

## **Is He or She Cheating on You?**

Cheating, unfortunately, is a very real thing that many people have to deal with during some point in their lives.

Your partner may start cheating various reasons such as, being bored with the relationship, they might find that they are connecting with someone else better, or maybe it is just pure lust that attracts them to this person.

These days it is common to hear of breakups or divorces breaking up over infidelity. Mistakes occur in relationships and marriages that can be, and are, forgiven, however cheating is one of those almost unforgivable ones.

To be faithful and trustworthy are the basic foundations of any relationship and the majority of people today, feel that cheating cannot be condoned. Whether your boyfriend cheats on you while you're dating, or your fiancée plays the field during the engagement or there is adultery in a marriage the ramifications are huge. There are often messy confrontations, sometimes a bitter break-up and an ongoing feeling of hurt and betrayal.

Once you're over the initial intensity of emotions and you begin thinking rationally, there is an huge feeling of foolishness and stupidity. You start wondering how long your partner was cheating on you behind your back and how you could have been so naïve. If there's one thing people really hate, it is to be made a fool of.

### **How to discover if your partner is cheating on you:**

#### **1. Your partner begins working late on a regular basis**

If he/she always comes home at a specific time from the office and out of the blue he/she starts coming home late on a regular basis. It could be a new project that's keeping him/her busy but it wouldn't be inappropriate to casually ask him a few questions about it. If he is ambiguous or vague about the reasons, the alarm bells should ring.

## **2. He/she does not want you to call the office**

If he/she wants to maintain work life separate and does not want you to intrude, there could be a reason. One such reason could be he/she is having an affair with his/her colleague and they could be extremely afraid that you will find. There are, certainly, people who don't like to be disturbed at work but they seldom get paranoid about not calling at all.

## **3. He/She gets defensive if you ask questions**

Be cautious if he/she acts guilty if you pose questions or try to probe. Life should be an open book for two individuals in love and if you're sharing his/her life and /or bed you have a right to particular answers. If he/she starts acting defensive or gets irritable and won't answer you, you better be careful!

## **4. He/She wants to go out with his/her friends without you**

If he/she keeps making excuses to go out on dates with only you or be alone with you, your transmitter should be up. Also, if he/she keeps wanting to meet with his/her friends and tells you things like "You wouldn't be comfortable, it's guys/girl's only", you would do well after a while, to do a background check with some of those guys/girl's he's/she's claiming to go out with. It's best to appear casual in your questioning though because; in case he/she is telling the truth you would not want him/her to accuse you of being nosy.

## **5. Unexplained expenses**

If his/her credit card bill is an average amount and all of a sudden it keeps on getting higher and higher he/she could be buying some luxurious gifts and if you're not on the receiving end, you might like to find out who is.

## **6. He reeks of perfume that's not yours**

If you smell a citrus fragrance on him or if she doesn't smoke yet you keep finding her reeking of tobacco, watch out.

## **7. If he/she starts paying extra attention to his/her appearance**

After being in a relationship for a while, most people get comfortable and start to be comfortable with their appearance. If he/she is one of those, and all of a sudden starts taking extra care to be impeccably groomed, they could be trying to impress someone else.

### **8. Indifferent, unresponsive or uncaring**

If you find your partner unsympathetic, unresponsive or uncaring you have a problem. If he/she is not cheating, you need to anyway tackle the problem and solve what it is.

### **10. Lack of or interest in sex**

When a couple settles into a relationship, the sex often becomes boring and predictable unless you make an effort to heat things up. But if your partner becomes uninterested in sex it should trigger a warning. They may be just plain tired but that should be for a brief period of time. If it is over a long period of time, there could be a deeper physiological problem that you need to check, or are they getting it from somewhere or someone else.

### **11. Secretive**

If your used to be open and communicative and unexpectedly goes into a shell and clams up or starts hiding things from you, be warned.

### **12. Want about privacy**

If he/she wants to be left alone when on his or her cellphone or stops in the middle of a conversation when you enter the room and tells the caller he/she will call back, ask yourself why.

In order for a relationship to be successful, both partners must have absolute trust. It is not healthy to be suspicious in a relationship or on your guard all the time. Also, your partner should show signs of not just one or two but most of the above signs before you begin to suspect them. You should know your partner well enough to figure out when you should be suspicious or cautious. However then, you also thought you knew them well enough to think they would never cheat on you.

But be warned, sometimes, despite thinking we know it all we are often very wrong. investigate beneath the surface before you assume the worst. Your partner could be planning you a party!

## **How to Deal with a Cheating Partner**

Once you find out that your partner has cheated, your trust in them will be broken and you may start questioning whether you can continue the relationship.

If you know how to deal with cheating, you can handle it better.

### **Confronting your partner**

At first you must decide how you are going to confront your partner for cheating on you. Most people usually do not admit to their partner they have cheated therefore, you to bring it up.

Unless you have solid proof that it is actually taking place, it is best not to try and blame your partner, but rather ask questions and see how they answer. Sometimes, they'll identify that you know something and come clean with you at that very moment.

Sometimes, you'll have to push them into giving a little more for information.

Be sure to use plenty of the word 'I' such as 'I feel' and 'I think' type of phrases since this comes across as being stronger.

If you do have solid proof and have come to the decision that you are not going to end the relationship, then immediately you can say what you have discovered and tell him or her that you know what he or she has done. They may try and deny it, however, it only proves to you that not only do they cheat, but they also lie. This is probably not someone you want to be with anyway, so be happy you found these two character traits out sooner than later.

## **After the confrontation**

After the confrontation has happened it is then time for you both to decide where to go from there. If your partner shows interest in continuing with the relationship and it was a onetime cheating incident (they assure you that they are not going to see this person again), then it will be up to you to decide whether you feel you can move past this.

Some people strongly believe in the saying, 'Once a cheater, always a cheater'. You might have your own beliefs on this, but think about certain people, after they have cheated, they realise just how dreadful it felt and that will frighten them from ever doing it again. You will know your partner and whether this might apply to them.

If you do decide to continue with the relationship, expect your partner to give you full information about where they are going and what they are doing for the next few months – or however long it takes for them to regain your trust back. You are justifiable in this position to being uncertain of them and if they want to continue the relationship, they should be fully willing to do this. It was, in spite of everything, their mistake.

If you decide it will just be too difficult for them to get back your trust, or they made the decision that they are not going to stop seeing the person that they are cheating on you with, then it's a really an excellent idea for you to book some counseling sessions at The Anxiety and Trauma Clinic.

You must realise that a cheating partner can really affect your own self-esteem and beliefs about relationships. In the future if you want to have a trusting relationship, it's essential for you to resolve your feelings of this person's actions and it is important to understand that not everyone will betray your trust. The last thing you want to happen is for this experience of being cheated on to begin affecting your relationships in the future, so

therefore be sure to take some time for yourself and look after your own needs.

If you end your relationship, even though it was their actions that caused both of you to break-up, unfortunately you are going to be the one who has to deal more with it after the relationship has ended. At the Anxiety and Trauma Clinic we may be able to help you to overcome this.

Cheating is a very destructive thing in relationships and so many, people get so hurt by it each day. You really must have a good proper look at your partners actions, whether they seem regretful and apologetic. You must also see what type of things they are willing to do to keep the relationship if you choose to carry on with it (going to counseling at The Anxiety and Trauma Clinic, checking with you on a regular basis, giving you a schedule of where they are and what time, etc).

Trust is something that when broken, is not easy to regain. You, and you only are going to be the one to decide as whether you can give this back to your partner or not.

**We are here to help you through this difficult time:**

Here at the Anxiety and Trauma Clinic we have experts who are waiting to assist you . Call us for a booking or for any question which you may have. We're here to answer any question or concern that is on your mind. Call us on (011) 883-4552, or

email us on [info@atclinic.co.za](mailto:info@atclinic.co.za)

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