



HOW TO CATCH A CHEATING SPOUSE OR LOVER



Disclaimer:

This book is not intended to give legal or psychological advice. If you need assistance from a professional, then you should seek a credentialed individual.

Some of the techniques described in this book may be against the law in some jurisdictions. It is the reader's responsibility to check before using any of the methods mentioned.

These techniques are very powerful- don't misuse them!

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Chapter 1. PREPARE YOURSELF

I know at the moment the only thought in your head is whether or not your partner is having an affair.

It may have been like this for weeks on end. Now, just like any other traumatic experience you may have had in your life, you are going to have to take a moment to think how you will prepare yourself for good or bad news. At the time of finding out you may not think straight and see anything past this moment.

First things first. How are you going to catch your partner cheating on you?

When you suspect your partner is cheating on you, you need to resist your first instinct to confront your partner and accuse them. While this may seem like the most logical thing to do, you have to resist this strong instinct and think carefully and strategically. If you expose your suspicions immediately, what sort of response do you hope to get? Is it likely to bring you closer to the proof, or jeopardize your chances of knowing for sure what is really happening?

If you don't have any proof, or your proof is just circumstantial, the most likely response you will get is denial. If you can't prove without a doubt that you know about their affair, there is little you will be able to do that will refute their denial.

From a strategic point of view, you will have jeopardized your chances of catching your partner in the act because you will have alerted them to your suspicion. In future they will be more careful to hide their tracks, making it harder for you to find proof. If you claim ignorance, and don't confront your partner, they will have no reason to think you suspect anything. In fact, they may become reckless and become complacent when it comes to hiding evidence of their affair.

From a strategic point of view, acting as though you are ignorant is the best tactic to use. If people don't think you are listening, it is surprising what they may say. They may unconsciously let little things slip. If you are listening carefully, you will be able to pickup on these little slip-ups.

As well as listening out for slips of the tongue, you can also watch for other signs, like when your partner comes home smelling of soap, a different change of clothes, or with damp hair. It may be something as small as a sudden need to shower when they come in the door, or avoiding kissing or hugging you until they have been to the bathroom. Do their actions correlate with what you are told, or is there a need to look closer? Don't confront, just make a note of it, and wait for the next indiscretion or slip-up.

There is an old saying, "Keep your friends close, and your enemies closer."

The longer you are able to maintain the illusion of ignorance the more proof you will be able to gather. Remember, without concrete proof, you should never accuse your partner. Not only is there the likelihood they will deny it and make it harder for you to prove their guilt, but there is also the possibility, however unlikely, of you being wrong.

A private investigator is not always an affordable option, so the key to your success is in thinking of ways you and your support person may be able to catch them. Check their cell phone for inappropriate texts or calls. Make a note of their work patterns and check if their home arrival times deviate from those working patterns. Follow them to the gym or if he or she is working late. Check their gym equipment to see if it has been used. If they say they have stopped at a shop or a bar, see if you can find evidence of this with receipts picked up in their pockets later.

Whatever you decide to do, remain undetected, otherwise your partner will become suspicious of you and change their routine with their lover.

Have all the hard evidence there before you give it to your cheating partner. If it is all there, there is no way they can get out of it. Surprising them with the evidence doesn't give them time to make up excuses. Also keep it for any legal purposes, as it may come in handy.



Make a plan and write it down. Writing it down is important because at the time you may not be able to see it clearly. If it is written down you will know exactly what you want to do and not change your mind because your emotions will also be so strong.

Sometimes when people are very emotional they can think irrationally and do or say something they regret. If you have children, this is definitely important because they will be upset and confused as well and will need someone strong that they know they can trust and feel safe with.

Choose a support person that you trust completely like a family member or best friend that will help you from start to finish. Be 100% sure this is not your partner's lover. Talk to them as soon as you start to think there is something strange going on, as it is always good to express your opinion to someone and they can tell you their point of view.

Ask them earlier on if you can stay at their house at any point if you do find out. Now you know you have someone to lean on and somewhere to go in your time of need, it will lessen the pain as you won't be on your own.

If you don't have anyone that you can go to, check out support groups in your community. You may also have to check out any shelters or motels in your area if you feel you cannot stay in your house and your partner won't leave. When it comes down to it, it is important to have a sanctuary or some place you can go if you need to be alone for a while.

Decide beforehand if you think you would actually want to stay with your partner and if you think you could forgive them. I want you to give this point some special thought. A lot hinges on this decision, so don't let your first emotive declaration be your final decision.

Do you still love your partner? Do you still want to be married? Do you think you could forgive them if they asked you for forgiveness? What implications is your decision going to have on your future?

In that one moment, you can change the course of the rest of your life. Take some time to consider your options and discuss this through with your support person.

If you want to stay together think of all the things you want from your partner and things you want to change about your relationship. Now is your opportunity to re-evaluate the relationship as a couple, discuss what is going wrong, and discuss what changes need to be made in order to move forward.

Also make sure that they want to stay together. You can't make someone stay if they don't want to, as it will end up causing you more pain.

Think of all the things you want to say and feelings you want to express. At the time you may remember everything and you can't say it later on when the time has passed. They should know exactly how you feel to see what it is they have done, they have to accept responsibility for what they have done.

Stay calm! If you start jumping up and down, screaming and hitting (as much as you want to) your partner may think you are unstable and pathetic. If you are strong and pulled together, your partner will be worried because they know that they are not going to get away with it, and that you will not be walked over. It will also show that you are not needy of your partner, which will scare them because they may think you will leave them.

Don't lash out in a time of anger. As much as you may be tempted and feel you are justified, violence is never an acceptable reaction. Retain your self-control and your dignity and find alternative ways to vent frustrations.

Keep all your evidence and ask people to remember the infidelities just in case you go to court. Ask around and find good lawyers for a good price. Good lawyers cost about the same as bad ones. Lawyers that are recommended by friends are the best.

The sooner you get on to it the less time your cheating partner has to get one over on you. Your first priority should be to protect your interests and become aware of your rights. In these circumstances, knowledge really is power.

Save up some cash so you aren't left with nothing. Even though it is your partner that cheated, they may not leave the house and you may not be

able to stand living with them. It is better at times like this that you both have some space to think.

Make sure you have enough cash for a couple of weeks. You may need to sort out a loan from the bank beforehand if you have expenses that need covering such as rent deposits and bonds. Check with the bank if you need to freeze any joint accounts and credit cards because your partner may spend your money once you have gone.

It may seem extreme to do these things, but I have witnessed too many couples get drawn into poverty through overspending on joint accounts as a way of getting back at one another.

You also need to prepare yourself if your partner isn't actually cheating. Be careful not to take your actions too far before you have sufficient proof of guilt.

In those circumstances it may be necessary to revisit the relationship and examine what led you to have such suspicions. It is quite a big deal to accuse someone of having an affair. Is it about you and how you feel unloved or under-valued in the relationship? Or is it about your relationship failing to nurture both yours and your partner's emotional and intimate needs? You may require some assistance through marital or relationship counseling to identify any recurring themes or inadequacies in the relationship.

You will still be feeling like your partner is having an affair right up to when you find out the truth. Your feelings will go from one extreme to another, so don't say anything to your partner that you would have if they were cheating. At least not until the answer is conclusive.

If they have been proven innocent you need to put the situation behind you and stop punishing them. However, it's not the end of your relationship problems even if you find out your partner hasn't been cheating.

The circumstances that led you to believe the worst need to be dealt with, as well as the lack of communication and trust issues. You will still need to put some work into rebuilding your relationship as a couple. You may be able to do this on your own, but a marriage counselor will be able to deliver a more conclusive and mutually satisfying result.

Chapter 2. WHAT IS CHEATING?



A kiss is still cheating but more forgivable than sex.

How do you decide if cheating is cheating or if temptation is cheating? This is a hard question to answer as everyone has different feelings and opinions towards cheating.

For women, kissing and sex is more of an emotional experience rather than a physical experience, whereas for men it is the opposite. Therefore, a kiss maybe a big deal to a wife, where the husband may not understand what all the hype is about. So from the beginning, men and women are going to have different views on what cheating actually is.

Any kind of a bodily fluid exchange between two people should automatically be classed as cheating. A

kiss is something very passionate and emotional, and something that two people share that confirms their feelings for each other. A kiss is also what usually leads to sex. A kiss is more forgivable than sex because they held back from going any further.

If it didn't go any further than a kiss, why is that? Was it because they stopped on their own account, or because they felt guilty because they knew what they were doing was wrong?

Sometimes a guilty kiss can confirm for a cheater that they truly do love their partner and don't want to have a lover. Or were they caught, so obviously couldn't go any further, but would they have if they hadn't been caught?

A kiss isn't quite as harmful as sex, depending on what the circumstances are. The most common cheating kiss is a drunken kiss. Alcohol is a drug that makes people less responsive and clouds their judgment.

When someone is in a relationship they may like to have a little attention from the opposite sex to boost their self-esteem, and it makes them feel like they are still attractive and haven't become just another half in a relationship. It may start off as a harmless boost to an otherwise sagging self-esteem. Fuelled by alcohol, a little harmless flirting can quickly turn into a naughty kiss before they realize what is even going on.

Now on the other hand, sex is definitely cheating. There is no way anyone can accidentally have sex and if they try to tell you otherwise they are an idiot. As quick as some people manage to have sex there is always the planning time beforehand that allows time to think about what they are about to do.

If your partner is out in public and meets someone they want to have sex with there will be time to discuss where they are going to go to have sex. Whether it is outside somewhere, a motel or hotel, or back to one of their houses, the traveling time is time enough to realize the wider implications of what they are doing.

Even worse is when it is planned with their lover to meet somewhere and there is even more time to think about it. No matter how drunk a person was, this is no excuse. They will still realize what they are doing is wrong.

As I said before, people are going to flirt with the opposite sex for the attention to feel attractive, thus boosting their self esteem. But if they are continuously flirting with people then it is going a bit over the top. Soon this may not be enough to make them feel attractive and they will need more, just like a drug, and it will turn into kissing, sex etc. So a bit of flirting every now and then is quite healthy in a relationship and you may find you do it yourself from time to time.



What is classed as cheating?
Situations need to be dealt with differently.

Some people think of porn and strip clubs as cheating, but is it really? I am definitely not saying that you have to be happy about this, but the key to understanding the role of pornography is in finding out the reasons behind it. If your partner confronts you about their hobby or you catch your partner watching porn you need to talk to them.

There are many reasons why people enjoy watching porn and strippers etc, and it doesn't necessarily mean that they want to sleep with the stripper or anyone else. Pornography is seen by many as a healthy expression of sexuality which goes no further than fantasy.

Men, inherently, tend to focus on the visual aspect of pornography where women tend to focus more on the emotions, hence the prevalence of romantic erotic literature being more popular among women through Mills and Boon novels.

When confronted with pornography in your relationship it may be wise to consider the many points of view before reacting. It is increasingly possible for pornography to play a part in a healthy, functioning relationship as long as you are both able to share it and use it in a loving way together. Pornography perhaps becomes a problem in a relationship when secrecy and shame is attached to it and it replaces intimacy between the two of you. In a healthy relationship it should be possible for it to play a part in your intimacy rather than replacing it altogether.

If you have the kind of relationship where you are able to talk together about your sexual fantasies and what role pornography plays, it is less likely to become a problem. Remember, being able to talk about the issues in a relationship and find some level of compromise can often defuse its ability to develop into a full-scale crisis!

If you and your partner are in this situation however, I would encourage you to exercise some caution. It's important to have balance and determine what level of behavior is appropriate and what is not. There is a big difference between just watching and getting a lap dance. Getting a lap dance is taking everything to a totally different level. It goes from just visual to physical. Having someone that is naked and so close is like telling them they are free to do what ever they like to them.

If your partner is constantly hanging out with someone this doesn't necessarily mean they are cheating. It may point towards the potential of

cheating, but your proof of your partner's infidelity may be unfounded or inconclusive. There may be the intention to cheat, but it may not have actually happened yet.

You need to approach this situation delicately. This isn't cheating, but you should make your feelings clear that you are unhappy with the situation. Don't forbid them from seeing this other person altogether otherwise they will feel controlled.

Your partner may tell you they are worried because they are having feelings toward someone else. Don't treat them like a cheater. They have come to you and told you because they need you to know. Talk to them. At least they know it is wrong and respect you enough to tell you. They realize that they love you and don't want to go any further because if they did they wouldn't have told you.

Don't scream and shout, they came to you because they trust you and feel your relationship is strong enough to fix the problem. Otherwise they may not come to you next time. When you talk about it, ask all the questions you want to. Make it clear how you feel and that if your partner really wants to save your relationship they should make an effort to spend less time with the person they have feelings for.

This is not cheating but if you don't do anything about it then it may turn into something more.

Chapter 3. WHY YOU NEED TO KNOW

Trust and communication are one of the most important qualities in a relationship, and without either of these qualities a relationship cannot truly work. If one partner is feeling that their partner is cheating, the trust has been broken. Subsequently, this loss of trust can have an adverse affect on communication.

Whether a partner is or isn't having an affair, the problem has to be fixed to the point that both partners feel 100% happy and trustful in the relationship. If one partner is only 95% happy and trusting then the problem is still there and given time will only become more of a problem.

When you are in a relationship with a person the last thing you want to find out is that they are having or have had an affair. But worse than this is the feeling of not knowing for sure. You may have a gut instinct that they are cheating but until it has been proven with solid evidence or they have admitted to having an affair, you never really know.



Stop beating yourself up and feeling sick with worry. Find out the truth now, so you can live your life again.

Just think, you have a gut instinct for a reason. The difference in your partners behavior, lack of time they are spending at home these days, it doesn't come from nowhere. There are reasons why you need to find out if your partner is cheating. On the other hand if your partner isn't, then you need to know so that you can trust them again.

There are many reasons why people don't try to find out their partner is having an affair. Maybe he loves you too much to cheat on you, or what happens to your relationship if she is cheating? Does this sound like you? It actually seems scary to think people use these reasons to ignore cheating.

Finding out is the first step to your future, with your partner or on your own. All problems need to be solved, not swept under the mat. The sooner a problem gets resolved the easier it is to move on.

If a problem gets swept under the mat, it doesn't go away. The lingering fear and doubt still remains, and in many cases more damage is done. When it comes time to resolving it, the thought of tackling such a painful and insurmountable issue may be too much for some people. That's why it's better to get the truth and dispel the doubts as soon as possible.

One of the most important reasons you have to find out if your partner is cheating or not is to know what your future holds. Do you stay together or not? This is also one of the main reasons why partners don't try to find out. They are scared of facing the future without a partner so they prefer to turn a blind eye that face up to the reality of infidelity. Until you find out, however, the doubt will remain...

It may not seem like it at the time, but it is better to know and deal with the consequences than turn a blind eye. You may be able to fool others, but you can't fool yourself. If you plan to stay together and build on your relationship there may be hard times that a counselor may need to help with.

If you separate, it sounds harsh but at least you are better off without the hurt and distrust in your life. Once you are gone, your partner will also realize what they have lost which is punishment enough. As hard as it may be, and trust me it will, you will need to focus solely on your own happiness. Your life can truly begin now.

When a cheating partner is questioned by their partner if they are cheating, of course they are going to deny it because the consequences of their honesty could spell the end of the relationship. In most cases, that's not what they want. A cheater most often wants the familiarity and security of a relationship, but also wants to retain the spice and exhilaration of an affair. Why give up one when you can have both? The lying and deception serves a purpose, and protects you from the truth and protects them from the consequences of the affair

Having a cheating partner can also affect your personality and the way you react and feel towards others. It lowers your self-confidence, lowers the belief you once had in yourself, makes you anxious, stops you from

trusting others, even your friends. By someone cheating on you it makes you feel like you are not enough for them and that they could do better. The irony is that the more your fears get the better of you and darken your mood, the more your fears become a reality.

If one partner knows their partner is cheating (even if they can't prove it) then every time their partner goes out they will ask them a million and one questions like "Where you going? Who with? How long?" You become the person you hate: the needy, clingy, insecure partner who has less self esteem and personal power than the one you love.

Rather than being their equal, your self esteem pushes you further and further down, and can push your loved one further away.

When there are children involved either from your relationship or previous relationships, cheating definitely can't be tolerated. Adults sometimes think children are young and naïve, but they can see and sense a lot more than you may think. Their minds are a blank canvas. If they hear mum and dad accusing each other or see infidelities in their marriage, they may grow up thinking this is the norm. Further down the track these children may start to accuse their own partners, and maybe even cheat on them because they mould their relationships around those that influenced them in their childhood.

A denying partner has to be found out, so if you are sure your partner is cheating you have to go to any lengths you can to prove this. It will show both yourself and your partner that you are not silly. Knowing the truth can set you free from your torment, and you can focus on the next step, which may involve fixing the relationship or ending it.

There may be legal issues if your marriage does break up. Prepare yourself and get the proof of these infidelities, so that you are able to protect your interests in the event of a legal battle.

It is just as important to prove your partner's innocence that they aren't cheating. A lack of trust can ruin any relationship, as can hollow accusations and jealousy. Accusing an innocent partner of cheating can be just as harmful, sometimes more, to a relationship than if your partner is actually cheating.

Friends are there to hear your problems and help you out. If you have talked to them about your fear that your partner is being unfaithful, they may agree or disagree. Listen to their opinions. Sometimes the opinion of someone from slightly outside the conflict can offer a refreshing or valuable insight.

Find out the truth, your friends may even help, but you need to prove your partner's innocence so your friends respect your partner again and stop being nasty and harsh.



Friends will be there for you to help you out in times of need.

Think about yourself here for a moment. How much time do you spend thinking and worrying about what might be?

The more you think, the bigger and worse the problem will be in your head. You will start disrespecting and disliking your partner all together. While you try to hide these feelings from you partner till you know for sure, unconsciously they will show without you knowing.

Is this fair on your partner if they have done nothing wrong? It will ease your mind to know the truth so you can concentrate more on happier things.

Even if there weren't any problems beforehand in your relationship there will be soon. Imagine knowing yourself you weren't cheating but you were accused of it many times a day with questions, accusations, and your partner going behind your back to check your phone. Even if you have proved many times that you aren't cheating yourself, the accusations keep coming.

Of course you are going to start distancing yourself from your partner. Fights start appearing over the minutest things that didn't matter before. You need to find the proof your partner isn't cheating promptly, and be happy with it if you want to save your marriage from disaster.

The final part to proving your partners innocence is the apology that they are owed, and it better be a good one. You will have to accept that you are wrong. You will have to realize that they may not forgive you straight

away, but at least you are moving closer to a better relationship than before. Now you will know for next time how to react if you get an instinct that is off-track.

Chapter 4. INFIDELITY QUIZ

Answer these questions honestly, and you will be able to gauge the likelihood of your marriage being affected by infidelity.

- 1) We decided to get married less than a year after we met.
- 2) You are both aged under 25 years old.
- 3) Your partner has unexplained mood swings that are hard to predict.
- 4) You and your partner don't talk about your day much after coming home at night.
- 5) You both maintain separate hobbies and interests.
- 6) You and your partner are in your first seven years of marriage.
- 7) You and your partner have children under the age of two.
- 8) You and your partner both look over and analyze phone, utility and bank account statements.
- 9) You and your partner make the effort to holiday together when you are able.
- 10) You both get along well with your mother and father-in-laws.

For every question you answer, follow the chart below and add the corresponding number to get a total.

Question	Yes	No
1	1	0
2	1	0
3	1	0
4	1	0
5	0	1
6	1	0
7	1	0
8	0	1
9	0	1
10	0	1

Results:

Total of 1-3: You seem to understand the importance of marriage and work together as partners, While respecting each other's personalities. Your marriage seems strong, making the probability of infidelity low. Keep working at growing together as a couple though, there is no room for complacency.

Total of 4-6: You seem to have an average grasp of what it takes to make a marriage work, however there is room for improvement. You should sit down together as a couple and try and identify the key areas you need to work on if you want to save your marriage and reduce the risk of infidelity.

Total of 7-10: Statistically, your marriage is a disaster waiting to happen. You need to work on communication together, and work as a couple. Once you are married, you need to live as a couple and not as individuals. It is important that you maintain your separate hobbies and interests so that you both have an outlet away from each other. However, when you are together, you need to include your partner in your life and decision making. Its easy to lose track of what is important when you have busy lives. Take the time to sit down together and reassess your priorities and strengthen your weak marriage. You can either do this as a couple, or with a counselor. Many counselors now offer help to couples

before there are significant marital troubles. Try counseling before you start to have major problems.

Explanation of Answers:

Long courtships and engagements usually make for stronger marriages. You need to allow yourself plenty of time to get to know each other before getting married. This will increase your chances of marital bliss.

Studies show that age plays a part in the success of marriages. This is correlated with maturity and the ability to appreciate the gravity of long-term decisions. Divorce rates are statistically higher amongst couples under the age of 25.

Unexplained mood swings are an indication of an inability to deal with stress. An unhealthy attitude to stress can increase or exaggerate otherwise trivial problems. Mood swings can also be an indication of deeper problems. Your partner may be under a lot of stress if they are hiding something from you, like an affair.

Communication is the key to a strong and healthy marriage. If you don't feel you can use your partner as an emotional outlet for each other and talk about your day, your experiences, and your feelings, you will begin to grow apart. If you aren't able to share these feelings with your partner, there is a good chance either you or your partner will seek someone who can fulfill that emotional need. This is where infidelity begins.

While it is important that you share your time and life as a couple, it is important for the health of your relationship that you have separate time apart as well. This time will enable you to develop your own interests and hobbies, such as golf, tennis, night classes, or coffee groups. There may have been things you love doing that your partner doesn't. There is no reason for you to give up your hobbies, as this will build resentment. Continue to maintain some of your old interests when you marry, and this will enable you to value the time you spend together as a couple.

The early years of marriage are often the hardest, and the ones in which your statistical likelihood of infidelity and divorce are the greatest. At 4 years, and again at 7, some couples undergo crisis, wondering how their

lives may have been different if they had made different choices. It is at this time that many go and have affairs and try and relive their lost youth.

Having children can have a dramatic effect on married life, both physically and financially. Sleepless nights, change in lifestyle, and responsibility can make some people crave for the spontaneity and freedom of their old life, free from the responsibility of parenthood. Affairs can appeal to people, because of the excitement and passion that contrasts so much with married life and parenthood.

Sharing the responsibility of your finances and obligations is important as a couple. If you don't take the opportunity to sit down and both take responsibility as a couple, you have some issues you need to work through. A marriage is a partnership, therefore you should both have access to bills and statements. If you don't, you may have some trust issues that could develop into divisions in your marriage.

It is important that amidst the bustle of everyday life, you both make the time to spend quality time together. This means just the two of you. You may be able to get away for the night, or the weekend. It is important that you do this as a couple to reconnect and strengthen your love. If you holiday away from each other, you dramatically increase the risk of infidelity. No matter how strong you feel your marriage is, don't allow opportunities for this to happen.

It is important that you get along with your respective in-laws. Disharmony and fighting detract from the bond that the two of you share. If you don't get along with your in-laws, you make it very difficult for your partner who is then forced to choose between you and their parents. This can lead to stress and a lack of fulfillment. Statistically, this can lead to marital breakdowns, most often sparked by infidelity.

Chapter 5. LIFE AFTER INFIDELITY

Is there life after infidelity?

The answer is yes, whether together or separately. For all couples it is going to be different. Not one couple is the same and the situations that surround this question are going to be different.

It depends on how strong your relationship was to start with, the circumstances of the infidelity, and whether both partners want to put in the effort to save the relationship, as to what the outcome will be.

The first thing to do is to air everything about the infidelity. Any questions about how or why need to be asked and answered. Communication is very important right now.

It is better to get some space from each other, and at the very least make the cheater sleep in a different room for a while. This serves two purposes: This gives you both time to clear your heads and deal with your emotions caused by the infidelity, plus it doesn't put across the wrong message of sharing a bed or intimate spaces until this matter is discussed and resolutions are made. In this way you are thinking clearly and then you can decide what it is you really want from each other and your relationship.

It's important to clarify here that you don't ask your partner to shift out as a form of punishing them. If it is your intention to save the relationship, making your partner shift out can be counter-productive to this goal.



Is your relationship really worth saving? If your partner has cheated on you habitually from the beginning of your relationship it may not be worth the effort to save it. The start of any relationship is the honeymoon period where you start to get to know each other. You are on your best behavior to make a good impression so your

It may be the first time and it may not be the last time either. Can you trust your partner again?

partner feels safe, special, liked and so they like you to.

If someone cheats on you now they obviously don't have respect for you and are more likely to re-offend later on. It will only work if your partner is truly sorry they have hurt you. They really need to be sorry they have hurt your feelings, and not just sorry because they got caught. If they don't even apologize or they try to blame you for there cheating ways they clearly don't see anything wrong with what they did.

If this is not the first time your partner has cheated, then it is definitely not going to be the last. Big warning sign, **don't take them back unless you are prepared for this to happen again**. They may think they are always going to get away with it. You have no reason to believe that they will stop this time anymore than they promised to the last time.

Take a long, hard look at your relationship and partner and ask yourself if you can honestly trust your partner again. The broken trust is what ruined your relationship in the first place, and once trust has been broken it hardly ever makes a full recovery. This does not make you a bad person if you feel you cannot trust your partner again. Trust is something that has to be earned. If you don't feel you can trust your partner there is no basis for continuing a relationship.

If you decide to stay together and rebuild your relationship, then you will need to realize it will take a lot of work and that both partners need to put in equal amounts of effort. Things will not sort themselves out straight away. To start with you will probably need to go to a relationship counselor not just to get everything out in the open, but for later on as well to keep the relationship strong.

Relationship counselors are professionals that have seen many couples, and they are the best people to help you open up and communicate and help you to see where you are going wrong.

For some couples an affair can cause the end of a relationship without a second thought. Maybe the cheating partner wants to continue a relationship with their lover, or the other partner may not have any love left for their partner and find it hard just to look at them. If this is the case don't even try to fix your relationship, instead focus on how you will end it rationally so that belongings get divided evenly, and it isn't unbearable when you see each other around.

The affair will still need to be talked about because if you break up, neither of you will have the opportunity to raise the issues that are weighing on your mind at a later date. In order to move on, you will need closure on the affair and relationship.

Decide whether you want to be friends afterwards. This will still take effort because you will have to forgive the cheater so there are no bad feelings in the friendship.

As the saying goes, time heals all pain. This is so true. No matter what you are feeling straight away, further on down the track while it may hurt still, it won't be any where near as bad. You have to have a hard look at yourself and realize you are not going to throw your life away and live in a pool of self hatred. You have to realize that you are so much stronger than this. Why sit around being miserable for someone that you obviously didn't know and that didn't deserve you?

You can do better. Don't let yourself fall too much into self pity. It's a natural thing to do, but after a while you need to pull yourself out of it and begin the healing process quickly. It wasn't your fault, so don't wallow on things that you think you could have done differently. Don't think about your relationship or your partner, and don't over analyze the situation as this just confuses you more.

Realize what has happened and that time can not rewind. Do however focus on the things you want to achieve out of life. Your life starts now, it will not stand still for two years down the track once you feel ready to take on the world. Once you start being busy again the pain will ease.

You will need to rebuild your self esteem. Usually when someone is cheated on they feel worthless, ugly, and like they are not good enough



Take time to cry, it is all part of the healing process but remember you can't cry forever.

for a lot of people. Read some books or talk to people to learn how to rebuild yourself. You don't need someone to tell you that you are a good person to be one. You can do that on your own.

Don't let anyone else push you into it, but when the time is right you will need to begin dating again. Don't go straight into a rebound relationship because you probably won't be ready. You can't get that comfort you felt from your partner from a new one. You need time to heal and get over your last partner. If you just ignore your problems they will still be waiting for you later on. Only then they will be harder to deal with.

Also allow yourself time to build your trust in others, especially the opposite sex. Just because one partner hurt you and broke your trust doesn't mean all future partners will. You can't go into a relationship expecting them to cheat otherwise this relationship was doomed from the very beginning.

No matter whether you decide to stay together or not, later on you may want to talk about the affair, but never use it against your partner during a fight or when they upset you. While you will never forget the pain caused by an affair the cheater won't either.

Sometimes it's better not to say anything. Your partner will know how hurt you are, but if you say nothing it can often be more powerful than saying something mean. It also makes you a better person.

Chapter 6. ACCIDENTAL SLIP UPS

No matter how hard someone tries to cover up something they are more than likely to slip up at some stage. With so many lies being told, how is your partner going to remember everything they have said?

Getting confused with what they said they were doing and what they did is going to cause a slip up at some stage.

Don't let these slip ups just pass on by. Your partner is probably going to tell another lie to cover up their mistake. Don't believe them. When they let their guard down a little because they are feeling confident that they aren't going to get caught, and they feel they are fooling you very easily, then this is when they will happen.

If your partner accidentally calls you by someone else's name, especially if they have been talking about this person a lot, don't take it lightly. They would have been thinking about their lover while they were talking to you. They may have even been picturing you as their lover. Even worse during sex when relaxation and ecstasy takes over their mind and they mistake who they are with.

Don't let your partner just brush over it by saying it didn't mean anything. Listen hard from now on when your partner talks about this person, especially if they say they have been out with their friends but talk about their lover as soon as they get home.

Being seen out with their lover in public by a friend or family member when they said they were at work or out with friends is absolute proof they are having an affair. If they try and cover it up or don't want to talk about it, tell them that they owe you an explanation and you won't let it rest till you are happy.

Your husband comes home with lipstick on his collar or body and smells like women's perfume. Don't accuse him of anything.

Just mention that there is lipstick and see what his reaction is. Sometimes expressions say more than words. Even if they say it was from a college

student being silly or a drunken girl at the bar, it doesn't matter because by that stage you should have been able to read their reaction.

Perhaps your wife starts wearing new underwear, perhaps a much racier style than usual. Make a note of mentioning how you like it, play around with it a bit. This will start to make them really nervous, especially if it reminds them of their lover and you are playing with it.

Do they wear the new lingerie for your benefit, and make a point of showing you, or is it something that you notice hasn't been mentioned? Consider why they might wear new lingerie and not share it with you.



Your partner will slip up at some point, leading a double life can be difficult.

Take the time to notice the small things, like how their hair is arranged, and if it appears to be more tousled than usual. Similarly, is your wife wearing any new necklaces, bracelets or watches?

Check your phone messages regularly to see who is calling. If you have a caller display on your home phone, you may be able to see who the incoming and outgoing calls are coming from, and identify how often numbers are being dialed.

Make a note of the things your partner tells you. You may want to keep a journal or diary with notes so you can check later if their story matches what they had told you earlier.

Changing lies can be quite common, because they will have forgotten what they said they make up another lie. Pull them up on it, come straight out and ask them why they are lying. The thing about lies is that its hard to be consistent and tell the same story twice. If you take notice of what your partner is saying, you will be able to quickly identify whether or not they are lying. The trick is to listen carefully.

Friends may accidentally tell you something that you aren't supposed to know or something that doesn't tally with what you have been told. Act as if you have never noticed, and ask indirect questions in a casual way that might get you some more information. The key is to not let on to anyone that you are suspicious. Either way, pretend to go along with what is being said while making mental notes.

A cheating partner will probably always have an alibi for when they go out. If their alibi rings or you see them out without your partner and they act surprised and guilty to see you, you should have every reason to be suspicious. Its not concrete proof, but it's a very good indication.

Friends or colleagues may tell you they ran run into your spouse and their lover on the other side of town having a romantic lunch. If its somewhere far from the office, or if your partner isn't in a job where they have time for business lunches, you have every reason to believe something is not right. Again, it's worth further investigation.

Hickeys, bite marks, and bruises. As tacky as they are they can be rock hard evidence. Lovemaking can get quite passionate and physical, and it's not uncommon to get bruises in funny places! Look out for any kissing rashes and cold sores if they never get them. These can both be evidence of other partners. If they tried to cover them up it means they can't pretend like they didn't know they were there or they were innocent.



Is your partner unresponsive and not interested when you show affection?

Phone calls that are taken outside the room. If your spouse feels the need to leave the room while they are speaking on the phone, the very least you are entitled to is an explanation of who it is. If the calls are happening on a regular basis, it's definitely something worth monitoring.

You come home from work early and find your spouse's car parked in the drive way. You go inside to find your partner and 'friend from work' alone in the house together. This may require some explanation, especially if you weren't aware it was going to happen. You may want to come home early from work more often...

Of course if you actually catch them having sex there is really nothing more to say. There is no explanation that will get them out of this one.

No matter what kind of slip up your partner makes, if you are keeping a journal of your thoughts, and the excuses offered by your spouse, soon enough patterns may emerge. It may be something as small as them saying they got held up in traffic, though it always happens the same day each week. It may be gym clothes that never seem dirty. It may be a receipt from a different part of town to where you were told they were. The key to being informed is being aware. This means you should always listen to those around you. If you have reason to be suspicious, you might be surprised at what you can learn.

Chapter 7. BEHAVIORAL CHANGES

When you think your partner is cheating on you how exactly do you know what signs to look out for? When people start spending more time with others their behavior starts to mimic theirs. Personality, behavioral and sexual changes in a person can be a big sign of an affair.

There are the obvious cheaters but the ones that are good at hiding secrets may show less obvious changes. These are the ones that are harder to detect, but when a lot of changes start happening that's when you know.

Most people would think that when their partner is having sex with their new lover it would result in a stand-still in their own love life. While this is often true, it is not necessarily always the case. It can also mean an increase in your sex life too. When a person starts getting aroused by another person their sex drive is being highly stimulated and is highly active.

When they start putting pressure on you to try different sex moves and positions, you should ask yourself where this change in sexual behavior is coming from. This will slow down later when they get further into their new relationship because they will feel more guilt towards you and their lover.

If they ask you to try a new sex position then it may be a result of a number of things. They got taught a new move by their lover and want to perfect it to impress them, or want to try it again because they enjoyed it so much. It can also mean that they are practicing a position they read about because they want to keep their new lover interested and impressed.



No passion during sex anymore, and no foreplay or kissing is a sign of guilt and distraction. The cheater lacks any emotional contact because of the guilt for their partner because they are cheating and guilt towards their lover because they aren't being faithful to them either.

If the signs are there take notice don't ignore them and make up excuses.

Quite often if they are having new and passionate sex with their lover, they will have little inclination or desire to have passion in their lovemaking with you. It may simply be a case of routine. They may simply look upon sex as a chore and wish it to be over and done with quickly.

Also if your partner starts using condoms again for no reason or they have a pathetic excuse then take this as a warning sign. If you have been having unprotected sex for a long time and used other means of contraception then there should be no real reason why you need to use condoms.

If you get an STD ask your doctor if it is possible to have contracted it a long time ago and only get the symptoms now. Otherwise this is a sign that you contracted it from your partner who would have contracted it from their lover. Ask your doctor about it and get as much detail as you can. It may be a recent infection, or it may be something you have had in your system for a long time. Similarly, your partner may have had the disease most of their life.

A dramatic change in your partners dress and appearance should ring a major warning bell, especially if they never really liked the style before. An influence must have come from somewhere. Find out if you can where this inspiration has come from and who it is directed at.

Take note if your partner starts buying clothes from different stores when they have managed to stick to one store since you have known them. If they start to undergo any radical image change you should closely examine their reasons why.

A simple question like, 'How was your day?' or 'What did you do today?' doesn't need to be met with a defensive response. It is a very generalized question that should warrant a very general answer. If your partner gets all defensive at such general questions, you should examine their reasons why. They may have something to hide.

When it gets to the point where you or your children don't exist in your partners life something is definitely wrong. If they stop showing an interest in your day or don't hear you because they are obviously off in their own world thinking about other things, you have reason for

suspicion. This is especially true if they forgot dates of events you specifically asked them to remember, such as birthdays or anniversaries.

Lies are an easy one to pick up on. Lies are used to cover the truth, so that is why we know something is wrong when lies are told. When someone is lying they start to look nervous and start using their hands a lot, picking things up, pulling at things, intertwining them with their own hands. They can't sit still, step from side to side or move around. Not holding eye contact with you is also a clear indicator. This is a good one because eye contact is a form of trust and truth.

Once the lies start it doesn't stop and it gets bigger and bigger. When people lie they stretch it out and add in every little detail because they have thought it over so much. Sometimes when they are half way through they go back and change a detail. The best way to catch them out is to remember a minor detail and ask them about it a couple of days later when they think they are off the hook and can't remember what they said.

Body language can tell you a lot about a person. If they fold their arms when they don't want to talk about something, they are trying to hide something. Folding arms also shuts them off from you, hoping that you will back off.

When they go out do they tell you where they are going, or who they are going with? When you ask them politely to show an interest where they are going do they automatically get defensive and act like you are accusing them of something when it was a completely innocent question?

Using a defense mechanism shows that they are trying to cover something and being secretive. If they have nothing to hide why act this way. The natural thing to do would be to tell a partner when you are going out and with whom, because you care about them



Body language can say a lot about how a person is feeling and what they are hiding.

you don't want them to worry.

When a partner is spending a lot of time around someone they like, they are going to get to know them quite well. Just like any new relationship they will find them quite interesting and pay them a lot of attention.

Notice when your partner shows a particular interest in someone new and is continuously talking about them and praising them for things they have done. Does your partner usually pay such close attention to someone's personality?

The more obvious ones are if there are condoms missing, or in odd places, or if you find condoms in their bags or pockets or car. If you are the only one they are sleeping with, there should be no reason contraception is in odd places. Pay close attention to new sayings they use. If someone hears them all the time then they will often start to use them too.

Does your partner get aggravated more easily by the smallest things? Acting like their life and family is such a burden to them isn't right if they are happy. They may be feeling like they resent their family because they are standing in the way of their affair.

Does your partner seem to get bored easily and make comments about how they wish their life was more exciting? Most people in affairs find it exciting and a bit of a fantasy because more than one person wants them, also because it has to be kept a secret like a forbidden love. So when they are spending time with their partner and family they are more likely to be bored and restless compared to the time spent with their lover.

The key here is to read the signals you are getting from your partner and try and put yourself in their situation. If you needed to lie, how would you do it? How would you cover up a night out with your lover? If your partner seems to be getting home very late at night and seems to spend a lot of the time on weekends out as well, you may want to check that it is indeed the office where they are. Try ringing the office when your husband is supposed to be there and keep the lines of communication open. It may be that all of your partner's strange habits amount to nothing. But it's better to be safe than sorry.

Chapter 8. UNEXPLAINED TRAVEL

Traveling becomes important in an affair because it is the only time when lovers can spend long amounts of time together without interruption. It means they can get out of town and live like a normal couple without the risk of being seen by someone they know.



Does your partner all of a sudden start traveling a lot with work even though their job doesn't require them to travel?

When a couple is having an affair they can't spend the night together because the cheater needs to get home to the partner so there is no suspicion. However if they use the excuse of a business trip they can take their time to have proper romance rather than rushing around.

When your partner all of a sudden starts going on 'business trips' when they have never needed to before, think back and see if any situations arose at all or think hard to see if you really think their work would require them to

go away on business trips at all.

Things start to get really dodgy when your partner explains that they can't leave a contact phone number of where they are staying because they don't have anywhere to stay yet. You shouldn't take this. If it is important enough to go away for business, then someone should have booked a hotel in advance and sent all the details to your partner.

If there is apparently no phone then this is probably a lie. Not many companies would put you up in a place where you can't be reached, particularly if you are there on business.

Ring your partners work when they have left and ask if you can have a contact phone number for where your partner is staying. Just say your partner wasn't sure what it was when they left. Make up a legitimate reason why you need to contact them.

You will find out now whether your partner was telling the truth or not. If he or she hasn't even gone on a business trip you will know now. But still use the reason for why you rang their work. If your partner is legitimately away, still ring to check they are okay and by themselves. You can play the role of the loving and dutiful partner who misses their husband or wife and felt they needed to ring.

When your partner doesn't bother to invite you anymore to business functions where you used to accompany them before, chances are they have other company. They may start to say that you will get bored or that they will be working the whole time and won't have time to spend with you. But what about the business trips before, it was alright for you to go along then and make your own fun, what's changed since then? You should always make the most of opportunities to be with your partner. If you aren't able to anymore, you should ask why.

How do they get to the airport or get home from the airport? When you offer to pick your partner up or drop them off and they don't want you to, you should ask why.

It may be because they are meeting their lover and they will be excited to get away. If you are there they won't get to meet up with each other till they get to their destination. They may even be going to a different destination than what they said. If your partner says they are going somewhere, you may want to check what sort of clothes they are packing. Check that the clothes they have packed are appropriate to what they are doing on this trip.

When your spouse insists on calling you instead of you calling them, it can sometimes indicate that they are up to no good. If your partner calls you it means you don't have to call them so their time will



Is it strange that your partner is so keen for you to go away by yourself that they pretty much plan your trip and help you pack your bags?

never be interrupted. When they call they might not have anything to say. You would think they would call when something exciting happened. Also your spouse might be quite vague about what they are getting up to on their trip and end the conversation quickly. Their good-bye will be quite empty too. An easy way to combat this is to ring them yourself, maybe once or twice during their trip, during the evening, to see how they are doing.

Perhaps your partner starts going on more trips with their friends but are pretty vague or secretive about the trip. They may be meeting their lover thinking their friends will cover for them. Or it may be a trip where they plan to meet someone to have a holiday fling with.

Planning trips with friends so far in advance gives your partner a good alibi. They may talk about the coming trip a lot because they are excited about being with their partner. When they talk about it they may substitute their lover with their friends.

A friend of your partner may be in on it to cover up for them even if they aren't going. They may even talk about it lots around you but never around their friends they are supposedly going with. If their friend's partners don't know anything about the trip then they are lying.

Insisting that you take more trips with your friends leaves time for your partner to spend time with their lover. If they suggest it but don't show any interest in your trip, then they are doing it for their own benefit rather than a nice idea for you.

If you do take a trip with your friends ring home a few times when you know they should be there. You should know what your partner's plans are for the time you are away. If your partner is out and gives an excuse, check their alibi.

Chapter 9. DIRTY TRICKS

When your partner is having an affair, there are a number of dirty tricks that they use to get you “off their back”. Some of them are truly tested by time, and some are a little more creative.

However, they all have one thing in common: they are all engineered towards getting your partner away from the house and you where they can meet with their lover and carry on their illicit liaison.

The one thing that all affairs have in common is that they have the time to manifest, and can involve noticeable amounts of time to maintain. Given your partner may be at work for the bulk of the day, time for an affair has to come out of the personal time the two of you spend together as a couple.



The more time your partner puts into their affair means less time spent with you.

Without time, there is no opportunity for your partner to have an affair. The time that your partner needs can vary, so you shouldn't feel too complacent. Remember, sex can last less than five minutes. However, if the affair develops, your partner may want to spend increasing amounts of time investing their efforts in this new and exciting relationship.

While you may never be aware if your partner is engaging in five-minute sex sessions with their work colleagues, if it develops any further than that, your partner is likely to start using excuses to justify them spending time away from you.

While these excuses can be genuine, you need to consider that they may be fabrications in order to give your partner the time to meet their lover and spend time together without distraction.

Business Trips

Business trips are the perfect excuse for your partner to get away from you and spend an extended time alone with their lover. It's also the perfect excuse for them to have a nice weekend away in a hotel.

Late Nights at the Office

Late nights at the office are the perfect excuse for a busy professional, because their partner will never know how busy their workload really is. Its easy to use the excuse that a big project is nearing completion and needs some considerable extra time spent on it.

This is especially easy to do if your partner doesn't really understand or isn't really interested in your work. It would be really easy for a cheating partner to use this excuse and spend long evenings with their lover, knowing they are unlikely to be interrupted.

The Gym

If your partner is able to manage it carefully enough, they may be able to con you into believing that they have joined a gym and are spending time there on a regular basis. This is a particularly clever excuse, because it would also deal with the showering issue when your partner comes home smelling of soap and has damp hair.

If your partner suddenly decides to go on a health binge and seems to suddenly be spending unhealthy amounts of time at the gym, it may be an indication that they are working out more than you think.



Who is your partner trying to impress because all of a sudden they are working out and wanting to look good? They never cared before.

Business Lunches and Dinners

Another easy way to guarantee the evening without your partner is for your partner to have an important business dinner. You obviously won't want to be there while your partner is entertaining clients, so your partner is guaranteed of having several hours free in an evening.

This could also apply to business lunches which extend into the afternoon. You will need to monitor how often these lunches and dinners seem to be happening, and query whether this fits with your partner's job description.

Sports Teams

Another creative way for your partner to get time away from you is to say they have joined a sports team, either competitively or socially. This is another clever ruse, as they will be able to get away from so-called practices, and perhaps even tournaments or away games.

Factoring in matches and practices, this can be a lucrative ruse in terms of potential time spent away. It is also however, very risky as you may want to see your partner play one weekend.

Out with the Boys/Girls

This is a time-honored excuse, but one that still continues to be used by cheating spouses the world over. It's hard as a partner to deny your spouse the opportunity to spend some quality time with their mates, particularly those of the same sex. They may have friends they have known since before you both met, and it's important that you both have separate friends as well as mutual ones.

Using this excuse is difficult, as it's hard to tell your partner no, and it's something that you should in fact encourage, provided you do have some time together as a couple. If it seems that your partner is spending an

unusual amount of time away with their friends, it might be worth making some enquiries.

However, do prepare yourself for the fact that your partner's friends might unwittingly provide an alibi for your partner.

Night Classes

A creative alternative to a sports team may be the decision to join a night class, or take up a hobby. Again, this will guarantee your partner the time to spend with their lover, secure in the knowledge that they won't be interrupted.

This could be as little as once a week, or as often as several, depending on your partner's ability to carry the deception.

Again, it is difficult to deny your partner their pastime of hobby, but if you suspect there is more to it, you may want to look into whether they are in fact part of a group.

Insisting you need to visit a relative or take a holiday.

When your partner insists that you go and visit your sick relative or take a holiday and see some friends, its easy to go along with that as you might imagine they have your best interests at heart.

However, it may be a clever ruse to get you out of the house so they can have some quality time with their lover. Its difficult to comprehend amongst all of this, but this dirty trick is used quite frequently when a partner is cheating.

Its nice that your partner is taking the time to consider your thoughts, but you need to watch closely and look at their body language. How keen are they that you go and have a few days away?

In the end, if you are visiting sick relations or friends, it should be you r decision, and shouldn't be influenced too heavily by your partner.

If you do suspect something is amiss, get a friend to drive past or drop by the house while you are away to see everything is okay.

Chapter 10. LOOKING FOR SIGNS

When two people are having an affair together they do everything in their power to keep it a secret. But there are still small things that they overlook because they are so small but to others it is quite noticeable.



Sadly, you need to start looking around your home for clues that your partner and their lover have been in your home together.

When you are in your own home everyday you notice if something is out of place even if others don't. Also, when you have lived with your partner you get to know their habits, likes and dislikes.

The two most noticeable places are in your partner's car and in your house, especially in your bedroom. Have a look around when you leave home or in your partner's car just to check how things are when you left. Take a mental picture.

Are there any hairs that don't belong to you or your partner left on your side of the bed or on the passengers head rest in your partners car? Take a quick look before you get into bed each night. They could even be on the shower floor or around the vanity.

Remember what color sheets were on the bed and what towels were on the towel rail in the morning. If they are having sex in your bed they will be washing the sheets to get rid of any incriminating evidence. After the sex they will more than likely take a shower to get rid of any smell that might give them away.

When you take a shower, always leave your body wash and razor in the same place. If the body wash has moved then it can't have been your partner that used it, because the smell obviously won't match their gender.

When you get home from work, check the bathroom. If there is any condensation or water drops in the bathroom in the afternoon it definitely wasn't from your morning shower.

Check under your bed or down the side of the seat in your partner's car, there may be an earring or necklace that your partner's lover took off to get comfortable but in their rush to leave forgot about it. Earrings very easily fall off as well.

The lover may even leave something like that on purpose, as they may get annoyed with having to share their lover with someone else so they might want to get caught so you leave and they can be together.

Has your partner always been a mess when it comes to their car and their side of the bedroom? If they all of a sudden make a real effort to keep the car clean and shiny and start bugging you to keep your side of the room tidy you should be suspicious.



Look for clues in your partners car.

Something is going on, and they are obviously trying to impress someone. If they haven't always done it why does it matter to them now?

Are there cigarette butts or lighters left in your partner's car, but they don't even smoke? In that case you should ask who has been smoking in the car.

Notice if every time you get in your partner's car if you have to adjust the seat. If you do, take note if it is always pulled to the same spot. Your partner might take the same person in the car regularly. Also the mirrors might be adjusted to suit the lover rather than you. Someone won't change the mirrors unless they are in the car all the time.

Check the glove box, and pretend you are looking for something else like sun screen or that you thought you left something in there last time. Your partner's lover may think it is safe to leave a few things in there, thinking that you probably won't look in there.

Does the car or bedroom smell of other women's/men's perfume? Smell the pillows as well if their heads are resting on it, as it will leave a hint of their perfume.

When you turn the radio on in the car see what station it is on. It may be music that your partner is completely not into, so why would they have it on in the car? They would only listen to it if someone they liked wanted to listen to it and they thought they were being nice by letting them.

Check the CD collection both in the car and house. There maybe new CD's that your partner didn't mention buying or even liking. It would be a little strange for someone to buy a CD that they didn't really pay much attention to. Check the condition of the disc and cover. They can't claim they just bought it if it has scratches all over it.

There will probably be a stash of gum and mints in your partner's car and pockets. This may not be unusual, but you should check anyway. They will always want minty fresh breath, especially if they are with someone new. They don't want to get turned away because of bad breath.



Keep an eye out for any speeding or parking fines, it will say they time and the place that they got the fine. Track back to see if that's where your partner said they would be. Also if they are going to areas that they lie about they will be rushing to get back in time so you may find that quite a lot of speeding tickets start popping up.

Speeding or parking fines in odd locations means they were somewhere they shouldn't have been.

Chapter 11. FOLLOWING THE PAPER TRAIL

Receipts

If your partner is maintaining an affair, there are a few things of which you can be sure. It involves time, as I have discussed in previous chapters, and it also includes money. The best thing about the way most people live their lives nowadays is that there is a clear trail of paper that documents the spending habits, and therefore movements in peoples' lifestyles.

The case is no different with people having affairs. No matter what you do, it is guaranteed that in the majority of cases money is spent and can be traced back if you are prepared to look hard enough.

So the question is; how hard are you prepared to look?

The first and most obvious place to start looking would be for receipts. These are usually floating around in jacket and trouser pockets, ash trays, under seats in cars, glove compartments, as well as a number of other places. Most shop receipts, whether its for petrol, flowers, motel room bookings, lunches or gifts, provide itemized receipts detailing what was purchased, how much, and when.

If you are prepared to discretely go through pockets and garbage to get receipts, you should quickly be able to build a profile of where your partner has been and what he or she has been spending money on.

I would recommend you get a diary or a book and record the details of all the receipts so that you are able to account for your partner's whereabouts and see if it matches up with what they tell you. If the story doesn't match up with the receipt it doesn't always add up to an affair, so don't be too quick to accuse your partner of infidelity. But over time you will start to notice a pattern forming.

Bank Statements

Like receipts, every time you use your bank card it is documented on a statement and sent monthly. If you have joint bank accounts it will be very easy to trace where money has been spent, however many couples have separate bank accounts as well. Make sure you are aware of all of the bank accounts that your partner has, so that you may be able to find statements for all accounts.

If you are unable to find any statements, you are able to contact the bank and request a statement be sent. Chances are if you know what day it is arriving, you will be able to intercept it out of the mailbox before your partner gets to see it. Some banks ask for some security details before they will do this, but this is usually information such as the last 4 digits of their social security number or their mother's maiden name. You should know what these are already.

Alternately, you may be able to view bank statements over the internet provided you have the account number.

Credit Cards

Given the popularity of credit cards, it can be very easy to track the spending habits of a cheating partner by reviewing credit card statements. They will tell you what was purchased, where, and when. If you have access to these statements, the information is very easy to follow. Again, you may have to check the trash on a regular basis to make sure you don't miss the statement.

There is always the possibility that your partner will have other credit cards that you may not be aware of. While it is slightly more difficult, you can find evidence of these if you request a credit report from a credit reporting agency. TransUnion is an example of one that provides listings.

Either way, a good hunt around the house while your partner is away is a good time to find credit card statements and bills.

E-mail

With rapid advances in the way people communicate with each other, email is yet another tool in the cheating arsenal. Email is usually accessed

through an internet browser like Microsoft Explorer. In many cases you are able to access email without having to type passwords. From there you will be able to browse through email folders to find messages that may spark your interest. If you find the email program is password protected, you may find you can go no further unless you have spy software installed.

However, many people don't go to so much trouble when using email. Another handy place to check is the trash folder, where any deleted emails are stored. Deleted emails are usually stored in here for up to 24 hours before the trash folder is emptied. Another handy place to look is in the recycle bin. Stored images and files that are deleted get stored in here and don't get emptied unless you do it manually. In many cases this is overlooked, and it can be a valuable source of information if it hasn't been emptied for a long time.

Once you find a message or image that interests you, it is a simple procedure to select the print option, either by clicking a "Print" icon or selecting "Print" from the file menu.

How to capture emails and passwords.

1. Capturing Emails Using Outlook

If your spouse is using Microsoft outlook, or outlook express and you get 10 mins to quickly use their computer then:

- ◆ Load up Microsoft Outlook/Outlook Express
- ◆ Click File -> Import and Export
- ◆ Click Export to a File
- ◆ Then click Personal File Folder (.pst)
- ◆ Then save the entire inbox of your partner to another directory on your computer
- ◆ Now burn this to cd.

Now you have a copy of all your spouse's emails, you can go to your local internet café and import them to a computer and read through them at your own leisure.

In order to import them, you simply need to:

- ◆ Load up Microsoft Outlook/Outlook Express
- ◆ Click File -> Import and Export
- ◆ Click Import from Another Program or File
- ◆ Then click Personal File Folder (.pst)
- ◆ Then import the inbox of your partner to the café's computer

If your partner uses another email client other than outlook then look up the help for how to import or export files. It should give you step-by-step instructions.

If your partner uses a free online email service provider then it is slightly trickier, you will actually need to obtain his or her password. Then you can go to an internet café and browse through their emails at your leisure.

2. Capturing Passwords

Capturing Microsoft Outlook Passwords

In order to capture passwords in Microsoft Outlook, you need to use a software application called Password Revealer.

You can download a free copy from:

http://majorgeeks.com/Password_Reveal_d1714.html

(Note: While we have not experienced any difficulties ourselves, we are not the creators of this software so we accept no liability for its use. Use at your own risk).

- Load up Outlook/Outlook Express
- Click Tools->Email Accounts
- Then Click View or Change Existing Email Accounts
- Then Select the Email account of your spouse and click Change.
- Now load up password revealer and click reveal.

If your partner's password is encrypted, then the revealer will reveal it.

Capturing Hotmail or Other Free Service Providers Passwords

This is a little trickier and unfortunately costs money. You need to purchase a copy of Spector Pro from www.spectorsoft.com. It records every keystroke that your partner types and you will be able to use that software to find out your partner's password by looking up what they typed. It is like having a video camera recording everything that is happening on the computer. Not only that, you can also find out what they are saying via ICQ, Instant Messenger, or any other online chatting client.

Cellular Phones

These are yet another way of creatively tracking your partner's communication, as many cell phone companies provide detailed summaries of your calls and account activity every month. It is a form of communication that will really appeal to your partner, as they will be able to have private and instant communication 24 hours a day. Never before has it been easier to contact people at any time of day.

Most account summaries detail every call, the number called, when it was called, and how long the conversation lasted. This is extremely useful for identifying patterns and frequently called numbers.

You are also able to contact your phone company and request a retrospective billing report for prior months or even a year. This can be done either for free or for a minimal charge. Like credit card statements and bank statements, you may be asked for security information, so be prepared for that.

From any or all of these items you should be able to build a detailed profile of your partner's personal life, and you should be able to accurately gauge whether your partner is up to no good.

Dirty Tricks They use to Cover the Paper Trail

If your partner is cleverer than average, they will make some effort to avoid detection. You need to know the methods they will use and how to overcome them if you are to successfully expose them.

Cash outs

In order to avoid the possibility of you discovering those secret dinners and bunches of flowers, your partner may try to draw out sums of cash to avoid being traced. While this does make it hard for you, you can identify large sums of cash being drawn out if you read your bank statements carefully. Being that a marriage is a partnership, you should question any sums of money being withdrawn, especially if it becomes a regular thing.

New Credit Cards

As I have mentioned previously, your partner may apply for different credit cards without your knowledge. If you have the opportunity, perhaps when your partner is showering, have a quick look through their wallet, taking notice of any strange cards. Take down their card numbers and make sure the wallet is placed exactly as it was.

Virtual Credit Cards

Virtual credit cards are relatively new technology, and the benefit in having one is that you can load money onto it, and then process transactions without them being traced to your credit card account. This is useful for people who are purchasing things online and don't want it traced back to their account, or don't want the transactions showing up on their credit card statement. The downfall with these cards is that they still have to have money loaded onto them. This download of money will show up on your statement, either identified on the statement as a download to a credit card company or disguised under a fake name. Either way, you should question all items that show up on your statement that involve large amounts of money.

Throwing Away Receipts

Even if your partner uses cash to pay for their purchases, receipts are easy ways of tracking where your partner has been spending their money and when. Smart partners would hide and throw away their receipts, so you need to be aware of this and take pre-emptive measures. A way to do this with minimum fuss is to empty the garbage regularly and screen it when you do so. Going through small amounts of garbage at a time is much easier than sorting through many days worth at a time. Tip the garbage slowly into a garbage can, letting it all separate so that you can spot small pieces of paper that may be receipts.

Create New Email Accounts

It is entirely possible that your cheating partner will have set up a new email account solely for the purpose of emailing their lover. You should be aware of the possibility and check your computer to see if that is a possibility. An easy way to check would be to check through your ISP account statements, which detail what sites you have been visiting within that particular billing period. If they have set up an extra hotmail account, an easy way to check this is to click the down arrow when typing in your hotmail address. This will enable you to see what other hotmail accounts have been opened on your computer.

If you find that the email account is password protected, you may be able to access the password by using some of the software that has been mentioned earlier in this chapter.

Switch Their Call Plan to Prepay

If your partner decides to switch their calling plan on their cellular phone to a prepay plan, there will be no documentation of phone calls, duration and numbers in a statement. The easiest way to get around this is to make sure your partner is on a call plan, and explain that this is the cheapest and easiest option for you both to use. In doing this and insisting you both use a call plan rather than a prepay, you will always have access to regular statements.

Chapter 12. COVERT SURVEILLANCE

With the increase in rates of infidelity amongst married couples, it's easy to appreciate the situation some people are in when they suspect their partner of cheating on them. In fact, the sooner you are able to establish proof indicating innocence or guilt, the better.

Given the rate of technology and the benefit of new products on the market, it makes sense to make use of this technology and find out with a degree of certainty whether or not your partner is in fact cheating on you.

Gone are the days of having to eavesdrop in the next room, or go through their pockets to find evidence. These methods are useful, but inconclusive. Technology has introduced such marvels as:

◆ Hidden cameras in everyday items such as:

- Phones
- Fans
- Alarm clocks
- Wall clocks
- Pens
- Lighters
- Buttons
- Plants

Also included in the technological arsenal are:

- ◆ Telephone recorders
- ◆ Digital voice recorders
- ◆ Portable lie detectors
- ◆ Sim card data recorders

With these advanced gadgets and devices you are able to safely monitor phone calls and comings and goings in your house without you having to even be there.



By using the correct equipment you wouldn't even realize there is a camera in this clock.

Anticipation is the worst thing in the world, and you need to be able to prove conclusively whether or not your partner is cheating or not. I have found the best devices to help you do this, and at prices that are both reasonable and affordable. After all, what price can you put on knowing the truth?

Hidden Cameras

Hidden cameras can come in a variety of disguises nowadays, and you are able to choose from wired or wireless cameras. The benefit of this form of surveillance is that it is difficult to detect, and you are able to see clearly what is going on inside your home or office while you are away. If you are able to position the camera in an effective position you should be able to secure irrefutable proof of what your partner gets up to when you are not present.



There are a number of different types of different cameras you can use, and you should be able to find one to fit the surroundings you intend to use it in. These items range in price according to the size and quality of the product.



Alarm clocks, wall clocks, and air purifiers range from \$130- \$150 and are quite effective in being able to be placed just about anywhere without drawing undue attention.

Even your alarm clock can catch your cheating partner.



Smoke detectors, teddy bears, books, tissue boxes, and artificial plants all retail at around the \$100 mark.



Camera pens, button cameras and other micro cameras that can be worn on the body range in price from \$150, depending on the quality of the camera, and whether you choose black and white or color.

You are able to access this type of equipment freely off the internet, and a website I would recommend is:

<http://www.spygadgets.com>

Also see the *Spy Gadgets* Bonus Book included with every *How to Catch a Cheating Spouse* purchase.

Telephone recorders

If your partner seems to be spending a disproportionate amount of time on the phone and often needs to leave the room to talk, you may have good reason for suspicion. This is especially true if you seem to be getting a lot of prank calls and it only seems to be happening when you answer the phone. If your partner is speaking in hushed tones and is speaking rapidly for your own peace of mind you need to find out who your partner is talking to, and why they need to leave the room when you are there.

Sometimes it's not always possible to get the answers you need from the toll bill or caller ID. Sometimes you need more proof, and the only way to do so is to know what your partner was talking about.

Telephone recorders are able to record conversations without your partner being aware. One product I found is extremely useful, as it only starts recording when the receiver is lifted, and stops when the phone call ends. This recorder can be attached to any extension, so long as it is on the same line as the phone you want to record from. In this way, you will be able to attach the recorder to the extension in your bedroom, and listen to the conversation that is taking place in the living room or the phone in your kitchen. This even works for cordless phones, again if you attach the recorder to the line that the phone uses.

This unit can record up to 12 hours of phone conversation at a time. This unit is available for \$195 and will pickup even the lightest voices.

I would recommend this product if you are serious about phone recording. Again, this product is available from

<http://www.spygadgets.com>

Digital Voice Recorders

There may also be times when you need to be able to know what has gone on inside a room without the benefit of telephone recorders and cameras. In this instance it is beneficial if you are able to use a digital voice recorder.



Just like standard voice recorders, digital voice recorders are portable and are usually about the size of your hand. The benefit in this is that they don't always capture a lot of attention, and the data recorded can be stored on your computer rather than on tape.

As long as you are able to place a voice recorder in an area of the room that will be able to capture a conversation, you will be able to determine what is being said, and will be able to capture the conversation and store it on your computer, safe from harm. Recent advances in the quality of digital recording have made the clarity much better and easier to listen to.

Sim Card Data recorder

Mobile phones have also made it easier for people to mask their conversations and hide things from their spouse. With the increase in cell phone usage, it is an effective tool for a cheating spouse to have. They are able to have conversations almost anywhere, safe from being overheard, and safe from being detected on the phone bill at home.



People's entire lives can be contained on their cell phones, and its not unusual for partners to have no idea who half of the contacts are on their partner's phone.

There is a quick and easy way to remedy this. The sim card data recorder enables you to get your partner's cell phone sim and download it onto a

recorder. This way you are able to identify who they have in their phone, and recognize numbers that are habitually showing up on the phone bill at home as well. This handy device retails for around \$10 and is invaluable for identifying contacts in your partner's "other life"

Semen detection kit

If you have a stain on an item of clothing or something that you are suspicious about, you can test for the presence of semen. This may be particularly useful for testing stains on car seats or underwear.

This test comes in test strips, and gives results almost instantly. If the test comes back positive, the strip turns purple. These tests are used by forensic scientists, and are guaranteed to be accurate. They are both easy to use and deliver results that are accurate and fast.

There are a number of different types of test available, but I would recommend the following:

<http://www.crimebusters911.com/SemenDetection.htm>

What to avoid.

When making the most of new technology to monitor your partner's behavior, you need to be careful to avoid detection, and avoid spending money on items that will deliver little in the way of results. There are a myriad of listening devices and cameras available on the market, and you need to exercise some caution when buying these.

When considering what types of surveillance to use, you need to exercise some restraint and consider what quality of product you really need. A lot of surveillance products are designed for businesses and are designed to be used indefinitely for monitoring staff movements and productivity.

You may not need the latest and clearest camera to identify your spouse in your bedroom with their lover. You may only need a lower grade camera that costs considerably less.

The point I'm trying to make here is that you need to weigh the cost versus the result. If you only intend on having a hidden camera in a room for a few months, it may not be necessary to have it in full color with a high resolution unless you feel it is really necessary. Likewise, every

situation of infidelity is different, and some surveillance procedures may work better than others. The key here is to tailor a solution to your particular need, and then find the technology to assist you in finding the truth, be it innocence or guilt.

I would consider the listening guns and body-mounted micro cameras a waste of money. They are expensive technology, and you are able to get results without using either of these methods.

Of course it's up to you how much money you want to spend, but I would encourage you first spend some time examining your spouse's habits.

- ◆ What time of day do you suspect your partner is cheating?
- ◆ Where do you suspect they may be meeting their lover?
- ◆ Do you think they speak to them on their cell phone?
- ◆ Do you think they talk on the phone at home?
- ◆ Do you think they meet at your home while you are out?

Any of these questions can influence your decision on what type of equipment to use, and where to place it. You may be able to install surveillance equipment at your partner's place of work, the car, or your home.

If you are considering purchasing this type of equipment, I would encourage you to avoid using your joint credit card to purchase these goods. It would show up on the statement and betray your intentions almost immediately. If you are able, I would encourage you to use a friend's credit card so it doesn't show up on your statement. Just make sure they tell their partner about it!



Be careful to keep it from your partner. They may get very angry if they find out they are being recorded.

Keep it hidden

When you are doing this type of surveillance, it is better that as few people know about it as possible. You don't want to let your partner know that you have reason to distrust them, and you certainly don't want your partner to know you are recording their conversations or movements. If you are installing equipment, you may need some help to

install it in a fashion that makes it difficult to detect. You may or may not need some outside help with this, but you will need to make sure it is a time that your partner isn't likely to be around.

You need to remember that your motivation is love. If you truly didn't trust your partner, you may have left them already. But if you are the type of person that needs evidence before they give up on their marriage, then you need to remember that it is your love for your partner that is motivating you, not the need for revenge.

Until you know of their guilt with absolute certainty, you need to presume their innocence. The worst outcome would be if you accused them of being unfaithful and you turned out to be wrong. Such accusations can cause irreparable damage to a marriage. However, the fact that you have taken your suspicions of infidelity as far as this would indicate you have some serious problems anyway.

Despite this, the fewer people that know about it, the better. If fewer people are aware that you are spying on your partner, the less chance there is of your partner inadvertently finding out from a third party.

Chapter 13. TACTICS TO FLUSH YOUR PARTNER OUT

When you have set up covert surveillance and telephone monitoring, it can sometimes be frustrating waiting for something to happen. It may be necessary for you to create the opportunity for something to happen. The key here is not to make it too obvious. The thing you need to remember is that you will need to be away from the house.

The first suggestion would be to leave the house for a couple of days, using the excuse that you are going to visit a sick relative. You will need to make sure this excuse is plausible and believable. If you have a relative that you can visit, do so. It doesn't have to be a lie. You could actually carry it out. The important thing is that you are away from the house so that there is the opportunity for something to happen. Make sure before you leave that all surveillance or monitoring equipment is working properly and has been tested.

Another way to liven things up would be to have a fight with your partner. Make it a fight to remember, bringing up every little thing about him that annoys you. Make sure, at all costs, that you don't bring up the subject of their infidelity. Bring up your lousy sex life, your lack of satisfaction, the way you feel unloved and disrespected, the way he makes no effort for you, or their lousy job and how they don't earn enough. Then leave the house. Chances are your partner will be so angry they will need to vent their frustrations at someone following that, and you will have surveillance in place to record it all. The only person they may be able to confide in is their lover, and they may need their lover to visit to massage their dented ego. This will create the perfect opportunity for you to gather all the evidence you need.

Another suggestion would be to have flowers sent anonymously to the house with an ambiguous card on it. If you plead ignorance when asked, your partner will assume it's their lover. This should get a very obvious reaction, as it will be very hard to disguise their panic. An alternative to

flowers is to say you have found an earring in the car that doesn't belong to you, or some other item that could have easily been misplaced. Just mention it in a casual way, and see what sort of reaction you get.

Another suggestion would be to mention to your partner that you may have contracted a sexually transmitted infection, and you can't imagine how you got it. This will put your partner into a blind panic at the thought of not only having an STD, but also the possibility of their lover having infected them, but in also passing it on to you. It will also be quite uncomfortable for your partner and their lover, because your partner will have to secretly contact their lover and both go and be tested.

You can be as creative as you wish when it comes to creating situations where your partner either has the opportunity to engage in illicit sex with their lover, or where they will need to contact their lover, either by email or by telephone.

The key in all of this is to keep your excuses believable, explainable, and make sure that your surveillance equipment is working properly so that you are able to gather all the concrete proof you need.

Chapter 14. LIARS

Just how is it that people can tell when their partner is lying to them? There are many ways to catch a liar but those who have lied most of their lives become pros and it is harder to crack them than most.

If you are in a healthy relationship there should be no need to lie, so here are some ways to know if someone is lying to you. Hope they come in handy so you can teach a liar a lesson.

When someone is lying they have no control over their subconscious actions. They may try to fool you and their bodies but their actions will always break through one way or another. They won't make much sense because they will be trying so hard to control their actions they won't be concentrating on what it is they are saying.

The first tell-tale sign is the content of their lie. To completely cover their tracks a liar will make up a lie and go over and over it in their head till they think they have everything covered. Every little detail will be covered so you don't need to ask any questions afterwards.

When telling the truth you cover the basics of what you need to say then go back and fill in details if you think they are important or you were asked. Also liars will talk quickly to get it all out before they are interrupted or before they forget what they had rehearsed.

They may add a little humor like a joke or funny story to lighten the mood of what they are saying hoping that their partner will forget about anything that doesn't quite add up.

When asked a question a liar will always hesitate, because if they aren't telling the truth they need to stop and think to make up their answer. They also need to think if what they are going to say is going to fit in with everything they have just said and said in the past.

If someone answers with the truth there is no hesitation because it actually happened so they can recall it straight away.

Selective hearing is a common trait in a liar. If you ask them a question they will automatically say ‘Pardon,’ even though it is obvious they heard you clearly. This gives them time to think back over what they have all ready said and time to come up with an answer.

A question can also throw them a little because they had everything so cleverly planned out that they didn’t expect for you to have any questions.

Five minutes after they gave you a detailed speech on what they got up to they may not be able to remember something. This is because they will be going over what they just said to you to make sure they remembered it all correctly, also hoping that you are going to believe them.

Asking them a question five minutes later will worry them that they are going to get caught. They may get all flustered and may even make up another lie to cover.

Now let’s start from the top to the bottom to show all the actions a liar will use.



Someone’s body language can let them down when they are lying.

When someone is lying, all the blood rushes to their face, neck and ears burning red. Just like when someone is nervous their heart pumps faster and the adrenalin pumping through their body causes their blood vessels to come to the surface. When some is lying they feel nervous they are going to make a mistake or get caught.

Next there is the blinking, and the rate of blinking is faster. The more often the eyes are shut the more it feels to them like their eyes are closed. They have the feeling that if they close their eyes they will be able to wake up and the problem will be gone.

If someone doesn’t hold eye contact with you the easier it is for them to lie to you. If the person you are lying to

can't see your face then they don't know the expression on it to see if you are giving anything away. Also the eyes show a lot of expression as well so if your partner isn't looking into your eyes then they can't see the lie.

Crossing arms is a sign the liar is trying to be defensive. If they are telling the truth then they shouldn't have anything to be defensive about.

There hands have to be constantly moving and touching and pulling things. If they are rubbing their eyes, pretending there is something in them then they are covering them with out making it to obvious. Now they don't have to look at you to tell you their lie.

Talking while they have got there mouth covered or fingers in their mouth kind of obstructs what they are saying. Subconsciously they feel like you can't really hear the lie or they are blocking it altogether from coming out. This way they don't feel quite as guilty for lying.

They will play with their hair, clothing, anything in arms reach, like pretending to flick though a book when they wouldn't even know what it is about. It is a nervous reaction which tries to make you appear calm. It also makes a distraction from the lie so you can both concentrate more on the action rather than what is being said.

If they move their legs away from you and point them in the direction away from you then they are lying!!! If a person feels comfortable with you then they face towards you with their legs pointing in your direction. This shows that they are willing to let you in to know everything. If someone is lying they obviously feel uncomfortable.



When someone moves their legs away from it shows they feel uncomfortable opening up to you

Tapping feet is also a nervous trait, and it takes the attention away from the lie and towards the foot. The person starts concentrating on the tapping and sub-consciously starts counting the taps and waiting for the

next one. A repetitive tapping sound muffles the talker because of the noise, and makes them feel like their lie is not being heard.

Chapter 15. DETECTING LIES



If someone covers their mouth when they talk it is like they are unhappy of what is coming out of their mouth.

When confronting your partner about their infidelity, it's hard to tell whether or not they are telling the truth. It's this uncertainty that can be the hardest thing to deal with. Not knowing for sure that your partner is telling the truth can lead to further mistrust and withdrawal.

It's necessary then, when you confront your partner about their infidelity, to be able to identify whether they are telling the truth or not. In some respects you need to become a human lie detector.

This isn't as hard as it may sound. There are visual clues and subtle changes in voice patterns, tone of voice and body language that can almost always give away a liar. The trick is to know what these subtle changes are and to be able to look for them in your partner.

Differences

To be able to better understand lying behavior in your partner, you first need to be able to understand the differences in how men and women lie.

Men tend to lie to make themselves look good, whereas women lie to conform to what they believe are society's expectations of them. What is meant by this is that men lie to make themselves look good in their own eyes, regardless of what society's expectations may be.

Women, on the other hand, tend to lie to conform to society's expectations or other's expectations of them. In this respect, women tend to very much care what others think and are guided to lie to meet others expectations.

Key Identifiers

It doesn't necessarily take one to know one. But you can spot differences in behavior that point to your partner trying to cover something up. However, in order to do this accurately, you need to know your partner pretty well.

If they are usually a fast talker and they are now sitting in front of you and speaking slowly and carefully, you have every reason to think that something is not right. If they always look you in the eye and they are looking everywhere other than in your eye, you may want to get the truth out of them. If they are usually very calm and they are now very agitated and twitchy, you may have reason to believe that they are hiding something.

It can be as obvious as this, or it may be something very subtle, like a twitch or a nervous habit that develops, like scratching or playing with their hair, or tapping their feet.

The key is to identify things that are out of the ordinary. If you confront your partner, you should be able to look closely for subtle changes in their behavior as they are trying to answer you. If you have caught your partner by surprise, they will be thinking quickly to cover their tracks.

Its in doing this that the most noticeable changes will occur. The most obvious changes will be in their body language.



Expressions can say a thousand words.

Body Language

Actions speak louder than words. The way your partner reacts physically to a confrontation will illustrate clearly whether they are covering something up or not. There are a number of physical gestures and mannerisms that may differ from the norm that will betray a person's

words. So long as they differ from your partner's normal reactions, you should make a note of them.

They may include:

- ◆ Crossed arms
- ◆ Legs crossed when sitting
- ◆ Rapid eye movements
- ◆ Constant fidgeting
- ◆ Rubbing eye
- ◆ Eyes focused to the right (indicates they are using the creative side of the brain)
- ◆ Playing with hair
- ◆ Tugging ear
- ◆ Touching face, such as lips, mouth, and nose
- ◆ Holding an object, or gripping a knee or arm or ankle while seated
- ◆ Looking upwards
- ◆ Language and expressions don't match what is being said
- ◆ Tapping feet
- ◆ Drumming fingers
- ◆ Constant scratching

Although some may tell you that a lack of eye contact is a dead giveaway of a liar, many people have been conditioned to look people in the eye in order to psych-out their opponents.

Behavior and Attitudes

You may notice a change in their behavior and attitude in a confrontation. Again, the key is in identifying differences. You may notice changes such as:

- ◆ Being hesitant
- ◆ Smugness
- ◆ Nervous laughter
- ◆ Uncommon sense of calmness
- ◆ Inconsistencies in their story
- ◆ Providing more information and specifics than are necessary

Conversation

A person trying to explain their way out of a situation by lying will be acting defensively, and thinking very quickly to come up with a plausible story that you will believe. In doing so, they may inadvertently give away clues that they are lying. They may include:

- ◆ Changes in the pitch of their voice, either lower and slower, or higher and faster
- ◆ Changes in the speed of their speech
- ◆ Constant denial of accusations
- ◆ Attempting to distract you by interrupting your conversation
- ◆ Unusual choice of words or sentence structure
- ◆ Stalling the conversation with pauses, and “um”, “you know”, and “well...”
- ◆ Emphasizing the word “not” when talking

Lie Detectors

As well as being able to identify changes in behavior and body language, technology has further helped take the guesswork out of determining whether your partner is cheating.



It's not necessary to wire your partner up to a big cumbersome machine and interrogate them as to their secret life. Technology has made the process a whole lot simpler.

You are now able to analyze your partner's speech to determine the level of stress. The portable analyzer uses multiple samples of sonic waves from your partner to build a profile. The more of ten you get sample clips from your partner when they are speaking normally, the more accurate the analyzer will be.

The stress analyzer is able to determine when there are variations in the pitch and flow of your partner's voice and displays levels of "truth" and "stress"

An example of this technology is available at:

<http://www.pimall.com/NAIS/e.pse.html>

This device is not as accurate as a polygraph machine, and is not designed to replace it. But in building a voice profile of your partner on this machine, you will be able to identify when your partner's voice pattern does not fit their standard pattern of behavior.

Chapter 16. COMMUNICATION IN SECRET

When it comes to your partner communicating with their lover it has to be done secretly, but lovers can't seem to resist each other and are always in contact. This is where cell-phones, house phones, pagers and computers come in handy.



Cell phones play a big part in an affair, as they are more private than a house phone.

If your partner is always checking their phones for text messages and eagerly waits for replies then start paying closer attention.

Does your partner always pull away or leave the room to read a text message? They don't take any risk that you may see the contents of the text message?

Does your partner receive text messages at all hours of the night and just needs to read and reply to the messages? If it wasn't that important why can't it wait till the morning?

Has your partner ever received a text message, waited for a little while, then gone out with out any reason and without inviting you?

If you can identify with this then you certainly have reason for suspicion. If there is a lack of transparency between you and your partner, you need to ask yourself the reason why this may be the case. If your partner has nothing to hide from you, it shouldn't be a problem if you see their text messages.

A big sign is if you keep getting prank calls where the caller hangs up if you answer. Your partner's lover will be wanting or expecting your partner to pick up the phone. Tell you partner only that you are worried about these prank calls and that you might get the number from the phone company.



Cell phones are an easy way to catch your cheating partner.

Your partner will start to freak out a little and try to talk you out of it, to protect their lover and themselves from getting caught. If the prank calls all of a sudden stop then it is obvious your partner has warned their lover. Call the phone company anyway to get the number and leave it a couple of weeks before calling to catch the person off-guard. Just explain calmly that you were getting prank calls and that you were worried.

When your partner gets a phone call do they talk really fast and quietly then take the phone into the other room? This is very secretive and there is obviously something they don't want you to hear about. If they have been a long time pick up the receiver and listen quickly, then start dialing a number.

Then pretend like you didn't know that they were still on the phone, apologize and hang up. You should be able to get an idea from this who they are talking to. Never listen on the other receiver for too long, unless you can hear straight away that they are talking on more than a friendship level.

It is very easy to tell if someone is listening and if you don't catch them straight away then they will become even more secretive and make it harder for you to find out. If they start to get angry because you picked up the phone, then something is up. No conversation should be that secretive that it matters so much if you heard a couple of seconds.

Also usually if a partner gets a call they usually mention who it was, so if they pretend like they were never on the phone then it's not someone they want you to know about. This is especially true if your partner was on the phone for a while. Casually ask who it was that they were talking to.

These days with so many chat rooms and msn and email a computer can be hours of fun. But it can also be an easy way of communicating with their lover without anyone seeing or hearing, and they can be pretending to work at the same time. Watch how much time your partner spends on the computer. Watch their expression too.

Does your partner seem happy or excited while they are supposed to be doing boring old work? Surprise your partner with a cup of tea and give them a quick hug. When they start quickly fumbling with the keys or trying to shut something down, they were doing something they don't want you to see. Mention how they are such a hard worker. This may make them feel guilty and you will be able to tell if they do.

Does your partner own a beeper? When they get a message do they get all secretive about it? If they ever rush off, being quite brief about where they are going, then they really don't want you to know where they are going and who with.

Chapter 17. HOW TO PERFORM REVERSE CELLPHONE LOOKUPS

This chapter is going to deal with the specifics of how to confirm who that suspicious caller is on your spouse's cellphone (or landline).

So you've found a phone number. Maybe it keeps cropping up just a bit too often. Maybe the phone call(s) come at strange times. Or maybe you just want some peace of mind – and let's face it, if you're suspicious enough to be considering doing a reverse phone number lookup, it's probably better to be safe than sorry!

There are a number of options open to you, both chargeable and free. Here's what you need to do.

First of all, you'll need access to the Internet, because we're going to be using online search engines and utilizing the billions of pages of information indexed on those search engines.

So number one, get yourself to a computer with Internet access.

Step two: bring up Google's homepage (www.google.com). Enter the phone number you want to look up into the search bar, and hit “search”. For example, if I wanted to look up a Wisconsin number, I might enter '4145392918' into the search bar, and hit 'enter'.

This will bring up *lots* of information – probably several hundred thousand pages of it! Have a look through the first couple of pages, and see if anything relevant crops up. Look through more if you feel like it – the only deciding factor here is how much time you want to spend!

Chances are, though, that the results are too “broad” and non-specific for you to spend more than five or ten minutes trawling through them. If this is the case, then you'll need to narrow your search down a little bit.

You can do this through the use of quotation marks (“...”). For example, if I put quotation marks around the phone number I was searching for, that tells Google that I only want search results to be shown which include that particular number, in that particular order, with no additional

numbers either before or after it – in effect, I only want results pertaining to that EXACT number that I've entered.

Have a look through the results that come up from this, and see if there's anything worth investigating more.

If not, don't despair – there are still plenty of options remaining!

Basically, to make the most of the almost infinite supply of information available through Google, you need to make sure you're asking the right questions and using the right search terms. The easiest way to do this is through varying your search terms as much as you can (while still remaining relevant to your original phone number, obviously!)

For example, try substituting the name of the state for the area code ('Wisconsin' for '414'), and hitting 'search'.

If that doesn't work, try adding spaces throughout the number ('414 539 2918'), or, if you'd already added them, try removing them or changing their position.

If you know where the call originated from – for example, if it's a local number, or if you recognize the specific area code – you can try substituting the name of the city for the name of the state (i.e., 'Bayview' for 'Wisconsin'.)

Remember to try as many variations as you can on the number that you have. Google gets its information from a huge variety of sources – advertisements, discussion forums, chat networks, social interaction portals – and there's no particular format that's common to any of these mediums. Your best bet is to be as diverse as possible, to ensure that you're covering your bases.

Another option is to use a site called Board Tracker (www.boardtracker.com), which is a search engine that takes its information directly from discussion boards, chatrooms, and forums. An incredible number of sources are accessed for this information, so it's another good place to check your phone number out.

Simply type the phone number that you have into the search bar, and hit 'enter'. If you're not having any luck at first, remember to keep varying

your search terms: add and subtract spaces, quotation marks, any other bits and pieces of information that you think may be helpful (the city you think the call may have originated from, the name of the state, and so on.)

A third alternative is to begin searching through the most commonly-used major social networking portals on the Net, like www.myspace.com or www.facebook.com

There are search functions on most, if not all, of these sites, which works to your advantage. All you have to do is repeat the process that you used on Google and on Board Tracker.

If you've come to the end of these options, and still haven't had any luck, there are still two choices remaining:

- 1) You can give up your search
- 2) You can invest a little bit of money and have the search carried out by a specific phone number search site. We recommend the following:
www.CatchSpouseCheating.com/reversephone/, or, for cellphones, www.CatchSpouseCheating.com/reversemobile/

Usually these sites guarantee their results, which means the information that you're supplied with is *completely* reliable – and if no results show up after you perform a search, there's no charge. It's quite simple. If you really want to find out about a phone number, it's well worth the small fee.

So these are your options for doing a reverse phone number lookup – it's a surprisingly easy, and very effective, way to either confirm your doubts, or to take the weight off completely. Good luck!

Chapter 18. HOW TO SET UP A FREE LIE DETECTOR FOR PHONE CALLS

Once upon a time, lie detectors were the stuff of fiction – a fascinating concept, but one with very little grounding in reality. More recently, lie detectors were the sole property of forensic experts, used to analyze the potential truth (or lack of) in the statements of key witnesses and suspects in crime cases.

Today, however, we have access to the world's first telephone-based lie detector. That's right – a free software program called KishKish, which is downloadable in seconds from the Internet as a free add-on to Skype (the global Internet-based telephone system).

KishKish's lie detection software is based on the theory of Voice Stress Analysis, which works by analyzing the content of your conversation-partner's voice for stress levels. High levels of stress indicate a strong possibility of lies being told, whereas low levels indicate truth.

Traditional lie-detectors work in the exact same way (although obviously they're a bit more complex, and involve more equipment!) Specifically, KishKish bases its readings on the stress levels of your partner's voice. The program takes about 10 seconds to gather the information necessary to begin taking accurate readings, and then starts analyzing the audio streams of your partner's voice for fluctuations in stress levels.

This all happens in real time, so you can see *as your partner's talking* whether or not a “lie” is being told. KishKish illustrates the stress levels of your partner's voice using graphs and lights, so you can see for yourself which questions spark a stress-response.

You can't use the program *entirely* covertly, however – on the first usage with any given conversation partner, Skype sends them a quick message-alert letting them know that KishKish has been installed and may be in use. Of course, this is more likely to have a positive, rather than a negative, effect: most people are scared into telling the truth voluntarily when they know they're being monitored for lying!

You don't have to use KishKish *every* time you make or receive a phone call (although you can if you want – it works on both incoming and outgoing phone calls). There's also the option of using it manually, which is enticingly simple: all you have to do is click the KishKish icon, which you find in 'Call'>'Do More' in the Skype window. This allows you to choose when you want to activate the lie-detector.

In addition to this option, KishKish have also anticipated the fact that sometimes it's just not convenient to divide your time between paying attention to the phone call, and analyzing the data from that call. So you can also record your phone calls on Skype, and analyze them at your convenience later on.

Clearly, no lie detector can give a 100% definite reading on whether someone is or is not definitely telling a lie or not (even forensic lie detectors aren't admissible as evidence in court!). So it's probably best if you take the results from KishKish with the proverbial grain of salt.

Having said that though, it can be really useful to have your gut instinct backed up by KishKish's evidence – if your instincts are telling you that someone's being evasive or even telling a flat-out tall tale, and if this is then confirmed by a lie detector, you'll probably want to investigate further!

Chapter 19. HOW TO UNDELETE DELETED TEXT MESSAGES

If, for whatever reason, you ever need to retrieve text messages that have been deleted, there is now cheap and user-friendly software available that allows you to do just that.

Furthermore, you don't just get the deleted text messages, you get *everything* from that cellphone's SIM that you could possibly want: deleted inbox and outbox messages (read and unread messages alike), the name and cellphone number of the sender, and all contact numbers in the phone's directory, including a recently-deleted list of calls received and made.

This software is reputedly very user-friendly, and has been designed with “home users” (i.e., non-technical people) in mind, which is an additional bonus – as anyone who's paid for software and then struggled to actually use it will agree!

The software works on any SIM card, of any country and any network, in less than one minute, and is compatible with Microsoft XP, 2003, XP Media Center2005, Longhorn, Vista, 2000, NT, ME and 98. It's read-only software (meaning you can look, but can't modify the information), although you *can* print off a detailed report which includes all the information retrieved by the software.

This software won't work on a SIM that's been locked or that requires a PIN to access the information (unless you know what the PIN code is, of course!) so you'll want to be sure that you don't accidentally lock the SIM through trying to access it without authorization.

Don't worry if the SIM card you're trying to access has been damaged in some way. Damaged, corrupted, crashed, and reformatted SIMs present no problem: this software was originally designed for use on SIM cards that had accidentally been damaged or locked, although they're equally suited to their modern-day role as detection tools.

User instructions come with the software upon purchase, but all you need is the SIM card of the phone,

All in all, this software's pretty self-explanatory. Easy to use, cheap, readily accessible from the Internet, the software provides users with a FULL backup of all deleted information from a cellphone's SIM card: sent and received text messages, phone calls made and received, and a complete phone directory. It's as simple as that!

You can buy this software online – visit <http://www.filerecovery.in/file-recovery/sim-card.asp>, or just type “undelete deleted text messages” into Google and hit 'search'.

Chapter 20. THE OTHER PERSON

What do you do when it comes to the 'other person'? Depending on who the 'other person' is will change the way you will react towards them. A friend or relative will be the hardest to deal with. The majority of extra-marital affairs occur between your partner and someone you know. This could be your friend or neighbor, but it could be someone you know briefly.



It wasn't only your partner that started the affair. There is another person involved.

If it was a friend or relative that your partner has cheated with, it's more than likely you won't be friends ever again or at least not for a long time yet. Don't feel you have to forgive them even if they are family. A true family member shouldn't have done this to you in the first place. If you see them out at a social gathering or public place, whatever you do, don't make a scene.

People will start to feel awkward around you and worry that you are losing it. If you are at the same social gathering, you don't have to say hi but don't give any bad looks or make any nasty remarks. This will cause tension, stopping people having a good time. There will be another time when it will be more appropriate to have an argument, but a social gathering is not one of those.

Try and put them out of your mind, and focus on your friends and on having a good time. If you look like you are having a good time this person will feel even guiltier, because they will remember the good times you had together and how they ruined it.

It's important to remember at this stage that you should not force your friends to choose between the two of you. You should consider that your friends are friends with you both. Making a scene or forcing your friends to choose could cause a rift and you may find that neither of you will be invited to functions because its not worth the stress.

Does the 'other person' know that their lover even had a partner? If they don't know then they deserve to know. As much as you may hate the 'other person' right now, does anyone deserve to feel how you felt? Why should your partner come out of this affair with more than what you have?

Once you tell their lover they may want to leave your partner. Also consider that if your partner cheated on you what is stopping them from cheating on the 'other person'?

Remember that saying 'It takes two to tango.' Even if the other person knows you exist but do not know you personally, then they are just as bad as your cheating partner. They should share the blame equally.



Try not to let the 'other person' get to you. When you are socializing, act happy; otherwise they will feel they have won.

From your personal point of view, however, it is your partner that is worse because their lover has no emotional attachments to you. Because they have no personal connection to you, it is easier for them to shut you out. Let the lover know who you are and that you exist, and it will then put you on more of an emotional level for them and they will then have to deal with their guilt.

Don't ring or meet up with other person till you know exactly what it is that you are going to say. You can have someone with you for support, and in fact I would encourage it. Sometimes this is better because they can remind you of what you wanted to say and calm you down if the temperature

starts to rise.

If you rant and rave they are going to feel like they did nothing wrong because you are nasty and may even feel that you didn't deserve your partner. It will also make them feel like they won and they are so much better than you. While this may feel good at the time to let your anger out, later on you will regret it. It is more powerful for the other person to

anticipate your anger, yet not receive it. This will catch them off-balance, and can be much more effective as a tactic than venting your fury at the first opportunity. In this way, they will never know when you are going to strike. In doing this you will also command respect. Be the bigger person here.

As good as revenge may feel never go overboard on your partners lover. It is a whole new ball game and you may get into more trouble legally than if it was your partner. Your partner will be more willing to forgive because of the guilt, but if someone is willing to have an affair with someone already spoken for then their morals aren't very high, they will have no problem taking legal action against you.

Take the satisfaction of knowing you are better than the both of them. You can still walk away with some pride.

Chapter 21. FINANCES

Particularly if you and your partner have joint accounts will you notice that money is going missing in large sums and at places you know you didn't spend it.

At the start of any relationship both partners like to give their partners gifts to show they like them and to make them feel special. They may start to stay in hotel rooms and splash out on lunches and dinners to spend time together.

The money will be spent on presents for their partner so if you feel it is your husband that is cheating and on your statement it you notice that there are a number of withdrawals or transactions from shops you don't recognize, you should ask. If money seems to be spent with little evidence, you should be quite entitled to ask where all the money is going. If it is your birthday or anniversary coming up wait till after. But if things don't seem to tally up you should ask.

If large sums of money do go missing, your partner may want to pay for something in cash so it doesn't show up on a statement. When either partner spends a lot of money on something it should be discussed and agreed on by both of you. If you partner starts getting defensive because they can't explain what the money was spent on, then this is not acceptable.



Keep a record of unexplained purchases. See if they make a pattern. Time, date and place are important.

If your statement shows up automatic payments going out, you aren't paying anything off, and the electrical and phone bills are accounted for then you should ask what it is.

If you don't have joint accounts but all of a sudden money starts getting tight, start taking notice of where money is getting spent. If no one has

lost their job or there are no extra bills there should be no reason for money problems.

Look out for any receipts in the bin, in pockets, in the car or lying around. If it was for things like petrol or food take note of the date, time and area they were purchased. Your partner may have supposed to have been at work at this time across the other side of town. Make a diary of all of them and see if you start to notice a pattern.

Chapter 22. WHEN YOUR PARTNER LEAVES

Why your partner leaves

In every relationship, at some point and to different degrees, both partners question their relationship and how they feel about it. For some it is, for some they aren't sure, and for others the answer is no even though they are confused as to why. Nobody wants to straight out tell their partner they are feeling this way because they don't know why. Also in doing this they may feel bad for causing an upset.

Sometimes as harsh as these problems may seem to you, it may be best to talk about how you are feeling instead of bottling them up to make it seem like an even bigger problem. So then the time comes when it is all too much and you end up leaving, this is going to hurt your partner more than if you had just aired your worries.

Sometimes once you voice an opinion you actually hear how silly it sounds and your feelings change. Other times your partner can help you see things clearly or say that they can give you more space and meet you half way.

What is it that makes people want to walk out on a relationship, especially if it is a happy relationship or there are kids involved? There are so many reasons why people walk out and to different extents. Some may change their mind and return others will run further than they already have.

Pressure from all different people can influence their decisions. It maybe a partner wanting more commitment, pushing them further away cause they feel they aren't ready or feel they will not be enough for them. Sometimes there could be pressure from both families, even friends, to get married and settle down even though both of you are happy with where your relationship is at. If your partner feels they aren't ready they will run in the opposite direction to get away.

Other times friends or relatives may have ended their own relationship and because it is always scary being single by yourself they will try and talk you out of your relationship. They do this by reminding you how much fun you both had back in the days when you were single. They will

tell you things that sound tempting like how you don't have to think of anyone but yourself, that you don't have to be with just one partner from now on and many others.

Sometimes the single life seems more exciting and less stress and effort.

Depression and other similar conditions can be a major cause for a partner leaving. It is a very complicated condition and not a lot of people know the real symptoms. What we do know is that it can change your point of view on a lot of things in your life. It can sometimes leave people thinking irrationally in times of lows and in times of highs it will bring happiness to any relationship.

It may make your partner feel they are not in love or are being suffocated then a day later won't feel like this at all and wonder what they have done. Read a book about it or visit a doctor to learn more about the condition

Gambling, alcoholism and other addictions can force people to leave marriages. It can be easy enough to hide an addiction from a partner, because an addiction can be important to someone so they are going to try their best to hide it. Sometimes they can feel so deep into their addiction that they feel they have to choose between their addiction and everything else in their lives.

An addiction is an easier option, because it is easier to deal with than facing the harsh reality of their life. An addiction can be a welcome distraction, and a way to block out the rest of the world (including their worries and pressures). This also means their relationship.

One of the worst reasons for a partner to leave is due to an affair and now they want to start a relationship with their new lover. In this case you should want them to leave.



Don't get used by your partner any more. Let them be together. They deserve each other; your partner because he is a cheater, and his girlfriend because she was willing to have a relationship with someone that was already in one. Such relationships are fraught with

Stand up for yourself. If you continue to let your partner walk all over you, they will.

problems right from the beginning, and their attitude to commitment in their infidelity says a lot about the probability of their future happiness.

On the other hand, your partner may have been hurt in another relationship before and hasn't really gotten over it. They feel it will happen again so they leave before they get too attached or before you have time to hurt or leave them. No matter how good the relationship or how much you reassure them that you won't hurt them they still feel it will happen. Such neuroses will not disappear overnight, and unless you both attend counseling you aren't likely to overcome a problem of this magnitude.

If partners feel unloved and unwanted, they aren't going to stick around to watch their self-esteem get lower and lower. If you are always getting told off for doing the wrong things or even for not doing enough you are going to feel worthless and like you will never be enough for your partner. So by leaving you may feel you are doing both of you a favor.

Do you suffocate your partner in your relationship? Not letting them go out with their friends unless you are invited too? Not letting them go out because you feel tired and want them to stay at home with you? Asking them a million questions before they do get to go out, and making it look like you don't trust them?

Within any healthy relationship, a couple should have interests that they enjoy together and interests to enjoy by themselves to get a bit of space. If you hold the reigns too tightly over your partner they will just pull on them until they can't take it anymore and leave.

When a partner loses their love for the other they feel there is nothing to hold them there anymore. They have no feelings for the relationship so can't be bothered to rekindle a spark. It is easy enough for them to just leave someone that still loves them because they feel numb towards them.

No matter what the reason if it has happened to you it is going to hurt for some reasons more than others. Sometimes a partner leaving can be avoided due to communication.

If they do communicate with you about a problem, you have the right to be upset but don't attack your partner for it. Try and listen. You always have the opportunity to learn.

Chapter 23. FAMILY AND FRIENDS

One of the hardest things to deal with in a difficult situation is how do you tell people that your partner has just cheated on you? It's not one of those things that is easy to bring up in a conversation. What about your partner's family and your own family, and what happens now with the relationships formed between everyone?

If you get along with your partner's family really well you should continue this if it's possible. This is particularly important if you have children. It's bad enough that your children lose their sense of family, but it's even worse if they lose contact with their grandparents. If you are able to maintain a good relationship with your partner's family it makes it much easier on you and your children.



How do you tell everyone that loves you about the affair?

How is it fair if your partner ruins everyone's lives because of fulfilling their own selfish needs? It's important that you tell your partner's family your side of the story, but be careful not to bad mouth your partner, as they will start to feel uncomfortable. As much as people might say that the family doesn't need to know, in being family they are involved, whether they want to be or not. It's better to recognize that they are involved and get everything out in the open and talk about it.

Your partner's family probably feels really embarrassed and sorry for you because it is one of their own. Talk to them and see how they feel about the situation. They may want to continue the friendship or feel they should support your partner. Either way it will be a hard decision for them to make, so don't pressure them.

Whatever they decide will be nothing against you but sometimes family does come first. It's a difficult and embarrassing situation for a parent to be in, so try not to make it any worse for them. Do however stress that

you sympathize with their situation and that you harbor no ill-feeling toward them.

If you never got on with your partner's family then this isn't quite as hard. Let them know what has happened so they know the situation from your side of things. They may say some nasty things but don't let this get to you. If they never really liked you then it doesn't really matter what they think. Save your feelings for those whose opinions do matter.

So how do you tell your own family? They have taken your partner into their lives as well. Again, depending on how well your partner got on with your family will determine how they will react. If they got on well with your partner they will be hurt too. They may still want to see them occasionally which is up to them as they are part of each others lives now.

It does seem unlikely, but if they do want to maintain contact, you need to respect their decision. This doesn't mean they love you any less, but they have a connection with your partner and may have been part of each other's lives for many years. Don't pressure them not to see your partner. This isn't fair on them as they have to make their own decisions.



Everyone around you will be affected by the affair in some way.

Even if your partner got on well with your family, they may not want to have anything to do with your partner from now on, and this is up to them. Their first loyalty may be to you and its natural for a parent or sibling to dislike someone who hurts you. This is quite normal, particularly in the case of an affair. They will also feel the person they got to know was a lie.

Your partner won't have only betrayed you. They will have betrayed and hurt your family. Their connection won't be as strong as yours, but they will still feel hurt and anger. You need to remember that as you are having feelings of hurt and betrayal, your family will be too. It is times like this that will bring you and

your family closer together.

If your family and your partner didn't get on well, try to not let your family trash your partner too much as you will still want to remember the good times. It will confirm to you that your family never really accepted them. Don't let anyone tell you I told you so. Whether they did or they didn't, it doesn't really matter.

That can be one of the most difficult lessons to learn in all of this. It's easy to give advice to others about their relationship, but it seems all too often that you are oblivious to what's going on in your own relationship. You are big enough to make your own decisions, and everyone makes mistakes. There is always the hope that you will learn from other's mistakes, but sometimes it's necessary to learn from personal experience. This is particularly true in relationships. It's hard to take the advice of others because you know your partner better than your friends and family. If you love someone you don't really want to believe what people say unless you have the hard proof.

Mutual friends are a hard one. Don't make them choose between you because it isn't fair. Your partner cheated on you, not your friends. If you start bullying your friends into taking sides then they may not choose you, and it is you that loses out again.

Sometimes in forcing people to make choices, you push them away from you. It may be very hard, but if your mutual friends stay friends with both of you then don't bag your partner in front of them. They will see this as you trying to poison their minds against your partner to put pressure on them to choose.

You have the right to continue being friends with people you met through your partner. They introduced you to their friends during the relationship wanting you to be friends as well. They can't just take this back now. Once a bond has been formed you can't forcefully break it if it doesn't want to be broken. Again don't bag your partner in front of them, as they will still feel a loyalty to your partner



Your friends will be affected too, so don't put pressure on them to choose sides, or you may end up with no friends.

especially seeing as they were friends first.

As hard as it will be, your cheating partner also has the right to continue seeing your friends that you introduced to them during the relationship. They may have got on really well and enjoy each others company. Your friends may decide to side with you and not see your partner anymore, but it has to be their choice. Don't worry though, they will still love you more and know that you are the better person.

If you have no idea how you are going to tell everyone but don't feel comfortable doing it yourself, tell a close friend and let them know that yes you are hurting but you want to move on. Ask them if they will tell a few people and slowly the word will get around.

From then on in the future when you see others and they mention it, don't linger on it. Mention how you were hurt but there is more in life to live for now. Otherwise people might start avoiding you if you go on and on about it.

As the saying goes, the partner is always the last to know. People, including your friends, may have had their suspicions, or may have already known. It's a difficult position to be in. There is always the uncertainty of getting it wrong. It is so hard to tell someone you care about that their loved one is cheating on them, and you would need to absolutely certain before dropping a bombshell like that.

Would you want to hurt anyone if you had the choice? It's a very personal decision. Personally, I would say something, but I can understand those that wouldn't. If you do discover that your friends already knew, respect the very difficult decision they were in and their fear of being wrong. Concentrate now on what to do about it.

Chapter 24. WHAT TO DO

What to do when your partner leaves

When a partner leaves you, your emotions and mind start to work overtime. One minute you're sad and think 'how can I live without them?', the next you are so angry that you want to throw things at them and scream 'how could you do this to me?'

Right from the start you are going to need to be in control so that you can clear your mind and figure out all the things you need to do from now on.

Don't panic! Try and stay as calm as possible. This doesn't mean ignoring your emotions, otherwise you will act irrationally and regret things you say or do in the time of anger. Even though it may seem like a good idea at the time to let all your hurt and frustration out on your partner to make them feel bad for leaving you, it isn't. In a way it proves to them that it is the right thing to do to leave.

You definitely need to talk to someone to let all your emotions out so they do not stay bottled up inside. Even if you think you are perfectly fine and can handle it by yourself, you should still talk to someone. Sometimes its not until you start talking that you start to let your emotions out. Talk to someone you trust and that you know will listen without holding any judgment on you. If you feel you don't have anyone you can talk to there are plenty of help lines out there to help you.

The worst thing you could do when your partner leaves you would be to chase them. They left for a reason and you need to accept that. If you chase them they will only feel more pressure. They can only return when they want to, otherwise they are more likely to leave again because they didn't have time the first time to mend their feelings. When they left it was obviously to get away from you because they needed space or couldn't be around you. If you go to them this will anger them and make them feel like you aren't listening to them, making them run even further.

If you chase someone it can make you look desperate and like you rely on them. This is not attractive to the opposite sex. If you stand strong and act like you don't really need them and that you can get on with your own life they will be intrigued as to why you aren't sitting around in self pity

and may want to become part of your life again. Everybody likes to be missed, and if you don't give them that pleasure they are more likely to have some respect for you. It doesn't mean that they will come back, but respect goes a long way in love.

The only reason why you should chase someone is when they left you because of your wrong doing. If you do want them back you need to let them know that you love them and that you are willing to put in the effort to change and mend your ways. Once you have made your feelings clear give them time and space to think about it. Taking time to think about things shows that they are taking you seriously, and that they haven't given up yet. This is a good sign, so allow your partner time to think while keeping the lines of communication open.



Keep as much hard evidence just in case it gets really nasty and you end up in court.

Ring your bank if you have any joint bank accounts. You may have to shut them down or have different ways to access them. The money belongs to both of you, and you need to safeguard that money. It may come in handy in the future as you are building a new life for yourself.

If you have children you need to think of them. Try and hold yourself together or take them to someone they know and like, but stay with them for most of the time. Don't leave them in the dark, let them know what is going on. They will want to know what is going on and if you leave it till later they will be angry if they weren't told straight away.

They need to feel they are able to trust someone right now. Try and answer as many questions for them as you can. It will be hard, but they loved your partner too, so you need to think carefully about what you want to say.

Set up a meeting with a good lawyer, preferably one that has been recommended to you by someone you trust. Even if you don't think it

will turn nasty it is good to know your rights and cover your tracks so you are ready if you do need to take action.

Chapter 25. THE AFTERMATH

How to recover from a partner leaving

Before your partner left you, your life may have revolved around them and things you did together. This will be a big shock to you when all you have to rely on is yourself. Time will be the biggest factor for you, it may seem like it won't pass fast enough.

Now you need to realize that life does go on and you have two options. One, you can drown yourself in your own self pity and spend your days feeling sorry for yourself. Or number two, realize that there is a life full of fun and adventure for you outside of this relationship, that you don't need someone else to make your life mean something.

As dumb as this sounds, time does heal pain. It may seem like a long way off, but you will reach the stage where you will stop thinking about it for a while, and you'll find your mind is free to start thinking about other things. Also as time goes on you start to get new hobbies and get busy leaving less time to think about your ex-partner.

Keeping yourself busy is the biggest secret. Surround yourself with friends and family. Go out with them lots or even just hang out at your place, don't feel like you are bugging them because they will understand what you are going through so won't mind at all.

Join groups like walking groups, coffee groups, and sports teams. This will keep you busy and you can make new friends at the same time. You don't have to go out with others either. You can go check out the latest movie or go out for a meal, but you don't need someone else to hold your status, and there is nothing wrong with going out by yourself and enjoying your own company.

Have a support person. Someone that is always there for you to talk to and someone you can trust. You will need to talk to them to let a lot of your emotions out. Sometimes you will repeat things you have already said before. That's alright though, obviously this is something that particularly hurt you, but the more you talk about it the more relief you will feel.

Also it is good if you can take some criticism from this person because you will need to know what you did wrong in the relationship, you can't always blame your ex-partner.

If you really feel you can't cope very well without your partner and feel you are all alone, I suggest you see a counselor. This doesn't mean you have big problems, sometimes you just need someone to talk to that can make things seem a lot clearer for you.

They also know of some techniques that help lessen the pain to help you move on. If you feel this would be embarrassing, don't feel you have to tell anyone. The only people that would need to know would be you and your counselor



Kids aren't naïve, they know what is going on and they can be affected quite badly by it.

If you have children, let them know that you love them all the time, and express to them that you are there if they ever want to talk to you about anything. Try to set up a stable environment to let them know you aren't leaving as well. They need to see similar things around them so that they feel normal and that things won't change too much. For example, try not to switch their schools or move to a different city.

If the children want to see the parent that left, let them (as long as it is safe for them). Even though your partner not only left you but the children as well and you feel they probably don't deserve to have contact, you can't let

your children suffer as a result of your hurt and anger.

Their feelings about your ex-partner need to be their own, and you need to respect their decision. If they don't want to see your ex-partner, don't make them. Just give them time and support. That's all you can do as a parent.

Never let your ex-partner see you can't handle it once they have left you. Stay strong and look happy if you see them out and about. This will make you feel so much better about yourself and make your ex-partner realize you don't need them to survive. This can also intrigue them to know why you are so happy without them. It also makes them a little gutted that you are having so much fun without them and that they weren't really that hard to get over.

Make a list of all the things you didn't like about yourself while you were in the relationship and start to make a change to each one. If you felt you were too heavy, make a conscious decision to lose weight. If you didn't like your hair, make an appointment at the salon and get a style and highlights.

This will make your outlook look brighter and help you realize you can be a better person, even in tough times.

Also you could make a list of all the things you didn't like in your partner that will make your life easier now. Once you have done this, burn the list. This has two purposes, the list doesn't get seen by any one and it is also like a closure procedure for you.

Once you feel ready it is good to get out there and mingle with the opposite sex. This doesn't necessarily mean dating, but once you get out there and get comfortable around other people it makes the thought of dating later on seem less scary. Let your friends know that you want to go out but aren't ready to date. Tell them you will be ready later, as they are probably dying to set you up with someone.

When you do feel you ready to start dating let your close friends know. If you don't feel comfortable being set up ask your friends to host a party with a few singles, and tell them not to mention to anyone that you are on the lookout otherwise you might start to feel nervous. Just take your time and find a level at which you feel comfortable.

How to deal with a partner returning

When a partner returns to a relationship, it pretty much has to start again. The trust being restored, the communication being re-built, and feeling comfortable with one another. It starts off very slowly, and you can't expect it to be fixed automatically as soon as you both decide "yes we do love each other" and "yes we do want to give it another go".

Just like anything that needs fixing, if you do a quick repair it doesn't tend to stay fixed for long, but if you take your time it gets fixed properly and lasts for a lot longer.

To start off, it is best to see a relationship counselor. Even if you think it is a waste of money because you can fix the problems yourself, it isn't. Your relationship is worth the investment. Counselors are professionals that have been studying couples for years, and even happy couples go to find out things about each other that they didn't know and small problems that could later evolve into big ones. They can find underlying problems you didn't even know existed but were the root of many other problems.

It is also good because counselors help people open up and communication is a large ingredient in a stable relationship. In a relationship it is also good to get an outside point of view because each partner thinks their opinion is the right one. Sometimes it takes an outsider to make opinions clear.

Communication is such an important role within a relationship. Without communication neither couple can express what they are feeling or what it is that may concern or annoy them about their partner. Now these feelings just get bottled up turn into a bigger problem.

Once a partner feels badly towards another partner they start to resent them and the smallest habits become really annoying. Talk to each other and agree that it is important to let each other know you are open to hear each others worries and opinions.

Keeping with the communication factor, talk about any problems you had in the past. Get everything out in the open, even if you don't think your partner wants to hear it, say it. I can't express this enough. You need to learn to be open with each other. Talk about how you were feeling when your partner left you. Try and keep



Communication is so important, without it problems don't get solved.

everything calm even if you feel like yelling. It is alright to cry because they will be able to see how much they hurt you.

You also need to listen to your partner about why they left and also how they were feeling at the time. Once this has all been talked about it is kind of like that part of the past has been healed and you can both start to move on to your new and better relationship together.



Set aside quality time to enjoy each other and find out what is happening in each other's lives.

Both partners are going to have to realize that this is not going to come easy and considerable effort will need to be put in. This should be 50/50 from each partner, no matter who it was that left in the first place. Also discuss if you think the other person is putting in less/more and listen to your partner's complaints. Sometimes when partners put in more effort than they used to they feel it more so they might think they are putting in more than you.

Let them know you won't be used. Just because they hurt you and you are willing to take them back, doesn't mean they can leave any time it gets too much for them and you will take them back. Let them know this is a one-off, and you won't take them back a second time. Be firm with this

otherwise they won't truly believe you and may try it again.

Set out ground rules for your relationship. Remember they have to be realistic and fair. You can't have one person making the rules and the other one changing everything about them. When I say rules I mean things like when you finish your meal you don't leave dirty plates on the table for the other partner to pick up. Or if one partner always goes out with their friends without the other, make an effort to invite them along, or do something special with just the two of you. Make rules that you are both happy to live by. Your commitment to these rules should strengthen your commitment to each other.

Always find some quality time for each other. This could be for an hour or so every second night to just hang out and talk or watch TV or go for a walk together. As well as this you should go on a date once a week (doesn't always have to be the same time) to go for a picnic or out for a meal.

This is what quality time is all about. One partner reading the paper in the bedroom and another doing the dishes in the kitchen doesn't count as quality time just because you are under the same roof. You have to put in the effort to see the results.

If there are kids involved you will both need to sit them down and talk to them, after you have discussed with each other what you will say. Also ask them how they feel about the person coming back, and if there is anything they would like to see change.

Let them know it is fine for them to express their opinions, otherwise they might be scared that you will be hurt or angry. Make them a nice meal to know that they are special and know that they mean a lot within this relationship. It is best to do this at home because if you take them out somewhere public they may hold back their feelings and emotions a little.

Either way, for good or bad, make no mistake. With or without your partner, the way is forward. Some situations will be more difficult than others, but as long as you are true to yourself and others, with the support of your friends, family and counseling, you will prevail.

And in time you will flourish.

Chapter 26. ALL THE FACTS AND FIGURES

In response to feedback we received, we decided to survey some of our customers to give us and you a better idea of what really goes on behind closed doors with couples in crisis. We interviewed customers that have caught their cheating spouse and how that affected them. We put out a survey to 2381 of our customers who participated in helping us create an unprecedented level of understanding of the reality of affairs and its affect on relationships and marriages.

We analyzed the makeup of their relationship to see if we could establish a profile of couples at risk of infidelity. The aim of the exercise was to get an insight to couples and the circumstances that lead to one or both partners into cheating.

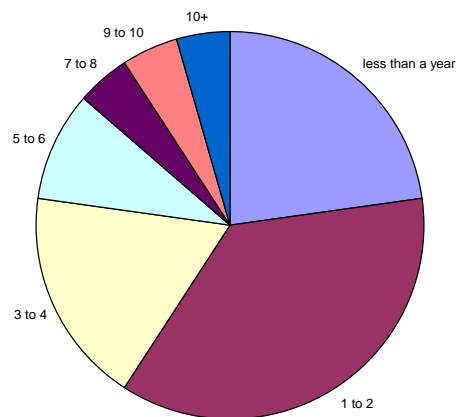
The survey turned up some interesting results. We interviewed real people with real relationship problems. Some of the results turned out as we might have expected, and some were quite unexpected.

We aren't trying to breed mistrust or trouble in your relationship. But if you are reading this your relationship is already in trouble. What we are trying to do here is present some statistics so that you can in part build a profile of a relationship at risk of infidelity.

It may or may not closely match yours. But in analyzing these statistics you will become more aware of what actually happens in cheating situations and what these people have been through. Some people were suspicious of their partner's activities and took months or even years to find out. Some were blissfully unaware of their partner's cheating until they were told or walked in on something. For some it was an inevitable consequence of an unhappy marriage, and for others it was a bombshell that shattered the illusion of a stable and loving partnership.

Look at the graphs and the statistics. This is a profile of real relationships. It could be yours.

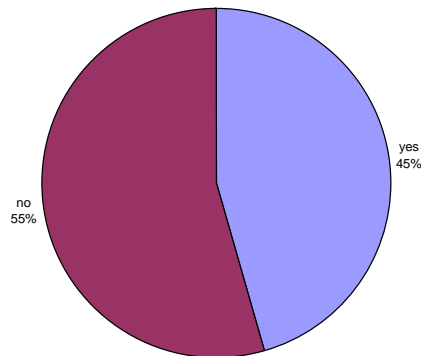
Length of time you knew your partner before you got married



From the graph above you can see that the majority of couples knew their partner for between one and two years before they got married. Of those whose circumstances fell outside the 1-2 year timeframe, they were split between knowing their partner for less than a year or knowing them between 3 or 4 years before they became husband and wife.

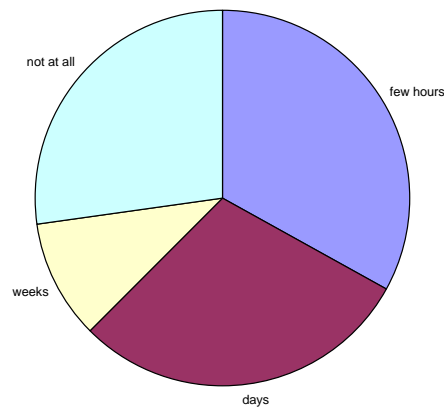
This would indicate that from this statistic, there is a reasonable period of time taken to get to know each other before couples are married.

Was there a significant difference in levels of education?



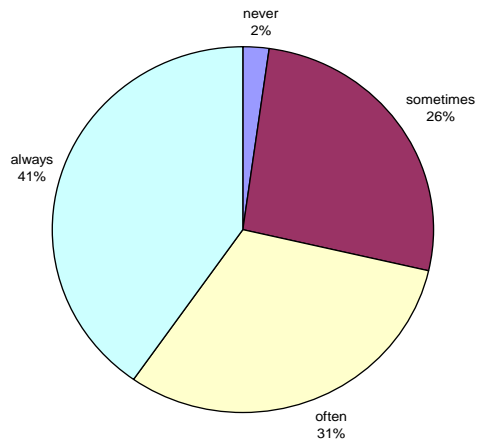
In many statistics a difference in the educational levels of partners is common among partners who cheat. The results of this survey don't indicate that this is a factor in why couples cheat. It seems that in this circumstance there is a tendency for a partner to cheat regardless of the difference in educational levels.

How long is it before issues are settled?

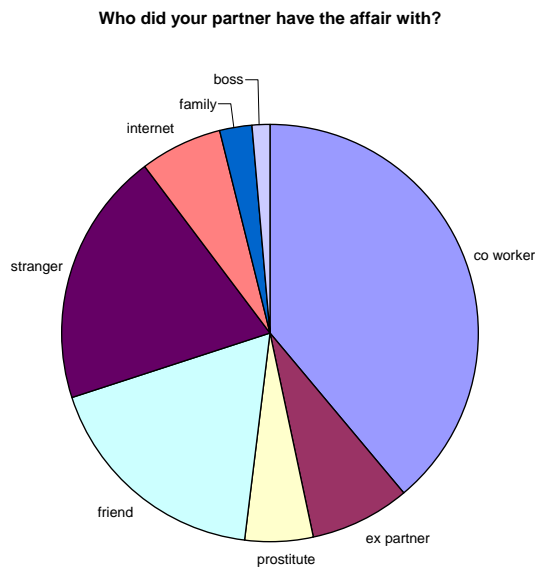


The ability to solve disputes quickly and effectively is paramount in fostering a healthy marriage. In the majority of cases here, issues are settled within a few hours, but there is still a surprising amount of respondents that have issues dragging out over a few days or not dealt with at all.

How often do past disagreements come up in arguments?



Given the fact that past disagreements are so regularly brought up in future arguments, this gives an indication of how effective many couples are in solving their disputes. This gives a truer indication as to the effectiveness of conflict resolution among couples. While many couples may feel that their conflicts are dealt with, the truest test of this is how often those supposed solved disputes are reintroduced into future arguments. As this graph suggests, past disagreements are often dealt with ineffectively and can have a destructive effect on your relationship. Considering the prevalence of past disagreements being brought up in our respondents, this is certainly a factor in causing marital disharmony and creating an environment conducive to the possibility of infidelity.



A staggering amount of respondents are recorded as having their partner cheat on them with a co worker. While this point may not be considered new to some people, it is perhaps worth considering.

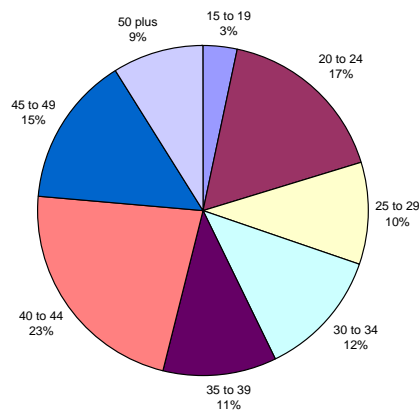
Around 8 hours a day on average are dedicated to the workplace for most working people, so it is inevitable that friendships and associations are made with the people you work with. Some social scientists have identified the interpersonal relationships within your workplace to be some of the most important interpersonal relationships you make. This is for a variety of different reasons.

The first is that in spending 8 hours a day at the workplace, you spend the majority of your waking hours there. You spend 8 hours a night asleep before you wake and prepare for work. Considering the time you spend commuting to and from your workplace, there is very little quality time available for interaction with your partner. In fact, if you don't make the effort it is easy to forget to make any quality time for your partner at all! This is especially true if you have children or other commitments on your time such as sport or hobbies.

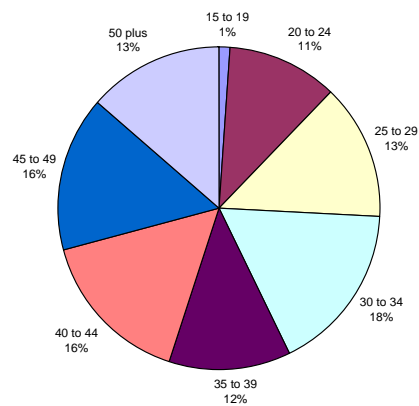
The best hours of your day are spent at the office and it is this 8 hour stretch that accounts for the majority of your quality time for personal interaction. Positive workplace interaction is very important because of the impact that it has on your time.

With increasing demands on employees both in terms of time and effort contributed to the job, increasing workloads are having an impact on individuals both in the workplace and in the home. Long hours and working closely with co workers can lead to infidelity, especially if the environment at home, and particularly within the marriage is less than satisfactory. The prevalence of workplace affairs certainly suggests that this is the case.

Age of respondents

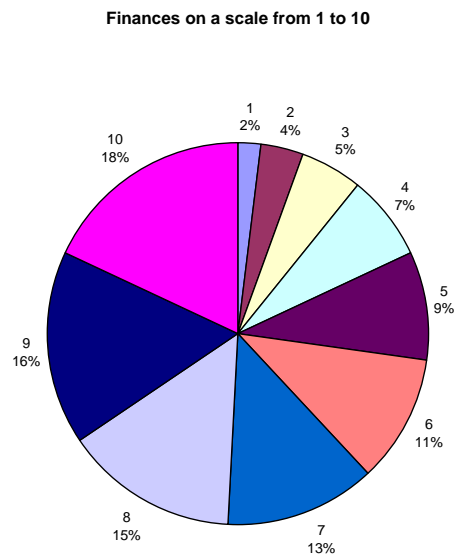


Age of respondents' partners



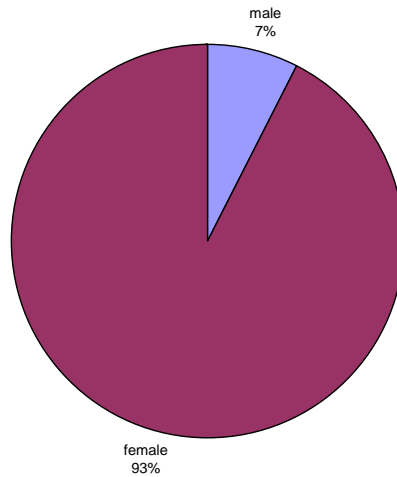
The indications of age of the respondents and their partners turned up some interesting results. Looking at the graphs, the ages of couples with a partner who cheats fall into a pattern. There is a spike for the 20-24 age bracket, and again at the 40-44 age bracket.

There may be a few explanations for this. The 20-24 age group is often over represented in cheating and divorce statistics because of the lack of maturity or life experience before they make the decision to enter into a long term relationship or marriage. Many couples in this age bracket are ill equipped to deal with the challenges that marriage and relationships create and as a result have relationships that are unstable or unhappy. In circumstances like this it is easy for one partner to seek emotional support and fulfillment from other parties. This is where the excitement and passion of an affair can outweigh the monotony and pressure of a marriage.

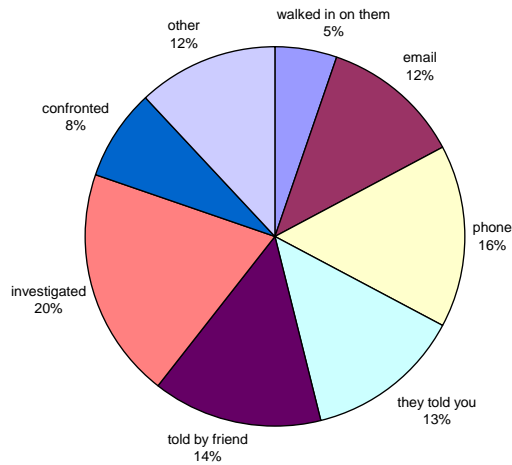


While finances play a large part in marital problems, being identified by social scientists as the single largest factor in marital conflicts, as far as infidelity in marriage is concerned, it doesn't seem to be a mitigating factor in a partner's tendency to cheat. In fact, as far as finances go, there seems to be no correlation between a bad financial situation and the likelihood of having an affair. While a financial crisis may contribute to marital problems, a partner's decision to have an affair seems to be unrelated to their financial situation.

Respondents of survey



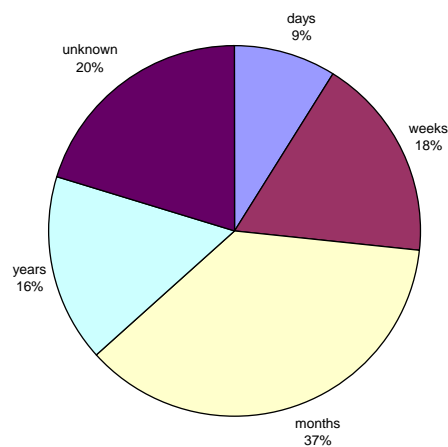
How did you find out about the affair?



When people found out about the affair they found out from a variety of sources. Almost half of all respondents found out by investigating or finding evidence from phone records or emails. Investigating included having their partners followed, going through their mail and their pockets for receipts and hints, and looking for other evidence of an affair.

Perhaps the most distressing part of finding out about an affair is having suspicions and needing more certain proof that infidelity has in fact occurred. In this respect our respondents have used all sorts of methods possible. In investigating proof of infidelity, the use of technology accounts for a considerable percentage with the availability of phone records and email records. This and the ability to install tracking software enables suspicious partners to go further in their search than ever before.

How long did the affair go on before you found out?

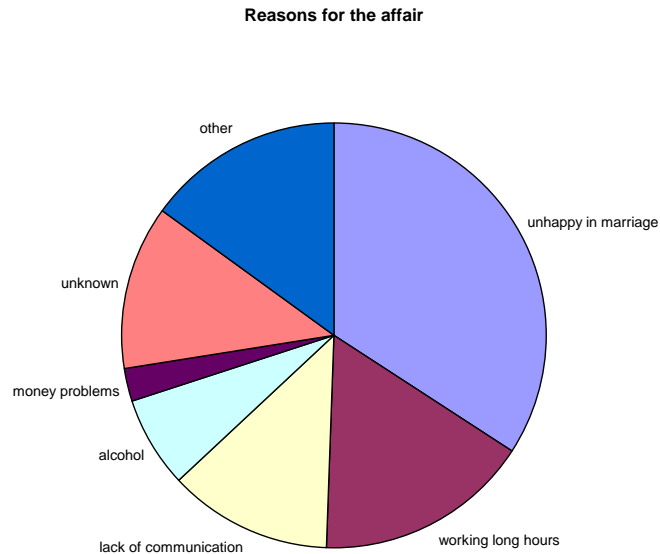


When people enter into affairs, there is often little thought into the consequences, or even the idea that the other partner might find out. The difficult and perhaps the most telling thing about maintaining an affair is the time. The maintenance of a sexual relationship takes obvious sacrifices of time as well as emotional commitment. It is often accounting for this time away from the home and your spouse that leads people to become suspicious. While in some circumstances the evidence of an affair and even the accounting of time can be overlooked, in most marriages the start of an affair triggers subtle changes in the marital relationship that most people are unable to overlook.

The emotional withdrawal, perhaps the lack of communication, and the long hours away from home are all things that raise the suspicions of spouses.

Once the suspicions are there, the marital relationship changes. Confrontations do not always happen, but often the emotional withdrawal

intensifies while you try to find proof of your partner's infidelity. In our survey, the affair usually lasted a matter of months before the other partner found out. While people may be confident in thinking the affair can go unnoticed, in the majority of circumstances it is found out in a relatively short period of time.

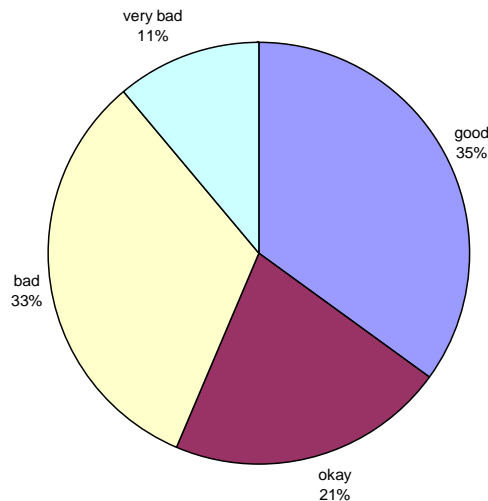


This graph represents the partner's reasons for the affair. It is useful to look at this so that you can better understand the reasons that lead people to look for stimulation outside the marriage. It's easy to see from this that the biggest motivating factor is unhappiness within the marital relationship. If the relationship is under strain it is often easy and tempting to look for emotional support from other sources. Another mitigating factor is the long hours that people work in their effort to sustain their standard of living. Ultimately for some couples, this comes at a heavy price.

If you are serious about minimizing the risk of cheating in your marriage, it is perhaps better to work on solving your marital problems and restoring your marital harmony. If you make this your commitment between you and your partner, you will be far less likely to seek emotional or physical stimulation from a third party. There is no such thing as a perfect marriage, and it should have its share of ups and downs, but the key to maintaining a healthy marriage is to work on your

problems and restore your happiness. According to our statistics, your marriage depends on it.

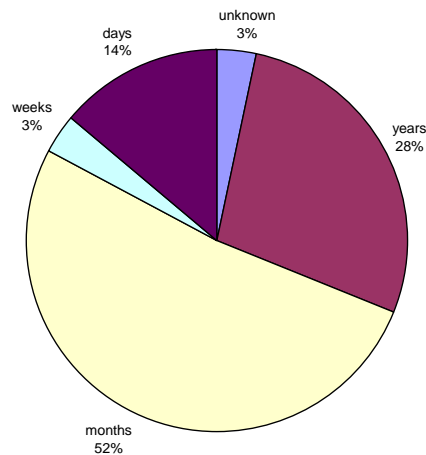
Rating of marriage at the time of the affair



How you chose to rate your relationship at the time of the affair was quite interesting. The majority of respondents surveyed reported their marriage to be good to okay, not overwhelming in their effort to say the marriage was in a bad way. This perhaps highlights the differences in perception of partners in a marriage, where the unaware partner has the perception that things are okay.

Perhaps an important point to take from this is that affairs can happen even when you think things are good. That is why it is important to have good communication between you and your partner if you want a strong relationship where you are always aware of the feelings of your partner. The fact that the majority of respondents thought their marriage was good at the time of the affair gives an indication of how deceived and unaware so many people were. That is not a reflection on how naïve you may be in not being able to detect that your partner is having an affair. It is more an explosion of the myth that “..it won’t happen to me”. Even the strongest marriages can be torn apart by one person’s infidelity.

Of those whose partner cheated with a coworker, how long had they known them?

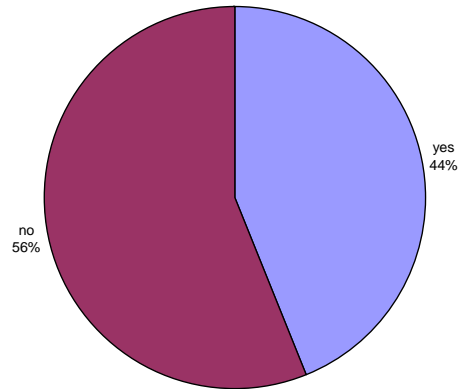


Of those respondents whose partners cheated with a coworker, the majority had known them for less than a year. This is perhaps a good indication of how quickly things can move in the fast pace of a work environment. The fact that a work relationship can develop into a sexual one in such a short time frame should serve as a warning to couples of the dangers of spending too much time in the workplace. The pressures of a work environment, combined with the long hours many people work, can make the work environment one that leads people to make ill-judged and irrational choices.

If you are concerned about the amount of time that your partner is spending at work or at the office, you need to consider how healthy this is for your relationship. This doesn't mean you should automatically assume that your partner is cheating on you when they happen to be working late, but you should consider the impact of this on your relationship so that if this is becoming a regular occurrence you are aware of the risks.

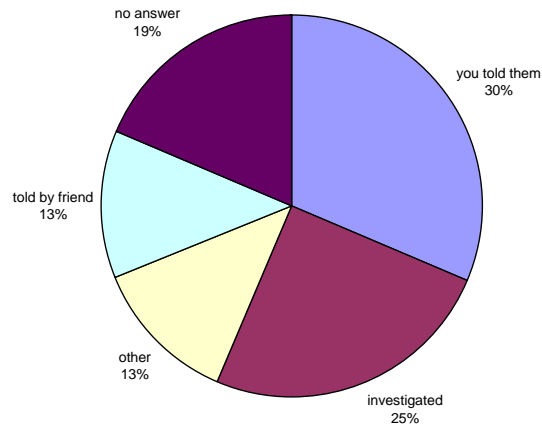
Something important to consider here is that ignorance is not bliss. If you are serious about knowing what is going on in your marriage you need to be aware of the risks. Some scenarios carry more risk of cheating than others.

When you had an affair, did your partner ever find out?



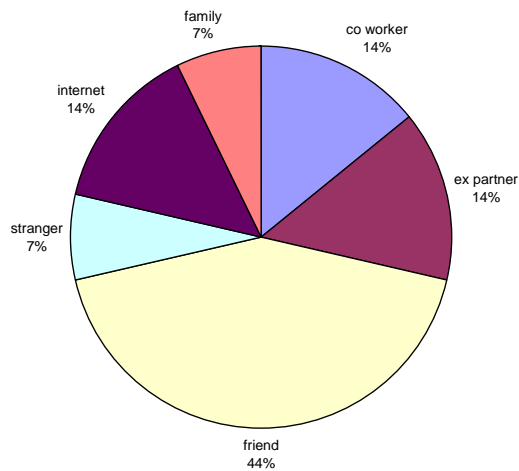
An interesting statistic to come from our survey was the fact that of those respondents who answered the survey, those people who cheated on their partners in the majority managed to keep it from their partner. It is unclear if the affair was still going, or if it was something that had happened a few times and had since stopped. Either way, it is important to remember that infidelity can happen and go unnoticed.

How did your partner find out about your affair?



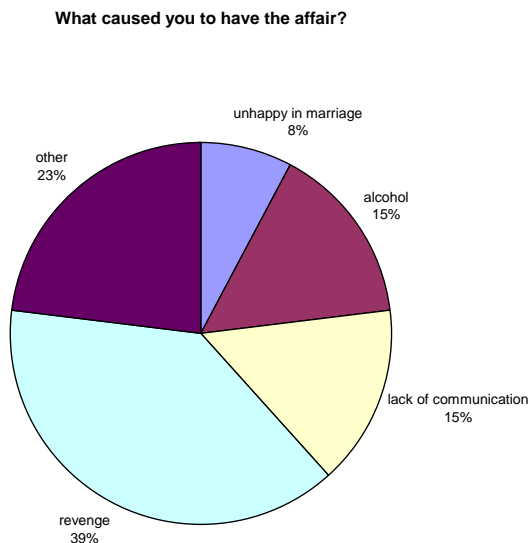
Of the people who responded to the survey, the guilt of having an affair led to a large percentage admitting the affair to their partner. However, for many more, they were found out by suspicious partners or exposed by friends.

Who did you have the affair with?



An overwhelming majority of respondents admitted to having an affair with a friend. This was a sharp contrast to partners of the respondents who predominantly cheated with a coworker. In studying this statistic, however, it is sensible to consider the likelihood of your partner cheating with a friend. That doesn't mean that you should keep all of your friends at arms length, but you should always consider the possibility, especially if you are concerned at the amount of time that your partner spends with certain friends. If you have a reason to wonder at the time your partner spends with others while away from you, you need to address the issue in a calm and appropriate manner.

This piece of advice can work for all of your marital problems. If you have a reason to be annoyed at something that your partner does or has done, it is far healthier to deal with it as it comes up and before it becomes a bigger issue.



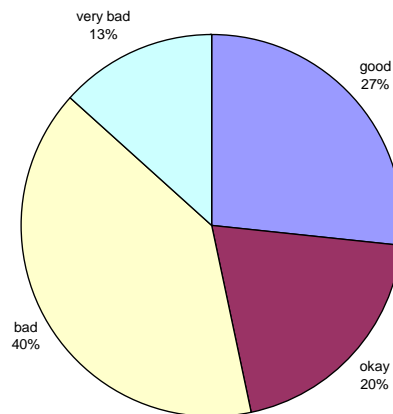
The single biggest motivation of respondents having an affair was revenge, as a reaction to their partner's infidelity. It was interesting to see evidence of this, as it wasn't a reaction that had been anticipated. When respondents discovered their partner cheating, it motivated them to have

an affair as well, perhaps to take back some of the lost feelings of power and betrayal.

It would be interesting to further examine the exact reasons for revenge, but the most important to take from this is that it seems to be a common reaction to the hurt of discovering your partner's cheating. However, two wrongs don't make a right. The decision to get your revenge and have an affair should not be taken lightly. This can often increase the tension and add to the already significant problems. The desire to get revenge and have an affair should be seen for what it is. It is a knee-jerk reaction that isn't going to make you feel better. In most cases the guilt and remorse of lowering yourself to their standard overwhelms the initial feelings of revenge.

See the feeling for what it is and let the hurt and anger pass. Don't be too quick to act, so that when you do you are in a stronger state and are able to act calmly, think clearly and deal with your feelings appropriately.

How would you have rated your relationship at the time you had the affair?

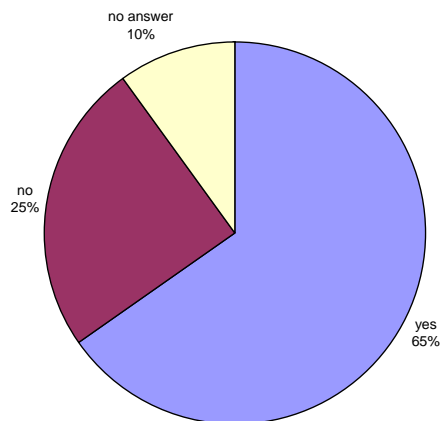


When the respondents were asked to rate their marriages at the time of the affair there seemed to be an air of resignation that things had been bad for a while. Given the state of many marriages, it is little surprise that things escalate to the point where an affair takes place.

The message here is simple. If your marriage is in trouble you significantly increase the chances of either you or your partner having an affair. If the environment within the home and within the marriage is a negative one you heighten your risk of looking for emotional support from an outside source. In the confusion of the situation and your search for emotional support, it can be easy for you to confuse support with mistaken perceptions of love or lust. In your emotional state a hug can quickly escalate into an outpouring of emotion that leads to infidelity.

If you are in a bad marriage you need to focus on making your marriage better if you want it to last. In order to do this you need to choose your support people very carefully.

Did you suspect your partner of having an affair before you found out?

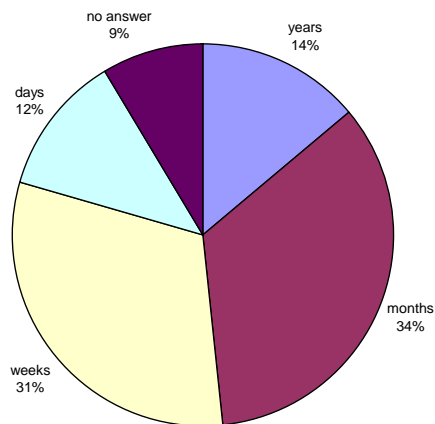


This is perhaps the hardest part of the process, when you suspect your partner of cheating on you and you don't know what to do. Affairs are difficult to hide, especially if they carry on over a period of time. As the period of time increases, the risk of getting caught increases as your partner leaves little clues or acts differently or suspiciously. In time this raises the suspicions of the unaware partner. It is at this stage that the hurt begins as the trust and respect for each other in the relationship starts to evaporate.

The point to take from this is that if you are having suspicions about your partner, you aren't alone. You may tell yourself that you are being unreasonable, but if you consider the statistics, you aren't. Listen to your

thoughts and ask yourself why you are thinking them. There will be an incident or a situation that has given you reason to worry. Worry is a reasonable and acceptable reaction. It is how you react to this worry that determines whether your actions are appropriate.

How long did it take for you to find out after you got your first suspicions?



Once the initial suspicions or fears had been raised, it was only a matter of months before suspicious partners found out about the affair. For the majority of respondents the affair was out in the open within weeks or months. If you want to avoid the agony of being uncertain and the frustration of having no proof you need to use and develop techniques that will get you the proof you need in the minimum of time.

Additional Statistics

These statistics came from a New York Times poll, but give an enlightening snapshot of the state of relationships and marriages amongst its readership. The increase in personal freedom and the continued liberation of men and women knows no boundaries. Even in the sacred institution of marriage, commitment and the honoring of one's partner seems to be a temporary thing as people seek new experiences in the continued pushing of societal boundaries. It seems that people know no limits when it comes to the pursuit of personal gratification. This is causing a significant growth in the incidence of extramarital affairs. It is interesting to note how this change in attitudes and sexual liberation will change the nature of relationships and families both now and in the future.

- Percentage of men who admit to cheating on their spouse in a New York Times poll (2000): 45
- Percentage of women who admit to cheating on their spouse in a New York Times poll (2000): 35
- The amount of times the term "catch a cheating spouse" appears in a Google search: 354,000
- Number of books currently published by Greenery Press "for the sexually adventurous": 38
- Divorce rate in Canada (2002): 37 per 100 marriages
- Number of times "swingers" comes up in Google references: approximately 2,420,000
- Number of marriage counselors listed in the Toronto Yellow Pages: 165
- Percentage of men who have fantasies involving current partner: 46
- Percentage of women who have fantasies involving current partner: 64

- Percentage of men whose fantasies involve someone who has never been the participant's partner: 78
- Percentage of women whose fantasies involve someone who has never been the participant's partner: 66
- Percentage of mammal species that are monogamous: 3
- Percentage of bird species that are monogamous: 90

Statistics courtesy of the New York Times

Internet Cheating Statistics

The internet has opened up a whole new way of meeting and flirting with new people. We truly live in a global village and the geographical boundaries that may have once existed are easily broken down. As far as relationships and marriages go, the internet can enable a partner to flirt and cheat online with people the world over. Internet chat rooms and dating sites give cheating partners the opportunity to have explicit conversation, trade explicit images and set up meetings for real-time affairs.

Perhaps the most startling thing is that all of this can be done from the comfort of your home computer. Its fast, it's easy, and it makes the idea of cheating very attractive for anyone with an inclination. It's a powerful tool in a cheater's dating arsenal, and it poses a real threat to married couples.

- 57% of people have used the Internet to flirt
- 38% of people have engaged in explicit online sexual conversation and 50% of people have made phone contact with someone they chatted with online
- Evidence proves there is a high correlation between on-line cybersex and subsequent real-time sexual affairs
- Evidence supports the existence of disinhibition, accelerated intimacy, and hyper-sexual online behavior that can easily lead to real-time sexual affairs
- 31% of people have had an online conversation that has led to real-time sex

Statistics courtesy of Greenfield and Rivet – Internet Use and Abuse Survey 1999

Divorce in the United States

For many couples, the outcome of an affair is divorce. In fact, for many couples it is the first thing that is considered when they find out about the affair. This is perhaps a logical thought, and for many it is perceived that this may be easier than working through the huge issues of trust as well as dealing with the significant feelings of hurt that is present in this situation.

However, before you make the decision to divorce, you might want to consider the consequences of such actions, both on yourself and your partner, but also your children if you have any. The decision to divorce should not come lightly. It is possible, with therapy and discussion, to work through those issues that surrounded the treachery and betrayal of an affair and rebuild your marriage.

However, that does involve courage and commitment. For some, the obstacle of overcoming your issues and dealing with this problem is insurmountable. And for some people, divorce is the right decision. But at all times it has to be a carefully considered and important decision.

You can choose to deal with your problems and rebuild the love in your marriage or you can become another statistic. The choice is yours.

- In 1998 2.2 million couples married and 1.1 million couples divorced.
- In 2000 58 million couples were married, yet separated.
- In 2000 there were over 21 million divorces.
- People between the ages of 25 to 39 make up 60% of all divorces.
- Over one million children are affected by divorce each year.

