

Cheat Proof YOUR LOVE

SECRETS TO A COMMITTED
DEVOTED & SECURED RELATIONSHIPS



Cheat-Proof

YOUR LOVE

NADINE PIAT



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Nadine is a certified Professional Personal Coach and Behavioral Change Coach and she shares her knowledge, learning's, tips and advice as guidance and as entertainment only. We encourage you to make informed decisions in your life and to seek professional support as necessary.

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Introduction...

When you hear the topic of cheating you likely cringe at the thought of it all. I mean, many people wonder why in the world someone you're supposed to care so deeply about would suddenly do the ultimate betrayal. Cheating, whether emotional or sexual, a one night stand, a long standing or in some cases a life long affair, all hurt just the same. There are some couples that have been successful in keeping these temptations out of their marriage, while others have epically failed. Or maybe they've been tempted, yet they've chosen to not act out the temptation.

All around the world, cheating is a universal topic, and while most communities will frown upon such behavior, increasingly more and more relationships have been torn apart due to the intentional and sometimes unintentional acts of disloyalty. You may wonder if cheating is ever unintentional?

Fox Magazine has been quoted as stating the Cheating in countries around the world and in the US have taken an all time high. Relationships and marriages are no longer lasting for decades, as some struggle to make it through even the first 90 days of marriage. Take into account the high profile couple Evelyn Lozada and Chad Johnson who were married only 60 days when a domestic violence encounter occurred as a result of infidelity speculations. In fact, statistics will show that about 17% of marriages today

end as a result of infidelity. While that might seem like a small number, compared to all other reasons marriages fail, this is alarmingly high.

Statistics have also shown that as of 2013 approximately 70 percent of all married men admit to having cheated in their marriage at least once. The kicker is that in those same statistics, 2/3 of the women who had been cheated on were not even the slightest bit aware of their husband's actions. Ladies, you're not off the hook either as statistics show a whopping 50 to 60 percent of married women have admitted to having an affair at one point in their relationship.

So as you can see, while cheating used to be something that women were the victims of, now it seems that they are closing in the gaps to keep up with the men. These rising adultery rates have couples wondering why? Why do men cheat? Why do women cheat? What qualifies as cheating? Well this eBook is going to give you a brief insight on all of those unanswered questions.

It doesn't matter if you've been cheated on, you've cheated on someone else, or you're just curious about the topic of cheating and learning ways to prevent it in your relationship, you will find this book to be very beneficial in your current relationship. It is also beneficial for those who are holding out for that perfect relationship. Whether you're still dating, engaged, or married, cheating is real, and if you're not properly equipped to handle it, it can take you by surprise and leave you feeling empty inside.

It is my hopes that through the many years of working in my field of expertise and also through my personal experiences, stories I've heard, and advice I've received that you too can learn about cheating and ways that you can cheat proof your relationship.

Trust me, the road to happily ever after may not be all roses along the way, although believe me, it's impossible to have a strong, committed and fulfilling relationship that can withstand the lure of external desire and attraction, and I will share how being proactive can certainly protect your relationship and help keep the passion and devotion alive.

SECTION I:

Understanding Cheating...

1

Common Reasons Men Cheat

Every woman who has ever been betrayed by her spouse or boyfriend wants to know why? Why if you were in a committed relationship would you step outside of that and share an intimate part of you with someone else?

For decades and even centuries research and science has been stating that women are typically the more emotional creatures, their thoughts and behavior are based on emotion. As for men, their thought process is more cut and dry and outcome driven. Do these two ways of being influence how we cheat?

Over the years I have coached and also met married men and men in relationships who desire to be with other women. I've questioned them and asked them why they're willing to risk their relationship to be with another woman. I received varying answers - Some men shared that they weren't having sex, some were happily married yet they cheat once or twice a year, some were unhappily married, yet vowed they would never leave, others have said that their girlfriend/wife was distant and cold or even a "psycho". I've heard it all and the list goes on.

Following I have listed the most common reasons why men cheat, although what's interesting is, recent research has also revealed that even though these following points are definitely relevant, there is more commonality than previously revealed as to why both sexes cheat. Contrary to previous research, for many men it's not just about sex, sex is a factor for sure, yet there are also other factors to consider and sometimes these factors are not openly disclosed by either gender.

1. "I Still Got it" Male Ego

Men are big on ego and will stop at nothing to see to it that they are viewed by others in a positive manner. Therefore, when a man has been in a relationship with the same woman for many years, they often will flirt with temptation to figure out if they still have it. I'm sure you've heard this excuse before as it is quite common which is why I have listed it as the first reason men cheat. Men don't want to feel as if they're old or can't "hang" anymore, so what better way to prove it than to catch a beautiful woman and make out with her?

In fact, studies have shown that many men will commit adultery in their relationship within the first five to seven years of their marriage. Some call this the "seven year hump". It is during this time that the honeymoon stage has passed and husband and wife are simply left to merge two lifestyles into one.

2. Not Enough Sex in the Relationship

By no means would I suggest that a woman do anything that she is not comfortable doing as a method for keeping her marriage intact. However, the number two reason that men cheat is because there is simply not enough sex in the relationship. In the first few years of marriage or a new

relationship couples have sex as regularly as possible. However, once married, life becomes hectic and the sex can drop down to the bare minimum. When sex is not forthcoming and exciting, it can be very easy for a man to get trapped into the web of another woman who is promising what he once had with you in the bedroom.

3. Not Feeling Valued & Needed

Men can feel like they don't matter. Sometimes men, particularly when a couple have children to care for, a man can feel neglected. Some men feel as though all they are is a paycheck, that may not be the case, yet a very real issue for some men. Of course this may not apply to you - you could be a working woman who may even bring home more money than her partner, which leads to the same issue... the man not feeling as though they are contributing in any great way. When a man doesn't feel seen and doesn't feel needed he can stray. He'll find another place where he feels wanted, of value and in some way needed.

4. Simply Can't Say No

Now number four has most women thrown for a loop. A friend of mine was talking about how her husband had cheated on her with their college-aged babysitter. She stated that when she asked her husband why he did it, his reply was that the babysitter came onto him a couple of times and there was no way he could turn it down! Crazy? Yes. However, this is the case for a lot of men. When propositioned by a woman who they find attractive, many men will give into the temptation. The man may not be the one who instigates, although they may follow or certainly not discourage. Of course from a woman's point of view, something that you simply can't pass up is a buy one get one deal on your favorite designer shoes, or picking up a twenty

dollar bill you found laying on the ground. However, for men passing up the opportunity seems “unjust”.

5. “She Did It First” Revenge

When a woman makes the decision to cheat on her spouse/partner she is opening the doors for disaster. Most men are not going to be forgiving and simply sweep it under the rug as if nothing ever happened. They are more inclined to return the favor. Remember I said that men are very proud human beings and thus a woman cheating on them is a strike to their male ego. When men cheat for revenge it is done intentionally and maliciously as they want you to feel every ounce of pain they felt. It is this method of cheating that is usually the most gut wrenching for women. Particularly if she confessed her indiscretion hoping that they could work out the relationships issues, as opposed to making it worse, and bringing more adultery into the already messy and painful situation. Everyone deals with infidelity differently.

6. Relationship or Marital Problems

Have you been at a constant battle with your spouse lately over what seems like everything? All couples go through a rough patch where learning to compromise and work together can take time. While some are good at working together as a team and problem solving, others keep bumping their head on the same issues and thus the disagreements become mundane and create emotional blocks. For men, there is nothing more unattractive than a “drama filled” woman, which is why they will be more susceptible to cheating when things haven’t been flowing in the marriage for a long period of time.

7. Not in Love Anymore

The last reason that many men will cheat in a relationship is because the feelings are just not there anymore. There are times when two people grow apart and despite how hard they try, the feelings are not what they once were or one person is willing to work at it, yet the other is unwilling to learn, grow and move through hurdles, they just wanna get off the track. Some couples hold on for financial reasons, cultural/religion, ego, guilt, and for the sake of their families, however, this in time builds resentment. When a man is no longer emotionally attached he typically will seek physical companionship somewhere else. This type of cheating is generally where long time affairs come into play.

So these top seven reasons are why most men cheat. As I said before, they are very cut and dry and so while these “excuses” may not make sense or justify cheating to you as a woman, they most certainly make a bunch of sense to a man. Sad but true, a man’s pride can get him caught up in a lot of the unhelpful and unhealthy things, which could ultimately end the relationship.

2

Common Reasons Women Cheat

There is the age old saying that women are from Venus and men from Mars, while that may be a far stretch, we certainly do operate differently in some ways. As explored in chapter 1, even though men are known to be more physically driven cheaters, and women are known to cheat based on emotion, there are still overlaps. We're all individuals with our own unique intentions and motives, regardless of whether you have a penis or a vagina.

Typically women are openly more delicate creatures that need to "feel" the love that our men are providing to us. The moment we stop feeling loved, we can feel as though we're emotionally starving and the walls tend to start falling down and temptation can easily knock at the door. This leads to the question - what needs to happen for a woman to feel loved? This can vary from one person to another. And this is why it's important to know what love looks like and how it feels for you. This way you know how to ask for what you want and value.

I have personally not been a cheater, the only time I cheated was at the very end of a relationship. I knew it was over, and I did end the relationship within a week of my mini-infidelity...

One night when out I ran into a guy I knew from high school days who I had had a crush on. We were chatting for some time and he shared that he had liked me when we were younger. We were dancing, we had a couple of drinks and towards the end of the night we shared a sneaky kiss around a corner. That was it. Nothing else happened. What attracted me to him, was that I knew him, there was a past history and connection. Had he been a complete stranger I doubt that I would have crossed the line. I would certainly not have crossed the line if I was happy in my relationship. BUT I did cross the line, albeit sealed with a kiss. I was about 24 at the time and I was very aware of what I was doing and why. I knew that I was with a man who loved me dearly, yet didn't know how to love another person well. So I lived out a teenage fantasy, which incidentally was not realized, I should have kept it a fantasy - as far as kisses go, we did not connect at all, funny that!

For the women reading this, what would drive you or has driven you to cheat? What ignites desire and fire in you?

Below are the top six reasons women decide to cheat:

1. Emotional Connections

Do you remember when you first started dating your wife how you would listen to her for hours go on about nothing? Most men start off doing exactly what women want in a relationship. They are attentive to her emotional needs, they listen to her, and show her that they support her feelings. However, as time goes on, couples can stop seeing each other and communication can dwindle, or a man can tune out when it comes to communicating with his partner. It may be because he's tuning out the nagging, whining and complaining that women often do, therefore he's not as eager or supportive to listen to what she has to say. While men might be

justified (in some instances) in their failure to communicate with their spouse as they once did, this creates a serious problem.

Number one on the list of reasons that women cheat is for emotional connection. I had a client who came to see me after she had told her husband that she had cheated. They lacked an emotional connection and one day she went out with a group of friends. While she was out, a guy came over to the bar, bought her a drink and they began talking for hours. Before she knew it, she was in the nearest hotel making out! She was overcome by guilt, she told her husband and he wanted a divorce, hence why she came to see me.

In this scenario, the cheating was not premeditated, she did not go out thinking, hmmm, tonight I will cheat on my husband, however, as most women, my client acted on emotion. The first guy who showed her conversation any bit of interest was suddenly interesting to her. They laughed, and for those hours, they had no cares in the world, and thus she committed an act that her husband was not willing to forgive.

2. Neglect, Feeling Unappreciated or Ignored

The next reason that women cheat goes along with emotional connection. In the beginning of the relationship couples would like to spend every waking moment with each other. The relationship is new, fresh, and interesting. However, once you get serious in your relationship or marriage and move in together, the wonder, mystery and interest wanes. You're with this person day in and day out and eventually the flame dies down. While men don't mind a bit of distance from time to time, when a woman feels as if she's not being shown any attention, over time she will attract it elsewhere.

3. Loving Touches

Women are often found to cheat due to lack of nurturing touch and affection, and this has nothing to do with sex. This is kissing, holding hands, cuddling, and public displays of affection. Touch is fundamental to a woman and when she is not receiving this at home, it can breed desire externally. Some men will pull back on sweet innocent touches and loving attention believing that their wives should simply know without a doubt that they are loved. Since a lot of women value affirmation through actions and words, they can be seduced and swept away by a man who's willing to give her that intimacy. This kind of adultery can develop over time, such as a work place affair.

4. Low Self Esteem

Similar to the "male ego" we have the "woman's self-esteem". When a woman feels great about herself, she is on top of the world. However, when she begins to doubt her attractiveness, sometimes she will look to others for confirmation. Weight gain, emotional strain in the marriage, and other factors can play a huge role in the way a woman views herself. When she doesn't receive affirmation from her spouse that she is beautiful in every way, she begins enjoying the compliments of another man. Those compliments then turn into conversation, which eventually turns into full blown cheating.

5. Bedroom Boredom

This is a common denominator for both men and women. The number five reason that women cheat is because they're bored in the bedroom. If you are constantly in the missionary position and the only place you make love is

in the bedroom on Friday nights, chances are you need to improve your sex life. If a woman feels as though she is not being sexually satisfied, over time she will resort to things besides her battery operated boyfriend (vibrator). The real deal is what she will be seeking, and this form of cheating is very intentional.

6. A Woman Scorned

“Hell hath no fury like a woman scorned” enough said. When a man has done wrong to his spouse, he had better beware because she may very well come back with a vengeance. Revenge could be the mission and chances are she’s looking to draw blood and when a woman reaches this stage; she generally does not care what the outcome is. Having said that, it’s not always about revenge, she may have given up on the relationship and she no longer cares. Women are known to be better cheaters than men, which means that if she doesn’t want you to find out or pick up on it, you probably won’t.

As you can see there are a whole array of reasons why women and men cheat and everyone has their own view of why someone cheats and what it means about them, their relationship and the future.

Let’s explore what cheating means to you...

3

What Does Cheating Mean to You?

In this segment of the eBook I want to try if I can to define cheating a bit more. It is important to clearly define what your definition of cheating is and to explain to your partner what you're boundaries are. Unfortunately, simply because you become committed to someone does not mean that the blinders are put up for the opposite sex. Men are attracted to women, and women are attracted to men. As much as some people would love to keep their spouse in a box, the world is filled with very attractive people and people who can satisfy our different needs. Therefore, the best thing you can do is explain exactly what cheating means to you.

The Many forms of Cheating

There are so many ways that a person can be cheated on, and in this modern world we now live in, it's far easier to cheat than ever before and in some ways more difficult. Below, I will describe the different forms of cheating and give a brief scenario on each to give a clearer understanding. At the end of this chapter you and your partner will need to seriously ask yourself, "What do I define cheating to be?"

Flirting

There are some couples who could care less about flirting while others feel betrayed the moment their partner flirts with someone. I can tell you that this varies in most cases by gender. Men can be very flirtatious and feel that putting on that “school boy charm” is the best way to interact with women, irrespective of whether they’re attracted to the woman or not. There are plenty of men out there that feel flirting is harmless. Telling a woman that she looks good, smells great or anything along those lines is nothing more than a compliment. However justifiable their actions are, men tend to hold a double standard in this regard, because if they find out or *perceive* their woman is flirting with another man, they take it as a hit to their ego and can thus become enraged.

Women, on the other hand are emotional and can be devastated by a compliment their man gives to another woman. Women are usually the recipients of flirting and generally (unless they’re attracted to the man that’s flirting) shrug the flirting off with a simple smile or giggle. When news spreads that their man is flirting with another woman, they immediately make it personal and wonder what that woman has that she doesn’t.

So is flirting a deal breaker for you? Do you want your significant other to only have eyes for you? Or is it ok for them to express their feelings to someone else? Are there boundaries? For instance is it okay to tell someone they look nice but not okay to say they look sexy? Only you can be the judge of that and sometimes it really does depend on the personality and character of the man.

Sexting/Phone Conversations

Does your significant other have friends of the opposite sex? Do you monitor or wonder about the types of conversations they have when you're not around? Do they send risky pictures and flirtatious messages via text message? This type of cheating is very common in the new digital age, and many men and women despise this form of cheating. Most would say that sexting is the gateway to actually fantasizing or acting out in person. Others feel that a flirtatious message here and there is the same as flirting in person. If you or your significant other agrees that it is ok to communicate with the opposite sex via phone or text, talking about your boundaries and what you expect is important. Unfortunately for most, this is not a form of cheating that can be traced, unless of course you're Tiger Woods and you've saved all of your voice messages and text messages.

Emotional Cheating

This next type of cheating can get up under the skin of a woman very quickly. Most men do not care that their women talk to a guy about life, relationship problems, and the like. For men, as long as their woman does not tarnish their ego, they can have as many conversations as they want. However, for most women, if their guy is confiding in another woman for advice on life, love, and happiness, it pinches a nerve. Emotional cheating can be done via email, social media messages, in person, or even on the phone and does not involve any sexual or physical contact of any kind. Being that women are emotional creatures, having another woman share a bond with their man is something they do not wish to tolerate.

Physical Cheating

Of course both men and women cheat for sexual reasons, but this category is more for men. Men are known to step out on the relationship simply to

“try something new”. In their heart of hearts they adore their spouse, but sometimes “a man just has to be a man” so to speak. Or so that’s what they say. So when a man goes out and has a one night stand with a woman he is simply trying to fulfill a sexual need. However, when a woman finds out that her man has been sexually active with someone else, this is the final straw. Women view sex as an emotional connection and thus see it as a threat when a man steps out on her.

Double Life

The last form of cheating to be defined is when a person is living a double life so to speak. In essence either the man or woman in the marriage has fallen out of love or become disconnected with their spouse and so they set out to find new love. The love they have for their spouse is still there on the back burner, but once they’ve found someone new, the connection is too strong to let go. Thus they begin to create a double life. This type of cheating is very damaging in that they have created another intimate life with someone else. Many have separate houses, names, children, and more and when discovered by their spouse, it can be painfully hard to get past.

I know of a woman who lives in New York City and has had two young children with a man who is married to woman who he also shares older children with. He takes both families on holidays together, yet the wife has no idea that he has a second family and that his mistress and children are holidaying on the same Island at another hotel. When he’s supposed to be golfing he’s actually playing in the pool at another hotel with his other dependants. What kind of holiday is that? Full of lies, lies, lies. Exhausting to say to the least.

There you have it; a brief understanding of different forms of cheating and how men and women react differently to these actions. Maybe you’re a couple that is ok with flirting and having friends of the opposite sex

exchange numbers, but you're against emotional, physical, and double life cheating.

Some couples are intolerant of any form of flirting and some people are jealous types and anything can set them off and they are easily threatened. This is something to address as you may be creating unnecessary grief with your partner.

I know a couple who like to engage in threesomes, albeit very rarely. At most, once every twelve months. They have an agreement that a threesome together is acceptable, although neither one of them is allowed to be with someone else on their own. "Playing" has to be done together. They're both happy with this and agree to this arrangement.

Whatever your deal breakers are it's healthy to talk about them or bring these topics up in conversation. This way everything is transparent from the very beginning.

4

How Cheating Affects the Relationship...

No one gets into a relationship or marries a person with the thoughts that one day they will cheat or be cheated on (well, very few people do this). Even though the amount of people that cheat on their significant other continues to rise, everyone in a committed relationship holds out hope that their relationship will defy the odds and stay monogamous.

When I coach my clients, I believe one of the first ways to get a clearer view on cheating is to first understand what it does to the relationship. Many would like to believe that the cheating will never be discovered, or that if caught, it will only hurt the person they cheated on, however, in hindsight, it affects many more.

First let's take a look at how the innocent partner can be affected by a cheating partner or spouse:

Lack of Trust and Insecurities

Distrust is a common consequence from a cheating spouse. When the trust has left the relationship, the state of the relationship will begin to weaken. The problem with losing trust with someone you care about is getting that trust back...

For some marriages, this might be simple, but others never fully forgive and forget the past transgressions. As a result, the distrust becomes festered in thought and action. This means the innocent party begins to build defenses to protect their hearts from being harmed again.

When a person's heart is broken at the hands of someone they committed themselves to, they can become very insecure. While the guilty party might like to think that insecurities are an individual problem, truth be told, it affects the entire household. When trust is gone and insecurities build, the road to recovery can be long, hard, and in some cases, irreparable.

I have a friend whose husband of three years cheated on her. The act was allegedly a one-night stand and the husband was "drunk" and called the entire thing an "accident". Well my friend became very insecure and as a result began questioning everything her spouse did. She wanted to know where he was, who he was with, when he would be back, and everything in between.

Every time her husband made note of another woman (i.e. I have to take a business trip this weekend with a few board members and my secretary Christine), she immediately became enraged and thought he was cheating again. This is a cycle that repeated itself until both parties realized that the one night stand was too much to get past with out proper healing.

Punishment

While one would like to hope that the infidelity was not reciprocated, it happens quite often.

Once the guilty party has been found out, sometimes, as a way to make the pain "even", the innocent party will begin cheating as well...

I realize that I have already covered this, although punishment is not just about cheating as revenge. And yes, some people do feel justified in cheating on their partner once the trust has been destroyed. They feel as if in their revenge they can get their partner to wake up and realize what they've done.

The goal behind punishment could be to make the other feel the same pain they did and then leave them high and dry, or it can be ego based. They go out and do what was done to them to feel in control and desired by another.

Other forms of getting back at the other are;

- The "innocent" party may stonewall the other by shutting them out
- Disregard the other person's feelings
- Put them down and belittle
- Blame the other and not take any personal responsibility for the relationship

How Others are Affected: Alienation/Broken Families

Another consequence of cheating is that family members, friends, and even neighbors are somewhat "forced" to take sides. Many family members of the innocent party will not be willing to communicate with you in the same ways.

Now you might be thinking to yourself that not talking to your annoying mother in law might not be such a bad deal, but it can get worse...

Many couples share mutual friends and once the cheating is out of the bag, relationships can crumble and the social aspect of your life can dramatically decline.

Take for instance a client of mine. He had been cheated on by his wife who said he worked too many hours and she lacked affection. He was willing to move past it and work on their marriage, but convincing others was a bit difficult. Their mutual friends were also married couples, and when they heard news of his wife's cheating, they no longer wanted anything to do with her....

Take my word for it, just as many a woman does not want her husband hanging around single guys for fear of temptation, men also don't want their women around other women who cheat on their husbands... or even worse, the women may not want you around their husbands.

This is not relative to every situation, yet it's a factor worth considering and being mindful of.

So even though the husband wanted to put it behind him, others were not as forgiving which changed his wife's social life for a very long time. The good news is they did manage to work it out and things did improve, although it did take some time.

Children

In relationships where infidelity takes place and children are involved, the repercussions can be that much more complex. Children, no matter how old they are can sense tension within a home. They don't have to know exactly what is going on to know when something is different.

As a child sees their parents falling apart at the seams it will begin to affect them emotionally. Children will begin to question themselves, some wondering if they are to blame for the setback or demise of their parent's relationship. Many children go on to experience feelings of depression, abandonment, and neglect. They act these emotions out in many different ways including loss of interest in hobbies, decreasing grades in school, and disruptive behavior in school and at home.

How You Can be Affected:

So, if it wasn't enough for you to learn about how cheating can affect your spouse, your family, and your children, maybe you can be encouraged to not cheat by learning how it could affect you personally.

There are lots of cheaters out there that are under the assumption that in time, the transgression will be forgotten and you and your partner will move past this. Some do, but unfortunately there are more marriages that fall apart.

Take a look at the web of problem's you could face:

- Broken family
- Defamation of character
- Divorce
- Depression, Anxiety, Stress
- Financial changes as a result of divorce
- Alienation from family and friends.

No matter how many times you cheat, why you cheated, or who you cheated with, infidelity can cause more destruction than most are aware of.

So whether you've cheated, you've thought about cheating, or are a victim of being cheated on, I encourage you to look beyond the cheating or the desire to cheat and see if there's a real solution to your relationship challenges.

And yes, not all cheating happens because someone is unhappy. It's still important to reflect on what motivated you to cross the line or what's motivating you right now.

I suggest that working on the core issues of the relationship is the first step. Most people overlook this step because they don't know how to reach or access these core concerns... Or once they uncover what the core discontent, insecurity and fear is... most don't know how to heal, mend and transform these feelings into personal and relationship growth, which leads to deeper intimacy, love and big picture fulfillment.

Get clear of the BIG PICTURE before acting.

5

Signs Your Partner Is Cheating

Again, I have to stress that no one wants to find out that their spouse is cheating. But if you suspect that your partner is cheating, this chapter will help you put it all into perspective. Now, I must say that I don't believe there are absolute clues that can show a person is cheating unless you walk into your home and catch them in the act, but these should give you some indication. I don't advise anyone to begin overanalyzing every scenario because as I said this is only a simple guide, and not everyone acts this way when they are cheating. If however, half of these things are true for you, it is worth having a conversation.

Changed Physical Appearance

One of the first signs that your significant other is cheating is their physical appearance. If they've always been a jeans and t-shirt type of guy but suddenly start wearing khakis and polo shirts with nice loafers, chances are something is up. Pay attention to the way they dress, the way they wear their hair, and even the scents they put on. If you begin noticing a lot of "newness" you might want to be on the alert. This is sign because most people who find someone new want to continue to impress them and thus won't dress the same as they would for you.

Cellphone Protection

This is a sign that many of my clients viewed as a red flag. If your spouse at one point would leave their cellphones all over the house and now they are suddenly guarding it like a secret service agent to the President of the United States, chances are something is up. I had a client tell me her spouse would take the phone to sleep, to the shower, and even to the dinner table with him at all times. If he's in her presence he would turn the phone off completely or on silent so it doesn't ring. She also noticed that every time the phone rang, he left the room and began whispering.

Also, a sign that your partner could be cheating is if they don't answer calls when you're around or won't say who it is. Often when a call comes through and you're busy, it's not uncommon for someone to say, oh that's my sister, or they'll name the person who's calling. If they used to voice who it was calling or texting and they stopped doing that then it could be a sign of hiding - which means potential cheating.

Password Protections

Do you guys share passwords with each other? Have you noticed that he's started locking his phone, computer, or other electronic devices? This might be a warning sign that you're being cheated on. While having passwords in place is essential to keep hackers out, if you find that passwords are in place that are newly implemented, this should be a red flag.

Random Arguments

Every couple argues. Some argue about big things such as bills while others argue about smaller things such as who is going to cook dinner for the night. While couples do need to work things out and it's normal to have moments of contention or the occasional hiccup, when they become silly and at

random, this could be a sign of cheating. Arguing gives the cheater an easy way out so they can leave and do as they please. If you're home one day and your husband starts arguing about how the bathroom sink has a strand of hair in it and claims that you are not clean when you typically are a tidy person, precede the argument with caution as this could be a ploy to get out of the house. He will likely claim he has to leave to cool down and not return for a few hours or so.

Unexplainable Joy

Now of course happiness would seem like a crazy sign that someone is cheating, but it does happen. Not to say that every time your spouse gets happy you should begin drilling him about who the other woman is, but unexplainable joy might be a sign. Remember that unexplainable joy you had when you two first met? That twinkle in your eye, the pep in your step? They are all signs of "newness" in a relationship. So if you start to notice your girl/guy is unexplainably a bit more happy, pay close attention.

Increased Conversation About Other Person

By this I don't meant that your significant other comes home and says, "Honey I am so in love with Bob" as this would be plain silly. However, if the "other person" is a mutual friend or even someone you remotely know, it is quite common for your spouse to bring up their name more in conversation. For instance, a husband and wife have a mutual friend named Lisa. The husband begins cheating with Lisa on his wife. In a conversation with his wife, the husband brings up Lisa's name several times. "Hey honey, have you heard from Lisa today?" "Yeah, I was in a store and saw Lisa's son and wondered how she was doing?" "Are you going out with Lisa today?"

Another scenario could be that your spouse begins trashing a woman. This might seem crazy, but I've seen it done. Let's use the same example from

above. What if every time the wife talked about Lisa, the husband had something negative to say? "Oh honey, Lisa brought a new outfit the other day from this boutique I like, you've got to see it when she comes over!" and the husband says, "Lisa might need to lose a little bit around the waist area before trying on a new outfit!" This is his way of trying to show you that he is not interested in Lisa, however, the truth is, she's the one he's having an affair with!

No More Sex

This is a huge sign and is usually an indicator that the affair is more than just a one night stand. If your wife comes home and always has a reason to not be in the mood, this might be acceptable on the first night, but if it continues to happen, it should be a red flag. Also, if your husband is one that would normally be disappointed if you didn't want to have sex, but now seems relieved that you're not in the mood, this could be a sign that he is cheating. Sex is a necessity in a relationship and while some couples can go on for months without having any, it's generally for relationship issues that they're aware of. If out of the blue the sex stops, it's time to talk to your partner.

So that about sums up the signs of a cheating partner or spouse. While all of these signs are pretty classic and found in most relationships, there are some cases in which this could mean something else. I wouldn't advise anyone to start interrogating their spouse, and I also wouldn't advise you to make the assumption that your spouse is cheating on you. Simply use this as a guide and if you feel that the signs are true in your marriage, talk about your concerns and give your partner the benefit of the doubt and a dose of couples therapy with a great therapist never hurt anyone.

SECTION II:

How to Cheat Proof Your Relationship...

6

Valuing Comfort and Ease

Alright, now that we're through with the depressing parts of cheating, now's the time to teach you how to cheat-proof your relationship. Keep in mind that nothing is 100% guaranteed, but if both parties are willing to commit to staying committed, you have a higher chance of staying together and happy.

The first thing I want to discuss is simplicity, comfort, and ease. I believe that in this modern world that we live in, the idea of cherishing the moment has greatly depreciated. As a result of high paced living and fast technology, many people's attention spans have shortened, and it affects the relationship.

A World of Speed: Overstimulation

Today, you can send an email in a matter of seconds, download a movie in minutes, and speak to people from all around the world in a flash. Since changes can happen in an instant, the attention span of the average person has greatly depreciated.

Let's look at this a bit closer using a popular company such as Apple. They create the iPhone and millions of people around the world flock to get the newest gadgets. Where in the past you might have heard of a new cell phone coming out within 2 years, now new cell phones and upgrades are coming out twice a year!

I have a personal experience in this instance. I went and stood in line on Christmas day for the new iPhone 3! I was excited and anxious to see what this phone could do. I got the phone, learned the new tricks and was excited! Within seven months time, I was talking to my best friend who had just purchased the new iPhone 4! Her phone had more functions than mine and when she showed it to me, I immediately wanted it.

So as you can see from that explanation, our attention span, our willingness to accept what we have (iPhone 3!) we are yearning to be "in the know" and purchase the newest model of phone. Thus we neglect the perfectly great devices we already had. This is much the same thing in real life. As we have been "programmed" for instant and constant gratification, the moment things go wrong in our lives, and our relationships we can also be very quick to long for something "better". And social media and online dating has made it easy for us to be lured and seduced by what could be - it's much easier to connect with the past and new people than ever before.

Don't Trade Your 80% for 20%

The best advice I can give any couple at any stage in their relationship is to never take what they have for granted. There's an addition problem that I equate to cheating and that is, "Don't trade your 80% in for 20%". That simply means that nothing and no one is perfect...

You've been with your partner for some time now and have grown to love them flaws and all. You've worked hard to build the "ideal" relationship for you two, and now, because things are a bit "stale", you've decided to go

seek something new. So the 80% would be your current relationship, and the 20% is the new relationship.

When you meet someone new you can't possibly know everything about them and thus they are only 20% of what you want which in most cases is physical attraction, mystery and new found attention....

Why would you gamble away what you've worked so hard for just for the opportunity to flirt with potential disaster?

I mean think about it..

I had a male client one time tell me he was thinking about cheating on his wife and didn't know what to do. He told me he was just tired of the same old thing day in and day out. So I gave him a new way of thinking about things.

I told him to think about his wife and all the positive things she does for him. She cleans the home, makes sure his children are healthy, she cooks dinner, she goes to work, she contributes to bills, she cares about you, she is there when you need her, and she is fully committed to the relationship. All of these qualities took time to develop.

When you first met her, not all of these things were in order and it was a struggle to show her how to care for you. Now, you've thought about having an affair with the women up the street...

Does she know what you need? Can she care for your children? Will she cook meals the way you like it? Will she contribute to the bills? And most importantly, Will she stay committed? When you compare your 80% to your 20% cheating really seems crazy. I believe he got the point.

Sometimes people get lazy, they are giving their energy out to others. They have stopped flirting with their partner. It is possible for you to claim some of the 20% that you desire in your actual relationship. Maybe it's time to spice it up and change the tempo with in the relationship.

Stop and Smell the Roses

So it can be pretty easy to think of all the negative things that your partner has done or that they do to get on your nerves, but I always ask my patients, what are the positives? What is it about your spouse that you love and can't live without? Is it their smile, their attention to detail, or their sense of humor? Whatever it is, you need to focus in on that. When the relationship becomes boring or repetitive, you need to remember why you fell in love in the first place. So anytime your mind goes to something new, just stop and smell the roses, i.e. remember what it is that made you fall head over heels for your significant other and build on that. Show gratitude and express what you love about them. What you focus on expands and energy goes where energy flows.

Relish in the Comfort of Simplicity

I think what a lot of cheaters fail to realize is that there will come a point in their "new relationship" in which it will become old and routine...

Will they cheat again? Will it become a never-ending cycle to replace your significant other as a means to feel excited, refreshed, and renewed? At what point do you stop and realize that normalcy, routine, and boredom come with the territory of being in a long-term committed relationship?

This is not to say you should be bored out of your brain! I'm encouraging you to NOT under value the beauty of a drama free relationship and the easy that comes with familiarity. In some cultures this is celebrated.

My advice, stick with what you know and dedicate some time to bringing it back to what it used to be. Fall back in love with the one you gave your heart to and I am most confident, they will reciprocate...

And sometimes it's not about getting a relationship back to what it used to be like - this can be a wonderful opportunity to create a new version of the relationship. Reconnecting and redefining can be just as fulfilling.

If your partner doesn't reciprocate then please go to therapy. You don't have to do it on your own. Sometimes professional external support can shift the relationship quite quickly. We're not all equipped to develop the relationship on our own... most of us are not born with the relationship skills we need for lasting love.

I have worked with clients who have been able to transform their relationship in one session, sometimes it takes six weeks to three months of commitment, and before long they're back in love and reconnected.

It's not unusual for the relationship to be taken to new heights - meaning it becomes better than it ever was. The couples can't believe that only a couple of months or even weeks prior they were ready to throw in the towel. This can happen much easier than you might think.

7

Talk About Boundaries

The next bit of advice I have for couples looking to cheat-proof their relationship is to talk about it. No one plans for cheating to happen (well, I would hope not), but it is something that should be discussed early on in the relationship.

Almost everyone assumes that cheating means the same thing across the board, but that is not always the case!

There are some women that don't mind their husbands flirting, but would mind if their husband touched another woman or exchanged numbers with a woman...

If you've never addressed this issue with your spouse or partner, how do you expect them to know what you take offensively, or what you see as a breach of trust and relationship etiquette?

Most of us live in a world where we think that a certain way of conduct should be a given, it should just happen! Unfortunately this is not the case and once you both know and understand each other's perspectives you can agree to healthy relationship conduct. This clarity leads to what we all want - more emotional and physical intimacy.

Types of Cheating

This was discussed in a previous chapter; however, I want to briefly go over them again so that you have a premise to begin with. The types of cheating you want to discuss are: flirting, sexting, emails, phone calls, sex (this you might think would be an obvious no brainer, but there are some couples that prefer an open relationship and only certain areas of sex are off limits), social media interaction, outside of work hours social engagements - by this I mean going out with a co-worker of the opposite sex.

Simple Process to Discussing Boundaries

Below you will find a breakdown of the best method for discussing boundaries. You want to make sure that you do this as early on as possible and try to conduct the conversation without pointing fingers, becoming enraged, or trying to control everything.

It's important to understand a relationship is about give and take, and communication keeps everyone on the same page.

Speak Up

Don't let things brew and fester. Verbally addressing your concerns should be done pronto!

Please understand that I'm not suggesting you "pounce" (verbally and energetically) on your spouse as soon as they walk through the door. That is typically not the best time to have a boundary talk. However, I am saying that if you can, don't wait until something actually happens to talk about what you do and don't find to be cheating. This kind of conversation does not have to be formal and uptight - it's an open and honest discussion...

You listen and share, listen and share, listen and share... no ultimatums, no threats.... it's an opportunity to learn about each other and find out how you both feel about one another, cheating and the relationship.

If something has happened, give yourself a little bit of time for clearing of the head and for your emotions to settle, then discuss the actions and why it affected you. If you don't say something, no one knows and thus you set yourself up for heartache.

Respect

I had a couple I counseled that were discussing their boundaries- the wife agreed with everything her husband said, with the exception of going out with a co-worker or friend of the opposite sex. The wife felt as if the husband should understand that she would not do anything to jeopardize the relationship, however, the husband felt that the wife should not even put herself in a position to be tempted. Because they disagreed, the husband thought that the marriage would never work.

It is important that when you discuss boundaries that you respect the fact that you are two different people with two different opinions. Therefore you will not agree on everything at all times.

So, to say that a marriage or relationship has to be over with as a result of a disagreement is a bit far fetched. You need to learn to respect each other's individuality and agree to come to a workable and healthy compromise.

This couple did come to a compromise and everything worked out. She agreed to limit her after work social activities and to also include her husband in some of these social events (when appropriate). He soon realized that he had nothing to worry about and it was resolved.

Compromise

So how do you compromise on the things that really matter to you?

It would be nice if everyone could agree to all of your boundaries and rules, but that is not always the case, instead you need to find some common ground.

In addition to what I already shared about the above couple, they both agreed that instead of saying that going out with the opposite sex is completely unacceptable, they could agree that if one or the other decides to go hang out with someone of the opposite sex that it must be done in a group setting. This idea worked because it took away the fears that the husband had of feeling that the wife might be tempted (not to say that going out in a group can't lead to cheating), and it also gave the wife a bit of freedom to have a social life.

Compromising is about sorting out the main problem and finding a way that will make both parties happy or happier. If you value the relationship and each other there is always room to move, there is a solution to every problem. You'll be working together as a team or allies as opposed to be foes.

Trust

After you've come to a compromise, you now must learn the difficult part... trusting your partner. You cannot become such a control freak that you don't allow your partner to show you that they can be trusted with your heart.

So if the rules are that you can hang with the opposite sex in group settings with no flirting involved, then trust that this is what your spouse will do. Should they overstep the boundaries, you address the problem then. Acting

too possessive and as if you want to control everything could essentially push your partner to do the very thing you didn't want to happen.

Talking about boundaries is never easy and it might not be as clean cut as you thought. However, it is a good idea to do it.

Also, boundaries can be rather sexy. I know this may sound a little left field, though there is nothing more attractive than when someone lets you know that they're not comfortable with something - when it's reasonable it shows you that they're a person of high value.

Boundaries that are heartfelt, graceful and fair are BONDING.

Open communication puts everything out on the table and keeps you and/or your partner from knowingly breaking the others trust and this does prevent cheating.

If you're worlds apart in your views around what is and isn't cheating then it's VERY GOOD to know this? It may be an uncomfortable and challenging conversation, although it will be an important one that will save you much future heartache!

At any point in your relationship where your views change on cheating and boundaries, it is important that you follow this same process to get your feelings heard. When two people who love each other take the time to talk about what they are fine with and what is off limits, it can make a big difference and keeps communication open.

8

Improve Your Sex Life

*Y*ou don't know how many times I've heard couples say that they started cheating because they were no longer receiving sexual gratification from their partner. I cannot stress enough how important sex is in a committed relationship. When sex is happening every once in a while or not at all, it can really put a strain on a relationship. This is true no matter how long you've been together as a couple. So ask yourself; how often am I having sex with my partner? Is it more or less than we used to have sex in the past? Am I being sexually satisfied? Depending on how you answered those questions, you may need to cheat-proof your love by improving your sex life.

Nonexistent Sex

Sex is a powerful and personal way to connect with your partner. It is the highest levels of intimacy and desire shared between two people. It is quite common to find couples that started off having sex almost every day to just a few years later having sex only once per week (if that). When sex is nonexistent, the body begins to yearn for sexual intimacy. This is then how people turn to others to fulfill their needs.

Improve Your Sex Life in Five Simple Steps

Alright, so I know pretty much everyone loves to have sex, however, when you're always together, the "newness" begins to fade and sex goes from being fun and spontaneous to a chore or "relational duty". To avoid this you need to improve your sex life. Below are five simple steps that you can follow to jump start your sex life into full gear.

1. **Learn the reason** - The first order of business is for you to learn the reason why you are no longer interested in having sex with your spouse. Are you insecure? Bored? Or are there other relationship problems that lessen your attraction for your partner? When you know the real reason for why your sex life is sparse, you need to determine whether or not this is something you can fix on your own, or if your problem has something to do with your spouse that you should repair together.
2. **Discuss the problems** - Again, there is a time and place for everything. You know your spouse better than anyone else and therefore you know when the right time to have a conversation with them is. You want to make sure you are both in the right frame of mind to get somewhere in the conversation and not just argue or point fingers. Talk about your reasons for not having sex and see if your partner has similar concerns. When you have everything laid out on the table, you can both see each other's point of view.
3. **Sexy Plan** - Now that you've talked about it, it's time to put a "sexy plan" of action into place. If it's problems that only you could fix such as insecurities, then begin working towards fixing that so that you're more confident in the bedroom. If it's something you both need to work on such as trust issues (maybe a history of cheating), then you should consider talking with a counselor for help. If the sex has never been great, then maybe it's time for sex therapy to attend a tantric sex class

together. Tantric can move mountains when it comes to sensuality, intimacy and a deeply satisfying physical connection.

4. **Inner hurdles** - If your problem is that you're bored or insecure, you need to start working on you. From time to time we all have insecurities, although some people are insecure much of the time and not necessarily just about sex. Self-love and appreciation is a great place to start. On a sexual note - Read a book, view some porn, or even ask around about new things you could try out in the bedroom. An adult sex store would be the best place to find this type of thing. You can explore more sexually and hopefully take away the boredom that you're feeling. If it's insecurities, doing things like purchasing lingerie, walking around in front of a mirror while naked, self pleasure, and more to get that confidence level through the roof.
5. **Work as a team** - Lastly, if the problem is a dual thing you will both need to work as a team to get some solutions. Often I hear of complications in a relationship where cheating has happened before or one of the people in the relationship has been cheated on in the past. So whether your distrust comes from a track record in your relationship now or from relationships past, you need to sort this out. Talking with a counselor about your problems works (I'm not just saying that because I'm a relationship coach). They can help you get past your distrust and provide you with the tools you need to work together as a team.

Sex should be fun, spontaneous, and plentiful in a relationship. Are there going to be times when you're just not in the mood? Yes. However, for the most part, you are supposed to ensure that all of your and your partner's needs are being met. Talking through it, getting creative, and getting in tune with your sensual self are all ways to improve your sex life and thus cheat-proof your love just a little bit more.

9

Learn to Grow

Anyone who has ever been in a relationship for longer than 2-3 years knows that after the newness wears off, it takes some effort to keep the relationship alive. When couples become committed and move in with each other or begin to see each other on a daily basis, the relationship normally becomes routine like. Routine can turn into complacency and boredom, which leads to couples not wanting to spend much time together at all or they feel as though something is missing. The healthier the couple are, the easier it becomes for temptation to step in.

Too many people go into a relationship thinking that a relationship is all about; feeling good, great sex, excitement, someone supporting you and making you happy and so on. The most overlooked and underestimated aspect of real love is learning and growing. Nothing stays the same and a relationship is a place that no one can hide - all of our quirks, insecurities and sometimes ugliness is revealed. It's also a place where our beauty, magic, loveliness and the best of us is also there to be received and appreciated. Of course there is always a mix of the yin and yang, the black and white, the light and the dark. A relationship is a place where we can learn to grow and shine more and more. We can learn to be better communicators, lovers, sharers, carers and this is a special.

My next tip for cheat proofing your love is to learn what it means to grow together, and how to go about it.

People Change

When you were in high school, your favorite color might have been black and you might have been into heavy metal rock music. However, now that you're fully-grown your favorite music might be classical and your favorite color green. People change. As they get older, become more experienced, and develop a more informed opinion, they will apply it to their everyday lives. There is nothing wrong with change, however it can become a problem when a couple does not know how to accept and adapt to the change together.

In a relationship you guys might have started out liking 70% of the same things, however, as time has passed, you are lucky if you like 50% of the same things. Does this mean that you should get a divorce, or go on a hunt for someone who matches your interests? No. It simply means that you have to learn your partner's changes, and be willing to accept them.

Unbalanced Change

I had a couple that had been together for about five years. They had come to me as a last resort because they felt they were "growing apart" and didn't know what to do about it. The husband was more spontaneous and outgoing whereas the wife had become more of a planner and a homebody. They both believed that one had to conform to the other's ways of life or else the marriage would not work. While I do agree that some couples do outgrow each other, I also agree that if both parties are willing to change, anything is possible.

Understand Both Sides

It is important that the first thing you do when change is noticed is to understand why this has happened and how it affects both sides. Now that I had heard their story, I was able to help them both see the side of the other. I started with the wife. She realized how fun and exciting she used to be with her husband and how now she had turned into someone different her and without him realizing it, that is until now. She began to see how changing but not expressing this need for change to her husband left him in the dark. I then explained to the husband how when they got together they were young. They now have two children under the age of 6 and both work full time jobs. I explained how his wife had taken on the responsibility of two more lives and had got caught up in routine and planning because of the children. He then began to understand where his wife's changes came from.

Find Balance

Here is where a lot of couples begin to disagree. When change happens, one party cannot force another one to change their ways to match. Instead, it is better to find a common ground and find ways to balance the change so no one feels left out.

Let's take the couple from above - The wife wanted the husband to be home more, to be more involved with his family and less involved with the limelight. The husband on the other hand wanted the wife to loosen up, start being more social, and to be the fun girl he fell in love with. So I provided some options for balance:

1. Set a time aside for the husband to go out and have fun on his own within reason. So they decided on once per month on Friday nights.
2. Set aside a time for the wife to go out with her husband. They again set a twice per month on Friday nights.

3. Get the wife to express her needs. She told the husband she needed more help in the mornings getting the children ready for school and she also needed help at night tucking them in.
4. Assign the husband duties to help out more. He agreed to help getting them dressed in the mornings and washed and tucked into bed at nights.
5. The husband also wanted to have more regular fun and play time with his wife and they agreed that a couple of times during the week they would stay up later together and chat, lie in bed naked or have a bath together once the kids had gone to bed.

Put the Plan in Motion

The last step to learning to grow together is putting the plan into motion. After you're able to find balance, the next thing to do is put the plan into motion and begin actively working towards changing with your partner. You should understand that a plan of change can take time, so you should not be discouraged if there are moments of setback. With time, you should be well on your way to adapting to change and exploring life together.

Growing and being willing to change takes dedication and commitment, but I believe it will most certainly provide you with a cheat-proof relationship. As new changes are needed, you discuss it again and retune or change your approach. Remember, change is constant and completely normal. It only becomes a problem when one is changing and the other stays the same.

10

Develop a Life Outside Your Love

So many of you may be wondering why to cheat proof your love would I suggest that you develop a life outside of your love, but it works. Sometimes the reason couples cheat is because they are tired of the same thing. When you see the same person day in and day out with no break in between, it can really get trivial. It is also common for couples to lose their own identities and become cocooned and at times suffocated in a relationship. When you're not giving each other healthy space and time to develop as individuals feelings of resentment can set in causing a whirlwind of problems. Everyone needs to spread their wings in a healthy way from time to time.

Healthy "Space"

Have you ever heard the saying "absence makes the heart grow fonder"? Well, this is a very true statement in relationships. When you see your partner every day all day long with the exception of going to work, it can become a little blah and ho-hum. You have nothing new to talk about, nothing to enjoy but each other, and over time this lack of newness builds. Space in a relationship is not only recommended, but necessary for the survival. It does not have to be for long periods of time, nor on a constant

basis. However, it should be enough time for you guys to learn to appreciate each other again.

Developing Individuality: Catch Up with Old Friends

I know it can be hard to get back into the swing of things when you've been so involved and committed to the relationship. Just because you getting out and about doesn't mean that your commitment has changed it means that you're committed to growing your connection and that can mean doing some things on your own from time to time. This is why my first bit of advice to developing your own independence in a relationship is to start mingling with old friends. If you've been out of the social scene for a while, it might be intimidating to make new friends. Your old friends are there to support you and would probably enjoy a bit of time with their old pal again.

Developing Individuality: Get out More

Now please don't take this tip to mean that you should be partying five nights per week, but if you've suddenly become a homebody and have not been out in several years it is time for change. You can start small. Try going out with some friends to a local pub and enjoy a sandwich and a nice drink. Get a feel for what's happening in your town and where you might best fit in. Once you're feeling comfortable you can go out wherever you desire. Go shopping at your local malls, visit some cool sites in your area, or get out and experience the nightlife. The more social you are the more independence you will develop. And this doesn't mean that you don't take your partner with you. This can involve them too... the point here is to get amongst life and change your patterns a little.

Developing Individuality: Find New Hobbies

Not really sure what you like to do? This is quite common with couples that have been together for several years. You might know what you enjoy doing

with your spouse, but if given the opportunity would you know what to do if you had time? Learning new hobbies is a great way to get in touch with who you are and what makes you smile. Take a pottery class, learn to play an instrument, go hiking, take up yoga or pilates, or cross something off your bucket list. All of these things will make you feel much better about yourself.

Developing Individuality: Share with Your Partner

I believe that this is needed in order to separate those finding themselves from those who are flat out cheating. As you're experiencing your individuality it is important that you keep your partner in the know about it. When "space" is not discussed, it can turn into distrust, resentment, and retaliation. Talk about what your plans are, what you experienced, whether you liked it or not, and anything else your partner might want to know. They will be pleased that you've found new interests as long as you keep them in the loop. This is by far one of the best parts of developing your individuality because you get to share some of your special moments with your partner and have them appreciate you for the person that you are.

Trade Places

I must also point out the importance of trading places from time to time. It is not fair that you're allowed to find out who you are while your spouse stays home with the children all the time. In order for the separation to be fair and healthy, you need to be sure that you're giving your partner the same opportunities. When you guys are supportive of each other's differences, it will take the relationship to new heights.

Remember, space is healthy in a relationship. It keeps the romance alive, it allows for individuality, and it creates newness in the relationship. Be willing to learn who you are and to allow your partner to find out who they are through exploration. There is a world full of excitement and adventure

and you both might not always like the same things. This doesn't mean you have to give up on your interests because you're in a relationship, it simply means sometimes you'll have to go it alone and share the experience when you return. This way you'll have something new to discuss, which will inspire newness and energy into the relationship.

When you both feel engaged in life and your support each other's interests then you're likely to have a beautiful and developing connection.

11

Little Things Mean a Lot

My last bit of advice for cheat proofing your love is to remember the little things. A lot of times couples get so caught up in the hype that they forget about the basics. Wouldn't it be nice to know that something as simple as a "I love you" or "your beautiful" could keep your relationship alive. Making sure that you understand your partner's needs is essential as it pertains to loving them well... and we all want to be loved and loved well. Everyone has a different way of feeling loved and the confusion comes in when each person assumes that the other person wants to be loved the same way. Some feel loved just by hearing it, others, feel loved by receiving gifts, and some just want that quality time. Make it your quest to find out what your partner likes and begin focusing on the small things.

Smile and Shine

Life can be stressful. Between working, caring for a family, maintaining a home, and still finding time for love can seem like a juggling act gone bad, with so many balls in the air, sometimes we forget to add some smiles and shine into the mix. Even when life gets you down sometimes, even you're in overwhelm, a simple smile can go a long way. A smile can change a mood, brighten a day, and make a difference. So my advice to you is not only to

smile more, but to make your partner smile. There are easy ways to get this done.

1. Crack a joke or two to brighten their day
2. Send a cute message with a smiley via email or text message to show how you're feeling about your partner
3. When you see your partner enter the room, smile at them just because.
4. Try and spend the first 4 minutes with your partner sharing the better parts of the day and smile and shine while you're doing it, communicate with healthy glowing energy. After the 4 minutes you can talk about the challenging conversation you had with a co-worker or you can talk about something that was a hiccup in your day. Studies reveal that the first 4 minutes are what sets the mood for the rest of the time you have together. It allows time to enjoy and connect before getting into the other "stuff". Try it. You may find that after 4 mins there are no woes to discuss.

Now these are the simple ways to go about smiling, but the real work comes in finding out what it is that makes your partner smile. Here are a few most common love languages and an example of how you can accomplish them:

Words of Affirmation

This means that your partner knows that they are loved based on what you say. Your actions will never justify love the way that your words will, and sometimes they just need to hear that. Be more attentive to your partner's needs and find creative ways to say you love them. I have a friend who sends her husband a little love note in his lunch for work each day. It always has a quote about love a bit on how she feels about her spouse. Every day he enjoys reading these messages and knows without a doubt he is loved.

Affection/Touch

For some people love is expressed through physical contact. There is nothing more loving than a great big bear hug or a passionate kiss. This should be a fairly easy task for you to try. Touching is very important and could be something as simple as holding hands as you walk through a store or something as intimate as a full body massage after a hard day of work. Get creative and start touching on your spouse more. Brush up against your wife while she's cooking dinner, or rub on your husband while he watches his favorite sports team play. Cuddling, kissing, touching are all physical touch and affection and for many people, this is how love is shown.

Gift Giving

There are some that would argue that giving gifts as a sign of love shows that the person they are with is vain or materialistic. This is certainly not the case. Receiving gifts has been in many tribal cultures for years and the gifts symbolize a sign of affection and love. When you think gifts you don't always have to think high end expense. There are simple little things that you can give your partner to let them know you care. I have a client who treats his wife to lunch every Friday, and another who gives his wife flowers at least once per month. If you don't have the cash, make something for them with meaning. In this form of love language, it is not the size of the gift, but the thought behind it that counts.

Quality Time

You'd be surprised to find out how many people want nothing more than time from their significant other. Are you a workaholic? Have your schedules become so busy that time together is the five minutes before bed? If you answered yes to these questions you might try spending more quality time together. Of course you can't stop everything and just live blissfully ever after, but penciling in some alone time is important. Get a sitter for the

kids and plan a nice movie and dinner night in the house, create a weekly date night where you go out for at least two hours to talk, or meet up for lunch at least once per week to break up the madness in your day.

If you take the time out to really learn your partner's needs and to act on them, they will begin to feel the love. Even if your partner doesn't have a particular "love language" they might still enjoy smiling more, touching more, hearing it more, and spending more time with you. When you stop and realize what really matters and work diligently to keeping it alive, you will go far.

Summary

Love and relationships can be one of the most rewarding life experiences and if you want to experience deep commitment and fidelity in your love life then both parties need to make the effort to not only love and care for each other, they also need to be willing to stick together and rise through the more challenging times.

The more confident you are in yourself the easier your relationships will be. The more willing you are to understanding yourself and your partner the easier and more fulfilling your love will be.

Some people cheat and they cheat because they choose to do so. They may be in love with their partner/spouse and they may for the most part be happy in love. Some people love being married and also love “playing” once in a while. This is something that is hard to understand when you don’t feel the need nor desire to “play” outside of the relationship. These people are the ones who are less likely to change as they’re not unhappy, they may only cheat once every 2 or so years. To them it’s a *moment*, it’s purely physical and it means nothing.

Relationships can survive an affair, that is if both people can take responsibility for what preceded the affair. Rarely is one person solely responsible for what happened. Yes, one of them may have cheated, yet the other may have spent the last 5 years moody, detached, controlling, emotionally abusive or unavailable and so on. The good news is, not only

can you survive an affair, some couples can experience the best kind of relationship. They can move from dishonesty and deep hurt to the most honest, open, authentic and beautifully vulnerable love. Sometimes the most challenging times allows for greatness to take shape and relationships can prosper.

If your relationship did not survive an affair then make the experience work for you. Love is worth fighting for and worth remaining open to. We can all get hurt and people do hurt each other, and there are wonderful people in the world, just like you who are looking for healthy and intimate love. Stay open to love and make sure you've learnt the love lessons you need to learn so that next time around you can love well and cheat-proof your relationship.

For those of you who have read this eBook and who are in a loving relationship and no cheating has taken place... please make sure you keep the love alive and connected by following many of the steps I have shared. Add a little bit of play, spice, mystery and surprise into your relationship. Keep things flowing, fresh and never stop working on yourself - be the best person you can be. When you show your vulnerability and humility it allows your partner to also reveal their more gentle and intimate side too.

May you love from the heart and sparkle and shine every day in some way. Find reasons to laugh, reasons to appreciate each other and reasons to be grateful. Don't just think it, show them, express and live it.

Your friend in healthy love,

Nadine x