

VIP Members Guide



**“ACCELERATED SHORTCUTS TO
BUSTING & CATCHING A
CHEATING LOVER RED-
HANDED! -- PRIVATE FILES OF
MR X: 'UNDERGROUND' PRIVATE
INVESTIGATOR BARES ALL”**

How To Catch A Cheater

You're probably reading this manual for one of the following reasons:

- You suspect that your partner is having an affair and want to confirm it, and hopefully resolve the matter in some way...
- You want to help a friend or family member who may be in this type of situation with his/her partner...
- You are savvy enough to want to learn more about the subject just to be prepared and/or avoid something of this sort ever affecting your relationship (or the relationship of someone else that you care about)...
- You are intrigued by the subject for entertainment and/or educational purposes...
- You are planning on, or are currently, having an affair and want to learn what *not* to do, to avoid getting caught while cheating on your partner. (If that is the case, I'm not here to judge. You are still welcome to read on. You may actually find some advice that could help both you and your partner, in a positive way.)

... OR ...

- You have a tendency to cheat on your partner(s), even when you're happy and don't really want to cheat...and you are looking for some help in changing that behavior, or at least some explanation of why you tend to do what you do.

Whatever your reasons are for reading this special manual, I'm confident that you will find some advice in here that will improve your

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life (as well the life of your partner) in some way.

So, congratulations for making the decision on getting and reading this!

Ok, let's not waste anymore time and dive straight into the juicy stuff...

If You've Been Cheated On...

If you happen to be a victim of someone's infidelity, you have my condolences.

More importantly, I'd like you to understand that you are *not* alone. *Conservative* statistics state that 50% of people cheat....yes, that's 50% of both men *and* women. In fact, the percentages can go up to 65% in women, and up to 70% in men. Of course, keep in mind that statistics only account for *reported* incidents, and aren't able to include cases that are kept private and/or never discovered.

So, before you start blaming yourself, or your partner, or even if you're starting to wonder "Why me?"I'd like you to realize right now that affairs are more common than ever before. And it's increasing every day.

There are a *lot* of people out there, in every ethnicity, in all walks of life, both male and female, that are facing the same situation as you. And they're probably also wondering why it happened to them.

In this manual, I will lay out some of the most common reasons for why these things happen to good, unassuming people.

But, before we get to the reasons why, let's go over some...

Common Signs, Signals, Clues & Red Flags That Your Partner Is Having An Affair

If you're reading this manual for a very specific reason, i.e. to catch a potential cheater, this section is the place to start - especially if you already suspect that someone may be having an affair.

While *some* of these clues can be definite signs that your partner is cheating on you, the other clues may not mean anything *individually* and will have to be present in conjunction with other clues.

Example:

A note in your partner's pocket (or a text message) that reads, "You were amazing in bed" is a strong sign that s/he is cheating on you.

However, a hint of unfamiliar perfume/scent on his/her clothes may *not* be a strong indicator. (It could simply be that a co-worker had given him/her a hug to celebrate some accomplishment or to convey thanks for being offered a helping hand.) It may however be a reason to become aware of other signs. (Becoming paranoid is never advisable.

But neither is being in denial.) If you start seeing *other* signs in conjunction with the perfume, something may be going on.

So... keeping in mind that not *all* clues are created equal, here are some common signs and clues that are present when someone is cheating on you...

Your Inner Voice

Learning to listen to - and trust - your inner voice, your instincts, and your gut feeling can be your best ally... not only in catching a cheater

but in every other area of life where you're dealing with other people. (It can even help you avoid people and situations that may pose a threat to you.)

Do understand that there's a huge difference between intuition and paranoia. Being paranoid (or even overly jealous) can be the very reason that pushes a partner away from you, into someone else's arms. It can also be the cause of your always getting involved with the cheating 'type.' (You will tend to draw into your life the very experiences that you focus on a lot.)

However, if you're not the paranoid or overly jealous type, you should definitely pay attention to your inner voice when it gives you the signals.

See, your mind can pick up on the most subtle signs/clues from your partner, other people, and situations on an unconscious level....things that your conscious mind will often miss.

Slight shifts in your partner's mood and reaction, the tiniest hint of an unfamiliar scent, or even reactions from others around you can be detected by your mind on an unconscious level.

Important: Also, keep in mind...since you are personally involved in this situation, it's very common for you (your conscious mind) to be in denial about some of the signs and clues that your unconscious mind picks up on.

It's only human to think, "My lover/spouse would never do that," or "It would never happen to me," etc.

On the other hand, if you're simply not the kind of person that can pick up subtle hints and clues, especially from just talking to another person, you should consider getting my other special report titled, "***How to Catch a Liar.***"

In that report, I show you what to look for and how to become better at

catching people who are being dishonest or are hiding something from you.

Now, let's go over some of the more obvious signs and clues you should be aware of...

Changes In Appearance

One of the most common set of clues that reveal a person's infidelity is in the changes in appearance. Most of these changes are done by the person on purpose. A few of them happen without his/her knowledge or control.

The individual may suddenly start paying more attention to how s/he looks. Changes in the frequency of showers, shaves, use of fragrance and/or makeup, more attention to hair, nails, breath, etc. are all signs.

It's also common for the person to start paying more attention to their nether regions. Men may start trimming and grooming this area again - as they did when they were single - and women may do the same, including trimming, shaving or even getting a brazilian wax.

Purchasing new clothes (including underwear,) shoes, grooming aids, lotions and shampoos...as well as focusing more on wearing cleaner, better pressed and matched clothing is also common.

The person may suddenly stop wearing a wedding/engagement ring or other jewelry that may signify his/her existing relationship with you.

It's common for women to develop a glow and vibrancy about them, which can often be a result of a new-found romance and lover. Men tend to be slower at noticing this in their partners, while other women can very easily spot this change in any woman. (Note: This glow is an involuntary physical reaction and the woman typically has no control over this change in her appearance.)

Behavioral Changes In Your Partner

If you've paying attention, you will also notice changes in *behavior* in your partner... if s/he starts cheating, is thinking about cheating, or is just about to have an affair.

These changes can sometimes *appear* to be *positives* (often resulting from the partner's guilt or even an attempt to fool you into thinking that there's nothing negative to worry about or suspect.)

And of course, there are also changes that will clearly be negatives.

Here are some common changes and clues...

You may find your partner's hours (and schedule/routine) changing or becoming unpredictable.

S/he may also not be hungry during your usual meal times and may use an excuse that s/he had snacked earlier or had already eaten with a friend or co-worker.

Consequently, you may find your partner becoming less reliable, and either being late or completely forgetting to keep family-related appointments (especially with you.)

Changes in the level of communication is also common. Your partner may stop being as open with you as before, stop asking you for advice, or completely stop engaging in any real, meaningful or engaging conversation.

S/he may also be away from home more often, and may come up with reasons (believable or not) to be elsewhere (i.e. away from you and the family.)

You may also notice an overall shift in attitude and level of concern s/he has for you and the family. Less involvement in family stuff, less or

no interest in home and family activities, etc. are all strong signs.

Your partner may also decide that certain items, like child seat, strollers, toys, etc. are no longer okay to be kept in his/her vehicle.

One of the manifestations of the above may be for him/her to become irritable and/or easily annoyed (or even angered) by you, things you say or do, the family, or anything related to home and family.

Simple (and previously insignificant) tasks like taking out the trash, picking up dinner on the way home, etc. may become reasons for annoyance and/or arguments.

Also, as mentioned in the beginning of this section, your partner may also start displaying some seemingly 'positive' changes...

A sudden interest in helping you with things s/he would normally never think of...like the laundry, doing the dishes, bills, etc. may develop.

S/he may also become interested in different types of music, movies, TV shows, books, or pretty much any other new subject or hobby.

(Obviously, the person s/he's having the affair with is having some influence on your partner's interests and habits.)

Behavioral Changes Within Your Social Circle

Many people will not notice these types of changes... and if they do notice it, they may not realize what the reason could be for these types of behavioral changes. (Of course, the reason will often be that your partner is having, or about to have, an affair.)

You may notice that your friends, and especially the friends of your partner, may start acting odd, uncomfortable, or even strange when they're around you.

You may notice conversations suddenly dropping or coming to a dead silence when you show up... they may become more comforting, empathetic and consoling... or they may do the opposite and be short, abrupt or even rude.

The same phenomenon may be seen in your partner's coworkers, family/relatives and maybe even in some of *your* family/relatives and coworkers.

The reasons for the above changes can be any one (or several) of the things listed below:

- They may have somehow found out about your partner's affair and may be trying to keep that fact from you (whether willingly or not.)
- Your partner may have willingly confided in them and told them about the affair s/he was having.
- Your partner may be setting things up in his/her favor by starting to tell them negative things about you (whether true or not.) The reason for doing this is so that s/he will not be seen as "the bad guy" when the affair finally becomes public knowledge.

Changes Of A More Intimate Nature

Oftentimes, clues and signs that can help you discover your partner's infidelity will start appearing within the more personal and intimate scope.

You may notice the scent of an unfamiliar fragrance on your partner's clothes, lipstick or makeup stains, a strand of hair that does not belong to either of you, etc.

You may notice your partner's ruffled hair, excessive crease marks on clothing, or the 'recently showered' look when s/he returns home after the end of a normal work day. (The last one is especially suspect if your partner doesn't normally have any reason to shower after work, i.e.

after going to the gym, playing a sport or going for a run, etc. after work.)

You may notice unfamiliar - and unexplained - scratches, bite marks or bruises on your partner's body, namely on the neck, back, shoulders, buttocks, lower legs.

Finding birth-control pills, condoms or other contraceptives - especially if you don't use them with each other or don't have a need for it in the existing relationship - are usually dead giveaways of an ongoing (or soon to start) affair.

Finding certain gift items like jewelry, lingerie, 'toys n aids,' or even empty cases and/or purchase receipts for such items (which you never received) is also common.

Changes in sexual activity is also common...including the introduction of - or interest in - new techniques, a change in kissing style...complaints or criticisms about you, your techniques or your sex life in general.... or completely losing interest in having sex with you.

Strange, Unexplainable Behavior

Some of the signs and clues discussed so far may already seem quite strange to you. Or they may not.

If not, the ones discussed in *this* section will most likely fit into the "strange and unexplainable" -or even the "illogical" - category.

And, it's no surprise that when the person is approached about it, s/he may offer equally strange explanations that don't make much sense... or s/he may simply get annoyed, upset or just decide to ignore/dodge the question completely.

You may start noticing your partner leaving the house unexpectedly, and maybe during odd hours; The frequency may increase over time. When away, or just before leaving, your partner may tell you that s/he

can be reached at a different (new) number, instead of the usual friends' or work phone number.

Your partner may suddenly start to work a lot of 'overtime,' but his/her paycheck or income does not show any change.

Moreover, you may notice the amount of money being deposited into your bank account decreasing, without any explanations.

You may also notice unexpected charges on credit cards and/or unexplained purchase receipts.

You notice your partner spending a lot more time on the computer, especially when you're not around or have gone to bed.

You find your partner becoming more (even overly) protective of certain personal items like the cell phone, purse, personal organizer, journal, mail, computer user account, etc.

You may even notice him/her starting to keep the cell phone, purse, etc. by the bed while sleeping (or easy access as well as for added privacy.)

Phone records / bills may also start to become more important to them and less available to you.

You notice your partner starting to delete records of incoming (or even outgoing) calls from the phone's caller ID.

You may find your partner text messaging on the cell phone frequently. This is especially curious if s/he wasn't necessarily a fan of text messaging in the past.

You may notice your partner deleting incoming e-mails more frequently instead of letting them accumulate like s/he used to do.

Your partner may go out for coffee, cigarettes, groceries, etc. and not

return till several hours later. This will be even more suspicious if s/he returns without the item(s) that s/he went out to get.

You may notice your partner starting to accuse *you* of cheating, or at least becoming more suspicious of your activities. (This is often brought on by his/her own guilt and/or a defensive or even misdirection attempt to throw you off.)

Your partner may start to ask *interesting* hypothetical questions like, "Do you think we're meant to love only one person?" "Is there really such a thing as a soul mate, and if so, how the heck are we supposed to know?" "Is it possible to love more than one person?" "Has anyone ever cheated on you, and how did you find out...or...did you forgive him/her when you found out?"

You may start to get phone calls where the caller doesn't say anything and/or hangs up when you answer. (Moreover, you notice that this doesn't seem to ever happen when your partner answers the phone.)

You find your partner whispering or using a low voice when using the phone sometimes, and maybe even hanging up the phone quickly after. Your partner may even start to walk out of the room or step outside to answer and/or talk on the phone, when s/he didn't used to do this in the past.

'Secret' Activities:

- You happen to find out that your partner took personal days or vacation days off work, without ever mentioning anything about it nor ever talking about what s/he did on those days.
- You accidentally find that your partner has opened a new email account, or even acquired a new cell phone (under another name and/or another billing address) that you're not made aware of.
- Your partner opens a separate bank account and/or credit cards that s/he doesn't tell you about.

- Now that you know what signs and clues to look for, let's step back a bit and try to figure out what *makes* a person cheat in the first place.
- Most of us believe that people have affairs because they're unhappy in their relationships, are angry or upset with their partner, or are simply in an unfulfilled or bored stage.
- And, while all of the above are possible and can be the 'surface level' reasons for infidelity, let's dig a little deeper and get to the real meat of it all...

The Mind Of A Cheater:

Normally, I would have started the manual with this section because it is a very important one. But, I decided to move it further down so that you could dive into the "how to" portion first, just in case you needed to do so right away.

However, I honestly consider the following sections to be just as important, in fact more so, than just learning 'how' to catch someone. Getting a better (and deeper) understanding of who cheats, and why they do it in the first place, can really help everyone and solve a lot of the problems that occur before, during, and after the incident.

Most of us believe that people who have affairs are 'cheaters' from the start. We believe that people who cheat are 'bad' to begin with, and that it's only a matter of time before they would have cheated anyway.

To continue with that logic, many of us also believe that 'good' people never cheat... And, if they do, it's only because they're in a *bad* relationship.

Sure, there are some people who will cheat for no reason at all.

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Cheating is simply a part of their current belief system.

However, some of us may be surprised to learn that some *good* people, in normal relationships - without any prior history of having affairs - end up having affairs all the time. In fact, having an affair doesn't have much to do with whether a person is good or bad.

Almost all of us have seen at least one couple that we would have never imagined would split up or get a divorce. (Many of these breakups eventually happen over an affair that one of the partners had, and often the affair is not made public to even close friends or relatives.)

To almost everyone around them, the two people appeared to be the 'perfect couple.' Funny how that happens, isn't it?

So...before we discuss what *drives* a normal person into cheating, let's talk about why certain personality types are more likely to have affairs even if they are good people and never *intend* on cheating. (Many of these same people are also against cheating and strongly disapprove of anyone cheating, for any reason.) They are also the ones that end up regretting what they did, afterwards.

Knowing what makes certain types of people have affairs may also help you to avoid dating, starting relationships and/or marrying those types of people.

Okay....let's dissect this further. Let's talk about some of the reasons why seemingly 'good' people are more likely to and/or end up having affairs.

Easy To Influence/Naïve/Gullible

This category is different from lacking mental strength or will power. In this case, the person can easily be persuaded or influenced *by others* into accepting a new idea, belief or perception.

This type of person may have excellent *self* control, but is very gullible or naive so *other people* can easily help her to change her mind...often about the very subject that she personally has great self control over.

Things to look for:

Does s/he often fall prey to other people's pranks and tricks? Is s/he easy to fool and does s/he easily believe what she sees, hears or reads...even if it was meant as a joke?

Does sarcasm or other people's real intentions go over his/her head? (If she's female, is she usually oblivious to guys' advances towards her?)

Lack Of Willpower/Mental Strength/Self Control

This may seem silly to some people, but people who generally display a lack of will power or mental strength are perfect candidates for cheating. (Remember, they may not be bad people and may never intend to cheat or even realize that they will do something like that.)

Pay attention to how she (or he) reacts to cravings, how often she sticks to her goals, how often she keeps her word and her promises, what her 'indulgence' level is, etc.

Displaying addictive behaviors is also something to pay attention to, whether it's towards controlled substances (alcohol, marijuana, cigarettes, etc.) or even things like shopping, TV, desserts, or sex. Basically, if she has a hard time controlling her urges, if she struggles with goals, if she tends to procrastinate a lot and/or not follow through on what she plans or promises, she's a good candidate for being drawn into cheating.

She could be the nicest person you've ever met and she may even be in love with her partner. As mentioned earlier, it has nothing to do with how good natured the person is.

And it may not even be a conscious decision on her part to cheat on

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her partner. It's simply her lack of self control that gets her in trouble...and it's usually something she will regret after acting on (just as a person will regret having an extra helping of cake *after* the fact, even if she's trying to stick to her diet.)

Lack Of Respect, Trust And/Or Value For The Partner

This one is fairly straight forward and yet one of the easiest to miss, for most people.

If your partner doesn't respect you (or starts to lose respect for you over time,) doesn't trust you nor consider you very reliable, and especially if s/he doesn't value you much as a person and thinks you're beneath him/her or that s/he is better than you, there is a very good chance s/he could cheat on you.

Does s/he care about hurting your feelings with what s/he says and does? Or does s/he do it anyway, even when s/he knows you'll feel hurt, insignificant, or that you'll disapprove?

If a person doesn't respect or value you much, you are already of low importance to him/her, and whether s/he realizes is yet or not, you're also easily replaceable.

You should note that his/her lack of respect for you may not always be obvious or blatant. In fact, most times, it will only be displayed within the subtle remarks and attitude that occur occasionally. (People will rarely come out and say, "I don't have any respect for you." Their disrespectful attitude will usually be observed through their *actions* rather than their words.)

As such, most people (especially men) either ignore these actions or are in complete denial of it. And, they are in complete disbelief when the woman finally finds someone else. (Respecting the man she's with is very important to a woman. Without it, it's only a matter of time before she finds someone else who, in her eyes, is "a better man.")

You may also want to pay attention to how your partner's *level* of respect fluctuates. If it happens to vary dramatically from day to day, the lowest level will eventually be associated as the primary level...if that pattern continues to occur. (In other words, if there are days where s/he doesn't respect you at all, that is probably how little s/he will end up respecting you, over time...whether s/he consciously recognizes it or not.)

The more frequently his/her loss of respect for you is displayed, the more likely it is for him/her to end up cheating on you. Also note, on the days where s/he displays the least respect and value for you are the most likely days for him/her to decide to get together with someone else -- even if it happens to be the only time s/he cheats, and without prior intent or planning. (Of course, just 'getting together' with someone may not be cheating, but the situation could easily escalate into something more.)

It's very important to understand that a lack of respect is usually caused by *who* you are (or who your partner *sees* you to be) and not by *what* you do. In other words, getting upset or angry over something, or even cursing at you for some reason may not necessarily mean that your partner has lost respect for you. It may just mean that s/he is angry at you over something.

On the other hand, if you do something that displays a character flaw, at least to your partner, it could cause him/her to lose respect for you, whether the loss of respect is temporary or permanent.

So, while forgetting to pick up milk on the way home may be upsetting, it won't necessarily cause a loss of respect. However, forgetting to pick up milk because you chose to stop by the pub for drinks, or because you took a detour to the strip club instead, will most likely cause a loss of respect.

Beliefs, Habits, Perspectives

Believe it or not, some people - as they walk through life - tend to pick

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up the belief that s/he cannot be in a relationship without cheating on his/her partner.

Without delving too deep into the psychology behind this belief system (that's a subject for another book,) let's just say that these beliefs can be brought about in several different ways...

A man may feel that no woman can ever compare to his own mother (a belief often partially brought on by the mother) and instead of breaking up with the woman, he may instead go the cheating route.

A woman may feel that all men are dogs/pigs and will cheat on her eventually, so she might as well cheat on them *first* instead of getting hurt herself (a belief often brought on by her past relationships with lousy men, a strange relationship with her father...or even having a father who cheated on her mom.)

Another common one is due to a person (man or woman) being raised to believe that s/he is better, even superior, to others. Hence, s/he can never find a partner that is 'worthy' of his/her time, affection, love, etc. And, those are just *some* of the common reasons. There are many others, and many variations within each one.

It's important to understand that in some of the instances illustrated above, the cheater may not exactly know *why* s/he always ends up cheating, or how that belief got instilled in him/her in the first place.

S/he may only know that, at some point, s/he is *going* to cheat. (His/her understanding of the 'reasons why' may not necessarily be the real reason why s/he is compelled to cheat.)

Note: A person with this type of belief is fully aware of what s/he is going to do ahead of time. S/he doesn't have to be convinced by another (not gullible), struggle with his/her own will power or experience a loss of respect for his/her partner. In fact, s/he may genuinely be in love with the current partner and believe that the partner is a great catch. (Strange, I know. That's the power of beliefs.)

Also, people who fall into one of the above categories will never *tell* their partners about their cheating beliefs and behaviors. And, if they do share this information with the partners, it won't be until *after* the cheating has occurred.

The best way to find out about this type of person's past is to talk to his/her friends, family, past lovers, etc. (We'll discuss this further in another section.)

Has s/he cheated on others before the two of you started dating and/or became a couple?

Does s/he have friends who have cheated on their partners, AND does s/he defend these friends' actions using 'crazy' logic? (Also note: are there other areas in life where s/he uses weird logic to explain certain things or situations?)

And, of course, your gut feeling and instincts can be your best bet. The issue here is that of *trust*. So, that's the pattern you need to be aware of.

Additionally, if there have been situations in the past, during your time together, where your partner's trust has come into question (outside of the cheating/infidelity area,) that's something to be aware of. (Have there been prior reasons that caused you to think or feel that you couldn't trust your partner completely? If you're generally an untrusting person, then this may not apply to your situation.)

Lack Of Confidence, Self Esteem, Self Worth

One of the first things that many boys in high school and college learn about 'scoring' is to target girls with low self esteem, lack of confidence, and low self worth.

As sad and unfortunate as that is, it has been going on for decades and decades. Maybe even since the beginning of humanity. Why? Because it's **easy** for boys to target girls with low self esteem and

low self worth and make her feel special...to make her feel *better* than she currently feels.

Well, guess what... this stuff doesn't stop in high school and college.

Many boys who do this stuff continue to do so after they turn into so-called 'adults.' And, this stuff continues to work on the girls who have turned into so-called 'women.'

Note: This stuff doesn't just work on women, by the way. It can work equally as effectively on *men* with low self esteem, low self worth, and lack of confidence.

The takeaway for you is to be aware of your partner if she (or he) has low self esteem or self worth.

If you do have such a partner, and if *you* aren't making him/her feel good and special about herself or himself, someone else can very easily come in and steal your partner away from you - whether its for a one-nighter or for something more permanent.

Is s/he generally not a very confident person? Does his/her actions, words, and attitude display low self esteem and self worth? In other words, does s/he feel less important, less intelligent, and/or less valuable than almost everyone else around her? Does s/he complain a lot and is generally unhappy, sad or even depressed? Is it hard for him/her to get motivated about stuff?

Important: You should realize that a partner with low self esteem, confidence, or self worth can easily be 'turned' into someone who will fit into any or all of the above 'cheater' categories.

In other words, someone else can swoop in and make such a partner... lose his/her self control...become more gullible and suggestible...start to see you in a negative (less valuable, less respectable) light...easy shift her beliefs and perspectives about herself/himself and about *you*.

For the above reasons, a partner that falls into this 'cheater' category can be the easiest one to lose to someone else.

And, you should either make it a point to avoid dating such a person, or, make him/her feel special and more confident...and if the case is severe, help him/her get some professional help.

Why Cheating Happens

In the previous section, "**The Mind of a Cheater**," we covered the personality types that are most likely to have an affair without necessarily being driven into it, i.e. without much influence from their partners. (These people aren't necessarily 'bad' people or "cheaters." They just have some aspect of their belief system that causes them to cheat.)

In this section, I'd like to talk about the rest of the world: people whose psyches aren't predisposed to cheating, nor people who are considered 'bad' who cheat simply because they can or want to, without any consideration for their partners.

Who Cheats And Who Gets Cheated On

Most people believe in monogamy, for themselves and for others. They also strongly believe that cheating and affairs are wrong.

Yet, despite these strong beliefs and ideals, more people end up having affairs than is considered normal. Even in this day and age.

The thing is, none of these people ever plan on having an affair. They don't intentionally go out looking for someone they can cheat on their

partner with. Nor do they believe that they'll ever cheat on someone. Similarly, the people that get cheated on never believe that it will happen to them. And, in most cases, they certainly don't believe that

their current partners will ever have any reason to cheat on them. It happens all the time. Every day. To all kinds of people, no matter what their income level, social status, or physical attributes are.

Did It Happen Again?

Before we start discussing why regular people, with no premeditation, end up having affairs, I'd like to very quickly touch on something else that affects some people...

Are you someone who always seems to end up with a cheater? Do most of your dates, relationships and/or spouses eventually end up cheating on you?

If this seems to keep happening to you, the problem is not an external one. It's internal, and it may have more to do with *you* than with the people that have cheated on you.

See, just as some people grow up to believe that they have to cheat, or that cheating is in their nature and they can't avoid it...there are some people who have deep-rooted beliefs (whether they realize it on a conscious level or not,) that they're not worthy of a real relationship, or of a decent partner.

These beliefs can stem from watching one of (or both) their parents cheat. Children automatically pick up behaviors and beliefs simply by watching what they parents do. This is not a conscious learning. They learn it without realizing it, and they repeat the same patterns as adults, often without realizing why they're doing it.

The above beliefs can also cause a person to continue to be drawn to, and date, the type of person that would eventually cheat on him/her -- so that s/he will eventually end up in the same type of relationship that his/her parents had. (Somewhere in this person's mind, this type of relationship is what's considered "normal" because that's what s/he saw around him/her while growing up.)

If you (or someone you know) happen to experience something similar to what's described above, you may need to get some help from a professional.

There are likely some deep psychological issues that need to be confronted and dealt with.

Why People Have Affairs:

It's natural for people to wonder "why" someone cheated on them. That tends to be the very first question people ask when they get cheated on. (It makes sense since most people believe it would never happen to them.)

And, as such, these people often come from a place of anger, sadness, defensiveness, vindictiveness, and so on. Which means, they are rarely able to get to the real truth / reason for their partner's infidelity. They simply get caught up in the blame game where they either blame themselves, their partner, the 'other' person that their partner had the affair with - which is funny *and* pathetic at the same time, yet extremely common. Why a person would blame the third party for the affair is beyond me. (Actually, it's simply a coping mechanism / denial but...anyway...)

The point is, most people blame 'people' (whether themselves or others) for the affair...when, in fact, the answer is often more complicated than that.

The problem often is not with the person but with what the person is doing - or not doing.

Also, in many cases, the problem isn't really about the *people* in the relationship but more about the 'relationship.' There are other forces at work that affect which direction the relationship takes.

As mentioned in another section, people often end up in relationships (or marriages) too quickly, for the wrong reasons, or for surface level

reasons that tend to make them happy but only on a surface level.

And, as such, when they happen to come across another person that impacts them on a deeper level, they find themselves being pulled towards this new person.

What Pulls People Toward Affairs

The big ones, in this category, are: love, romance, or even attraction. For most people, love just seems to *happen*. They have no control over it. If they happen to find a person that happens to push the right buttons in them, they find themselves falling in love. Before they realize it, things have gone beyond the point that they ever planned on - often beyond the point of going back to how things 'used' to be.

Romance and attraction can be the same way. A person may have to meet someone who, without meaning to, happens to ignite romance or the *idea* of romance in them.

Example: A woman may find out that a male co-worker always bought his ex-girlfriend flowers on special occasions - and sometimes for no reason at all. This may ignite a romantic thought in the woman. And, without realizing, she may start seeing this co-worker as a romantic ideal. Before she realizes, it has turned into an infatuation. And, so on.

For most people, attraction also seems to just happen. They can't quite explain it. Sometimes it's a physical attraction. Other times, they are attracted to the person's intelligence, power, social status, etc. For others, the things that pull them toward an affair can be the excitement, the challenge, or even something as simple as *curiosity*.

They are drawn toward an opportunity to experience something new and exciting.

What Pushes People Toward Affairs

Just as there are forces that draw people toward a new person or a new experience, there are forces that push people away from their current partner and into the arms of someone else.

Boredom is a big one here. A person could have an average life, with an average job and an averagely adequate relationship. Suddenly, they are faced with an opportunity to break out of the norm and jump into something 'exciting' and different.

Before they realize it, they're involved in something that could potentially threaten their existing relationship.

People may also feel unattractive, unloved or unappreciated by their current partner. (Their partner may either fail to express these things or they just may not express it in the right way.)

In an attempt to reclaim their attractiveness or worth, they may be pushed toward someone who happens to fit their *idea* of what's missing in their life.

Anger, disgust, or other negative emotions toward their partner can also make people vulnerable to infidelity. Anger can affect a person's sense of judgement in a big way. Add to that the desire to punish their partner...and you've got a recipe for something not-so-pleasant.

And, of course, there can be lots of other reasons that boil down to one of the partners feeling like something is missing from the existing relationship. It can range from sexual frustration to arguments over money issues.

Other Influences

Society also plays a big role in influencing how people behave and *react* to certain situations.

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The media, movies, TV shows (especially soap operas,) magazines, novels, etc. all largely push certain ideas and themes over and over again: affairs, romance, affairs, sex appeal, affairs, sexual adventurism, affairs, hero gets the hot girl, affairs, woman meets her prince charming, affairs... you get the idea.

The idea that it's "cool," hip, adventurous, even a bit dangerous, challenging and exciting to have an affair is pushed on us more often than we realize.

Women are bombarded with romance and 'prince charming' images while men are bombarded with images of women as sex symbols. They are led to believe that they should be surrounded by beautiful women (plural) in order to be (and feel) successful. The problem is that a lot of these men and women are in existing relationships (and often *not* with their ideal mates.)

Then there's Hollywood, plus other public figures and celebrities that are always getting into - or out of - affairs. The media always makes a big deal out of these affairs and 'scandals.'

And guess what... most people eat this stuff up. They can't get enough of it. They are fascinated by celebrities, their lives, and their affairs. Whether we realize it or not, all of this stuff is affecting what we think about - and how we think about those things - and influencing us on a subconscious level. (Celebrities are the epitome of success in most people's eyes. Therefore, how they live their lives also tends to be associated to 'success' - including the glamorization of affairs. That's just how the mind works.)

The end result from all of this is, it makes it a lot easier for people to get drawn (or pushed) into having an affair.

On monogamy...

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Lots of books have been written, and lots of debates and discussions have been had to figure out if humans were meant to be in monogamous relationships. Then there are the religious and moral texts on the subject.

In the end, it doesn't matter what society believes to be right or wrong. What does matter are the facts...that affairs are a big part of this society. It's happening out there, and it's on the rise.

Focus on what's important. It really comes down to what the two people who are *in* the relationship believe, and how *they* feel, about monogamy.

If you strongly believe in monogamy and your partner doesn't, it's often best to simply chalk it up to a mismatch and part ways. To be really smart and proactive about it, you probably should find this stuff out before you get too serious with someone.

And, instead of trying to 'change' his/her beliefs (which is often very difficult unless you're a trained professional,) you should save your time and energy and start looking for someone who is better suited for you. (We sometimes tend to make life more complicated than it has to be.)

Respect yourself enough to choose someone who is right for you.

Whenever possible, try not to 'settle' for anything.

How To Prevent Affairs From Starting

Since relationships come in all shapes and sizes, some great and some not so great, we'll start from the not-so-great and work our way up. (As you read through this section, find the place that fits your relationship and take it from there. I would advise that you still read the entire section.)

While no one can guarantee that a certain partner won't stray or slip,

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we *can* take some steps that would dramatically decrease - or even eliminate - the reasons that would cause a person to cheat.

Look... even people who are madly in love and truly believe that they are soul mates need to put in a little bit of work into their relationships. Becoming complacent is the worst thing you can do.

Obviously, if your partner is predisposed to having affairs, and you happen to be the monogamous type, you're just complicating your life unnecessarily. As mentioned in the earlier section, you have to respect yourself enough to choose someone who is right for you instead of settling for the first person that happens to get your attention.

This is actually one of the biggest problems of our society...

Most people who are in relationships and/or in marriages don't even remotely feel that they're soul mates.

They either got married, or got into relationships, because:

- they started dating, realized that they had some common interests, and liked each other enough to continue dating
- they 'settled' for the best match they could find (dating can be rough so it's understandable)...
- they told themselves they 'had' to be in a serious relationship and/or get married because they were getting old, were influenced/pressured by society, family, peers, friends who were already there, they wanted a family and children right away, or hundreds of other silly reasons.
- My point is, most people who are in serious relationships or marriages have simply chosen (or 'settled' for) the wrong person.

So, they can either tough it out and continue the relationship, breakup or get a divorce, or end up having an affair - without ever realizing or

even admitting to the fact that they latched on to the wrong person, for the wrong reasons, and now feel suffocated in the relationship.

This may be hard for most people to swallow, but it is the cold harsh reality.

That's the first step... find someone that you really want to be with, and who really wants to be with you. Despite each other's flaws. (We all have some flaws.)

And if you happen to be in a relationship or marriage that isn't quite what either of you expected it to be, you can either end it, or make a real commitment to making it work.

Important: If you decide to end a relationship, understand that it has to be **your choice**, and no one else can make it for you. Not your family or friends, not your co-workers, and certainly not me. Whatever you decide, think it through thoroughly first.

If you decide to make the relationship work, and then give it your absolute best shot.

You start by making a commitment to love and appreciate each other's positive aspects and accept each others flaws and imperfections.

And, you both can work on improving yourself personally. If it's a major flaw or habit or 'problem,' you have to take steps towards improving things. In the end, you'll become a better person for *yourself* as well as for your partner.

Next...

Start having an open communication with each other. Get reacquainted. *(This is also the place to start if you're already have a pretty good - or even a great - relationship.)*

It's about knowing your partner on a very intimate level (beyond

physical intimacy.) It's about knowing yourself and what you want in a relationship.

It's about honesty...it's about being honest with your partner and also with *yourself*.

You can't depend simply on a promise to each other that you'll be monogamous. That's not enough.

Instead, you have to promise each other that you'll have an ongoing open communication and dialogue regarding how you feel...about yourself, your partner, and your relationship.

That's the only way to continue to work towards strengthening the relationship, trust, and bond between two people.

More importantly, it's the best way to learn about and deal with any small concerns or problems instead of ignoring it and letting it turn into something bigger. (Little things like anger or dissatisfaction in a specific area of the relationship tends to slowly get bigger and bigger, till it eventually pushes both partners away from each other.)

Note: You cannot push or force your partner (or anyone else) into being faithful. Doing so will only push them away (probably towards the very thing you're trying to avoid: cheating.)

Ultimatums or threats won't work either.

And, yes, it's also about communicating with each other regarding your physical relationship, i.e. what goes on in the bedroom: both of your likes, dislikes, concerns, feedback, etc.

Sexual intimacy and fulfillment happen to be one of the biggest reasons for a partner straying from the relationship and looking elsewhere to fill what's missing from the relationship.

It's a shame that parts of our society has turned sex into such a 'hush

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hush' topic, especially when it happens to be one of the most natural and important aspects of being human.

Humanity would cease to exist if sex was taken out of the picture! And, once again, if you just happen to believe (for whatever reason) that sex should not be openly discussed with your partner, you have to find a partner that has the same beliefs and views on life. Otherwise, it will not work.

Honesty:

Honesty and trust is the cornerstone of a relationship, especially if the goal of the two people are to grow and strengthen that relationship over time.

The bottom line is, if two people can't openly talk about their small concerns and problems, they certainly won't be open to talking about them when they develop into somewhat bigger concerns. And, as the concerns get bigger over time, the likelihood of communication will decrease more - plus, the reasons for dishonesty will increase as one partner tries to keep from communicating openly with the other. The more honest and open you are with each other, the more you grow to trust each other and the less the need for suspicion or concern there is.

Think of the relationship as a business partnership between two people where millions of dollars are involved.

If you were unaware of how one of your actions or behaviors were negatively affecting the company's bottom-line, wouldn't you *want* your partner to come to you and tell you about it? Or, would you rather let that little problem continue to become bigger and bigger... until it finally caused you to lose hundreds of thousands of dollars of your hard-earned money?

Well, isn't the success of your relationship just as important as that of a

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million dollar business, if not more so?

It doesn't really matter what the subject of the discussion is. As mentioned earlier, it could be something very little, and may even be seen by one person as insignificant or unimportant.

What *is* important is developing the trust and openness between you and your partner. The more you communicate, the more you'll feel that you *can* communicate. And, you'll learn to trust and appreciate your partner.

You'll also feel more and more that your partner can trust you, and appreciate your open communication. You'll both realize more and more that the other person values you and the relationship just as much as you do.

While we're on the subject, let's talk about 'attraction.'

Just because one partner finds someone else attractive doesn't mean s/he is going to cheat on you. We all have our own idea of what's attractive.

We may see a certain movie star, or someone on TV that we think is attractive. Similarly, we may think that a neighbor, co-worker, or whoever is attractive.

Being honest about it actually does *more* to ensure that a person won't take that thought any further than just a passing attraction.

Also... by keeping something like attraction a secret, a person's mind assumes that it is in fact a big deal, hence the need for secrecy. This can then grow into something more, in this person's mind. (Suppressing a thought only makes it more powerful.)

Before you know it, that innocent thought of someone being attractive turns into so-called 'harmless' fantasies or thoughts. The problem is, when a person starts to have these thoughts, s/he is only focusing on

the positives aspects of it. Meanwhile, these thoughts continue to gain momentum and turn into something more. And, we know how this ends.

In contrast, openly discussing the attraction when it starts will ensure that both partners realize that 1) attraction is normal, and 2) the current relationship is what's important, and so much more valuable than a fling.

Also, by talking about it, the partner feeling the attraction will focus on both the positive *and the negative* aspects of the attraction. S/he will remember what's important, and what's at stake instead of just fantasizing about the positives of such an attraction.

Again, what's important is to realize that attraction is normal. We all see people all that time that we think are attractive in some way. In the end, it all comes back to having an open communication and honesty.

Get Back In

Ideally, you want to be able to avoid becoming affected by someone else's infidelity. You want to stop it before it gets anywhere near that stage. Of course, there are no guarantees.

If you're past the point of reconciliation in your relationship, well, that's what the rest of this manual is for.

Most important of all... remember, that no matter what happens, it's not the end of the world.

No one else has the right to affect your life in a negative way. In fact, no one can...unless you give them that power.

If others' actions do end up affecting you negatively, take the time to grieve if needed, and then get back in the game. Don't give them the satisfaction of taking it lying down.

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As they say, *"The best revenge is living well."* Sincerely, Mr X