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ENG-361

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My eyes flutter awake. I hear the birds chirping outside my window, and sunlight creeping through the blinds. I had tossed and turned most of the night. *I went to bed thinking I would have an answer in the morning, but here it is already 9:30 a.m., and I am no closer to knowing what to do than I was when I fell asleep.* I am a man, a 30-year-old man should know how to take care of his family, and here I am alone while my wife and children live elsewhere. This is because of my own stupid choices.

I could have made better choices on my deployment to Tampa. Sure, everyone else was drinking also, but I could have chosen to not drink that night. It started with one drink, and then two. Then the flirting with Sandy, the other Captain in my unit, began. At first, it was totally harmless. I have worked with her for a year now. Going out for drinks is the way we do it in the military, and this should have been no different.

My wife and I had been arguing about my military career before I left for this deployment, and I was just tired of the nagging about her wanting to move home to our family in Arizona. She hates living in Washington. She doesn't understand the pressure and the thrill of being a part of the military, but Sandy does. Sandy and I have a lot in common and we both work hard at our jobs. Sandy is easy, and my wife is difficult. My wife just raises our three children, and she doesn't have any career goals and is depressed all the time.

The next thing I know, Sandy and I are at her hotel room. That is when I really made the choice that has resulted in me losing my wife and children. Telling her what happened was so hard. I realized how badly I let my wife down. Cheating is against the Uniform Code of Military Justice. I could have not only thrown away my family, but also my career. I hope no one at work finds out what happened with Sandy.

How do I fix what I have done to my marriage? My wife won't even talk to me.