Advice:

Molestation is a personal violation, and it's one to be taken seriously. Cupid has some relationship advice:

**1. Talking helps:** With all things in life, talking helps and heals. It's not good to keep things bottled up inside, Talk to a therapist or counselor who is trained and experienced with dealing with this type of traumatic situation. It's important to realize that it's not your fault, and you are not to be blamed. A counselor and therapist will be able to listen to you without criticism, negativity and judgement. It's also anonymous, so you don't have to worry about anybody finding out what you want kept quiet.

**Related Link:** [Find Out the Duggar Family's 5 Rules for Relationships and Love](#)

**2. See a doctor:** When incidents like these occur, it's always better to be on the safe side and see a physician. You should get checked out by your doctor to make sure everything is okay physically, mentally and emotionally.

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

**3. Find a support system:** There are support groups that focus on molestation and rape. It may help you to reach out to these organizations in order to learn that you are not alone. Talking with people who understand what you are truly going through can help you to cope. It helps to relate to people and we bond with those who share experiences with us.

**What are some ways you know help deal with a molestation incident? Share your stories with cupid below.**