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# CATCH A CHEATING SPOUSE

*Catch a Cheating Spouse and Put an End to the Lies!*



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## Introduction

Nobody wants to think that their partner is cheating on them. Single men and women, married couples, engaged couples, and those attempting to develop a long-lasting relationship like to think that their partner is true to them and to them only.

Married couples have made promises to each other that everyone expects them to keep. It doesn't matter whether a couple has been married less than a year or for decades, cheating may occur in any relationship. Sometimes the cheating is obvious, but more often than not it begins in a very subtle manner. Some spouses go to great lengths to hide their secret from their partner, and in many situations, it may take quite a while for the partner to figure it out, if he or she ever does.

Honesty and truth are such basic parts of any long term relationship that it is often difficult for a spouse to realize that someone has broken that trust. Most men and women who know their spouse well are often aware of subtle changes in personality or behavior that may occur, as well as feeling nagging doubts or suspicions. However, knowing the signs and applying them to your partner is often not so easy.

Sometimes, a partner who may be exhibiting signs of cheating turns out to have a perfectly reasonable, if secretive, explanation for their behavior. That is why complete honesty is a necessary ingredient to a successful marriage. It leaves no room for doubt, suspicion, or mistrust. It is when people attempt to hide their feelings or their actions that the difficulties begin. Cheating partners often think their spouse is clueless about their activities. However, even the most careful cheater will leave subtle signs that may serve to alert a spouse.

One question that many friends ask another married friend is, "If you knew that the husband or wife of a friend was cheating, would you tell that person?" It's a question that many of us ask ourselves. Do we want to know? Would we want to know?

Another issue that is raised among married couples is the definition of cheating. Is cheating merely physical contact, or can it be emotional engagement between two people? Believe it or not, many women and men claim that if their husband or wife were having an affair, they wouldn't want to know.

Understanding cheating, lying, and deceit, as well as infidelity, will help spouses to recognize their signs and symptoms in their own relationship. Some couples can overcome such incidents, while it can be devastating to others. Individual morals, beliefs and expectations have a great deal to do with how any partner reacts to such behavior from a spouse. In some cases, a spouse may be willing to forgive, if not to forget, while for others, it is the straw that breaks the camel's back.

Just as that decision depends on the individual, so does the definition of cheating. Explaining the differences between various aspects of cheating as well as learning to identify many of the signs of a cheating spouse are explained in this book. In some cases, investigation on the part of the spouse or by a professional is often necessary to unveil the truth about a partner.

Understanding how to follow paper trails and access computer information to detect lies and deceit is an unfortunate, if necessary, skill that many spouses may need in order to unravel a trail of lies.

Many people deal with discoveries of infidelity in different ways. However, in every situation, friends and family members may help to alleviate the pain,

disbelief, and betrayal that a spouse feels after learning that their partner has cheated on them.

Learning how to deal with the truth as well as where to go from there will also be discussed in this book.

## Mitigating Factors

Studies and research have shown that certain couples may be more prone to infidelity than others. While this is not true in all cases, and individuals in any relationship are the ones that determine the course of their relationship, many people often wonder if their relationship is slated or predisposed to the possibility of infidelity. Such factors may include but are not limited to:

- The age of the couple when married,
- Emotional instability of one or both partners,
- Lack of adequate communication between partners,
- Completely different likes, interests, and hobbies,
- Whether children are involved in a young, early marriage,
- Whether the couple engages in financial planning together or separately, and
- Stable family dynamics, including in-laws.

Of course, those are just a few considerations that may serve as warning signs to many couples. Couples who engage in activities and share interests and hobbies are more likely to be happy and content. The stability of any relationship, including all aspects of financial, emotional, and physical support are much more likely to be monogamous in such scenarios. However, each situation is different.

Many young couples often struggle for a year or two to find a pattern that is satisfying to both partners. Learning to incorporate another person in to your daily life is not easy. Burdens of children and financial difficulties often cause young partners or early married couples to drift apart from each other.

If a couple has nothing in common and doesn't engage in activities together or make efforts to communicate, that relationship is getting off to a bad start before

it even got going. Married couples need to learn to live together—and not as college dorm room buddies. While everyone has a right to their own interests and hobbies, showing an interest in a partner's hobbies or interests go a long way toward ensuring stability.

The amount of time a couple spends dating and getting to learn about one another before they leap into marriage often helps to strengthen a marriage bond. Getting to know that other person and understanding their needs, habits, and behavior will help to alleviate many issues in the future. However, we all know that it is very difficult to completely know a person until we live with them on a 24-hour a day basis.

Research and statistics show that infidelity and divorce is higher among couples that married young than those who wait until they are all around 25 years old. Of course, like everything else, individual cases and relationships may differ from such statistics, but in general, the younger the couple was when married, the more potential for difficulties in the future.

Marriage is a two-way street; each partner needs to participate in building and strengthening that bond between two people. Emotional involvement is as important as physical involvement in any relationship. If one partner really has no interest in developing communication and understanding toward a partner, statistics show that that marriage may not survive the little bumps that every marriage must necessarily go through in order to grow as a couple.

Communication is the most important aspect of a relationship. Being able to ask a partner questions without fear or ridicule often means the difference between a long-term and joyous relationship and one that is filled with resentment and anger. In many cases, married couples that are able to freely engage in discussions, as well as arguments, without fear of punishment, emotional blackmail, and threats of leaving are more successful over time.

When one partner is extremely dominant over another, feelings of alienation, doubt, and fear will only grow. It is important for both men and women to be able to recognize these signs of dominance and decide what they are going to do about it before the situation worsens. The news is full of stories of domestic abuse and domination, whether verbal, physical, or sexual.

Men and women who find that their partner is suddenly not the person they thought he or she was should be prepared to take immediate steps to back away from the relationship if they have been or feel physically threatened. Many men, and women, take a "wait and see" attitude and suppose and hope that the situation may improve. However, statistics also show that such is rarely the case.

Such couples may experience a higher rate of infidelity than others. Counseling, friends and family, as well as workplace peers, may often help to provide support and encouragement to such men and women.

That being said, domestic violence and abuse is a serious matter. If you or someone you know is being abused, speaking with authorities, even anonymously, is better than remaining silent.

Communication is a part of emotional growth. If one partner is less willing to communicate or listen to suggestions, complaints or ideas for enhancing communication from a partner, the partner may look elsewhere to find someone that can fill such needs. In some cases, such an emotional connection does not start as a desire for a relationship outside of the marriage, but may lead to one.

This is not to say that a newly married couple needs to spend every minute of the day together. As we all know and understand, everyone needs space. Couples are not required to engage in activities and hobbies together. However, each partner should have the freedom to develop his or her own interests and to be



encouraged in such interests. This scenario should also engage both partners and not be one-sided.

In many situations, a husband may have the workplace, friends, as well as outside activities that may include golf, social events, and a night out with the guys, and other scenarios that provide him with outside stimulation and activities. On the other hand, many women married to such partners are left at home to take care of the kids or other responsibilities and have few opportunities to get out on their own. This one-sided scenario not only leads to resentment, but may very well lead to one or both partners straying from the relationship.

As mentioned before, many couples find that the early years of marriage are often difficult and filled with strife. The first two years are considered the hardest of any marriage, when two people are learning to give and take, and to live with each other's habits, both good and bad. This is a period when each is learning how to mesh two different personalities to live in peace under the same roof.

Unfortunately, incidents of infidelity and divorce are fairly common within two years of marriage, and again, statistics show that the four-year mark and the seven-year mark are also vulnerable. The term, "seven year itch" is common in all cultures. At this point in their lives and marriage, many couples often wonder if they have made the right choice. Seeing single men and women enjoying their lives also provides avenues of temptation and "what-if" scenarios for each partner.

The arrival of children has a big impact on any married couple, regardless of how many years they have been together. The demands and responsibilities of parenthood are often overwhelming at first. The physical and financial demands of children are often a divisive point in a marriage.

Changes in lifestyle, as well as the fact that your actions will now affect those of your children are often so severe that men attempt to break away, both emotionally and physically, in order to regain the freedom they used to have. As a result, women who are generally left to take care of the children may often also look for support elsewhere.

Communication and sharing obligations, responsibilities and financial burdens are important factors in a solid marriage. Now more than ever, couples need to be able to sit down and communicate with each other about their fears, concerns, hopes, and disappointments. This avenue often helps couples to maintain a stable footing for their marriage and helps to strengthen each other through difficult times. Unfortunately, many men and women are reluctant to do so.

Marriage is at its most basic definition a partnership. If that partnership is lopsided, every issue and decision may ultimately become a battle. A partnership also involves trust, as well as the ability to rely on someone else for support.

Marital breakdown is often the result of overwhelming stress and dissatisfaction, as well as lack of trust, support, and emotional involvement from one or both partners, and both men and women are equally responsible for such behavior.

## What is Infidelity?

What is infidelity? Is it flirting, is it kissing? Ask ten different people, and you'll get ten different answers as to what constitutes infidelity. Men and women have different limitations on what they consider to be cheating. For some women, cheating can constitute kissing another woman, or a husband who engages in online pornography. For men, infidelity might include their wife flirting with another man.

At its most basic definition, cheating is defined as anything that betrays a partner's expectations about how that partner is expected to interact with other people. Suspicion, mistrust, doubt, and anger develop when a wife, husband, or partner betrays or violates their expectations on how their partner deals with such situations that involve the opposite sex.

Infidelity is an emotional issue. It is very important when trying to assess the truth of any situation to be able to rely on common sense and logic. While it may be the emotion that initiates thinking about another person in the first place, it is important for logic to take over in order to determine what is going on. When investigating any suspicion or doubt that a spouse is engaged in another relationship, or may be heading that way, it is important for us, to some degree, be able to turn off our emotions and operate on logic to find the facts.

Issues that involve cheating or infidelity are difficult to define because each individual has their own determination as to what they consider acceptable forms of contact with others. These forms of contact may be anything from flirting to outright sexual contact. Where any individual is placed along this line is just that—an individual consideration.

However, regardless of the behavior that has occurred, if the partner has felt a sense of betrayal or rejection because of such action, by definition that action may be considered as cheating. Even if the situation is innocent of physical sexual contact between two individuals, if the spouse feels that his or her partner is spending more time than is acceptable with that person, or if that other person is gaining the benefits of your husband's or wife's close contact, many partners may feel that such is a betrayal of *their* trust and needs of that partner.

Some men and women believe that cheating and infidelity only occur in cases of sexual interaction between two people. Infidelity and cheating do not necessarily mean that a spouse is engaging in an extramarital affair. Such instances can be singular events. They can happen once, or they can happen on multiple occasions. However, various facts and beliefs about infidelity include, but are not limited to, some of the following facts:

- In many cases, infidelity remains undetected.
- In the United States, surveys have estimated that nearly 30% to 60% of all married people either have, or are likely to engage in, infidelity at some point during their marriage.
- Men are more likely to cheat or stray than women.
- Spouses often spend more time with coworkers of the opposite sex than their own spouses.
- Internet communications makes it easier for two people to cheat.
- Circumstances, as well as emotions, are often the initiating factor when it comes to cheating.
- Emotional infidelity is just as damaging to most couples as physical infidelity.
- Signs of infidelity or cheating may differ widely among different people.

There are many different situations and scenarios that may cause spouses to consider the possibility that their partner is cheating. So what exactly is cheating?

Again, men and women have different ideas of what constitutes cheating. In most cases, women feel they cheating may involve more of an emotional aspect than a physical one. Therefore, if a woman feels that her spouse is attracted to or emotionally connected with another woman, she may very well constitute that as cheating.

Men, on the other hand, tend to think that as long as physical contact or bodily fluids have not been exchanged, it can't be considered cheating. For example, many men don't find anything wrong with going to a strip bar or engaging in online pornography. After all, they're not making physical contact, in most cases, with those women. However, many women feel that such behavior is indeed a very important aspect of cheating.

Men often come up with an excuse such as, "It doesn't mean anything." However, to many women, it does. Such behavior matters to most men as well. Different standards among men and women often fall back on the age-old expression, "What's good for the goose is good for the gander." However, most men frown upon a thought of their wives also engaging in online pornography or going to a male strip club. This disparity in attitude is one of the main causes of dissension on this subject.

However, any exchange of bodily fluid can and should be considered an example of cheating or infidelity. Does that exchange of bodily fluid have to mean sexual intercourse? Not necessarily. What about oral sex? What about kissing?

Again, men and women are going to differ on what constitutes examples of cheating. Early on in any relationship, partners should be able to define and to explain how they feel about these issues. There should be no ambiguities. In many cases, men and women who engage in such behavior know that what they

are doing is disloyal to their partner, which can in fact, contribute to a definition of infidelity or cheating.

### **Levels of Infidelity**

Kissing can be a passionate, physical, and emotional event. We're not talking about a casual peck on the cheek here. We're talking lip-to-lip contact, perhaps with or without tongue action. Either way, such behavior on the part of the spouse should be considered unacceptable and out of line.

In most cases, a kiss can often lead to groping, as well as completion of a sexual act. However, many spouses are willing to forgive a kiss that doesn't go any further. A leading question to that however, should be what prevented the couple from going any further? Was it guilt? Was it feeling as if the person engaged in the kissing was betraying *their* partner? In some cases, such feelings may prevent a spouse from straying and perhaps make them realize how close they came to succumbing to temptation.

While there may be a point in time when all married couples feel an attraction to someone else, or may wonder what life would be like with someone else besides their partner, this does not give those people the freedom to experiment.

In some cases where a spouse has seriously considered overstepping marital boundaries and engaging in an affair, the actual initiation of the deed is enough to prevent them from going any further. In other cases, the mere act of initiating such contact goes to show the person engaged in the behavior that they truly do care about their spouse and have decided that an extramarital affair or fling is not worth the trouble or effort, as well as the damage it can do to his or her relationship.

In some cases, a kiss or rendezvous may be interrupted because of environmental circumstances, friends, or even a betrayed spouse. What would've happened if such an interruption had not occurred? Would the couple have continued well beyond the kissing stage?

While many people don't consider a quick kiss as severe as an overt sexual act, it does have a huge impact on trust and integrity issues for many couples. Certain behaviors are caused by alcohol or drug use or abuse, and men and women who engage in frequent drinking or drug use are more apt to engage in inappropriate behavior than those who don't.

How many men or women have heard the excuse, "It was the alcohol. I didn't mean it"? Addressing such behavior must take into consideration how long it has been going on, as well as the reasons behind such behavior. Many men and women refuse to accept alcohol use or drug use as an excuse for betraying trust, stepping over the bounds, and initiating sexual contact with another person.

Flirting is another issue. Some women and men are natural flirts. Does this mean they are more or less likely to stray than someone who does not flirt? It all depends on the person. Some men can be outrageous flirts and yet be endlessly devoted to their spouse. Some women can be mildly flirtatious and betray their spouses on a regular basis.

So, moving beyond the kiss, other aspects of physical contact may be considered more sexual in nature and intent. Sex doesn't "just happen." Everyone is in control of his or her body and can put a stop to inappropriate behavior no matter how tempting or invigorating that attraction and desire may be. More often than not, arrangements must be made for a place to engage in a sexual encounter, which also gives a person more than enough time to realize that such behavior is unacceptable or inappropriate.

So we have gone beyond a sudden liaison between a man and a woman outside of the marriage where the desire to engage in sexual contact with that person is brought up. Moving on to a new scenario, what about the couple who makes prior arrangements to meet for a sexual liaison? Can both situations be considered cheating? Of course.

### **Porn and Strip Clubs**

Men and women have differing opinions and feelings when it comes to strip clubs and pornography. Some women don't feel that their spouses are cheating when they engage in printed or online pornography or attend strip clubs. Other women feel completely the opposite.

It is obvious that most men enjoy watching porn or strippers, but that doesn't necessarily mean that they want to touch or sleep with those people. While many would suggest that a spouse should not be alarmed or offended by this type of behavior, other women find it extremely distasteful, and see it as a level of betrayal by their spouse. After all, marriage is supposed to be sacrosanct relationship. Watching other women disrobe, dance or perform naked is not what many would married women consider appropriate behavior for their spouse.

Turn the tables. Unless you happen to have a very open marriage, male partners would certainly not encourage, or accept, the fact that their wives or partners visit strip clubs or engage in online porn with men, so why is it okay for one partner, and not for the other?

Still, while many men and women are cautioned not to overreact in such a situation, each individual has the right to feel the way they want to about the situation. Perhaps it would be wise for someone in such a situation to determine why their spouse feels the need to engage in such activities. Most often,



discussing such issues is not easy, nor pleasant. If the spouse reacts with anger, embarrassment or rage, a husband or wife will need to determine how best to broach the subject again, or whether to avoid it altogether. That's a different story.

If lack of concern from the offending spouse results in verbal abuse or irrational levels of anger, a spouse may need to take a serious look at the state of their marriage. Lack of emotional involvement with a spouse coupled with such behavior may signal a downward spiral in that relationship.

However, there is a difference between merely watching and engaging. For example, going to a strip club and engaging in a lap dance takes watching to another level entirely.

A spouse who finds that their partner is visiting a strip club on a regular basis or engaging in online pornography should state their feelings about it with that person. Make feelings clear and unequivocally state that you're unhappy with this behavior.

Appropriate action may be taken after that partner has displayed either a willingness to discuss the situation or has outright refused to stop such behavior no matter how you feel about it.

Depending on the spouse's reaction, a person can take several different steps. One of the most important considerations when dealing with any type of situation or scenario where infidelity or adultery may be a possibility, is that the individual needs to decide what they want to know, and how they are going to deal with finding out the truth. Which comes to the topic of *why* a spouse needs to know about any such types of behavior.

Communication and trust, not to mention honesty and integrity, are a major part of a marital relationship, or any relationship for that matter. Without trust, a relationship will suffer and falter. Without honesty and integrity, a relationship will be subject to doubts, suspicions, and outright accusations, whether those accusations are based on fact or mere supposition.

Both partners need to be actively engaged in a relationship in order for it to work. If one partner is expending all the effort to maintain a relationship, one-sided imbalances can lead to frustration, anger, and yes, even straying. If one partner believes that the other might be cheating, it may have not only ongoing repercussions in the relationship, but can destroy trust and honesty in that relationship.

Of course, the last thing anyone in a relationship wants to face is the possibility that his or her partner may be cheating. However, in most cases, not knowing is worse than knowing. Living with doubts and suspicions is not good for you, or for the relationship.

Instinct and gut feelings may arouse suspicion in some partners while others are blind to all the typical signs of cheating and straying. In many cases, a man or a woman may not wish to see the truth may not be ready to accept and see the truth.

One must also consider that even the suspicion of doubt can have a damaging effect on a relationship. For example, if a woman believes her husband has been straying and confronts them with these suspicions and they turn out to be unfounded, the doubts, anger, and disbelief felt by both partners can cause a permanent rift within the relationship.

A random survey has produced results of what most people consider unacceptable for another partner to do. The results of this survey produced a list of actions that include but are not limited to:

- Flirting,
- Spending excess amounts of time with specific persons,
- Talking about sexual issues with another woman/man,
- Sleeping in the same bed as another person, even without any contact,
- Becoming emotionally connected to someone else,
- Buying intimate gifts or items for another woman,
- Chatting or engaging in online communication with someone of the opposite sex,
- Becoming best friends with someone of the opposite sex.

Of course, this is just the result of one survey and includes the most *basic* issues they may worry any spouse or any partner. While some men and women are more broad-minded and give their spouse a little more space than others, any of the above issues that are experienced in any relationship need to be looked at in an individual or by the couple involved.

On the other hand, people more often than not find that the truth will help them to either deal with the situation, or provide enough strength, as well as evidence, to break off the relationship and move on.

Anyone who has been with one person in a relationship for any period of time is going to start noticing differences in behavior, as well as habits. For example, if a husband has been coming home at five o'clock every evening for years, and all of a sudden starts arriving home at nine or ten o'clock or even later, a wife has a right to be suspicious.

On the other hand, the same goes for a man who finds his wife suddenly engaged in an excessive amount of activity, not only in her business environment, but socially as well.

Some people don't want to know if their partner is truly engaged in another relationship. Such feelings may stem from their reliance on that person, as well as fear of the unknown. While finding out the truth may prove devastating, it can also be an empowering moment for a partner who has been living with doubt and uncertainty for any length of time.

If a couple decides to try to mend their relationship, the sooner that such truths are uncovered, the sooner the work to rebuild the relationship can begin. Many partners fear what may happen in the future and choose to sweep problems under a rug or ignore obvious signs that something is wrong in the relationship. Of course, it takes two people to make a relationship work, and if only one half of the couple is willing to do that, perhaps it's best to learn the truth, make the break, and start over.

Any time a partner questions another partner about cheating or dishonesty, one of the first instincts is to lie about it. If a person is cheating in the first place, they will feel little compunction about lying about it as well.

However, confronting a person about your suspicions and having proof to back up the suspicions are two entirely different things. There are many different methods and ways in which person can find out if their partner has been having an affair or is engaging in inappropriate and unacceptable behavior.

## Catching a Spouse Lying

The act of lying can be deliberate and is categorized into varying degrees. For example, some people tell little white lies to spare another person's feelings. Asking someone if they look fat wearing a particular piece of clothing is quite a bit different than lying to your partner about such a serious issue as infidelity or trust.

When a spouse starts to become suspicious that their partner may or may not be fooling around, it becomes increasingly easy for that partner to try and trip up the cheating spouse when it comes to lies. Lying produces a strange phenomenon. Many people who create a lie can't seem to remember the facts of that lie as time progresses.

Some people are good liars. They can look you in the eye and have a very sincere expression on their face when they tell you something. However, other people are not so good at lying and may stutter, act confused, and engage in various delaying tactics to answer the question.

Many cheating partners assume that if their spouse has not broached any suspicions or questions regarding their activities, that they are getting away with their infidelity. This is simply not true. Many suspicious partners take a wait-and-see attitude in order to gather proof.

There are different kinds of lies. Some lies have to do with relationships while others have to do with sexual issues. Some lies are about how a spouse feels for the other, such as how they look, their career, and behavior. Differences in politics, religion, and in how certain behaviors are interpreted will also sometimes generate lies in order to keep the peace. Some of the most common lies that have to do with such issues are described below.

### **Lies about Relationships**

People often lie about reasons for not spending time together. Such lies may often be expressed in the following ways:

- "I'm too busy right now."
- "I have too much work to do."
- "I don't have time right now, maybe later."

Such comments may indeed be true, especially if the spouse is going through a busy time with work. More often than not, spouses know each other well enough to know whether this is true or not.

### **Lies about Past Relationships**

Past relationships are sometimes an issue in marriages, especially if one or both partners continues to remain friendly or go out for social events with this person. However, such relationships don't necessarily have to be past girlfriends or boyfriends, but can be coworkers, partners, and social contacts within the work environment. Many spouses naturally develop wary feelings about such relationships, which may or may not be discussed. Regardless, a response to questioning regarding this past relationship may often initiate one of the following responses:

- "I never really loved her."
- "We only went out a couple of times."
- "I'm closer to you."
- "We never had sex."
- "I could never love anyone else as much as I love you."

Keep in mind that such comments may indeed be true. A spouse wishing to alleviate a partner's concern may say such things and be completely honest.

Many people involved in solid relationships often feel attracted or emotionally connected to others at certain times in their life. Sometimes these feelings are focused on coworkers, friends, and even ex-lovers or partners. Only the person involved in such attraction knows how deep those feelings really go, and whether or not they would ever be acted upon.

A spouse covering up such an attraction and who knows nothing will come of it may merely wish to avoid the emotional fallout of such a confession. On occasion, a spouse may lie about such an interest because he or she is desperately trying to hide something that has gone beyond looking and admiring the physical closeness of that person.

### **Nonsexual Contact**

Can nonsexual contact be construed as infidelity? Again, it all depends on the partners in a relationship. A spouse may lie about their friendships, the time spent with another person, as well as text messages, e-mails, and phone calls with friends of the opposite sex. If asked point blank if they are seeing someone else, they will say, "Of course not!" Men, more so than women, will not consider any activity as being adulterous if no physical contact is engaged in.

### **Personal Deception**

Partners often lie about flirting with others, more often than not because they consider this innocent and a non-threatening way of communicating with someone they find attractive. However, hiding such activities can be considered a betrayal of confidence for many.

People often lie about their feelings for their partner, especially if they are confused or uncertain, or even doubting their relationship with that person. Sometimes, people go through periods where they feel they don't really want to stay together, to stay married, or don't know whether or not they are even deeply in love with their partner.

It is important for both men and women to address these issues and to delve to the bottom of their feelings in order to determine exactly where they stand in any relationship. Doubts, insecurities and fears should be discussed with partners in a relationship in order to lay a solid foundation of communication. Knowing that your partner may very well be feeling the same way as you may open doors to possibilities and solutions rather than serving as constant reminders of doubt and uncertainty.

### **Sexuality Factors**

Men and women are equally capable of lying when it comes to sexual fantasies. Studies have shown that men are more prone to lying about sexual issues than women. One of the worst things a man or woman can experience is to have their partner call them by another name when they are being intimate. Someone who is having an affair may have to work very hard to conceal sexual fantasies about a lover while having intimate relations with their spouse. Sexual fantasies involving friends, coworkers, a spouse's friend, or even another family member of a spouse often lead to serious issues regarding lies.

Men very often lie about masturbation, as well as how often it occurs, whether they are using pornography, or even who they are thinking about while doing so. Women who catch their spouses masturbating may often feel as if they are not satisfying their partner. If a spouse discovers that their partner engages in online pornography, video pornography, or hides pornographic magazines or



photographs in the home, the car, or in their office, they often feel that their spouse is, to some degree, betraying them.

While men may not consider masturbation as a betrayal per se, they may also need to remember that women feel differently about their own desirability and sexual attractiveness to their partners. A man who is engaged in chronic masturbation using pornographic materials may very well be sending a message, inadvertent or not, to the spouse that she does not appeal to him, or is not adequately satisfying his sexual needs.

Sometimes, partners lie about the sexual enjoyment they receive (or don't receive) from their partner. They may also lie about other sexual issues in their past, including but not limited to how many partners they have been with, whether they have practiced safe sex, their sexual experiences, abortions, virginity, as well histories of sexual or physical abuse.

Understanding and getting to know your partner or spouse is one of the best ways to be able to gauge such reactions. If your spouse tells you that you are the best lover they have ever had, they very well may mean it. On the other hand, they may not and may be saying so just to make you feel better.

### **Other Lies**

A partner may lie about liking or disliking their partner's friends, family, and coworkers. This is up to the individual and should not be used as criteria for fidelity. How many times as a spouse been asked, "Honey, does this dress make me look fat?" Or, "Does my hair look all right?" Sooner or later, spouses may offer such "white" lies in order to spare his or her partner's feelings. Partners often lie about liking or disliking their spouses jobs, career choices, as well as about their behavior or character traits.

Sparing someone else's feeling with a lie can be understood, but honesty is always the best policy. For example, let's say a wife is vaguely irritated about the way her husband eats at the table. Perhaps he scrapes his teeth against the fork. To keep the peace, she generally ignores the habit, but after weeks, months, or even years of dealing with it, she may suddenly find that instead of being able to ignore this habit, every incident of eating with the spouse becomes a struggle. In such a case, it's better to say something early than wait until feelings of anger, annoyance, or even disgust reach a boiling point and spill over into other aspects of the relationship.

In most cases, the incident with the fork is soon translated into other things that that spouse may do, which only serves to increase the level of frustration or criticism on the part of the partner. Heading off such irritations or criticisms before they encompass the entire person's personality and character traits is an important part of relationship building and growth.

## Dealing with Suspicions

A major cause of suspicion among many couples is, as mentioned earlier, being called the wrong name at the wrong time. While we all fall prey to stumbling over names and may inadvertently call someone by another name even though we know whom we're talking to, this generally does not occur in relaxed moments and should never occur in the bedroom. If this happens more than once, it is natural that suspicions may arise.

Finding proof that a spouse has been lying is not always easy. However, many cheating partners are audacious enough to take their paramour's out in public, in places that are often frequented by friends or even family members. In many cases, the cheating partner who tells his spouse that he or she is going to be working late or at a meeting is often found out by friends who see the cheating spouse in public with their date.

Confronting your spouse with such knowledge, and the fact that he or she owes you an explanation, is the best way to deal with this type of scenario.

Many women are startled when they discover that their husband arrives home late at night smelling of perfume, or even may show signs of close physical contact such as make-up powder or lipstick on the shirt collar. Many experts advise against outright accusation. In fact, many women don't even need this advice. Most simply ask their husband about that make-up or powder, or the perfume, and then wait and see what type of reaction he has.

Regardless of their excuse, it is understood by most wives or girlfriends that such close physical contact with another woman shouldn't have occurred in the first place.

Men are often startled to find their wives wearing jewelry that they know they didn't buy. Of course, the wife or girlfriend may have merely purchased it for himself or herself, but sometimes, a direct question does not supply the correct answer, or even one that inadvertently encourages suspicion. In such cases, many men will inspect the jewelry when they are alone to see if it has been engraved with his man's name.

At this point, both men and women may be asking, "Whatever happened to privacy?" Can this be considered snooping? If a spouse feels their marriage may be in danger, snooping is the least of their concerns. Finding answers is the most important issue. You know the saying, "All's fair in love and war." This may be true, and each individual will have to deal with his or her own feelings in this regard.

There are other signs that something might be going on. Finding wedding rings left at home or off the fingers is a sign that something is in the works. Direct, though calm, confrontation is often the best method for getting to the bottom of the situation. However, don't expect the truth. Instead, read your partner's facial expressions and gauge their reactions to your questions.

### **Don't Make Matters Worse**

Sometimes, confronting a partner about lies can make matters worse. No doubt about it, no one likes to be accused of lying. As a matter of fact, some people are so adept at lying that they don't even consider that they are doing it. Again, there's a fine line between lying to protect the feelings of a partner and taking that lying to a degree of deception involving issues such as sexual attraction to another person in order to "spare the partner's feelings."

Many people consider any degree of lying to be a character flaw. Some people rarely lie, while others are habitual liars. Habitual liars generally don't see anything wrong in their behavior and are very slow to understand that such lies are not acceptable in general society. Regardless, accusing someone of lying automatically puts that person in a defensive position. The first reaction to being in a defensive position is generally to accuse the accuser of something.

Such interactions can be devastating to a relationship. Many people don't think before they speak, and say things that they can never take back, which may cause irrevocable damage to a relationship.

Many people also make the mistake of focusing on the specific lie and not the reason behind the lie. Instead of confronting a lie directly, a spouse may instead say something like, "I am more upset that you lied to me than about..."

"Punishing" a spouse by ignoring them, giving them the silent treatment, or even withholding money often generates fear and anger in the person who is accused of lying. The same works for the person who has been caught in a lie. Many abusive relationships develop this way. As a matter of fact, creating such fear or anger may often lead to even more lying. Sometimes, confronting a partner's lies may help to open a new avenue of communication and to help partners understand each other on an entirely new level.

Studies have shown that spouses who lie to each other generally get better at lying, as well as encouraging lying about other issues as well. Such issues are obvious in lopsided relationships where distribution of "power," financial contributions, expectations, and demands are woefully unequal.

Often, people who lie often inadvertently alter those lies without realizing they've forgotten what they said in the first place. Confronting a partner about why they are lying may or may not produce results, but it will let them know that they are

on notice and that you are watching them. Some partners accused of lying will grow enraged and bluster about issues such as trust and honesty. Others will grow morose and silent. Still others will do their best to convince you that they are telling the truth.

In some cases, it is friends who inadvertently let the cat out of the bag, so to speak. Different friends may even have different comments regarding a specific situation or incident. In such cases, a spouse may often wonder if the friends are in collusion with their spouse or whether the spouse has been lying to each of those friends as easily as they have been lying to you. The best way to deal with such a situation is to not overreact and to only act after you had an opportunity to investigate the incident on your own.

A spouse may even bump into their partner and their lover unexpectedly. For example, if a woman is out running errands and is startled to find her husband in a restaurant for lunch with a woman, the wife will more than likely gauge the situation based on several considerations. Is the restaurant close to the husband's work place? Does it appear to be a business lunch? Are they sitting close together, drinking wine, or are they on opposite sides of the table? If your husband is not a businessman, and claims to be having lunch with a female colleague, the same questions apply.

Of course, one of the most common indications that a spouse is lying is a physical sign of another woman's presence on clothing. This can be the perfume, make-up, or lipstick on shirt collars. It can be the jewelry, or the lack of wearing of a wedding ring. In both men and women, such physical evidence can also be found on the skin, as signs of love bites or hickeys, or rashes and cold sores.

The hickey is fairly self-explanatory. The presence of the rash or cold sores can be difficult to determine. If you or your spouse is typically not prone to what are called kissing rashes or cold sores and suddenly seems to be getting them more

frequently, it may be an indication that they have picked something up from a sneaky partner. In addition, how the spouse deals with such physical signs on their skin is another indication of guilt or innocence. The guilty person will try to hide and disguise such signs.

No matter what the spouse may claim, there will come a time when he or she is caught in a big lie or even worse, in the act of cheating itself. Thousands of men and women confront such situations on a daily basis and each handles the situation in their own way.

### **Confronting a Lie**

Getting caught in a lie can be an extremely uncomfortable situation for both the accusing person as well as the person getting caught in telling a lie. In such cases, it is important for the people involved to limit their discussions to the issue at hand, and not to bring up everything that are wrong with the marriage or relationship at that given moment.

For example, if a spouse accuses their partner of flirting, or even something like engaging in online pornography, it is important to focus on the behavior rather than focusing on the deception that was used to cover up such behavior.

There are many different ways in which a spouse or partner may confront someone about such behavior. Using a calm tone of voice, a partner will be able to hear what you're saying without feeling threatened. Even if they are guilty and are being blamed for their actions, discussing such issues in a rational manner may often help to mend a relationship rather than increase the schism that has been created by such behavior in the first place.

Depending upon the attitude and emotions of the accused, such conversations may avoid overt confrontation. However, it takes two people to break and mend relationships, and sometimes the other partner is not willing to open up, discuss their issues, or even make excuses for their behavior. Such people often react with anger and aggression.

Hostility, denial, and counter attacks will often result in confrontational episodes. Discussing how you feel about the situation instead of immediately throwing out an attack may prove beneficial. Again, there are some partners who don't seem to care that their behavior may be emotionally harmful to you or your relationship.

Trying to phrase the problem at hand in a non-judgmental manner may help to focus on feelings and help initiate conversations and discussions. Focusing on the feelings and discussing the spouse's behavior in the least judgmental way as possible offers the best possible chance of not only being listened to, but also *heard*.

Unfortunately, many couples do not enjoy extremely positive communication skills, and as mentioned above, some partners may talk the talk and not walk the walk. That means that they will be contrite and apologetic to start, but then may resort to the silent treatment, or even worse, accusatory attacks of their own.

One of the most important things for spouses to remember is that lying is a sign of obvious hiding—it is a deliberate subterfuge, a betrayal of trust and integrity. While a spouse may bide his or her time while trying to get to the truth of various matters, or to develop enough evidence to outright accuse their spouse of having an affair or cheating, many partners often take a wait-and-see attitude.

It is every individual's right to decide what he or she is going to tolerate and what he or she is not in their own marriage. However, most adults know that the obvious result of not confronting a spouse about their behavior will only



encourage, deliberately or not, their continued bad behavior. There are additional ways to catch a liar in the act, and those will be explored in the next chapter.

Men and women who are fairly familiar with their spouses should know which situation or scenario or explanation is believable and which is not. While all of us want to trust our spouse and believe what they say is true, facing the bald facts is very difficult.

## Signs of a Cheating Spouse

Couples need to realize that warning signs and signals need to be addressed on an individualized basis. Think of it this way. During NASCAR races, multiple flags are used to help signal to drivers various driving and track conditions during the race. Green flags, yellow and red flags, and of course, the checkered flag, which means you have crossed the finish line.

While flags and warnings may appear at times during a marriage, it is up to the individual to assess the situation carefully and to gather evidence wherever possible to either substantiate or negate suspicions. Various flags, so to speak, of various colors may be apparent in a troubled relationship, and determining the degree of those flags will be decided by the individual who sees them.

For example, what might serve as a red flag to one woman might only serve as a yellow flag to another. It all depends upon expectations, environment, situation, and attitude. Let's also specify that just because a flag is visible does not mean what you think it might. In all situations, it is best not to jump to conclusions until further information can be gathered and a logical and reasonable decision made.

So, what are the typical warning signs that a spouse might be having an affair? They may include, but are not limited to, the most common situations that are found below:

- **A spouse suddenly becomes more affectionate.** While in some cases, a spouse may realize that they have been neglectful of their partner, this is also an indication that that very same spouse is feeling guilty and confused about their feelings. Many men who've been seeing women on the side show a sudden flurry of attention and

affection to their spouses all of a sudden. This certainly isn't a one-way street, and women behave in such a manner as men.

- **The offending spouse becomes increasingly critical.** In this scenario, the spouse that is engaged in the affair may continually look for issues or behaviors to justify his or her affair—a wife who can't seem to do anything right, or a husband who does not meet the needs of the demanding partner.
- **Many cheating husbands often initiate unusual sexual requests of their wives.** Unfortunately, this is often true if the spouse has been engaging in inappropriate sexual activity with someone else. All of a sudden, they will come home and ask you to give them a lap dance or to engage in sexual games using sexual tools or toys that have never been suggested before. The same can be said of the woman partner who suddenly wants her husband to be more daring and adventurous in bed.
- **A cheating husband may show a decrease in interest not only household chores and responsibilities, but in engaging with the children or wife.** Unfortunately, an affair involves much more than merely sex. It engages emotional effort as well. Losing interest in family, home, and friends is a common side effect of an affair. It's as if the person, man or woman, suddenly begins a new life with a very narrow perspective. Such distancing is fairly common and causes financial, emotional, and mental stress on all parties involved.
- **Cheating husbands or wives often experience financial difficulties.** It's expensive enough trying to make ends meet with one's spouse, mortgage, or other family obligations. Having another woman or man on the side in addition to the primary relationship can

be a drain on finances. Buying gifts for the other man or woman can be an expensive endeavor, as are travel charges, hotel charges, and other expenses involved in living that "other life."

- **Physical clues.** In many adulterous relationships, a cheating spouse may inadvertently come home with lipstick on the shirt collar, new clothes, or even changes in personal appearance and attention to detail in regard to grooming habits. For example, a woman who has been more than comfortable wearing jeans and a sweatshirt may all of a sudden start paying extra attention to her appearance and wear additional makeup, jewelry, and dresses. Many men and women engaged in an affair will all of a sudden start going to the gym or caring about how they look. New hairstyles, new perfumes, and new clothes without explanation are often an indication that something is going on on the side.
- **Physical evidence.** It's extremely hard to ignore the signs of a cheating spouse. Such things as new phone numbers, receipts, notes, as well as condoms are found in clothing or other such unexplained items in the home, office or family car are also often an indication that something is going on.
- **Excessive phone calls.** Finding a husband or wife on the phone more often than usual may indicate another person in your spouse's life. Even more so if they suddenly hang up when they find you watching them, or even if you receive hang-ups when the phone rings and you answer. In this day and age of Caller ID and \*69, most adulterous men and women take a little more care with communication. However, many men and women forget about phone bills and the ability of private detectives to track phone calls on cell phones using cell towers and their locations. The mobile telephone bill

is one of the best methods that a spouse or even a private investigator can use to catch a cheating husband. Calls made in the morning and in the evening, just prior to getting to work or prior to arriving back home at night are often indications of a partner contacting the other person when outside of the home environment. Unlike conventional landline phone services, cell phone telephone bills list every call, its duration, and time it is placed.

Before we go further in listing the most common signs of an adulterous relationship, let it be known that women have become just as guilty of initiating affairs as their male counterparts. The only difference is that women tend to be a little smarter in the process. It should also be known that women are little more discerning about potential partners, not only because they may be afraid of picking up sexually transmitted diseases, but because they are much more concerned about their reputation and how the public may perceive them in general. However, women operate on emotion, and are concerned about how others may perceive them.

This is not to say that the women don't get caught. They do. But men tend to get caught in extramarital relationships much more often than women, because they don't think like a woman. For example, men may tend to think they get away with certain incidents because the woman in their lives doesn't say anything right away. While a man may feel that he has done everything he can to cover his tracks, he always leaves subtle signs behind that a woman will pick up on.

Remember that female trait: emotion. If a man feels that he has adequately explained away the scent of perfume on his shirt, he may feel that the incident has passed and he is safe. On the contrary, the woman is now alerted and will become increasingly suspicious of his every action. Thereafter, many women will take the opportunity to inspect vehicles, wallets, and pants pockets whenever possible. Their emotions won't set a time limit on such behavior, and it may

continue for days, weeks and even months when necessary. This does not mean that women are non-trusting creatures who constantly invade their partner's privacy. It just means that many women are desperate enough to find the truth that they will use any method possible to get to it. Women can be extremely patient.

Many private detectives feel that there are more obvious physical signs that an affair may be occurring. In males, such signs may also be attributed to:

- Fancier clothes,
- Concern about appearance,
- Onset of sudden dieting and health club attendance,
- Growing hair a little longer,
- Changing from traditional boxer shorts to jockey or bikini underclothing,
- Increasingly difficult ability to be reached at the office,
- He may spend more time "on the road" or driving to and from work,
- A change in spending habits, and
- Unexplained charges on credit card and phone bills.

Private detectives are experts on cheating spouses, both male and female. Surveys and research have shown that a common denominator in many cheating spouses is a sudden change in behavior. Such changes in behavior may be subtle or obvious.

### **What to Look for In Behavior Changes**

When you think your spouse is cheating on you, it is hard not to examine every move and comment that spouse makes. Changes in personality, as well as

behavior, or demands on the frequency or change in sexual activity at home are often a sign that something is going on.

While some men and women are very good at hiding signs, as well as clues of extra curricular activities, some aren't. Changes may be so subtle that they are not noticed for quite a while. Sometimes only one thing may start the ball rolling. That one thing can be as something as innocent as one unexplained charge on the mobile phone bill, while other times it can be a gradual increase in work time, or in the time spent commuting to and from the office.

Some women who may find lipstick on her husband's shirt collar may accept a perfectly reasonable explanation from their spouse, while others will become focused and obsessed with looking for other signs that something is not quite right in their relationship. There is no one true way to determine whether a spouse is cheating, other than someone coming right out and admitting it.

More often than not, a spouse may not realize that their wife or husband is cheating until accumulation of signs and symptoms have become apparent. This is not to say that a spouse should not continue to trust and believe their partner unless hard proof is found, but that those little yellow flags are now placing a suspicious spouse on alert.

A spouse may not find changes in sexual behavior or behavior in the partner at home, but may notice that their spouse is growing distant or is spending more time away from home. Some spouses may be able to catch a husband or wife in the act of leading up to a sexual incident. Others may not find out until sexual relations between the other man or other woman have been occurring for quite some time.

As mentioned before, every situation is different. Every man, every woman, and every couple is different and is going to have different circumstances, different feelings about various incidents, as well as different levels of trust.

A lot of men and women believe that if their partner is engaged in a sexual relationship with someone else that the sex life at home will automatically decrease. This is not necessarily true. Men and women who are stimulated by another person may become more aroused than usual and want sexual relations on a more frequent basis in order to relieve such yearnings.

A husband or wife who suddenly asks you to perform sexual activities that have never been asked for before should also serve as a red flag. For example, a housewife and mother who engages in what can be termed "typical" relations with her husband may be somewhat startled or even appalled when her husband all of a sudden asks her to give him a lap dance or to engage in activities that involve sexual toys and accessories. One of the first thoughts that go through a man or woman's mind may be, "Where did that come from?" or "Where did they learn that?"

New sexual positions as well as behaviors may have been taught to them by their new lover. Or they may have seen such as a result of engaging or soliciting prostitutes. Bondage, rough sex, and demands that have never been present in a relationship before are an obvious indication that the spouse has definitely learned some new moves.

In many relationships, affection disappears. Sex becomes just sex. There is no emotional engagement, no tenderness, no kissing, and definitely no passion. While this may indicate feelings of shame or guilt on the part of the cheater, it is often because they are no longer emotionally attached to their spouse. The cheater who is engaging in sexual activity with a lover will tend to be less interested in sexual relations at home.



A spouse who suddenly begins using protection such as condoms, or asking a spouse to use anti-spermicidal or other methods of birth control is also a warning indication. Even worse, if you suddenly contract an STD, or infections or rashes, when you are not prone to doing so before is a very strong indication that someone has been messing around. If a partner suspects that he or she has been exposed to any type of infection, rash, or STD, it is imperative that you visit a physician immediately for treatment. In many cases, STDs may present severe health issues, especially among childbearing women. STD's may also affect male fertility.

A partner who suddenly begins to buy clothes for himself or herself, or who changes his style of clothing is something that needs to be addressed. All of us go through periods where we want to try different clothes and may decide to make a change in lifestyle, diet, and health. However, a person who has not been struggling with diet or exercise, or particularly cared about their wardrobe and who suddenly starts wearing nicer clothing for no apparent reason, is something that a spouse should mention.

The same goes for food preferences. All of a sudden, your spouse likes take-out Chinese or Indian food when before, they refused to eat it. What gives? In many cases, a spouse may offer an inappropriate or unacceptable answer such as, "Oh, I just wanted to try something new." It is up to you to decide whether that is acceptable or not.

In many cases, men and women who are dealing with a cheating spouse may not be able to ask normal everyday questions without getting their head bitten off. For example, such innocent questions as, "How was your day?" are met with anger and impatience. Such responses may be a signal that a spouse is being overly defensive and sensitive to accusation.

Lack of attentiveness at home is also a main indication that a partner is distancing himself or herself from a marital relationship and family obligations. A father who suddenly has no time to attend Little League baseball games or soccer practices when before they wouldn't have missed it for the world is a sign that something has engaged their interest or time. Of course, this is not to say that men and women can't go through spurts of intense obligations in a work environment. Finding that kind of information will not be particularly difficult for a resourceful person.

In most cases, a cheating spouse becomes quite prone to lying. First, the lies may start off relatively small and innocent. Unfortunately, this trend seems to grow worse and worse. Lies are hard to keep track of. They dig us into holes that become increasingly difficult to climb out of. Some people are rather adept at lying. Again, they can look you in the eye and be extremely sincere. Other people are terrible liars. They look off in other directions, appear confused, stutter, and worse, can't seem to keep their lies straight.

Military intelligence investigators state that many people who are lying will pick things up, pull at things, fidget, and move around. Most liars are unable to maintain eye contact.

Lies seem to breed more lies. A simple question may initiate a lengthy answer that was not necessary for the particular question that was asked. Most liars will be extremely detailed in order to prevent anyone from accusing them of lying in the first place. Extremely detailed answers are often a sign of a lie. For example, if you ask your wife where she has been, and she tells you she ran to the store, this is usually enough. However, a wife who tells you she ran to the Wiggly Piggly and bought bread, carrots, a half a gallon of milk, and a head of broccoli is offering a little more detail than may be necessary.

To catch a spouse in such a lie, a person may opt to bring up the same question in a day or two. "So what did you get at the store yesterday? I can't remember." More often than not, the person who is lied to will forget what they said earlier.

Body language and attitude can be very expressive. Experts at body language are able to interpret not only the mood, but also the truthfulness, of people they are talking to in many instances. Many partners in a relationship may grow increasingly frustrated, angry, or silent when asked questions, even of the most innocent nature. Refusing to look at a person who is talking to them, brushing off their concerns with a look, as well as body language such as crossing the arms over the chest and looking off in another direction are indicative of someone who is not interested in communication.

Defensive mechanisms in both physical behavior and emotional barriers also have a great deal to do with inevitably and inadvertently admitting or denying an outside relationship. Communication, communication, communication (!) is the key to every relationship. Spouses who have been married for more than a few years often know each other inside and out, and any changes in personality or behavior are fairly easy to pick up on.

Reading these signals that your spouse is giving out is an important part of any relationship, good or bad. Being attuned to a partner's emotions and feelings are a large part of a successful relationship. However, there are always situations where delving deep into a partner's emotions and feelings is a little more difficult. This does not always mean that they're cheating. It just means that they are very careful about guarding their feelings because they may be afraid of being hurt.

It is up to every partner to know and understand as much as possible about the person that they are married to in order to gauge any changes. If your partner seems to be drawing away from you, emotionally, mentally, and sexually, or becoming more demanding or critical, a spouse should not ignore these

symptoms and hope they go away or get better. Such incidents require and demand adequate communication, and then you take it from there.

So, if you do notice signs of cheating in your spouse, what do you do now?

## Following Clues

The decision to confront a partner about infidelity or suspicions is often difficult. In many cases, following accusations, it's hard to determine whether your spouse is telling the truth or not. This uncertainty is one of the most difficult things a suspicious partner may deal with. If you believe that your partner is telling the truth, then you may end up feeling better and peace may be restored.

However, if you have been given an answer and still believe that your partner is lying, you need to be able to tell how much of what they are saying is true and how much is a lie. Most of us don't have lie detectors in our home, but there are certain ways that a person can tell if someone else is lying.

Body positioning, visual clues and subtle gestures that are made by the hands, legs, and eyes can often help professional investigators, FBI agents, and law enforcement officers to tell if someone is telling the truth or not. Body language is not a perfect science, but in many ways it can help to serve as a red flag for certain types of behaviors.

Both men and women lie on occasion. Lying men usually fall back on bluster and bravado, or making themselves out to be something they're not. In most cases, men don't even seem to realize that what they may be saying is offensive or even judgmental, just as long as it makes them feel more important in their own eyes.

More often than not, when women lie, it is because they want someone or society in general to feel better about the type of people they are. As such, women often lie to meet the expectations or beliefs of others.

Certain types of behavior offer those "in the know" specific indications that someone may be lying. This is not to say that anybody exhibiting any of the

following factors, gestures, or movements is automatically lying, but it just means that such examples or gestures in tone of voice, body positioning, as well as fidgeting, looking away, and hand gestures may indicate less than 100% truthfulness.

Everyone knows the old saying, "It takes a good liar to know one." Some people are able to lie a lot better and a lot easier than others. Some have certain gestures that inevitably give them away. It is much the same in the game of poker. When someone playing this game gives away their emotions or performs various inadvertent hand gestures, expressions or emotions, it's called a "tell."

Such "tells" are fairly common when it comes to liars.

Knowing your partner will help to identify when that person is lying or not. For example, if your spouse usually talks slowly and enunciates clearly, and you ask them a question or cast a suspicion about infidelity, and they start talking one hundred miles an hour, you might wonder what caused the change. Not being able to look you in the eye and maintain visual contact is another indication that the person is not being completely truthful.

If someone who is typically very calm suddenly becomes agitated or nervous when you are speaking about certain subjects may very well have something to hide. Nervous gestures can develop in a person who is lying without them being aware of it. Such gestures as curling hair with a finger, plucking at lips, fidgeting with clothing, or excessive tapping or bouncing of the feet are common. Because a spouse is fairly familiar with a partner's body language and habits, such indicators will often cause a spouse to notice the change.

Body language is a key indicator of behavior and truthfulness. The old saying, "Actions speak louder than words" is indeed true. When confronted with a lie, some spouses will be very calm and do their best to backpedal or get away with it. Others might grow angry, vocal, and outraged, indignant that they have been

accused of wrongdoing. There are several different body language behaviors that may raise a red flag for a spouse, especially when they have never been present before. These may include but are not limited to:

- Playing with the hair or tugging at ears, eyes or lips,
- Refusing to make eye contact,
- Excessive fidgeting,
- Looking upward when replying to a question,
- Rapid eye movement,
- Accelerated breathing rate, and
- Repeatedly wiping the forehead or side of the face.

The above examples serve just that. The list is by no means all-inclusive. As mentioned before, other changes in body language or behavior may include, but are not limited to, an arrogant or smug attitude, various changes in stories, offering way more information than was asked in the original question, claims of innocence and outrage over being questioned or doubted.

When it comes to conversing with someone with whom you feel has been cheating, tone of voice is often more indicative of their feelings than the words they speak. For example, some spouses may laugh away your accusations or questions regarding a lie. Others will attempt to distract you from the topic by interrupting the conversation and initiating a new angle for an argument. Others frequently deny the validity of such an accusation and refuse to discuss it further.

Still others will not realize that the pitch of their voice has either accelerated or slowed down, or that the tone of their voice has risen or deepened. As mentioned above, speaking very quickly or very slowly as opposed to normal speaking patterns, is also an indication that that person is not being truthful with you.

While gauging the honesty and truthfulness of anything that a partner says to you is going to be based on your knowledge of that partner, there are various ways to catch a partner lying. As mentioned before, subtle clues, as well as more obvious ones may be inadvertently left around the house, the vehicle, the office, or in clothing.

### **Lies Regarding Travel**

While many men and women travel on a daily, weekly or monthly basis for their jobs, others don't. Sudden and unexplained business travel needs often serve as a warning signal to spouses that something is going on. In many situations where infidelity is involved, the need to travel is almost imperative because it is the only time that many cheating spouses can have with that other man or woman without fearing phone calls, friends or family members seeing them, or taking a chance of being seen in a small town.

In many cases, cheating spouses make arrangements with their lovers to meet periodically in locations that are distant from the home or city in which they live. Such "business trips" may become increasingly frequent. However, if a spouse has not formally been asked to engage in travel for his or her company, a partner may very well wonder what's happening.

Even greater suspicions may be aroused if the cheating spouse tells their partner that they can't accept incoming phone calls from the spouse left at home because of expectations of important business meeting discussions, negotiations, travel restrictions, or other reasons. Not giving a spouse who remains at home the name and phone number of where he or she will be staying is often another red flag. Sometimes, a spouse may say that they are not sure where they will be staying and arrangements will be made while they are en



route. In most cases, this is a ridiculous excuse. Any business trip that requires travel requires itineraries and reservations beforehand.

As a matter of fact, not being available to accept phone calls would be extremely rare and inconvenient for any traveling businessman or woman. In many cases, a suspicious spouse can call their partner's work place and ask for a contact number, stating that they either lost it, or their spouse was not sure what that number or location was going to be. It is important for you to remain calm and to behave as if nothing is amiss.

If your spouse has not been scheduled to go on a business trip, the cat has been let out of the bag. However, do not let your emotions tip off your spouse's employer. If your spouse has been sent on a trip, choose a time to call and just let them know that you are worried, wanted to make sure they had arrived safely, and that you felt that a phone call was warranted.

In many cases of traveling businessmen and women, many couples make arrangements to travel with their spouse. If, however, all of a sudden the spouse no longer invites you along, you may begin to wonder why. A spouse who claims that he or she will probably just be bored sitting in a hotel room all day by yourself is not an excuse. After all, you probably did it before, so what is so different now?

Sometimes, a cheating spouse will call home at given times to check in with wife and family. This does not mean that the spouse is not cheating, only that he or she is heading off some phone calls from you at the pass, before they occur. In addition, a spouse may also keep track of how often these business trips occur and whether or not they are being legitimately written off on income taxes, and whether or not receipts are being kept.

In many cases, a cheating spouse will not want to save receipts or ticket stubs for these out-of-town liaisons. You can find out you feel easily enough if receipts or stubs are being saved. Tell your spouse that you are trying to gather such receipts for income tax purposes throughout the year and see what he or she tells you.

Many spouses become suspicious if their partner does not want them to take them to the airport or pick them up upon their return. In some cities, this is fairly common, as taxis and shuttles are available and may prove easier than taking a personal car. However, it is again up to the spouse to determine the reason for such a request or refusal to allow you to accompany him or her to the airport.

Another way a spouse may be able to determine if their partner is lying about a business trip is to look and see what type of clothes are being packed in an overnight bag or suitcase. If a spouse claims that the trip is for business reasons, and you see your spouse packing casual slacks, or other attire that is more suited to non-business scenarios, you may very well see those red flags again.

### **If the Shoe Is on the Other Foot**

On the other hand, if you find that your husband or wife is more than willing to help you pack for a trip, make sure that arrangements are made, and transportation is available to and from the airport, you may very well wonder if he or she is encouraging you to leave. What gives? Are they so anxious to have you out of the house that they pack your clothes, leave your bags by the door, and tell you not to worry, everything is going to be fine?

Perhaps they're just being solicitous. Perhaps your husband or wife just wants to make sure you have a wonderful business trip and that you have everything you

need for a safe and secure journey. On the other hand, perhaps they're planning a liaison while you're away.

Picking up on clues is the only way to determine various scenarios and situations. A change in past patterns of behavior as well as enthusiasm, or lack thereof, is often an indication that something has changed within the relationship.

### **Determining Factors**

What if your spouse is traveling with friends? Are these friends in collusion with your spouse, or is it a perfectly innocent "boys only" or "girls only" getaway for the weekend? Again, very few people can keep secrets, and it may be only a matter of time before someone spills the beans.

In many cases, friends can inadvertently be caught up in the dilemma of keeping secrets for a cheating spouse, or may they may be unaware of the situation completely.

As every situation and scenario is different, it is not always easy to determine whether a suspicion is merely that or something worse. Seeing things that aren't there or not wanting to see things that are is a highly personal and independent experience. What may seem very obvious to one may not seem so to another. In many cases, it is something small that gets the instinct going, that nagging doubt that just won't go away.

But business trips aren't the only ways in which a spouse can "get out of the house" to initiate or continue a liaison... here are some more common excuses for getaways.

Is your spouse suddenly spending more, and later, evenings at the office? Professionals often use deadlines and piles of work as an excuse to work late. After all, how is a spouse supposed to know how heavy or light the office workload is? Many busy men and women come up with excuses about big clients, masses of paperwork, proposals and other work necessities that will keep them working late for weeks or months at a time.

The same thing goes for the standard business dinners and business conventions. Of course, these aren't typically situations where a spouse can be invited or even go along, so it's a good excuse for those in professional, white-collar occupations to use as a way to get away.

This type of subterfuge is not only used by white-collar, but also blue-collar men and women as well. Training sessions, seminars, certification processes etc.—it doesn't matter, for where there's a will, there's a way.

Business lunches are also something to watch out for when they start occurring more often than normal. In most cases, business lunches rarely exceed a couple of hours. If such business lunches occur more frequently or seem take more time, warning flags go up.

### **Girls or Guys Night Out**

Many couples agree to a girl's night out or guy's night out. This is perfectly acceptable as long as it's equal. However, it's also a very convenient opportunity for a straying wife or husband to use as an excuse to meet with a lover. Every couple knows that having time and space to oneself is just as important as learning how to do things together.

Having different friends, different interests, and sometimes going places with different people often keeps relationships from being mired down in familiar ruts and routines. Taking such freedom away from either partner in a marriage is bound to cause problems. However, if a spouse starts to notice a difference in the amount of time a partner is spending away with friends, some questions need to be asked.

There are many other excuses and scenarios that both men and women may come up with in order to escape for a few hours, or even a few days, at a time. Many men and women claim that they are taking classes, learning a new sport such as karate, or engaging in park and recreation offerings such as painting classes, music classes, or writing classes. If suspicions have been raised, finding out about these classes, their schedules, and classroom meeting times can be easily determined.

Other men and women suddenly find a reason to go visit cousins or aunts or other relatives. Seeing longtime friends, participating in reunions, and other scenarios often serve as a good chance for men and women to get away. At this point, many men and women seek the advice of professionals to determine absolute and irrefutable proof that their spouse is having an affair.

## Subtle and Not-So-Subtle Clues

Okay, so your inkling of confusion has become downright suspicion. Catching someone cheating is not nearly as simple as it might seem. No matter how smart you are, you have to remember that the cheating spouse already has an advantage. They are doing their best to hide their deeds from you, before you even begin to start suspecting that something is going on.

The advantage is that the basic rules belong to the cheater. Many people automatically behave in a trusting manner. It often takes months and sometimes even longer for a spouse to begin to suspect that a partner is having an affair.

Trusting someone creates comfort and security, and subconsciously or not, few people are anxious to dig too deeply to find the truth. More often than not, a cheating spouse is able to hide such affairs for quite a long time. Many people are unwilling to accept what may be a very devastating episode not only in their relationship, but in everything they believed and have an interest in.

Many women and men go along with the lies, despite the fact that the truth is glaring at them in the face. This does not make them stupid or foolish. It makes them human. Many relationships may find a husband or wife desperately trying to overlook infidelity and cheating. This may be because they are afraid of being abandoned, they are afraid of finances, or afraid of not being loved. In many cases, the security of a relationship, good or bad, at least offers some security.

One of the most common phrases heard in most adulterous relationships is, "I would never cheat on you." Most partners who cheat on their spouse are very well aware of how reluctant a spouse may be to learn the truth. Often times, a cheater will play into this mentality for as long as possible.

## Sure Signs of a Cheating Partner

While many times, signs of cheating and infidelity may be vague or ambiguous, there are some signs that are absolute. Of course, such clues may vary from situation to situation and may depend greatly upon the stability, length, and strength of the relationship. One thing that most betrayed partners realize sooner or later is that there *were* signs.

Any list of signs of a cheating husband or wife may be open to interpretation. Some of the signs that have been listed previously may point to guilt, and then again they may not. Just because a partner wants to lose weight does not necessarily mean they're having an affair. Just because a wife begins to take a greater interest in her appearance, her haircut, or exercising does not mean she is betraying her spouse.

Some people have various habits. They don't necessarily point to infidelity. One such habit is to erase messages on a cell phone. Some people do this regularly and some people don't. Throwing wild accusations or suspicions at your partner without proof is not going to help the relationship.

On the other hand, getting caught is a constant worry and fear in most cheating spouses. It stands to reason that if you believe your spouse is not being true to you, of course, you will want to start looking for some signs that will add weight to your suspicions. However, if that person realizes the you suspect them, they may very well change their habits, as well as their behaviors, in order to even better hide their affair.

To be quite frank, in some cases, your suspicions may very well aid a cheating spouse into better covering up his or her extramarital relationship. This may sound like a conundrum. Not only do cheaters have the advantage of both your

trust and your desire for a stable relationship, but even if a spouse is suspicious, their actions may help the cheater to hide his or her relationship on the side.

### **To Confront or Not to Confront**

Private investigators suggest that if a spouse suspects infidelity, they should not confront the spouse until they have gathered information or proof that such has occurred. This is not to say that couples should not engage in meaningful discussions about relationships, fears, and worries. It's just that if there is no evidence to support an accusation of infidelity, it might be wise to wait until you have evidence to make such accusations.

Even when confronted with evidence, many spouses will continue to lie and deny an adulterous relationship. Gathering evidence is not always easy, and the process involved can be a devastating event in any relationship, regardless of outcome. The mere fact that a man or a woman is delving so deeply into their partner's every moment may serve to forever betray a level of trust that may never be regained again.

Various methods are available to both husbands and wives, as well as those who decide to solicit the help of a professional. No matter which methods are used, however, there is always a way to uncover a lie and to discover the truth.



## The Search for Evidence

Infidelity and extramarital affairs are all about secrets. No matter how well a spouse tries to hide signs of such activity, there are always small things that catch the attention of spouses or things that cheaters forget to do. These signs can be found just about anywhere: in the car, in the home, in clothing, and even at the office.

Married couples have spent months or years getting to know one another, and their idiosyncrasies always manage to capture attention, even if it's only superficial at the beginning. Things that are missing from the home, as well as things that suddenly find their way into the home, may attract a glance at first, and then generate greater interest or suspicion as time goes on.

When looking for evidence of infidelity, a husband or wife should begin in the obvious places: his or her car, their personal belongings, in the bathroom, in their home office. If you suspect that your spouse is bringing someone to your home after you have left for work, clean the house, and make sure you know where everything is and how you have left it. Then, watch for items that have been moved.

Spouses who suspect their partners of infidelity have to become amateur investigators. They have to be able to look at things from different angles, and to determine their value and whether or not such items are important to their overall investigation.

For example, if you place clean, tan-colored sheets on the bed in the morning before you left for work, and you get home that evening and the sheets are another color, it is not so difficult to put two plus two together. Or, do they smell freshly laundered? Look for different colored hairs on the pillows. Look for new

towels that have been hung in the bathroom. Are towels in the bathroom damp and heavy from a mid-afternoon shower?

Most women leave their bathing supplies in one area of the shower or bathroom. Shampoos, soaps, body washes and razors are usually located in a specific area. Check to make sure those items are where you left them before you left for work. Actually, the bathroom is the first place to check for signs of a midafternoon liaison, because windows may still be damp and the bathroom may still have that recently showered smell to it.

Check to make sure things in the kitchen have remained undisturbed. Has an extra pot of coffee been made? Are there new items in the trashcan? In the sink? Move through the house. Have the couch pillows been disturbed? You know what your house looks like. It takes a person being a little more observant to be able to notice the small items that might be out of place. Place "traps" around the house. Has the book that you left open on the couch been moved? Has the TV been changed to a different channel than where you left it the night before? What about the radio?

The next best place to check for signs of extracurricular activities is the family car or the spouse's vehicle. Of course, you may have to wait for an opportunity to check, but there are several things that you can look for in the vehicle. For example, have you found any earrings or other pieces of jewelry? Is there any evidence of condom wrappers? Notes, strange addresses, matchbooks from strip clubs, gambling casinos, etc.?

In some cases, vehicles are a great place to look for evidence of infidelity because sneaking around often produces emotional nervousness that may bring about instances and situations where someone may forget what they have left in the in the car. An extra set of clothing? An unexplained item of clothing that belongs to the "other person"?

Even if the ashtray is closed, look in the ashtray and see if you find strange cigarette butts or ashes or anything else left in there. Does your spouse smoke? If not, and even if another person has smoked in the car and the ashtray emptied, the faint smell of cigarette smoke or tobacco may still be present in the upholstery. In addition, if you typically ride in the passenger seat, and all of a sudden you notice that the seat has been moved forward or backward to adapt to someone else's height; you may wonder who has been in the car. Ask.

Of course, one should not leave the glove box or the compartment between seats unexplored. Seat flap pockets and door pockets often display dropped or forgotten items. Many women inadvertently leave items such as lip-gloss, Kleenex, and other innocuous items in obvious places, and in non-obvious places within a car if they are inside it on a frequent basis.

Does the bathroom, bedroom, kitchen, or other objects around the house smell of another woman's perfume? Can you detect the scent of perfume or cologne on the living room couch? Check the bedroom pillows. Do they smell differently? The same goes for the pillows on the couch or chairs in the living room, den, or other rooms.

After you've checked the television to see what channel it has been left on, do the same with the radio in the house as well as the one in the car. Are there new CDs in the car that you're not familiar with? While such issues may mean nothing, especially when the car is shared by more than one person, it is quite different when each spouse has their own vehicle.

While you may not spot anything particular, what is the state of the bedroom, the bathroom, the kitchen and even the vehicle? If your spouse is typically a sloppy person and not prone to picking up after him or herself, and all of a sudden

everything starts to look cleaner and shinier, you may ask yourself what's going on.

### **Other Types of Evidence**

There are many other ways in which a person can follow up on a partner that they suspect of infidelity. While doing so may prove very uncomfortable for the person doing the searching, it is often necessary when the truth needs to be found. Many spouses do not really want to know the truth. They may go through the motions and look superficially for changes of behavior, and even to a degree, methods that have been mentioned in previous pages.

However, a spouse who is determined to get to the bottom of things and determine the truth, good or bad, will feel little hesitance about searching through private belongings and doing whatever is necessary in order to make a determination.

There are other ways of determining the activities of your partner. Check financial statements, credit card receipts, notes, reminders, your spouse's day planner, and so forth. A day planner or appointment book is a good place to look for unexplained appointments written in hard-to-decipher "code." If you see that most of your spouse's appointments are written in clear words or phrases, and then you come across something that looks like it came out of a James Bond movie, you may very well wonder.

Any infidelity or affair is going to leave behind some signs of a money trail. A cheating spouse is going to have to feed and sometimes buy clothes or other gifts for a lover. On occasion, he or she may need to provide overnight lodgings. Many men buy gifts for their new loves, and women will often start spending

more on things that they know will please their new love. Regardless, money is exchanged, and that is where many spouses get caught.

Now comes the question on how serious you are in determining the truth. If you feel too squeamish to dig into personal finances, hack into computer e-mail or sneak a spouse's cell phone records, as well as performing additional investigative techniques to determine the truth about your husband or wife, then this is the place in the book to stop reading.

However, if you are bound and determined to find the truth no matter what you find at the end of the search, then following are some additional techniques and methods that are used by not only men and women suspecting their spouses of infidelity, but by law enforcement officers in the search for any law breaker.

Credit card receipts and other purchase receipts, including cash, debit, and credit cards can be found if one knows where to look. Of course, the obvious places are in suit jackets, purses, and in the glove compartment, as well as door pockets. Some receipts can even be found wadded up and thrown in the back of the vehicle. Some are still in the wallet. Some are tucked into secret places in dressers, items of clothing, home office documents and a multitude of other hiding spots.

Having joint bank accounts makes it fairly easy to check bank statements for questionable purchases. On the other hand, many spouses have separate bank accounts. In the event that statements are sent through the mail, you may be able to intercept the mailman before he gets to the door or to the mailbox. Stash the statement in your pocket until you have a chance to look at it first. If statements are delivered online, you may have to determine your spouse's username and password in order to gain access.

Typical online access information that is asked for are the last four digits of the Social Security number as well as a maiden name. After that, a spouse should know his or her partner well enough in order to determine passwords. In most cases, as long as you have an account number, bank statements may be accessed online.

In the case where a husband or wife has credit cards that their spouse is not aware of, chances are that paper statements will not arrive in the mail for these. Checking for signs of a P.O. box may also be necessary. Taking the opportunity to perform a top to bottom search of the house or vehicle when the spouse is away is a perfect time to look for such evidence.

If you really know your husband or wife, look in their favorite books or magazines for such receipts. Look in winter clothes pockets that haven't been used for a while. Look in shoes. Men and women often find the oddest places to hide things. The key is to not pass up anything. Look in everything. Look everywhere. If you can still find no traces of receipts, you can always access bank statements online before they even get delivered to the house. Credit card purchases for flowers, motels, meals, and other items may be found on credit card statements.

Many cheating spouses will throw incriminating evidence in the trashcan before they get into the house. While this is not the most pleasant aspect of looking for information, and is an indication of how desperate a spouse may be to find the truth, don't forget to look in trashcans, no matter where they are. Opening bags, untying garden bags, as well as ordinary kitchen and bathroom bags, is often necessary in order to find those elusive receipts that you're looking for. While your spouse may get rid of 90% of them, there's always one or two that slip through the cracks. Sometimes, such receipts may be found under the driver's or passenger-side seat in the vehicle.

Some men and women start writing down dates, times, and money spent by their spouses when they get to this point. Doing so often helps them determine a pattern, but in most cases, it's just a matter of gathering evidence and seeing how many instances you can actually prove when your husband was somewhere where he said he shouldn't have been. Unexplained credit card purchases, as well as business lunches, overnight stays and meetings are also ample proof when none of the above has been scheduled by his or her employer.

### **Computers**

We live in an Internet age. While many of us are not extremely familiar with how computers work, a lot of us are capable of accessing e-mails or finding information on the Internet. Computer forum boards, chat rooms, online pornography, and secret e-mail accounts have become some of the most common and popular ways for husbands and wives to cheat on each other and to communicate with their lovers.

Most e-mail accounts are provided through Internet access providers. If you and your spouse have each been given an e-mail account, don't jump to conclusion that only one that exists. Other free e-mail accounts are available through Yahoo, MSN, and other browsers. In some cases, it is not too difficult for a husband or wife to be able to determine what username or password belongs to their spouse. In other situations, if access cannot be determined, software may be installed to will help you retrieve such information.

However, that may be a rather complicated and unnecessary step. Many computers users don't realize that when you delete e-mails, they end up in the trashcan. Trash folders within most e-mail programs maintain e-mails for a 24-hour period before they are deleted. In addition, the recycle bin, whose icon is generally found on the computer desktop, is a good place to look for downloads,

videos, photographs, and other documents that have been downloaded from the Internet.

Another place to look for deleted or downloaded information that has been deleted from recycle bins, history bars, and e-mail programs, are the Temporary Internet files. Depending on your expertise on using a computer and understanding how it works, much incriminating evidence can be found from the Temporary Internet Files folders. In most cases, men and women who are engaged in downloading pornography or other video access do so on their computer without realizing exactly how such a process works.

Most browsers require a computer to have "cookies" in order to download and save certain websites and password accessible websites. Cookies enable users to frequent websites that have asked for passwords and usernames. Cookie files can also be accessed in the same way the temporary Internet files can and are generally be found in the documents folder of the desktop user.

The recycle bin hangs onto deleted photos, downloads, images and files that have been deleted, but unlike email trashcans, the recycle bin does not automatically throw away these materials. Many computers will maintain the files that have been deleted in the recycle bin indefinitely. Recycle bin files often need to be emptied manually. Some people are surprised to find a wealth of information in the recycle bin that may be months or years old, depending on the age of the computer.

Many Windows users have access to a Windows e-mail program called Outlook Express. In order to determine what types of e-mails have been received or sent, a person needs to follow just a few short steps:

- Open Outlook Express window,
- Click on "File,"



- Click “Export to a file,”
- Click personal file folder—this may often be designated with a .pst extension,
- Save the inbox of the e-mail address in question to another location on your computer,
- Download onto a CD-ROM.

If you want to import that information onto another computer, such as a personal laptop, follow these steps:

- Open the Outlook Express window,
- Click on “File,”
- Click “Import from another program or file,”
- Click personal file folder—this will be the one with the .pst extension,
- Import the e-mail inbox to a desired designation location.

While this may seem to be a relatively simple process when using Microsoft browsers, it is not quite so easy if a cheating spouse is using free online e-mail service providers like the aforementioned Yahoo and MSN. In such a case, you will need to determine your spouse's username and password in order to access the account.

However, Microsoft Outlook can be "hacked" into in order to determine passwords. In most cases, software applications must be accessed, and such information may be found on the Internet. Check out the resources page at the end of this book. It should be said that computer users should be cautious of any type of spyware or password revealers that are downloaded over the Internet, as they may carry viruses that may affect the use of your computer.

There are various spyware and other software applications that may be installed in a computer to capture keystrokes that a person types into a computer. This

type of software captures everything that is typed into a computer and will also access online chatting, instant messenger, and ICQ correspondences. Keep in mind that this will work both ways, and that everything you do and type while you are using the computer will also be captured.

### **Cell Phones**

Cell phones, more than any other mobile device, enable people to find out exactly where you've been at any given point in time. Many people don't realize that cell phones require the use of responding towers or receiving towers that are located at specific points. You can travel from one end of the United States to the other and be tracked every step of the way through these various cell phone receiving towers.

Cell phones make it easy to contact someone or text someone 24 hours a day. In many cases, spouses have their own cell phones and separate cell phone numbers, and they carry the cell phones with them all the time. Unlike standard landline telephone bills, cell phone bills designate and list a summary of every call that is made from a cell phone, what number was called, the time the call was placed, as well as exactly how many minutes that conversation lasted.

Finding unfamiliar phone numbers, as well as locations and times that were spent talking with the person on the other end of the line, is another good way for a spouse to determine what his or her wife or husband has been up to.

Finding a pattern is not especially difficult. Checking back to prior bills may determine when such calls began and how frequently they have been made. Telephone companies will offer and provide customers with a billing report for several months to up to a year at a time. However, like bank statements or other

financial data, user information will be required and may include maiden name, Social Security number, and the telephone number being investigated.

Remember the old saying, "No matter how smart you are, there is always someone smarter." If a spouse has any indication that their partner is suspicious of their activities, they may very well have already taken steps to cover their trail. While this might make your job a little more difficult, it certainly does not make it impossible.

### **Cash**

Cash transactions are nearly impossible to trace without receipts, of course, but withdrawing large amounts of cash is also a dead giveaway. Someone who is not prone to taking cash withdrawals and then all of a sudden begins to do so is just as much of a sign of something going on as those elusive credit card receipts.

Such withdrawals are open game when it comes to asking questions, especially when a joint account is being accessed. Remember what was mentioned several pages ago about new credit cards. Whenever possible, periodic searches of a wallet while a husband or wife is sleeping or in the shower, or a purse when the wife is otherwise engaged may help to identify the use of such cards. Jot down the credit card numbers for future use.

A new development in technology that has been created, especially for those who like to do shopping online but not access accounts with a credit card, are called virtual credit cards. Virtual credit cards are something like gift cards that are often distributed by fast food outlets, retail stores, and even phone providers. These virtual cards allow various amounts of money to be placed on them to be used for transactions without them being traced to a credit card number.

While most people use virtual credit cards for greater security for online shopping and transactions, many cheating spouses use them because purchases cannot be traced or tracked using such cards. However, the one caveat of using these cards is that money does have to be withdrawn from an account to be placed on that card, so you still may be able to notice suspicious withdrawals of cash from joint checking or savings accounts.

Now, some spouses are sneaky indeed. If a spouse does not have direct deposit for their payroll checks, and instead takes them to the bank to deposit, you may never know how much cash they are withdrawing from their initial payroll checks unless you know exactly how much they make on a week-by-week basis. If a person is being paid salary, this may not be so difficult to determine. However, those who are paid by the hour, or who are paid overtime and bonuses may have checks in different amounts on a monthly basis.

Such issues should be addressed independently, and according to situation. Even if a partner is using cash to purchase gifts, motel rooms, and other travel arrangements, the receipts may still be found. While many people engaged in such activity will take extra precautions to make sure that such receipts are not left lying about, some people do get careless. If drugs or alcohol or involved, it may be easier to find such receipts.

Get in the habit of emptying trashcans on a daily basis. Look through the bathroom, kitchen, and the home office trash when emptying. If you have to, empty this trash into a larger bag and then go through it at your leisure when your spouse is not home.

Sneaky spouses also, as mentioned earlier, may set up a special e-mail account that is used only for communication with the special someone. If your ISP provider allows one account to each of you and you have determined that another account has been created, you may take the steps mentioned above in

order to retrieve e-mails and communications as long as certain protocols and methods are used.

There is another way of determining if a new e-mail account has been created on a common computer used by both of you. If you type a user name in your Hotmail, Yahoo, or MSN address, you may discover that someone else has done so before you, because it will either be in the address bar, or in a drop-down box that will enable the you to see what other Hotmail accounts have been recently accessed or opened on your computer.

Another sneaky move by a cheating spouse may be to change their cell phone plan to a pre-paid account. In such accounts, or those cell phones that use prepaid cards, no documentation regarding phone calls, numbers, or the length of calls will be obtained in any statements. Minutes will be purchased either through a calling card for a code that will be downloaded into the phone or as a total amount loaded onto the phone itself on a weekly or monthly basis. In such cases, the receipt for the calling card or the downloaded minutes will be all that are left in regard to evidence.

These are all techniques and methods that can be used by spouses on their own in order to determine the veracity of any suspicions. However, there are other methods that will truly get to the heart of the matter, whether you are the one doing the investigating are not. More about those in the next chapter.

## Surveillance

When things get really serious, husbands and wives often take drastic measures to determine the innocence or guilt of their partner. Keep in mind, however, that such measures may often irreparably damage the relationship because of the level of attention and detail that has been given to the subject. The word here is *surveillance*. While you may find what you're looking for, you may not, and therein lies the problem.

For example, a spouse might be offended or hurt that their partner has tried to determine his or her e-mail addresses, or has checked bank statements, or asked them about cash withdrawals. In a case where someone is innocent of wrongdoing, such intrusions and questions may seem offensive and show a lack of trust. However, anything that serves as a red flag should be considered fair game to suspecting partners, but many times getting that proof will spell the end of a relationship.

Still, many spouses want solid proof that their spouse has been cheating. These are not mere suspicions or gut feelings, but a definite knowledge that something is going on. The receipts have been tracked, the cash withdrawals have been noted, and the phone calls have been logged. When it comes to irrefutable proof, surveillance is often the next step in the process.

This situation may not necessarily require the use of a private investigator. Some men and women prefer to find the evidence on their own. Various methods and techniques to spy on people throughout the day without them even being aware of it are available for purchase. One of the best ways to watch without actually being there is through the use of a video camera. While mainly childcare authorities and police departments to monitor the movements of suspects have

used this technique, such technological advances also make it possible for cheating spouses to be caught on film.

While digging through pockets and searching through phone bills may be part of the process, technology gives people many opportunities to use hidden cameras to monitor movements. Such cameras may be installed within:

- Plants,
- Buttons,
- Clocks,
- Phones, and
- Lighters.

That's just the tip of the iceberg. Cameras can be installed in furniture, walls, light fixtures, smoke alarms, and just about anywhere else. In addition, suspicious spouses now also have access to digital voice recorders, portable lie detectors, Sim card data recorders, as well as telephone recorders.

Such advancements allow a person to be able to monitor movements and activities without having to be present at the location. For example, if the husband is suspicious that his wife is having an affair, he may very well have hidden cameras installed throughout various locations in the house to monitor her movements. Can this be defined as a gross invasion of privacy? That depends on whom the suspicion is cast and whether you're the guilty party or not.

Using such technological gadgets may be considered the final step in obtaining proof of an affair. Be forewarned however that very few spouses are willing to forgive a partner for filming them when they are not aware of it, of recording telephone conversations, or monitoring their every movement through the eye of

a hidden camera. It is imperative that people using these methods be prepared to accept the consequences of their actions, regardless of outcome.

Telephone recorders are often indicated if you notice the your spouse has been spending large amounts of time on the phone. If he or she is reluctant to talk on the phone in your vicinity, speaks in hushed tones, or insists on going outside or into another room on a consistent basis and for no reason, suspicion is likely to be raised. If you find yourself experiencing hang-ups when you answer the phone, or phone calls late at night, you may indeed have a right to be suspicious.

Caller ID and phone bill records will only get you so far. They may give you the number that is being dialed, but it won't tell you to whom your spouse is talking. Telephone recorders record conversations without a partner being aware. Keep in mind that such conversations will not be admissible in a court of law, and may even be illegal in many states, but in most cases, a spouse who uses such a device is doing so to merely provide proof to themselves and not to use in a divorce trial or other legal maneuvers.

Some recorders will only start recording when the receiver is lifted, and then they automatically shut off when the phone call has ended. As long as the recorder is attached to the same phone line as is used throughout the house, recordings from any phone within the house may be obtained. Attaching a recorder to an extension within the house enables a user to listen to a conversation that is taking place on another phone within the house. Such a device will also work on cordless phones.

While these devices cost a couple of hundred dollars, they will record up to about 12 hours of conversation and are very good at picking up a wide variety of voice tones as well as soft and loud voice pitches.



Digital voice recorders work a little differently. If you don't have a hidden camera or cell phone or landline phone extension, digital voice recorders can often pick up a great amount of conversation. These digital recorders use micro cassette tapes and are often used by doctors or lawyers for dictating large amounts of information, which is then typed into computers or printed documents.

Digital recorders can pick up voices with varying degrees of clarity within up to a twelve-foot radius of the speaker. Of course, if you have placed a digital recorder in a drawer, clarity may be decreased. Keep in mind that the digital recorder will display a bright red light when the recorder is running, and if you don't take care to hide it, it may be easily seen.

However, such recorders can be placed in a pocket without a person being aware it is there. It can also be held in the hand and doesn't require constant attention, as most micro cassette tapes will play for 30 to 45 minutes per side.

Digital recorders, like cell phones and camera phones, have continually benefited from technological improvements in the last few years and are able to pick up conversations with exceptional clarity in a variety of circumstances.

Cell phones are also a favorite method of communication between a cheating spouse and their lover. Because of their mobility, cell phones make it easier for cheaters to hide the amount of time they spend on the phone talking to someone, especially if they are alone and are not afraid of being overheard. Using prepaid phone cards or plans may make them feel very secure that there is no way that a suspicious spouse can find out what they are doing on their cell phone.

Keep in mind though, that a cell phone requires the use of the Sim card. The Sim card is similar to the media cards found in digital cameras and video recording media. The Sim card data recorder will enable a partner to download the information on their spouse's cell phone Sim card. A Sim card recorder costs less

than \$20 and can be used to identify the numbers as well as the names of the people your husband or wife is speaking to on his or her cell phone.

### **Performing Reverse Cell Phone Lookups**

While the previous topic discussed the fact that cell phone bills or telephone bills may provide a phone number being called, but not the person to whom the calls are being placed, there are such things as “reverse cell phone lookups.” This method will enable a suspicious partner to determine who has been making calls to your spouse's cell phone or landline.

There are two different options that person may take at this stage. One costs money and the other one does not. Either way, you'll need Internet access. You will also need a little bit of time, because you may need to search through various search engines as well as to be able to pluck out information on those various search engines.

To access to a reverse cell phone lookup, you can log on to a server such as Google. Enter the phone number in question into the search bar. The search will bring up loads of information. Don't forget to include the area code. Any phone number that you log into a search bar is going to produce up to hundreds of thousands of pages to look through. This does not necessarily mean that you won't find the information you're looking for within the first few pages, but this method requires determination and a lot of patience.

Placing quotation marks in front of and behind the phone number will help dramatically narrow down your search. This is because without the quotation marks, Internet search engines will search for the number that you originally placed in the search bar in any combination or sequence. Placing quotation marks around the phone number will ensure that the search engines will only

search for listings or information regarding a particular sequence or combination of numbers.

Keep in mind that you still may have hundreds of pages to look through. Nevertheless, the Internet allows people to search for a variety of information as long as you know what you're looking for and what's out there. Determining the right phrase or topic to type into a search bar may need to be tweaked in order to continually narrow down search parameters.

In some cases, if you know for certain that the phone number is originating in your city or town, you may include the name of the city instead of the state when providing search engines with a combination of information data.

Another method of tracking phone numbers and their owners is to use websites or equipment that require various fees for their use. Phone numbers can be checked in various locations using websites and search engines that specifically pull information from chat rooms, forums, and discussion boards. Socializing websites such as MySpace and Facebook may also provide information that you're looking for.

At this point, if you have not found the information that you're looking for, you may have to make a decision. Either you admit that you have hit a dead end or you can spend some money and log onto websites or services that will allow a search to be carried out on specific phone numbers or cell phones. While fees vary, results from these websites are reliable.

### **Text Messaging**

Nearly everyone these days has a cell phone, and access to text messaging is a capability on most cell phones. If you get a chance to look at a spouse's cell

phone and access the text messaging features, you may be able to retrieve deleted text messages if you know what to do.

Software that is available without a great outlay of expense can not only retrieve text messages that have been deleted, but everything that has been stored on that cell phone's Sim card, including deleted inbox and outbox messages, cell phone numbers, as well as names of callers and senders and contact numbers.

The computer software is able to work with any type of Sim card and on any phone network. Generally, it is compatible with Microsoft platforms. However, the software is read-only, which means that you can't modify any of the information that is generated from the software, but you can print up a report that includes all the information that you have retrieved from the Sim card by the software.

However, users need to realize that such software will not work on a Sim card or on a cell phone that requires a pin number to access information unless you happen to know what the password or pin code is. If you attempt to access information from a Sim card without authorization, without knowing the Sim card pin code or password, you will automatically lock the Sim. Doing so will not only prevent you from generating information, but it may also give your spouse a warning that you have been trying to retrieve information.

In order for the software to work, you must be able to have access to the Sim card of the phone in question. Such software may be found in various search engines, including Google, by typing in "undelete deleted text messages" into the search bar.

There are many other handy gadgets and pieces of technology that may help a spouse to determine whether or not their spouse is cheating. However, these products are not created equal, and some are better than others. If you have gotten to the point where you are even considering such surveillance, keep in

mind that such technology may be pricey. They may also have been designed for a function other than what you want to use it for.

Cameras to record activity, as well as screenshots, don't need to be \$500 models. Cheaper cameras often provide adequate-quality photos for a lot less. The type of camera or device you purchase will also be determined by the length of time you plan on using it. You don't particularly need top-of-the-line equipment to catch a spouse in the act.

Various pieces of equipment may be considered depending on how much information you have before you buy such surveillance equipment. Such information could include: How much time of the day do you think your spouse is spending with this other person? Is it typically in the mornings, the afternoons, or the evenings? Where do you think your spouse is meeting this person? At a local restaurant, a local motel, hotel, or your house?

Does your spouse receive a lot of phone calls at the house from this person? Or do you think this person tends to call your spouse only on his or her cell phone during daylight hours? If you happen to have an idea where your spouse might be meeting his or her lover, you may purchase equipment that will be suitable for such surroundings. Obviously, you won't be able to place a hidden camera in a smoke alarm in a hotel room, but you can certainly do it in your own home.

Many private investigators are able to use zoom lens cameras to catch cheating spouses in the act. In some cases, spending the money to hire a private detective in such a case may prove a better decision than purchasing a lot of high tech equipment that is difficult to use, difficult to hide, and may not produce the results you're looking for.

Some pieces of surveillance equipment can be placed in automobiles, bedrooms, bathrooms, and even in a work environment. However, that last scenario may be

quite difficult to achieve unless the hidden camera is placed in a mobile object that you can take into the office and leave without suspicion.

If you do decide to purchase any type of surveillance equipment, be smart and don't use a credit card for the transaction. In some cases, you may enlist the help of a friend for this purchase. Paying a friend in cash will enable your friend to purchase the equipment on his or her credit card for which you have just paid him or her.

One of the most imperative rules in this type of situation is to not let your spouse know that you are filming them, recording them, or otherwise monitoring their behavior or habits. Doing so will only cause them to back off or change scenarios so that the equipment becomes useless.

Especially remember the old saying, "Loose lips sink ships." People like to gossip. People like to gab. And sometimes, people just can't keep a secret no matter how much you've asked them to. The fewer people that know about what you are doing in regards to surveilling, the better. Until you have proof of infidelity, it is not a good idea to let a spouse know that you are suspicious, or that you are following them, monitoring their movements, digging through their trash, or hunting through their wallets or purses.

The key, as difficult as it may become, is to try to maintain normal habits and behaviors while you are on your information-gathering hunt. Installing some types of surveillance equipment is rather complicated and you may need to enlist the help of a professional to do so. Make sure that you have money placed aside so that you can do this without arousing suspicions from your partner. In addition, play it smart and make sure your spouse will not arrive at home, the office or his or her vehicle while such equipment is being installed.

Remember, innocent until proven guilty. You don't want to throw around accusations until you know for sure. If your marriage was in question before, consider what might happen if you were to reveal all the steps you have taken to prove your spouse has been guilty of an affair when such proves not to be the case!

Even so, the mere fact that you have been harboring suspicions about your spouse may indicate some serious marital difficulties and issues. However, maintain a sense of calm, be reasonable, don't jump to conclusions, and most of all, keep your activities to yourself as much as possible. The less people who know about your suspicions, the better. Remember, your best friend may have a husband or other friend who may alert your spouse to your surveillance activities.

Now that you have all the equipment and have searched to your best ability, it's time to wait. Sometimes, that waiting can seem endless, especially if for some reason your spouse is aware of your suspicions. He or she may allow some time to pass before they continue with their liaison. Does that mean you have to wait for them to make the first move? Not always.

## Flushing Some Action

After a suspicious spouse has spent time, money, effort and worry in setting up various monitoring gizmos and gadgets, waiting for something to happen can be nerve-racking. In many cases, especially in those which you may get a nagging feeling that your spouse is aware of your suspicions, a scenario may require a little more effort on your part to initiate a reaction or behavior.

Regardless, it is important that, if you have set up surveillance equipment in a home or in office, it is imperative that you are not present during the recording process. You will need to be away from the area in order to truthfully gauge the behaviors, comments, or conversations of a partner who is being watched and recorded.

One of the best ways to do this is to make prior arrangements to be away from the home for a weekend or a least a couple of days. It is imperative that your excuse be verifiable as well as believable. Suddenly making a trip to an "ailing" parent when you have never done so before is likely to encourage suspicion. Lying about attending a seminar or a business trip is not good either, especially if your spouse will be able to determine the truth of such an excuse.

Your excuse for leaving town should be as truthful as possible. If you generally visit relatives on an occasional basis, tell your partner that you are going to do so. You might even give him or her plenty of notice so that the cheating spouse may make arrangements for a "meeting" with their lover. You don't actually have to leave town. The point is, being away from the home or office environment long enough will enable your spouse to feel safe enough to engage in interaction with his or her lover, all the while believing that you are far away from the situation.



Other people find that staging an argument is also a good way to initiate reactions. At times like this, it is not particularly difficult for a betrayed spouse to vent. However, suspicions of infidelity should not be brought up, though just about anything else is fair game. Bring up your feelings of disloyalty, your feelings that you've been disrespected, things that you don't like, etc.

Immediately after this staged argument erupts, leave the house. More often than not, after such an argument, the cheating spouse is very likely to use the telephone to relate what has just happened to their lover. In many cases, such a situation not only enables a cheating spouse to be caught through a telephone or digital recording device, but also hidden cameras that may catch the arrival of the lover as well as any sexual contact between the two.

Making arrangements to have gifts delivered anonymously to the house or work environment will also encourage a reaction on the part of your spouse, especially when you claim no knowledge of who sent them. In addition, many spouses may "plant evidence" in their spouse's vehicle or office, wherever they suspect their partner has been cheating, in order to encourage a reaction. Taking advantage of such methods must be used sparingly, especially when you are trying to entrap a spouse with evidence.

Planting a solitary earring in your husband's car may work to encourage a response, but if you take such evidence to a court of law, the identity and owner of that piece of evidence must be reliable.

Another tactic, though one that might seem extreme, is to suggest to the cheating partner that you have just come from the doctor's office and he or she has told you that there is a possibility that you have some sort of a sexually transmitted infection or disease. Sexually transmitted diseases are extremely serious and may result in long-term health complications for partners.

While claiming such a possibility may be considered by many to be a dirty trick, it is often one of the best ways to flush out a cheating partner. Not only will your partner need to be tested, but his or her lover will also need to be tested, which can cause extreme embarrassment and inconvenience for the cheating couple.

That being said, it is suggested that any man or woman who feels that their partner is cheating should indeed go to be checked for such sexually transmitted diseases as herpes, gonorrhea, syphilis, Chlamydia, and others. These medical conditions are not to be ignored and should be seriously considered if you feel your spouse is having an affair!

In this type of situation, you are actually going to try to encourage your husband or wife or partner to have illicit contact with their lover. You'll want them to contact their lover by telephone or e-mail, as well as to invite the opportunity for physical contact.

While doing this may be extremely difficult for a spouse, it is often necessary in order to provide absolute proof that a partner is cheating. What you decide to do with this information is completely up to you. You may confront your partner or spouse with the evidence and see what happens, or you can take such evidence, store it, and use it in the future if necessary if you decide to file for divorce.

## Confronting "The Other Person"

Once a partner has determined and accumulated proof that their spouse is having an affair, another decision needs to be made. Do you confront that other person or not?

That determination depends on who the other person is. For example, if it is your best friend, feelings of betrayal not only from the spouse but also from that friend may need to be dealt with. If it's a stranger, women are less hesitant to confront those people. If the other person is a coworker or casual friend or family member of the spouse, such knowledge will also produce various reactions and choices.

Finding out that the other woman or other man is a friend or relative is often the most difficult for a betrayed spouse to deal with. That being said, it should be stated that the majority of extramarital relationships and affairs do occur between your partner and someone that you definitely know.

Finding out that the other person is a part of your family may produce irreparable damage to the family unit. Friendships are ruined forever, and dealing with aspects of forgiveness may be difficult. Some people choose to forgive, while others do not.

When people find out that you have determined that your spouse is seeing someone else, they may react to you differently. Some are sympathetic, while others are merely uncomfortable. Friends that you and your spouse shared may suddenly feel less comfortable dealing with either one of you. They don't want to be caught in the middle, and it's perfectly understandable for them to feel this way. Loyalty to a friend often precedes loyalty to a spouse, and as such, you may not only lose your spouse, but a major chunk of friends and family members as well.

Finding out that the other person is someone that you are required to work with on a daily basis is often a difficult situation. If you behave badly, friends and family members may prove increasingly uncomfortable being around you. While you may be miserable, making everyone else around you miserable over the situation will not do anyone any good, least of all for you. Doing so in a work environment may even endanger your job or position within a corporation or company.

It is important, though very difficult, to not feel like you have to force friends to choose between you and your spouse. In many situations, and depending on the length of the relationship with your spouse, friends may continue to be friends with both you and your spouse, while other times it is just not possible. Asking friends whether or not they knew about the affair is not always a good idea. This often produces awkward moments between friends as well as the betrayed partner and the cheating partner.

Sometimes, men and women don't want to know how much their friends knew or didn't know. Putting pressure on friends or questioning why some remained silent is very difficult. Having an affair involves many more people than just the cheater and the betrayed spouse. The rippling affect of such an affair involves mutual friends, acquaintances, coworkers, as well as family members.

Depending on what has happened with your relationship with your spouse, the betrayed spouse may behave in a variety of manners. If you are going to try and work out your relationship with your cheating spouse, remembering it forever and referring to it in moments of anger is not going to help repair broken bridges. In addition, if your spouse's lover happens to still work with your spouse, learning how to deal with that person will require a great deal of patience and personal fortitude.

Confronting a lover will sometimes encourage that person to leave the adulterous relationship. In addition, statistics show that when a person cheats on their spouse with "the other person," they are very likely to ultimately cheat on that "other person" as well. It should also be said that shouldering the blame for the adulterous relationship belongs to both your spouse *and* the other person.

In many cases, betrayed spouses often forget about the other person. However, it is often important for the betrayed spouse to confront that other person to let them know that you know they're out there and that you're not going to allow further relationships between that person and your spouse to continue. Such discussions with this other person, if you decide to confront them, should be done in an adult manner, and not involve any threatening or violent behavior. Doing so may lead to legal difficulties.

Of course, this is not to say that a betrayed spouse does not have a right to feel angry or hurt. This is not to suggest that a spouse who has been betrayed cannot confront the other person and show their emotion. This is only to say that in such situations, resorting to nasty behavior is not going to help the situation at all, and one must also keep in mind that there are occasions when that other person has also been lied to and had no idea that the person they were seeing was married or involved in a relationship.

Many people faced with such a situation may contemplate ideas of revenge. They may even contemplate having an affair of their own. This of course, does not resolve any issues and may lead to more difficulties down the line. At this point, it is up to the betrayed partner to decide what they want to do about their relationship. Should they stick it out and try to work things through? Is it possible to forgive and forget? Or is divorce the only answer?

## Making Decisions

While no one wants to find out that their partner has been cheating on them, it does happen. Once the suspicions have been investigated and the investigation has led to irrefutable proof that a spouse is having an affair or even behaving in completely erratic and unacceptable behavior with other women, it is time to make a decision.

In addition, it is completely understandable that a man's or woman's confidence, trust, and entire psyche is short-circuited for a while, and it may take a long time for a person to get back on his or her feet. It is at this point of time that a decision must be made—whether the marriage is worth saving, or whether separation is in order, or even filing for divorce.

Can a relationship recover after one of the partners has betrayed trust? Can a marriage be mended after infidelity has been uncovered and proven? Yes it can, but as with everything else that has been discussed in this book, personal feelings, beliefs, and emotions will have a great deal to do with to the eventual arrival of any such determination or decision. There is no doubt that there is going to be a schism in the marriage thereafter that may be defined as the "before-" or "after-" the-event-scenario. As much as a man or woman would like to forgive and forget that their partner has cheated on them with someone else, it may take years to patch the damage.

While many partners are willing to forgive infidelity, and one episode of adultery, they are never likely to forget. Proving infidelity leaves the betrayed partner forever wondering about truth, honesty, and sincerity of their partner. After all, if they did it once, what is to stop them from doing it again? The betrayed spouse

may find it very difficult to let go of feelings of resentment, criticism, shock, and most of all, to allow themselves to trust their partner in the future.

How a couple goes about dealing with infidelity is going to depend upon the strength of the relationship, the circumstances, as well as the two people involved. When overcoming infidelity or an extramarital affair or even multiple affairs, the personality of each spouse needs to be taken seriously under consideration in order to determine the chances of such an event occurring again in the future.

Discussing not only the infidelity, but also the reasons behind it is an important part of taking the first steps toward repairing the damaged relationship. Again, communication is the most important tool that couples have to interact with each other.

When a couple reaches the point where proof has been gathered and the spouse has been confronted, the betrayed partner needs to decide whether a temporary separation or permanent one is necessary. In most cases, couples may be better served if a brief separation is obtained. While in many cases, the straying husband is relegated to a different room in the house for sleeping, other betrayed wives insist that the cheating spouse move out of the home. Doing so allows each partner to search his or her emotions in order to determine whether or not the relationship is worth pursuing.

Taking time away from each other will allow each partner to deal with the emotional impact of the discovery and help to determine exactly how each person feels about either the discovery or the unveiling. Remember that the emotional cycle following such an event is not simple. Feelings of betrayal and hurt are uppermost, and are then followed by feelings of anger, rage, and then a deep sadness that the event has occurred. Through every stage of this process,

a spouse must be able to determine if they still love their partner enough to make a try at continuing the marriage.

People fall in love, and they can fall out of love just as easily. In many cases, the betrayal of emotions, stability, trust, and love that a person has or had for a cheating spouse, causes irreparable damage in the relationship. Even when couples try to move on beyond such an incident, there are changes within each partner, as well as cracks in the foundation of the marriage or relationship. Even men and women who have truly forgiven their partner for the infidelity and truly wish to make their marriage work find that they can never forget the incident.

One of the most important questions to ask is whether or not the relationship is worth saving. If a partner does not feel that he or she is going to be able to get past the hurt, the mistrust, suspicion, and disappointment in a partner that such an event creates, then it is best not to drag on the process and to make a clean break. If a spouse learns that their partner has been cheating since the beginning of the relationship, it is probably safe to say that the relationship is not worth saving.

Partners should also be very honest about the fact that someone who has cheated on their partner has done so in complete disregard for their feelings, emotions, and love. The fact that they knew it was wrong, that they knew it would hurt you, and did it anyway, shows complete lack of respect and care about your feelings.

In most cases, trying to rebuild and repair a relationship that has been damaged by infidelity will only be successful if the cheating spouse is truly sorry and regretful for his or her actions. Of course, most cheating spouses are very sorry, but only after they get caught.



If a spouse does not attempt to apologize for their behavior, the betrayed spouse may take that as a sign that their spouse no longer truly cares about them. If a cheating spouse tries to turn all the blame for their cheating behavior on their spouse, they obviously don't understand that what they did was wrong, and may have proclivities to do it again.

A cheating husband who blames the wife for his infidelity by saying such things as, "You haven't been giving me enough time," "You don't do things with me," or "You don't love me enough," is not one who is willing to accept or shoulder the blame for his or her inappropriate behavior.

If you have found out that this is not the first time you had suspected or proven that your spouse has cheated on you, be honest with yourself and realize that things are not going to change. For many cheating spouses, getting away with infidelity or being "taken back" by a betrayed partner encourages the spouse to believe that he or she has gotten away with it, and that if their partner forgave them once, they'll forgive them twice.

At this point, it is up to the betrayed spouse to determine whether or not their spouse's apology or promise never to do it again is sincere or if they are just words. Taking a wait-and-see approach may prove beneficial to the cheater, but may be a time of torment for the betrayed partner. Having trust and reliability damaged and broken again and again destroys relationships as much as other forms of abuse in a relationship.

At this point, determining how much you can continue to trust your spouse is basically the only thing that you will need to consider in whether or not you want to try to save your marriage or cut your ties. If you don't honestly believe that you can ever trust your partner again, and that means 100% complete trust, the marriage may never completely recover. The memory of the infidelity and the betrayal may lurk beneath the surface for many years.

Many betrayed men and women feel guilty for not being able to say that they can guarantee that they will be able to trust their cheating partners ever again. It is important to remember that such feelings are not your fault, and that they are perfectly natural. Betrayal, lies, and infidelity leave scars that will never go away. However, if you don't think you will ever be able to trust your partner enough in order to feel comfortable and secure with him or her in the future, there is not much left to build a relationship with.

Making a decision to continue the relationship requires cooperation as well as effort from both partners. Visiting counselors at this point is recommended, though many offending spouses are resistant to this suggestion and many will downright refuse. If the offending spouse absolutely refuses to see a counselor or even to discuss the issues which caused the inappropriate behavior in the first place, a spouse can take that as a sign that the partner is not really interested in repairing or strengthening the marriage.

Sometimes, proof of an affair or inappropriate behavior will cause an almost immediate disintegration of a marriage. In many cases, finding proof that a spouse has been engaged in sexual relations with another woman or another man is enough to destroy the love and affection the betrayed partner felt for them. This is very common, and the betrayed spouse should not feel guilty for their feelings.

Trying to rekindle love in such a situation is more often than not a hopeless endeavor. Every moment that a betrayed spouse spends with a cheating husband or wife, every look, every touch, sometimes makes it impossible for the betrayed spouse not to think about that "other person."

Sometimes, regardless of the feelings or wants of the betrayed spouse, a cheating spouse may take the unveiling of the affair as an opportunity to end the marriage because they would rather be with the other person.

In the event that the betrayed spouse decides to end the relationship, various issues may need to be discussed, such as financial considerations. In addition, other considering factors such as children that may be involved, dispersal of property and belongings, and whether or not any contact with the cheating spouse is required, necessary or even wanted needs to be determined. Do you want to remain in contact with your spouse? Do you want to still be friends?

Most typically, relationships that end this way do not end friendly. In some cases, a spouse leaving or refusing to continue the relationship may provoke feelings of aggression, anger, and rage not in the betrayed partner, but in the cheating partner. In many controlling relationships, power, control, and authority over a spouse may be all-encompassing and even threatening. Leaving such a relationship may provide relief for the betrayed partner, but may generate unforgiving anger in the cheating spouse. In such a case, it is perhaps wise for the betrayed partner to move away from the town, or even move to another state if no children are involved.

Regardless, a betrayed partner is going to be prone to periods of grief during this process. The pain of such a betrayal may take years to go away, if it ever does, and a person has to be willing to live past the pain in order to start a new life. Feelings of self-esteem usually take a big hit after such an affair. Cheated partners often feel as if there is truly something wrong with them, either physically or emotionally. They may feel worthless, ugly, like they will never be smart enough to attract someone else. In many relationships where affairs are common, there is also a history of verbal and mental abuse, whether subtle or overt.

Whenever possible, it is suggested that a betrayed spouse has someone they can talk to about their innermost feelings. Whether this is a best friend or a professional counselor, being able to discuss your innermost and deepest feelings with someone without fear of criticism or judgment is often necessary in order to regain self-esteem, confidence, and to dig yourself out of the pit of uncertainty. Regardless of what the cheating spouse has told you, their behavior, their infidelity, and their affair or affairs are not your fault.

While leaving a relationship is certainly never easy, or at least it isn't for most people, a person needs to determine what it is they want out of life and then reach for it. You may not know exactly where you're going or where you're going to end up, but one thing is certain: Staying busy and looking toward the future often initiates changes and improvements in confidence and self-esteem.

Eventually, the pain will lessen, and while it may always be there, the edges of it are a little less sharp as time goes by. Rebuilding your life is an important step in the healing process, and trying to find out exactly what precipitated the betrayal that ruined the relationship may be a hopeless endeavor.

After leaving an adulterous relationship, or one that has been shattered by lack of honesty, trust, and feelings, many people are reluctant to even consider engaging in a new relationship. This healing process takes time, and while some get through it faster than others, it may take months or even years for a man or woman to even consider dating again.

Coming to terms with your destroyed relationship in terms of expectations is going to need to be dealt with before you enter a new relationship. Bringing the baggage of distrust, suspicion, and wariness to a new relationship is not going to help that new relationship any. While any new relationship is going to be compared to your past, it is important not to dwell too much on the past.

Allowing oneself time to regain trust in others and to enjoy the company of the opposite sex is important in order to ensure healthy relationships in the future. One must be able to get past the mistrust and hurt that a former partner caused and to realize that not all men or women behave in such a manner. A betrayed partner who enters into a new relationship automatically assuming that their new partner may cheat on them is not ready to begin such a relationship.

## Family Matters

While many people think that an affair only involves the married couple and a lover, such is not the case. The betrayed spouse, the cheating spouse, as well as the lover all have family and friends who support and love them. Once such a relationship is exposed, it often devastates friends and families and continues to have a rippling effect in feelings, perceptions, as well as trust within a family unit.

It may be very difficult to let family and friends know that your partner has cheated on you. Dealing with the anger of your own family against the cheater may be just as difficult as dealing with the disbelief or even the possibility that your spouse's family will try to negate their own son or daughter's behavior and blame it on you. How well you got along with your spouse's family and friends will have a great deal to do with how they perceive the situation.

The situation will be even more difficult if there are children involved. This is because each set of parents and relatives feel, in most cases, as if they are part of your family. Losing a spouse to divorce may deprive grandparents of time with their grandchildren. However, again, this depends on what type of relationship you have with your partner's family.

At times like these, it seems increasingly unfair that one person's selfishness and lack of self-control can have such a damaging effect on everyone within their sphere. Like it or not, family is involved in this type of the situation, and it's better in the long run to discuss what has happened and allow them to make their own decisions regarding it.

The most important thing is to try and maintain a calm demeanor when discussing such issues with your own family or with your spouse's family. Every person within the family unit will have their own opinions and their own feelings

about the situation. Some might encourage you to leave. Some might encourage you to stay. It is important that you do what you want with the relationship, and try not to allow others to sway your opinion, your decisions, and your reasoning.

Parents are not to blame for a spouse's behavior. Whenever possible, try and keep other family members out of any debates or discussions where blame or finger-pointing may occur. It is a sad situation for everyone involved and may have deep and lasting effects on not only the spouses but their families as well.

For those who don't get along very well with their in-laws, a simple explanation may be all that is necessary. You may call them or visit them and tell them what has happened, and your decision about whether you're going to leave or to stay. You don't owe anyone more than that, whether you are close to them or not. You choose what you decide to tell them, and in what depth. If you don't want to talk about it in detail, tell them politely that you don't wish to do so.

While everyone wants to be liked and accepted for who and what they are, there are times when people are going to say mean, cruel, or nasty things about you. These comments may come from your angry spouse or from his or her family, friends, or relatives. At this time, a betrayed spouse or the guilty party needs to ask him or herself whether those opinions really matter.

Just remember that in most cases, parents, brothers and sisters, as well as other immediate family members often embrace spouses into the family, and it may be devastating for them to find out the truth and to realize that your marriage may be over. On the other hand, if the relationship goes back some way, your family members or friends may want to continue to occasionally see or visit with your spouse, and such a choice should be respected.

In many occasions, however, ties between in-laws and a couple are severed. In some ways, they will also have to deal with feelings of betrayal, and dishonesty,

in addition to the fact that that spouse has deeply hurt you, their child or family member.

### **Severed Friendships**

In many cases, a couple shares many friends. Finding out that your relationship has been shattered by infidelity or an affair is a dramatic experience and is not easy on anyone. Friends often feel as if they have to take sides or choose one partner's side over the other. It is important for each spouse not to put such pressure on friends and let the chips fall where they may. Pressuring friends not to speak to the spouse who betrayed you can put intense pressure on any friendship. In the long run, you may end up doing more harm by insisting that they cut ties. Leave them alone and let them make their own decisions.

The bonds of friendship often run very deep, and many of them may want to continue to see both of you. Perhaps the best way to deal with this is not to discuss your spouse with them and to also request that they not talk about you to the ex-spouse or partner when they are with your ex spouse.

It is up to friends, family members and relatives to make their own decision and judgments regarding the cheating spouse. Even approaching the subject may be difficult for many. Many betrayed partners will confide in a friend, who will then notify other friends and family members of what has occurred. Eventually, the word will travel. There'll be many at this point in time who say they thought they might have noticed something or they may even have known something for sure, but this is all hindsight.

Many friends are truly torn between the desire to say something to you along the lines of, "I knew there was something going on" and not wanting to overstep their bounds. Try not to be judgmental or accusing toward such people, as it is an



extremely difficult position to find yourself in. To tell or not to tell is a choice that many friends may have been confronted with, and until you yourself are in their shoes, avoid casting judgment.

At this point, learning to live with the decision you have made, whether to stay or go will require a great amount of determination, patience, and time to heal. Facing the issue of a partner leaving, or you leaving a partner, needs to be the focal point of future decisions and goals.

## Learning to Say Goodbye

In the event that a betrayed partner decides to leave a relationship, or even an event where the cheating spouse has left, both the partners are going to need to understand how to deal with the dissolution of their relationship as well as with lingering feelings of anger, resentment, and mistrust. In such a case, many partners may torment themselves as to why the infidelity or affair happened in the first place. There are no simple answers.

Pressure from family and friends, as well as from your spouse, may cause you to waver in your decision to stay or go. For many couples, financial considerations, as well as uncertainties, employment, and housing may prove to be almost insurmountable obstacles to leaving a bad relationship.

Again, while some couples can repair their relationship after an episode of infidelity or adultery, others can't. Depending upon the emotional stability of both partners, in some cases it is just not possible to repair broken bridges. Depression, guilt, anger, and that sense of betrayal may linger and worsen as time continues.

In some cases, other factors have been involved in the eventual dissolving of a relationship. Besides infidelity, many relationships that get to this point in the first place are often dealing with alcoholism, drug addiction, and other addictions like gambling. Many men and women who are addicted to alcohol or drugs may decide to choose those vices over their partner.

Sometimes, a partner may want to leave because they want to continue the affair with the other person. In such a situation, it is best to let them go because repairing the relationship is not the first priority of the cheating spouse. If you allow the cheating spouse to stay, and you have any doubts that he or she is

going to remain true to you, better to let them go than to allow them to heap more guilt, pain, and sorrow upon you.

On the other hand, if you find yourself in the position of a betrayed spouse, it may be impossible for you to ever trust that person again. This was discussed earlier. When the blinders come off and the truth is out, many spouses who feel unwanted, unappreciated, taken for granted, or unloved are going to reach a point when they no longer allow their self-esteem to be consistently lowered by a cheating spouse.

You don't need a relationship where your spouse needs to be put on a leash, or where you are checking up on them on a daily basis. Such is not a good foundation for any relationship, and such issues will become stifling and lead to further troubles. Healthy relationships are beneficial to both partners and allow each to grow in friends, skills, and personal development.

Once a partner falls out of love with his or her spouse, or loses respect for them, it is very difficult to regain those feelings. Whether you decide to leave or your partner does, try to listen, attempt to communicate and avoid attacking the reasons for the leaving at this point. It's too late to drag all the emotional issues over the coals again, and it may be just as well for each partner to go their different ways. While this decision is certainly not easy, taking one day at a time is the key to regaining your life.

It is to be expected that your emotions and your feelings may be erratic for a few months. One minute, you may feel like crying while the next you may be cursing your spouse for ruining everything. Giving vent to your emotions is an important part of the healing process. However, dwelling over the "whys" of any situation often proves fruitless.

Even though it will be very difficult, try to focus on future events and possibilities. If you need to, talk with someone about your feelings. Start a new class in something. Take up a hobby, keep busy, and try not to dwell on all the bad aspects and disappointments that have been part of your life during this process of investigating and proving that your spouse has been untrue to you. The first three to six months of any separation are going to be very difficult.

Learning to say goodbye and letting go are an important part of maintaining good mental health, as well as overall physical health, even though you may not feel much like taking care of yourself during this initial grieving process. And that's exactly what this is—a grieving process. While a person has not died, your marriage has. It is important for you to go through a grieving process so that you can mourn your loss.

When dealing with certain issues after a spouse or partner leaves, it is important to make a list of issues that need to be dealt with because your frame of mind may not be able to focus on details right away. Try to take care of financial details as soon as possible. If you and your spouse have joint accounts at a bank, have them frozen until details about dividing such funds are possible.

For those couples that have children, thinking about their needs and what is best for them is also important. One of the most important things that a mother or father should **not** do with their children is to complain about the relationship or otherwise "unload" your feelings, anger, fear, loathing, or sorrow onto the backs of children, regardless of their age. Even if children are of adult age, couples should refrain from bad-mouthing their partners, whether they cheated or not, to the children. In many cases, the children will often be forced to take sides in the issue.

Under no circumstances should children have to be drawn into such a scenario. They are going to be torn enough as it is without parents making them feel as if

one of them is a good guy and one of them is the bad guy. They need to maintain their trust and love for both parents. While honesty and openness is the best policy when dealing with children, one must also take into consideration their age and maturity and their ability to understand what is happening.

Another warning to the wise: While a separation may be amicably discussed in the beginning, as time goes by, feelings and emotions on the part of each spouse may change dramatically. Arguments over finances, child support, spousal support and other issues may turn the situation from bad to downright ugly in a very short period of time.

Maintain records of all aspects of proof in regard to the infidelity or extramarital affair for evidence against your spouse in the case that he or she decides to take you to court or to contest divorce proceedings. In some cases, a divorce may indeed be amicable, but such cases are rare. Whenever possible, try to obtain written documentation that has been notarized when making arrangements for financial support or division of property, as well as issues involving children, prior to the filing a divorce decree. Doing so beforehand may help to avoid long drawn-out or contested divorces.

## Moving On

The recovery process will take some time. The support of friends and family is always helpful in this very difficult stage of learning to put your life back together again. Age, maturity, as well as mental strength often play a big role in how long the recovery process will take. It is hard to say, and every individual is different. While some people are able to put the past behind them and move on in a relatively short period of time, others linger with regrets and guilt for years.

The biggest secret to most people's success in achieving a healthy lifestyle balance after such a devastating experience is to keep busy. Friends and family can offer huge support system not only for discussions, but also for family activities that will keep you feeling involved and part of a loving circle of acquaintances.

Many spouses, both the betrayed spouse and the cheating spouse, seek help through support groups, neighborhood groups, and other events and activities that involve multiple people. This will help to make the days go faster, and/or fill your evenings, even if you have a full-time job.

In addition, many people learn how to live independently for the first time in their lives. Many who have been in overbearing relationships or have dealt with abusive husbands or wives find such freedom invigorating, and it allows you to grow beyond your wildest dreams.

Having a friend or relative that you can always talk to, and one that you can trust, is also an important part of moving on. You should be able to release emotions and vent frustrations without fear of judgment, criticism, or the fact that someone just doesn't want to hear it anymore. If this person suggests that you stop

dwelling on certain issues, it may be a good idea to listen to what they are saying.

If, after a month or so, you find that you are not coping or adjusting to your new single status, you may wish to seek the help of a professional counselor. Having someone to talk to who does not belong to your family or who is not familiar with both you or your spouse is often a good way to be able to identify issues from which you just can't move past.

In addition, some people just don't feel comfortable exposing every aspect of the relationship with the cheating spouse or betrayed partner with family and friends. In such a situation, seeking the advice of a professional may be your best option.

Children are especially vulnerable at this point. If they want to spend time with the other spouse, and as long as you are sure that they will be safe there, let the children continue to see that person. Restricting a child from seeing their mother or father may prove potentially hazardous for them in an emotional aspect. Children need to know that they are still loved, and that they are in no way responsible for what has occurred. Changes are something that children don't deal with very well, and their sense of security and safety may be greatly affected.

It is important to assure children that you will do your best to maintain a safe and secure environment for them even if you are no longer living with your spouse. While it might be necessary on some occasions to move away, changing schools, moving to a new town, and making new friends can be potentially overwhelming for a child who is already dealing with the fact that his parents no longer live together.

Some partners dealing with a spouse who has left them and their children may feel that that spouse has given up parental rights and has no right to contact the

children. This is not true. Circumstances vary, as do the reason for a spouse leaving. The children should never be used as bargaining chips or as pawns in a battle between spouses. Children need to develop their own feelings and emotions for their parent who has left, and it is up to you to respect their decision.

If the children do not want to see an ex-partner or spouse, it is also up to you to explain that to your spouse. Offer the children support and encourage them to talk about their feelings as often as they are willing.

The first six months of starting over are a time for growth, development, and stabilizing your emotions. While there certainly isn't a timeframe for this process, and some deal with it better than others, try not to allow yourself to slip into a funk that you can't climb out of. Eat well, exercise, and stay focused on the good things in your life rather than focusing on the bad issues that you have just overcome.

### **Reconciliation**

Sometimes, a couple that is separated for any amount of time may ultimately decide to attempt reconciliation. As has been mentioned before however, it must be remembered that a relationship takes two. Without communication there is no foundation to build upon.

When reconciling after any length of separation, it is understandable that feelings, expectations, and emotions are going to be different. Quick repairs, patches and Band-Aids don't work. The reconciliation process may be the beginning of an entirely new relationship with your ex-partner, or it may end up as a disaster. Only you will know for sure whether to even make an attempt.



It is strongly suggested that reconciling couples seek the help of professional counselors, and even engage in couple therapy or support. At this point, both partners should be ready and willing to engage the services of a professional to help them overcome old issues, as well as to establish a new foundation for this new relationship. Again, communication is the most important aspect of any relationship. Lack of communication or willingness to communicate with a partner often dooms relationships, even the second time around.

Re-learning how to communicate with each other and talk about your feelings and how you felt when your partner betrayed you or left is an important part of repairing those broken bridges. On the other hand, it is just as important for you to listen to the cheating spouse to find out what propelled them to cheat in the first place. In many such cases, when everything has been laid out on the table, it is possible for a couple to reestablish the bonds that attracted them to each other in the first place.

No matter who left whom, or who had the affair, this rebuilding process is a 50-50 effort. Establish new ground rules before you get very far. Let the cheating spouse know that even while you are willing to take them back, you will not tolerate being used again and there is a limit to what you are willing to put up with. Let them know under no ambiguous circumstances that you will not reconcile or allow them back if infidelity or an affair occurs a second time.

Setting rules and expectations should not turn into a power play. Feeding off of the other person's guilt is not a way to reestablish loving bonds with one another. These rules should be agreed upon by both partners.

Regardless of whether you decide to reconcile or not, this new period of your life is bound to provide both joys and disappointments. Learning to trust again, to believe again, to hope again, and even love again is a very difficult endeavor for

many people to get through. However, a positive outlook and a desire to rebuild your life will offer rewards that have not been dreamed of.

## Tips for a Successful Relationship

While there are always couples and individuals who beat the statistics, there are certain basic facts and figures that married couples should know and be aware of in order to better communicate and understand the stresses caused by everyday life.

A survey of married couples who have experienced infidelity and affairs offer a greater understanding of the stress that an affair or suspicions of infidelity have on relationships and marriages. These relationships can be new or have been solid and stable for years. Is there a specific way to profile a couple for risk of infidelity? Not exactly. However, certain behavior traits and characteristics may show a greater prevalence for such behavior.

This is not to say that a spouse or a couple who is on the low end of the spectrum as far as the results of this survey is in danger of experiencing infidelity. Again, each individual and every couple is different. But let's face it: If you've taken the time to read this book, you may already have suspicions that your marriage is not as solid as you wish it was. In many cases, it is not uncommon to realize that bad behavior has been going on for months or even years before a spouse realizes that something is going on. The rocky road of an unhappy marriage may prove fertile ground for infidelity.

Statistics gathered from surveys show that couples who know their partners for less than a year display a greater chance of emotional difficulties, as well as a potential for infidelity. A great proportion of adulterous partners came from relationships that had been stable for less than one to two years. Of course, there are always couples that belong to the group that has not been married long, and even range to those who have been married for 25 or more years.

Such statistics serve to define the fact that people should spend the time to get to know one another as well as possible before making commitments and shouldering responsibilities that they are not ready for.

In addition to the amount of time that a couple takes in getting to know one another, large disparities between educational levels often lead to lopsided relationships, which may cause dissatisfaction in either one or both partners. However, there are just as many couples that are equally educated who experience some sort of infidelity.

In many marriages and long-term relationships, patterns of behavior develop between spouses. One tends to be more aggressive, while the other more passive. One partner tends to be more willing to take the time to soothe ruffled feelings and calm arguments. Peacekeepers may often feel an obligation to smooth troubled waters, but in the long run, such efforts go unappreciated and unaccepted.

A great majority of couples that have experienced infidelity also stated that past disagreements were often brought up during arguments, whether those past disagreements had anything to do with the subject at hand or not. Marital counselors often tell couples to limit their arguing to the topics at hand and to not dredge up issues and incidents that have nothing to do with what the argument is based on in the first place.

When it comes to whom your spouse or partner may be cheating with, statistics show an overwhelming majority have affairs or are involved with coworkers. Strangers and friends follow a close second and third. Surprisingly, very few have affairs with their boss, and affairs or illicit relationships with prostitutes, or people they interact with on the Internet or even ex-partners are close behind.











