

EX AFFAIR DISCLOSURE

Dear Jane,

This is one of the most difficult things I have ever had to do. I must admit that for the past several months I have been actively deceiving you regarding my secret sin. I must confess to you I committed adultery with Sue Jones, breaking the fidelity of our marital covenant. My sin is against God, you, our family and friends. There is no excuse for my actions and I am fully responsible for their impacts, which I will highlight at the end of this letter. It is important, as part of my confession, that I actively engage in giving you the details of my actions. While this is a painful process, it is necessary, as any real healing is built on a foundation of truthfulness. This letter will serve as a clear outline of my infidelity, allowing a difficult and ambiguous situation to be made very clear. You are welcome to ask me any questions needed and my job is to answer you fully with patience and honesty.

Beginning in May of 2013, I was working with Sue Jones on a major project for work. She is not at my firm, but is part of a company we collaborate with on a regular basis. Previous to this time, I knew her name only, having met her at meetings once or twice previously. Those encounters were purely professional, and I never gave her a second look. I was assigned to work with her as part of a project. During May and June of 2013, our relationship was still professional and there was no talk of anything outside of work. I must admit, however, I found her physically attractive and fantasized about her sexually on occasion. I minimized the significance of such fantasizing by lying to myself by thinking it was not such a big deal and everyone fantasizes. The reality is I was doing significant harm to you, myself, and our marriage.

At this point, we interacted with one another only in the work environment. I did notice, however, that we worked well together and I found myself looking forward to being around her, as well as, continuing to fantasize. Beginning in July, I began deceiving myself about our marriage. I felt angry and lonely. I started telling myself that you and I were simply not working out and that you could never understand me. I am sharing this justification for what it is, a lie. Unfortunately, it was how I was thinking at the time. It led to me angrily withdrawing from you more and more at home. You confronted me on this, asking me what was going on in multiple instances. I lied and deflected your approaches, angrily telling you nothing was wrong. I abandoned you in the pain.

At the same time, I began thinking about Sue more and more, telling myself that she was the kind of person I should be with. I also began to tell myself things like "I deserve to be happy." That month, in addition to a change in my thinking, I began making excuses to interact with Sue more, calling her about issues related to the project, but talking more personally and even flirtatiously. We had exchanged cell phone numbers as a part of working together, which I often do with people both inside and outside of my

firm. To my delight, saying this now is sickening to me, I noticed her flirting back and enjoyed it. She would call me about unnecessary project issues and engage me talking about personal matters. These personal matters were related to our interest in sports, education backgrounds, and telling each other about growing up in the same area of the country. In my mind, I would not allow myself to think about what I was actually doing. Instead, I thought to myself I deserved these exciting, fun moments, that I deserved to be happy.

In August of 2013, I asked her to have a meeting with me at the Panera by my office, under the cover of business issues. She agreed and we met. We talked about business briefly and spent the next 2 hours talking about our lives and marriages. She told me she was distant from her husband and had been for some time. I am sorry to say I said the same about you. We both actually acted like we were concerned for each other's marriages. The truth is, if we had been concerned we would have run out of the restaurant right then and confessed to our spouses what we were doing. She thanked me for listening and I did the same for her. Two days went by and I could not stop thinking about her. I was at home with you and the kids but was wrapped up in the lie that I had finally found someone who understood me. In fact, we had an argument over those two days and, in selfish anger, I told myself I was entitled to some peace and happiness so I should reach out to Sue. We had been arguing because you were not going to accept me telling you nothing was wrong when I was cold and withdrawn at home. I wouldn't budge and gave you the silent treatment most of the time. Sue met again the next Monday at the Panera and talked for 3 hours. At the end of our time, I told her I had been thinking about her non-stop and she told me the same. Things escalated quickly between us.

For the next two weeks, we met every day at lunch time. We would meet in the Panera parking lot, and I would either go in her car or she would come into mine. We would then drive around to the back of the shopping center there for privacy to talk, as we did not want to be seen. During that two weeks, I asked if I could kiss her and she said yes. I am not sure exactly which day it was, but it was in that period of time. Our kissing turned into prolonged periods of making-out. At the end of this two week period, I asked her to meet me at the Hampton Inn on the north side of town on a Thursday night. I lied to you that evening and told you I had to work late. I exploited your trust in me so I could be sexually unfaithful. I believe she did the same with her husband. We met there, without having stated directly what we were going to do. I think deep down, both of us were too ashamed to say out loud what we were doing. This was my cowardliness and shame, as I was willing to meet another woman at a hotel for sex, but too much of a coward to even admit to myself what I was doing. We had unprotected sex that night and stayed together for a few hours. I am ashamed to admit we both agreed this was permissible and not risky since I had a vasectomy. We agreed we could not stay together overnight, so we both left around 9pm. If you remember, I was home around 10pm. You and the kids were already in bed.

Things really escalated further at that point. We planned many sex encounters over the next 4 months, from September 2013 to December of 2013. We met almost daily for our lunch make-out sessions and met to have sex 15-20 times. Five of these were at different hotels around town, the Radisson, the

Marriott, the Hotel 6, the Drury Inn, and the Holiday Inn. We split the cost, and my part over the course of the affair was around \$650. The other times were at her house, during the day time, when her children and husband were out. We did this in their guest bedroom, as even in the midst of our depravity. We did not have sex in she and her husband's bed, as we liked to delude ourselves into thinking we had standards and lines we would not cross. None of these sexual encounters were protected sex. If you remember, I was working late very often during this time and you were upset about this. Again, I deceived and exploited your trust by telling you I was having to work late on projects and that it was simply a very busy season. In reality, I was selfishly engaging in adultery and then turning around and robbing you and the children of a father and husband. Beginning immediately, during this time, we regularly started saying we loved one another. I know now this was not true, because what we were doing was a complete violation of what God defines as loving. We were also texting and calling one another several times a day. Often, these conversations were sexual and we both sent nude and semi-nude pictures of ourselves to one another via Snapchat so there would be no record of our contact. We also talked about a life together, which involved both of us leaving our marriages. I talked about you to her and she shared about her husband. I told her that I believed you didn't understand me and would recount our arguments to her looking for her to sympathize with my position. She was willing. I shared about our conflicts over parenting the children, our differences about finances, and not having anything to talk about with one another.

During this time, if things had been cold between you and I before, they got absolutely frigid. I moved to the guest bedroom, telling you I was trying to "figure things out". The reality was being near you made me feel the shame of what I was doing and I did not want to face this. I also felt so guilty I became what you started referring to as "super dad." While it is true I love our children, I started trying to alleviate the guilt I felt by being the best dad possible. I really had bought into this idea that I was a good guy and great dad who had just fallen "out of love" with my wife.

Over the Christmas Holidays, 2013, Sue and I decided to plan a weekend away together in Kansas City. We wanted to be together in a place that was neutral, where we could be out in public without shame. This is when I made up a story about needing to take a business trip over New Years. I think you had grown very suspicious of me by this point, but I was committed to my infidelity, so worked diligently to try and convince you things were fine, even creating a fake work agenda for the trip. One of the most painful memories is when I turned to look at you as I was leaving. There was so much pain on your face as you stood there in the doorway. I remember thinking to myself, as I drove away, "I've got to put that out of my mind."

I left on December 31st, 2013 and met her at the Walmart on the north side of town to leave her car there. We both figured that neither you or her husband go there, so we would not be found out. We were so blatant in our infidelity to suppose that what we were doing was "love", but still actively ashamed of it and trying to hide. I took her to The Plaza in Kansas City and we stayed at the Hilton the nights of the 31st and January 1st, returning late in the evening of January 2nd. During those two days, we ate out,

bought each other gifts, and lived out the fantasy of being together. Since I keep our financial books, I hid the expenses from you. I spent approximately \$1700 over that three day period. On the ride home, she told me she could not live a lie with her husband anymore and wanted us to be together. She demanded of me that I make a choice of being with her and leaving you and the kids. During that ride home, I told her I would do exactly that.

I think God was working to protect you at that time, because, when I came home, you confronted me, with no evidence, that an affair was taking place. You were convinced in your spirit that the Holy Spirit was telling you confront me and not to accept anything less than my admission of guilt. That was the night I told you I was having an affair and that I was leaving you. I had the nerve to tell you I had felt unloved and unappreciated in our marriage for some time. Then, I tried to convince you that you and I both deserved to be with someone who really made us happy. You didn't even flinch. You told me that was a complete lie from the enemy. I packed a bag and stormed out of the house that evening to stay in the local Hampton Inn. I called Sue to let her know. She told me her husband was suspicious as well. She decided, after my call to tell her husband she was leaving. Very late that evening, there was a knock on my hotel room door and it was her, with a bag packed, needing a place to stay. I invited her in and we had sex. For the next three days we stayed together. We both did not go to work and planned our exit from our marriages. We had sex multiples times during those days. We spent \$1000 in hotel and room service, which I paid for. During this three days, I began to feel an absolute, unrelenting conviction in my spirit. Unlike all my previous experiences, I could not fend it off. At the end of three days, there was a knock on the hotel room door. I went to answer it and it was Pastor Charlie. The normal peaceful, kind look in his eyes was not there. He was stern and told me we needed to speak. I got my coat and went with him to the unused conference room in the hotel. He explained to me, in very direct terms, the reality of what I was doing and God's view of it. He also spoke with me about visiting with you and the children and the absolute destruction I had caused. He also confronted me that if I continued to harden my heart, there would come a time when I would be unable to turn from sin. I am not sure why, other than the power of the Holy Spirit, but at that moment, I broke. I wept uncontrollably for nearly an hour. After this, I returned to the room and got my belongings. Sue begged me to stay, as she was absolutely convinced of our needing to be together. She became enraged and yelled at me as I walked out the door. That was the night I came home to tell you I wanted our marriage to work and begged for you to take me back. From that point until now, Sue has called and texted me, as well as showing up at my work, but I have not responded to or seen her. Though I have blocked her number, she continues to pursue me by showing up at my offices. She is still separated from her husband and children and has not returned. In her messages, she has referred to our need to honor our commitment to one another. Per the prompting of our therapist, we wrote a letter together, mailing it to Sue, outlining my real commitment to you and to our marriage. Also, we explained my actions as adulterous and sinful, not as part of a love story. I have honored our agreement and left things at that letter and have not responded to Sue further.

It's important I continue to step out of lies, denial, and justification but admitting to you the impact of my actions. While I am still growing in my understanding of this impact, I want to present to you what I

realize and accept as the truth. First, I want to acknowledge how what I have done has impacted you. I robbed you of safety, trust, and love. My actions took from you the peace of being able to rest in my wedding promise to you that no matter what we faced in life, we would do so together. I did not love you the way you should be loved, the way God defines love. Instead, of growing in my understanding of this word, learning how to really love you, I traded it for superficial fantasy. Jessica, I abandoned you, leaving you alone and hurting. I also impacted our children. I stole time and relationship from them without them even knowing. I abandoned them too and hurt them deeply by hurting their mother. I have betrayed your parents who entrusted me with their daughter and have loved me like a son. I discarded what was so precious to them. I broke God's heart. I took the relationship He so freely gave to me and betrayed it. So many times I could see He was trying to turn me from my sin, but I would not listen to Him, instead I blocked Him out. I did damage to those I work with by lying to them, betraying their trust in me. Financially, I stole from our family, spending money on my infidelity and then lying to you about it. Finally, I want to break my horrible fantasy by realizing that my affair partner is a actual person with a real family and marriage. I did damage to their marriage and family, as well.

I committed the sin of adultery and am completely responsible for my actions. I actively deceived you on a regular basis, doing great damage to the trust in our relationship. I have heard you say things like perhaps you were too trusting or not wise enough. You should not ask those questions. The truth is, I exploited your love and trust to my advantage. Those were precious gifts of yours you shared with me and I am deeply saddened to hear you question them as being wrong. I was wrong. I manipulated you and robbed our family. My sin has no excuse. Although I don't feel I deserve any compassion, I want to share my emotions so you know I feel some of the weight of what I have done. I feel incredible pain and shame almost all the time. Every time I look at you and the children guilt floods my heart, like a huge weight on my chest. I am broken inside with what I have done. I am writing this confession, to offer the truth, as a beginning step to reconciling our relationship and my relationship with God. I am giving my word, which I understand would have little value to you at this time, that I am committed to changing and walking with you, allowing God to heal us and our relationship. Right now it is not reasonable or loving for me to ask you to make a decision on our relationship or to forgive me. Instead, I am going to show-up, day after day, in our marriage and family as the man God has for me to be. I am going to allow him to grow me and restore me. This is a commitment I am making to God even if you choose not to reconcile with me. I have hurt you terribly, and you deserved none of it. However, I am saying today that I am going to change and ask for the chance to demonstrate my surrender to God's will to you.

With All My Love & Sincerity,

Tom