

Affair Detector

Detecting the Unfaithful Partner



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"It is better to be told a hurtful truth than to be told a comforting lie."

- *Unknown*



Introduction

You're here because you suspect your partner is cheating. You're angry, you're hurting, and you're confused. You have come to the right spot, because we are here to provide the guidance you need.

We're here to show you how to uncover the truth, to expose deception or to ensure fidelity still remains.

You will discover how to approach your loved one and make your ultimatum of honesty and respect.

We're here to provide critical guidance that will tell you when action needs to be taken, when a relationship is salvageable, and when it has become toxic.

After you have taken this journey with us, you will be ready and able to move forward with your life.

Because you deserve trust, you deserve the truth, and most of all,

you deserve love.

Part 1

Insidious Infidelity: Uncovering the Truth

1.1. Detecting the Unfaithful Partner

We all know what a relationship *should* look like. It should be filled with trust, love, honesty, and faithfulness. Whether you are husband and wife, boyfriend and girlfriend, or partners in life, we all value the serious connection that a couple share and make their own.

But this connection is not something that should be taken for granted. A genuine connection is a rare and beautiful thing, and in today's society, fairy-tales and perfect happy endings are happening less and less. All the prince charmings and Cinderellas are disappearing, all because couples are not taking their relationships seriously. And since there is no wizard with a magic wand to put broken dreams and promises back together...then the fairy tale story most often comes to an ugly ending.

You see it every day on *“Divorce Court,”* couples feuding and separating; Prince Charming turning into a warty old frog, or Cinderella turning into an old hag with mental problems. In other words, the magic and the innocence is gone, all used up.

It makes you wonder what is happening to the human male and female? Are relationships going to be a thing of the past, like our childhood fairy tale storybooks of yesterday?

When one is in a relationship and it is brand new and without tarnish, you are in Heaven, all lovey-dovey and on top of the world. But then, all of a sudden, romance can take a turn for something that is less pleasing and not acceptable: your prince charming or the woman of your dreams can snatch the magic carpet from under your feet, leaving you tumbling to the ground without a safety net... all because the ugly words ‘infidelity’ or ‘cheating’ have worked their way into your relationship and into your lives.

The thing with relationships is that they have to be maintained and nourished. You can’t assume that just because it’s great today, that it will be great tomorrow, especially if you aren’t doing anything to preserve it so that it will last until the end of

time. A relationship takes two, and it takes the efforts of two dedicated people to make it work. One cannot do it alone.

The first signs of trouble should be nipped in the bud. You must tackle it as soon as trouble filters into the relationship.

So how do you *know* when your relationship is headed into the danger zone? What are the signs that you can look for? Well, before we can give you some clues and tips that will alert you to some red flags we need to emphasize that *you* need to be ready and open-minded to discover the truth. You may uncover infidelity, but it's also possible that all your fears will come to nothing when you discover your soul mate still adores you back.

Things can go either way.

BUT, you need to be ready and willing to discover the truth. Don't let the blissful feelings of love put blinders over your eyes, making it impossible to see the signs, see the obvious. But by the same token, don't let your fear and anger make you judge, jury and executioner before you even have any evidence...

So are you ready to discover the truth??

We sure hope so. You must always be on your toes, be alert, keeping your eyes, nose and ears open to pending situations that could over-turn your apple cart.

It is okay to be in seventh-heaven where your relationship is concerned, but it *not* okay to be in a relationship with your eyes closed. It is not okay to be used, abused and made a fool of. It is not okay to believe that relationship perils cannot happen to you.

Be in love, but also be prepared. Take nothing for granted where love, romance and devotion are concerned. You cannot assume that you will have a fairy tale ending if the relationship is not being preserved and protected by both individuals.

Remember too, that the maturity of the couple plays a big part in the success of a relationship. How mature are you to handle the ups and downs of matrimonial commitment, or as boyfriend and girlfriend in a committed relationship? How mature is your partner? How mature are you as a couple? How do you handle and

resolve issues? Are you, as a couple, walking down the same road together, or is one of you taking an unsuspecting detour, and trying to cover up that they are wandering away from the path of fidelity and mutual respect?

This is why you cannot be in a relationship with blinders on. You should want to know what is going on at all times, watch and listen, for you can't fix something if you are unaware that it is broken. What good is having a list of signs available to you if you refuse to recognize them, or you pretend that the red flags do not exist?

This book will not just give you the signs to look for, but prepare you for the "*if and when*" of any onslaught of the red flags in your relationship. If they pop up in your little "love nest" you will know what actions to take, and how you can keep your dignity when and if your relationship enters the danger zone.

1.2. On the Verge of Suspicion

Listen, if you are sitting on the side of your bed with tears streaming down your cheeks, because it seems to you that something is totally wrong with your relationship, but you can't quite put your finger on it but just know that somehow things have changed... well, you're not alone. Trust can erode slowly over time, or evaporate in an instant, and because it is a fragile and precious state, trust is prone to waver or dissipate.

Perhaps your rosy relationship of two years is no longer a bed of roses. Instead, you have this uneasy feeling, like being on a bumpy roller coaster ride, with prickly thorns of suspicion in your side making life hellish.

So what is causing you to have a suspicious mind where your partner is concerned? Are your suspicions legitimate, or are they just a figment of your imagination, due to an over abundant supply of insecurities?

You are reading this book because you are concerned that your partner is cheating and turning the table on your relationship. Before you start accusing your partner of being unfaithful, you must bring the evidence before him or her, and spread it out on the table. In other words, you should give him, or her, the benefit of the doubt when suspicions start creeping into your head.

Now, I know you've heard the saying "*innocent until proven guilty*", and in the court of love and wedded bliss, you are going to have to *prove* that your partner, spouse or your boyfriend or girlfriend is indeed doing something wrong. To accuse without evidence would only lead to further destruction of the relationship, tearing it down from the inside out - which is damaging to any kind of partnership structure.

It may be in your best interest if you want to preserve the relationship to consider talking to someone else about your feelings before you start accusing without evidence. Get an unbiased opinion.

Another little tit bit of information to help preserve your self-respect is to be sure that jealousy and low self esteem are not the

culprits behind your suspicions. What has your relationship been like lately? This is another question that you should be asking yourself. Is there reason for it to be falling apart? What is taking place on the home front?

You must travel the road of suspicion with caution, think and then double think before you speak. You must have clear evidence before you approach your partner with accusations.

If you contemplate investigating your partner on the sly, you will have to do it with a clear head before entering into this danger zone. You cannot, and *should not*, be strung out on emotions, for you will not get a clear picture, only that which is in your head.

As you know, no one likes to be accused of being a liar or a cheat, and if that person is in fact being faithful and true, then you run a real danger of destroying what love and honesty persists in the relationship.

If you accuse without a shred of evidence or conviction, then you are trampling that person's sense of integrity and dignity and driving a stake right through their heart. So, you must know what

you are doing. You cannot let raw emotions rule your head or your heart, for this too could turn out to be quite disastrous in the long run.

I ask you this: How likely is it that a person will cheat when they have a dedicated and devoted partner or mate waiting for them at home?

I'll tell you: NOT OFTEN!

I'm not saying you have to be a dutiful stay-at-home wife or perfect breadwinner – quite the opposite in fact! – what I am saying is that when people's needs and priorities are being met and respected, then betrayal and cheating are very, very rare.

That's why I said it's not about you, or your partner, changing their ways and becoming meek and over-attentive and submissive just to keep the relationship conflict-free. This kind of subversion and people-pleasing only leads to resentment in the long run, and will in fact *increase* the likelihood of eventual cheating!

This is why it's so critically important that a relationship involved trust and communication, so both partners feel that their needs and desires are being understood and met.

BUT, we have to be careful here, as there is the potential for a bit of a catch-22 situation.

When one partner feels, or says that they feel, their needs are not being met by the other partner, they may use it as a reason or justification to excuse their own bad behavior. Basically, they may use it as an 'out' or reason to cheat! So when your partner seems fed up or wanting an out, you need to handle this situation with delicacy and sensitivity.

Now, I want you to examine your current relationship. If it is lacking substance, or stability and trust, then your suspicions may very well be on target.

But again, it would be wise to evaluate your own unique and individual situation, and look at your position as closely as you

can. Is there the remotest chance that you are not flawless as you would like to believe? Is it possible that the excuses are genuine? Are you lavishing all the love and attention your partner deserves?

If you KNOW that you are putting in 200% when it comes to your relationship, yet your suspicions and fears still continue to mount, then the lameness of the excuses you are being given will hit you like an ocean tide. So, you are going to have to make sure that you do not give them reason to stray. If they are going to do wrong, let them carry that heavy load on their shoulders all by themselves, while you remain guilty free, innocent and smelling good though you may be walking through a lot of crap.

The key words to remember in all of this, whether your suspicions turn out to be true or not, is that you must handle this delicate and sticky situation with grace, poise, tact, decency, humility and self-respect; all the ingredients to remain on top if you are being shot down. And, if your suspicions are proved to be wrong, with these attributes in place, you will still have your pride, dignity and your relationship intact.

Remember, though you may see some red flags beginning to blow in your relationship, it doesn't necessarily mean that your partner is cheating, it only means that you should be cautious of what is taking place, and to handle your suspicions with caution. You do not want to make a mountain out of a mole hill. In other words, if you keep accusing someone of having an affair with no clear evidence, and they are innocent of the accusations, you could just make a person quite angry because you are lacking trust in them, and they then could feel obligated to go do exactly what you are accusing them of doing! When false accusations are made people can experience that old tired feeling of "what's the use?" After awhile, people *do* get tired of proving themselves over and over again. So they are susceptible to acting out accusations in a tragic self-fulfilling prophecy.

However, if you really want to find out if your partner, male or female is up to no good, here are some sure signs to look for in your relationship to flag whether something really is amiss. In this case, you should keep a little black book of all the tell-tale signs

that you find so that you can present real evidence. That way they can't accuse you of being jealous or worse yet...just plain crazy.

Note too, that when and if you start noticing some of these odd behaviors, just don't write down the fact in your journal, give dates and times as well of the events that occur, because a pattern will surely present itself that should prove hard for the suspect to defend. If nothing else, your partner will learn that you are an excellent private investigator, and that he or she cannot pull anything over on you.

1.3. The Two Types of Monsters That Ruin a Couple

There are two types of cheating, just in case you aren't aware: you can be bombarded by the betrayal of someone who is having just a **physical affair**, or you can get hit with the pain that occurs when someone has an **emotional affair**.

So what is the difference between the two, and which one is more serious or more devastating to the future of your relationship?

Well, if someone is having a physical affair, just in it for the sex with no kind of emotional attachment... then it really is just a surface, physical, 'scratching an itch' kind of betrayal. Now, please don't get me wrong, or think that I'm trivializing things! I don't condone physical affairs for a second, they're a betrayal and an utterly weak and cruel thing to do to a loved one.

But, with a physical affair, at least you know what you're dealing with. If your partner is sleeping with "the ladies of the evening" and paying for the activities, he's after either new kinds of physical pleasure or a sense of excitement or intrigue. Another situation is that your partner is having one-night stands here and there, getting their jollies with no strings attached. This might mean he or she is bored or resentful about something, or maybe just weak and gave into temptation with a work colleague or something.

If your partner is spending a lot of time away from home and hanging out at the bars until the wee hours of the morning, he may be having a physical affair, getting his needs fixed if he isn't getting what he seeks at home - at least that's the excuse he or she will give when confronted. In their eyes, this kind of affair isn't complicated, though it comes with risk. It has nothing to do with one's feelings and commitment. To some, physical affairs are seen as okay so long as they don't get caught.

Ever heard the phrase "ask no questions, get told no lies"?

I think some cheaters would like this sort of apathetic acceptance of a few indiscretions to continue, but you're here reading this book because you *know* you're worth more than that. And never forget that, you deserve the truth!

You see, even if it is just physical, it is still a complete betrayal of your trust and a trampling of your precious relationship. Physical affairs are more straightforward, as it's often just a sign of boredom or resentment in a relationship. And as these things can be worked through if there's enough dedication, physical affairs don't have to mean that the entire relationship is over. Only YOU will ever know if your relationship is worth saving

or not, but if you love someone, you have to consider whether thing can be reclaimed or not.





We'll talk later about how you might decide whether your relationship is salvageable or not, but for the moment, here are some tips and clues that should help alert you to possibility of a physical affair in your relationship. Remember, even if it is just about sex with no strings, the outcome is still devastating and nothing short of deceitful and hurtful. So arm yourself with these tips and checks and you will be better able to identify such infidelity in your relationship:



If you find new, sexier underwear or lingerie you've never seen before when you're doing the laundry, this could be a red flag showing that something is going on.



If your partner has a sudden lapse of memory, when he or she can't explain a period of loss time, let say from 9-11 a.m., and the excuse they give is a bit on the lame side; you can consider this a red flag, something for you to be concerned with.

-  If you find a bottle of Viagra hiding under the seat of the car, most likely your partner may be indulging in some hanky panky on the side.
-  If you and your partner are in the habit of not using condoms, but you find some with his or her belongings, this should make you question their intentions.
-  If by chance your partner has an increase or decrease of interest in sexual relations with you. This could be a warning sign, especially if you already know your sexual habits as a couple.
-  Last but not least, if your partner wants to experiment with new sexual positions, wanting to try new sexual toys that you as a couple have not shown any interest in before. You should be asking yourself where and how are they coming up with these ideas and why.

The emotional affair is one that involves a little more entanglement on your partner's part. With the emotional affair,

your partner is dealing with one other person besides yourself, and the relationship has a tendency to be serious, so serious that he or she could lose interest in you and start looking for a way out of your relationship, all because he or she is in love with someone else.

If this is the case, my advice to you if you find yourself in this kind of situation, **don't try to hold on when love no longer exists.**

A strong relationship needs two people who are in love with one another to exist. When that love is gone, even if it's only one sided, it's over. It will hurt like hell, but it will become worse if you try to hold on to something that is gone, trying to hold on to that which has expired on your partner's behalf. Just let it go, because if this is the case, you have to look at it like God has something better for you. He won't give it to you if you are attached to someone else. If your partner is freeing himself, do yourself a favor and fly too, without looking back.

Here is what to look for if your partner is having an emotional affair and is planning on calling it quits with you.

- If your partner no longer shows an interest in spending time together.
- If he or she begins to lose interest in your family life and household concerns.
- If you find yourself fighting and arguing over finances and money issues. If he stops spending money on you.
- Has your partner, all of a sudden, become overly critical of you, is he more hostile, rude or abusive?
- Is he or she showing little or no interest in sex?
- They don't remember birthdays or special occasions, or they remember them, but make no big fuss over it, as if it just another day?
- If you partner starts complaining that things just aren't working out, or there are problems that just can't be fixed. More likely, they don't want to fix it.

- Are you finding that your partner is showing interest in new activities, has he or she changed hobbies and interest dramatically?
- Do they complain and sulk over not being happy; telling you that something is wrong, because they no longer feel satisfied? Do they blame you for their unhappiness?
- Does your partner spend too much time away from home, including spending nights, days away from home?

If these problems are raising their heads up in your current relationship, you should put all your cards on the table to let your partner know that you know where the relationship is heading, and you being the person that you are would rather face the problem, solve it and move on, with or without them.

There is nothing worse than having to deal with cheating or someone having an affair. It is like attending your very own funeral. However, if you can muster up some integrity and self-respect, though you feel that you are already in the pits

of hell, you will find out that it is not the end of the world for you. Instead it is just the beginning of something better that is going to come along.

1.4. Signs and Clues

By now, you are probably going crazy wondering if he or she is cheating or not; you are wondering if all the thoughts that run through your head just a figment of your imagination or if in fact there is some substance to your suspicions.

Perhaps you have been watching too much daytime TV and have started looking for drama in your life, or, if you are the male going through a crisis, maybe you have been listening to your single friends way too much.

However, if you just can't shake those wild thoughts or your super-sized suspicions, there are ways to find out if your spouse or partner is cheating without you confronting them.

You see for now, you are going to be *on the lookout*, you are going to be like a private eye, snooping and prying. You are going to be on your toes with all of your senses open and alert.

There are signs and clues left behind everywhere, if your partner or spouse is really cheating or having an affair, all because sooner or later they are going to get sloppy with their cover-ups, or they are going to stop caring one way or the other if you find out or not. The only thing that you are going to be required to do is make note of all the signs and clues that come to your attention. Keep a secret journal and log everything that is not right. Once the infidelity starts to manifest itself, your journal will be your ammunition when you confront the wrong doer.

Believe me, if something is going on, you will find out because after all, the guilty cannot hide forever, and especially when you have proof. This is when you have the upper hand. You can lay all the cards on the table and make the demand or ultimatum that satisfies you.

Over the next 9 pages, you will find information that is beneficial to both the male and the female experiencing a relationship crisis, information that shows you how to uncover

some of a partner's little secrets when they are practicing to deceive; tell-tale signs that are a sure give away.

If you want to know how to uncover the truth and what to look for in your potentially deceitful partner... then read on.

1.5. For Women

One of the sure tell-tale signs that someone is messing around is if and when they leave the house in the morning smelling like the Zest soap that he showered with before he went to work, the soap that you always buy, BUT when he returns home from a day at the office, he walks in your home smelling like another scented brand of bath soap that's not even in your linen closet.

You can bet he didn't shower at the office, and even if he did... *why?* Maybe his excuse will be something like he stopped off at the gym for a couple of hours, which could really be strange if he is not in the habit of working out.

If you are noticing that the friends that you and your partner associate with have started treating you differently, acting like they are holding some deep dark secret, they may know what your

partner is doing, because he confided in them, or at least one of them. Heck, the person he confides in may even cover up for him. But, you really won't know this unless you observe and document your findings and your experiences.

Another clue that may be a dead give-away that your 'sweetie' is not behaving himself is when and if he starts to accuse *you* of not being true to *him*. He may start questioning you every time you go out the door. This may represent his attempt to pin his own weakness on you, or even to provoke you to cheat too so he doesn't feel so guilty about it. This sort of blame-switching is a common defense tactic and needs to prompt you to look for other red flags in his behaviour.

If you have noticed any physical changes to his body, like scratches or bruises, and he hasn't been in a fight or a car wreck, you should be wondering about the lame excuse he gives for you becoming aware of the obvious. And believe me, he is going to come up with some *doozies* to try and throw you off the trail, like 'a stray cat scratched me in the parking lot', or 'I bumped my leg hard while I was cleaning the dog the other day'... hear him out, but be alert that he may be trying to deceive you.

Another sign you should take seriously, is perhaps you have noticed the pattern of him always picking a fight with you on Friday evening just so that he will have an excuse to leave the house. And perhaps when he does this, it could give him reason to be gone for the entire week-end, blaming it on being angry with you when he storms out of the house.

If you have access to his paycheck, have you noticed that his rate of pay does not reflect all the over-time that he claims to be putting in at work? Where is the money for all that extra labor he is putting into his job? If this is questionable, and he is using this as an excuse, his alibi isn't matching his paycheck stub. If you find this clue, he may be cheating; he is doing something with his over-time pay OR he is doing something after-hours that is definitely not work!

Speaking of money, another thing to look out for and pay attention to is if there is a sudden drop in the amount of money being deposited in the bank from your hubby's paycheck. If he isn't taking that money and spending it on you, or paying bills with it, most likely the extra cash that he keeps out of the bank is being

used for his secret little rendezvous. Hey and what about your joint bank account, have you noticed if there is money missing from that account? Where did it go, and what did he use it for?

Another sure sign that he is *misbehaving* is when he returns home with a scent of perfume on his clothes and you know it is not the dryer sheets that you use, or if he comes home with traces of lipstick on his shirt. If you have noticed these kinds of things, you can trust your suspicions that he is not hanging out with his mother or sister.

How often have you cooked a nice evening meal, and then when he finally comes home from work, all you hear him say is that he's not hungry? It could be that he has already eaten his meal with the *other woman*. However, his excuse would probably be something like, "I just grabbed something at the office", especially if he says he is working late.

If you and your spouse have children together, how insistent is he own keeping the children's toys and belongings out of the car? This could be a sign that he is cheating on you, but also wants to keep his double life a secret from his mistress, because not everyone wants to be involved with a married man.

If you are married hook, line and sinker, how often do you find your spouse not wearing his gold wedding band that he swore he would never remove from his finger? Did he suddenly lose it? Is he saying the ring no longer fits or that he doesn't want to get it scratched up at work? That is a lame excuse if he has a desk job. What is he going to do, scratch it up with a pencil sharpener, or on the keyboard of his computer?

Have you noticed lately, that your spouse is buying himself new clothes, trinkets and jewelry that he never showed an interest in before? Either he is trying to be impressive to someone else, or someone else is purchasing him these items as a gift for him.

Another little sneaky trick is if he has a hidden cell phone somewhere, either tucked away in his car, or hidden from sight in the house. Why would he need a cell phone if he isn't calling you from it? You should be asking yourself, if you found one, did he buy it for himself, or did someone else buy it for him? This could be his personal mistress contact phone. Almost like the bat-mobile phone, that is used for emergencies only.

Another phone habit is if your partner suddenly starts making secret phone calls from the privacy of the bathroom, or he

goes off to his little private retreat den where he can talk on the phone without your presence. You can always tell when your spouse or partner is in conversation with another female by just listening to the tone of his voice when he is speaking. His telephone voice becomes lower, softer, maybe even sexier sounding, a big difference from what he normally sounds like when he is talking to you or his male buddies over the phone.

The telephone is a must have in every household, and the use of cell phones comes in handy when no land lines are available; however, *MaBelle* can become a pain in the neck, a nuisance when it is used to deceit people. For instance, if your phone rings two or three times and stops suddenly at dinner time, or before going to bed, and then your spouse or partner suddenly jumps up and leaves the house, or leaves the room to make a secret phone call, then your phone line is the culprit to some deceitful activity. I don't think Alexander Graham Bell plotted this idea when he invented this contact device... or did he? Did he have cheating on his mind and thought this would be a good way to keep things under cover? One never knows how a man thinketh. That's why it

is important to stay one step ahead of them. Well, that's what all the women say anyway.

1.6. For the Men

Men aren't the only ones who have a habit of cheating, the women obviously does it too. You've heard people say, if he can do, so can I. Or what's good for the gander is good for the goose.

Sometimes, people cheat not because they have fallen out of love, but because they are getting even for one reason or another. They cheat out of spite.

If your lady is cheating, you may find that she is using birth control on the sly, hiding them in her purse, under her clothes in her dresser, hidden in the medicine cabinet, or in the glove compartment of her car. She may hide them where you will not be expected to find them. Birth control pills might not be an issue you if the both of you do not want children. However, it could be an issue if you have had a vasectomy.

Another sign that something is lurking behind the scene is if she begins to spend a lot of time with her single girlfriends, she is out with them more than she is with you. This could be just an excuse for her to be with her *male friend*. You are not likely to be upset if she is spending Wednesday evenings with Barbara at the book club. However, if one night a week turns into seven, and one hour turns into four or five; that could be a sign of some shady business going on.

How is your relationship really, on a scale of one to ten? If in your relationship you had a great communication system going on between the two of you, and then all of a sudden she isn't talking, confiding and seeking out your advice on anything, something may be wrong.

You know women love rings and things, diamonds and pearls, silver and gold; so if she has suddenly misplaced her wedding ring, and doesn't seem or act upset over this prize possession... something is up if she isn't tearing up the house looking for it. Believe me, if she lost her ring in the garbage disposal, she or someone professional would be taking pipes apart to get it back.

She would not be acting all nonchalant about it. And if the ring means anything to her, she'd be in tears if it were gone.

If your spouse or partner is packing for a weekend business trip that doesn't include you, what kinds of clothing is she packing? Is she taking sexy undergarments, see through panties, or romantic lingerie? Is this what you really pack when you are alone in a hotel room? If she wears sweats and old tee shirts to bed with you, why is she packing such intimate apparel now? This should confirm some suspicions.

Another give away for the fellas is if she begins to be annoyed around your presence. Is she acting moody and touchy, ready to pick a fight? These symptoms are not always PMS. It could be that she is experiencing the *GTGSMM* Syndrome, which only means, "got to go see my man" kind of deal. If she is acting like this, she may be keeping a deep dark secret.

If your lady tells you that she needs to go to the store to pick up something for your morning breakfast, and she leaves at seven in the evening, and doesn't return until midnight; something is amiss, especially if she just returns with just a box of cold cereal.

This should make you suspicious. Is she carrying on with a store clerk? Hummmmm

They say you can tell when a woman is happy and content, because she is always laughing and smiling. There is a glow about her. However, if it been a while since you seen her looking and acting like she is satisfied and in Seventh Heaven, this may be a cause for concern, especially if she all of a sudden starts to walk around beaming, and you can't blame it on pregnancy. Who and what is causing her to glow? Believe me, it is not her make-up.

Speaking of make-up, if you have started to notice that your lady is suddenly taking an interest in her appearance, whereas before she was just letting herself go as if she didn't give a hoot, then you might have cause for concern. There may be reason for you to be suspicious if she is wearing make-up, getting her hair done, buying new clothes, if she is suddenly on a diet, and dresses up to go to the market or to the book club. She may be out to impress someone else, if her intentions are no longer on you.

If your lady is fooling around behind your back, you may even notice her whispering in phone conversations, or hanging up quickly when you come into the room. Believe me when I say that

every time the phone rings and you find her in the above situations, she was not dealing with a *wrong number* sort of thing. That's too many missed number dials for one phone line, if you get my drift.

If you have a stay at home house wife, and you call her throughout the day from your job, does she answer the phone? Is she at home? Is there a babysitter watching the kids for a few hours while she goes out? Does she return home just before you get home from work? If so, how often is this happening, and do you know about her afternoon outings? If all of this is secretive actions on her part, but you stumbled upon her risky adventures, she may be trying to hide something. If she is acting irrational or very defensive when you question her whereabouts, or you come home unexpectedly before she gets back, and she is having a hard time explaining herself, being a little nervous and edgy... Beware of what is actually going on right under your nose, because it is possible that she may be having an affair. If the signs are there, you can trust your suspicions. Now the next step...What are you going to do?

Part 2

Peccadilloes and Betrayals: Can a Relationship be Saved?

2.1. Seeing through the Deceptions, Lies and Secrets

When one begins to feel and think that something is amiss in their relationship, the first thing they want to do is find out the truth - is it real or is it just an over active imagination?

In some cases, individuals will go as far as putting a detective on the heels of the suspect, or playing private investigator themselves. They'll start following the suspected character around, hiding behind bushes like Sherlock Holmes, eavesdropping on phone conversations, or planting bugs where least expected. They decide to get sneaky and operate on the sly in order to find the truth to all the suspicions.

Before YOU go out of your way to get to the bottom of your suspicions, however, let's look at other areas that could be leaving

hints behind. There are almost always clues right under your nose that could be saying *danger brewing*... taking you into the *Twilight Light Zone* of someone's secrets and deceptions.

FYI: When you are under the wrap of suspicions, always put your best foot forward and remain calm, cool and collected as much as possible.

If you haven't actually caught your spouse or partner red-handed with someone else, or otherwise seen them with your own eyes in some act of cheating, you may want to start questioning their sudden change of behavior and/or their attitude around you if they are suddenly doing things out of the ordinary, or treating you like a stranger with no strings attached.

Think about some of these signs that might help you see through any potential façade of lies and deception:



When was the last time your partner said "I love you?"

Though this may not be a real sign to panic, because

actions speak louder than words; however, when someone loves you, you can feel it and sense it even without the spoken words.



Pay attention to the lack of intimacy in your relationship: has it suddenly diminished? How often are they giving excuses when you are lying in bed? How often are you being ignored in the bedroom?



Though it is very nice to receive gifts from your spouse or partner, consider carefully when all of a sudden expensive gifts being lavished on you for no reason, especially if your spouse or partner isn't in the habit of gift giving. If they are feeling guilty about something, expensive gifts attempt to say *I am sorry*. Only now, you have to find out **why** they are going out of their way to be so apologetic.



Is your partner walking around the house with a chip on their shoulder; irritated and ready to pick a fight at the drop of a hat? Are you finding that with each argument, they storm out of the door and stay gone for several

hours, perhaps even over night? If so, their actions are pointing to the fact that they are living a double life.



Pay attention to how defensive they are in response to your questioning, especially if they stay gone over night, or if they are gone for two or three days. Do they seem as if they are protesting their innocence too much?



On the flip side, pay attention to how offensive they are around you. Are they suddenly questioning *your* behaviors, activities or friendships? They may be trying to prevent any focus on their own wrong-doing by launching a false counter-attack to distract you.



Pay attention to the sudden mysterious phone calls, especially if your spouse or partner needs privacy for their phone conversations. How often are you receiving late night phone calls or hang-ups when you answer?



This one is old, but how often does your partner say they are working late at the office, or has to take out of town business trips, especially if they are going to

‘mechanic conventions’, or ‘gas station attendant conventions’? Let’s be reasonable with the excuses. When they are working late, all this overtime pay should show up on pay stubs if you have access to this information. Does your honey keep paystubs, bank statements or cell phone bills away from you? Do they use their business address to receive mail that they don’t want to come in your possession? Think about it, being sneaky and slick could lead to suspicious wrong doings.



Has your partner ever accused you of cheating when they have no evidence or reasons to believe so? You can be at home all day, minding your business, and then your spouse comes home ranting and raving, accusing you of sleeping with the neighbor because you spoke to, or smiled at them. This is a person who is trying to put you on a guilt trip for their own misdeeds. They also might be secretly hoping all their accusations will drive you to cheat too, because then they don’t have to feel

guilty anymore. A red flag is definitely flapping on your door step here!



If your partner has cheated 2 or 3 times before, can you trust that they will change or that they have changed?

On a scale of one to ten, what is your trust level?



Watch for signs that your partner is bored with the relationship. When they start ignoring or putting no importance on special occasions like birthdays and anniversaries. If they would rather be alone instead of spending quality time with you, or if you find them complaining way too much and appears to be very unsatisfied or unhappy, the relationship could be in big trouble.



Another sign to pay attention to is if suddenly your spouse 'lost' their wedding ring, they are no longer wearing it. Maybe they are walking around with other jewelry around their neck, whereas before gold and silver chains were not something that they would purchase for themselves, because it wasn't their style.

This is out of the ordinary and out of character. Take heed.



Some people think that their computer could not be a possible threat to their relationship, but this is not so because secrets and deceptions can and do occur in cyber space. You just have to learn to detect the signs of foul play right under your nose and under your roof. The next chapter will go into detail of someone being unfaithful on the internet, in chat rooms and adult websites. Let's face it, unless someone's a confirmed insomniac, one cannot be playing solitaire or doing a cross word puzzle game at 3a.m... So what's causing them to spend so much time on the computer?

2.2. Signs of an Internet Affair

People can do wrong all over the place. Infidelity is in no way limited by setting or circumstance. In fact, cheating is everywhere. Sometimes it can seem as if committed

relationships are a thing of the past, where nothing is sacred anymore... not even the commitment of husband and wife.

We already know that cheating and affairs happen, and the opportunity to cheat manifests itself everywhere. The culprit can be your next door neighbor, it can be a friend of a friend, it could be a random tradesperson, or it can be someone that your honey works with at the office, or any work place where male and female come into contact with one another on a daily basis. This last point, colleague-based cheating, is a very common mode of infidelity. Think about it, being around each other for 8-10 hours a day leads to an inherent likelihood of becoming friends at the very least... but unfortunately, more than friends or 'friends with benefits' in some situations. The workplace is an innocent setting, not created for extra marital affairs, but people are sometimes thrown together

just because the opportunity presented itself. And then they sneak, they lie, and they try to cover up what they are doing on the sly.

Do not think that just because your honey comes home everyday to the comfort of their home, that all is well on the home front, because there could be something amiss right under your nose. Just because your partner is at home with you and the kids, where they 'belong', they might only be there physically while their heart and desires fantasize of elsewhere. You see, your partner may be home with the family, acting all happy and content, but something ugly can be lurking behind the scene if your honey is spending way too much time on the computer and leaving you and the kids feeling like they have been abandoned within your own home.

How family orientated is your honey when he or she is behind closed doors, either in their home office, or in the den or family room - basically, wherever there is a computer? Does your honey spend more time on the cyber space machine than he or she does with you?

I hate to be the one to inform you, but if it seems that your partner is interested in the computer more than they are interested in you, if they are acting obsessed with the thing, there may be some faulty stuff going on right in your home and right under your nose.

Do not be naïve about the computer and all of its perils and flukes, because not only do you find viruses and scams on the internet, it is a big open field for corruption too. Your partner can stray on the internet with another person just as they could if they were to have an affair with the neighbor next door, or a co-worker.

I know cyber space seems less likely for an affair to blossom and bloom, especially if your partner is always home. But, when they are sitting at a computer screen, their fingers on the key board, and they just entered a chat room, or they are communicating with another person over an internet messenger system; they could be entertaining the likes of another male or female.

You might tell yourself that you have nothing to worry about, because your honey never goes out, or you may believe that it's impossible to have a cyber space affair, because there is no real physical contact. This is faulty thinking on your part, especially if he or she is communicating with someone on a regular basis. Innocent chatter can turn into a whirl wind affair; dates can be set up sooner or later.

Another thing, if your partner can chit chat for hours with a stranger, but can't give you thirty minutes of his

undivided time; I would have to say that that is cruddy, and that would be a cause for concern.

Just like anyone who is having an affair and trying to keep it a secret, those in a cyber space romance try to keep their activity hidden too.

Does your partner try to hide the fact that they are in a chat room if you happen to walk in the room where he is?

Just like cheaters cover their tracks by deleting messages on their cell phones, your partner may try to keep his or her dilly-dally ways hidden by deleting or erasing all contact info from the computer so that you do not have access to his or her messages. They might carefully delete their browsing history and websites they have visited after every session. He or she may even

change their password often so that you do not have access to their emails.

If you unexpectedly show up in the room where they are sitting in front of a computer screen, do they cut the computer off quickly, or turn the screen around so that you can't see what is on it?

Have you ever found pictures or names of other people saved to the computer and you don't recognize any of these strange faces, are they pictures of single females or males that he or she claims are 'just friends'? If these people are leaving messages for him or her, what is the content of the messages?

Does your partner go to the dating sites, what sites do they visit?

Another place to look into what your partner might be up to is to find out if they have a MySpace account, a

personal website. Do they blog? Do they lurk around in the personal sites?

When he or she is on these sites, are they passing themselves off as single and free, or older or younger than what they really are? What kind of screen name do they use? This sometimes gives away his or her intentions if they are using something like 'sugar daddy' or 'sweet and sassy'.

If you have access to their computer like you have access to his or her bank account or checkbook, you can find out what is going on by being observant.

When do they get on the computer? Is there a particular time? Are they still on the computer when you go to bed?

A lot of people work from home, you can tell if he or she is working on contracts, doing spreadsheets at

midnight, or if they are playing around. If they are working late to catch up, they won't try to hide anything that is not private. However, if they are up to no good, then they will go out of their way to hide their mischief.

Think about it... are they in the habit of locking the door to the room where the computer is? Do you have to knock just to get in? This should make you wonder what your honey is up to behind locked doors, especially if they seem irritated, or angry by interruptions from either you or the kids.

If you only have one computer in the house for use by all family members, and you are noticing that your partner gets grouchy or raises a fuss when he or she can't get on the computer because the kids are doing homework on it, or you are sitting there answering your email messages, or paying bills, then this could be a cause for concern too. Who would get agitated when they can't get on the

computer to play a game of solitaire, or something of that nature? Instead, their concern about access to the computer speaks of a pre-occupation, almost obsession, with their cyber activities, and this should definitely raise a red flag for you.

Another thing that may be of concern to someone is if their partner who was perfectly fine using the computer that is set up in the family room, which is out in the open, did they suddenly go out and purchase their own personal lap top or desk top with all the contraptions, including camera and video apparatus? If they have purchased such items that belong to them only, do they set up their little computer studio in a place that is off limits to everyone else, including yourself?

Beware of those who claim they want their own little computer nook, a place where they can come home, relax

and unwind after a busy day of work. If your partner used to come home from a busy day, have dinner and relax in front of the TV, or reading a book or newspaper, but they are now anxious to get to their computer nook in the spare room, do they stay there for hours or half the night? Do they eat and sleep in this computer nook, alienating themselves from everyone?

If you have noticed anything like this going on with your computer person, then you may have a serious computer malfunction that is corrupting your relationship, and the virus isn't in the hard drive. In reality it is in the person who is sitting in front of the screen, behind closed doors and out of site from concerned or suspicious eyes. What and why are they hiding? This should be making you raise your brows, especially when that electronic box is getting more attention from your partner than you are.

In today's society, you really don't have to leave your house in order to cheat. They used to say beware of the single or the divorce person who lives next door to you because that person just might have their eye on your prize. This may have some truth in it; however, if you have a partner who is prone to cheating, not only can a lonely neighbor be a threat, your internet connection could be a culprit too, breaking down a relationship into tiny little pieces and causing havoc where there used to be peace and harmony.

Cyber space can be a cheater's playground with all the accessories right at your cheater's finger tips and right under the tip of your nose.

Where suspicion of cheating is concerned, leave nothing unturned... become a private eye or an inspector and check everything out. Be on the lookout, even for the

most unlikely. You may be surprised at what you just might uncover.

2.3. The Down Side of Suspicion

As you might already know, it is never an easy thing to live with when it comes to coping with the suspicions of an unfaithful partner. Suspicions can turn your entire life upside down and topsy-turvy, turning a sane person into a maniac, perhaps even to the verge of a mental and emotional breakdown. And when one is in this of state of mind, you are not in any kind of healthy condition to help yourself, or rise above the situation.

Where suspicions are concerned, your best bet is to stay in control of your mental and emotional state, not letting the suspected situation turn you into a basket case,

because while you are temporarily “out of order,” your partner and their side kick could just use this against you. If they see your weakness, they could just walk all over you; you do not want to become their unsuspecting doormat.

When one is feeling desperate to find out if their partner or spouse is cheating, sometimes they speak before they think, they react without just cause, they accuse without pure evidence.

Needless to say, when all of the above takes place, sooner or later a volcano is going to erupt and spill over into the relationship, bringing out all the emotional monsters that kill a committed partnership. Do not let pure suspicions alone wreck your lives.

I know I said it before, but it needs repeating: if you are going to accuse, the first thing you must remember before you open your mouth and start saying something

that isn't true, is that you **must** produce some evidence to back up your accusations.

So many people make this big mistake, time and time again; attacking their partner just by going on their gut feelings that something or someone has gone astray.

Sometimes, insecurity is the culprit and not your partner, especially if there is no evidence of foul play. Perhaps your neediness is the problem and not your partner. When suspicions come into play, make sure they are accurate and not something caused by your own shortcomings and flaws. You have heard the saying, *look before you leap*; be on top of your suspicions by confronting with evidence. Evidence is what shows up in a court of law. It is proof that your suspicions are not just a figment of your imagination, which is just another low

trick that an adulterer or cheater will use as they play games with your mind.

So, make sure that if your partner is isolating themselves from you by sitting in front of the computer for too long, or if they are spending too much time away from home, that they are in fact leading some sort of double life. Make sure they're not just tired, withdrawn, angry or depressed. Show the proof that they have been caught red handed.

If she or he is fooling around at your expense, show proof of their evil ways, because your suspicions cannot and will not stand all alone.

2.4. Handling the Evidence

Now that you know that having suspicions without evidence is a big no- no, how are you going to handle the evidence that you find? Let's face it, what you may uncover could be painful and possibly worse than you could ever have suspected. For that reason, it is often very tempting to not act upon it...

This leads to another mistake that people often do when they are faced with the problem of a cheating partner: they sweep the facts or the evidence under the rug. They pretend the problem doesn't exist, even when they have the facts before them...

But Feigning ignorance does not make infidelity or cheating go away.

You may be looking like you have no clue on the outside, but on the inside, it is eating you up like a cancer spreading. Saying nothing and doing nothing doesn't mean that there will be a happy ending, or that you will win or come out on top if your partner is cheating and you have the evidence to prove it. Do not be afraid to look out for *your* well being and *your* future, even if that means a

future without them. You cannot walk around in fear and suppressed anger. Finding out the truth and uncovering your suspicions is vitally important for your own well being; after all, aren't you worthy of better treatment, especially when it comes to doing something positive and good for yourself?

When infidelity is the culprit in a relationship, you must plan and think about what the future is going to hold for you. Is the affair just a fling, or is it something that can really cost you a relationship or a marriage? Will you be able to trust your partner or spouse ever again, one hundred percent?

This is why you cannot afford to ignore the issues, because when you do... you are ignoring your well being as though you don't matter or count. Face the problem so that you can better protect yourself and your future.

If you care anything about self, you will not give in to living with lies and cover ups to feel safe and secure. These ills are not the security blankets for a healthy and prosperous relationship, and when a relationship is going downhill faster than a roller coaster, you have to be prepared for when it stops: either you are

going to get off, or you are going to go for another rocky ride of deceptions, cover-ups and suspicions. In situations like this, when it comes to infidelity or a cheating heart, you *must* value your worth as an **individual**. This is another reason for not sweeping the situation under the rug. Don't be afraid to find out the truth – by any means necessary. As I see it, you are protecting yourself and your “investment” regardless of the outcome. You are putting yourself first and foremost, especially if your partner is making you seem like you are 2nd in line, or worse yet, the last in finding out the truth of their misconduct.

Sometimes, it pays to be smarter than the fox, when bad situations that are brewing. Denying the truth is like walking with your head down and going blindly into the fire with willingness, and not being prepared. Can you say with honesty that you really want to do that? Value your worth, even when the love of your life doesn't. A relationship is not considered special or unique when it drags you down and out, and under the clouds of suspicions; it is neither a special nor a unique relationship when you cover up the truth and hide from it. On top of whatever you may uncover, do

not deceive yourself with your findings. As I see it, one deceiver in a relationship is enough - don't you think so too?

Part 3

Lying and Cheating: Cowardly or a Call for Help?

3.1. The Despicable Liar

We've all been there: at some point during our lives we have lied to stay out of trouble. Sometimes they may have been little white fibs as told during our childhood, like the time you stole the last cookie from the cookie jar and blamed it on an invisible friend, or the time you told your teacher that your pet dog Fido ripped your math paper to shreds. These were little lies that really didn't amount to much except maybe a raised eyebrow from the person you were telling that tall tale to. Those were little fibs that would actually make someone chuckle when you weren't looking. I know you remember those days because I remember mine.

I knew I was in big trouble as soon as my stomach started to hurt, and then my mind would start conjuring up excuses that I thought I could use, regardless if they were lame sounding or not.

As a child, I didn't realize how irrational some of the excuses were, all I could think of was saving my neck. I am sure you have been there and done that too.

However, when a little white fib turns into a big whopper doddle of a lie as they sometimes do in our adult lives, causing hurt and pain to others while the person goes about trying to protect and cover-up some wrong doings, then that person becomes more than a little innocent fibber. And if they are constantly going around covering their tracks by deceiving, then they become *more* than a fibber. They become a **despicable liar**, a prevaricator who cannot be trusted.

When one is upsetting lives and destroying relationships because they refuse to be honest and truthful, trying to have their cake and eat it too at the expense of others, they are doing nothing more than putting a black mark on their character. They are nothing more than a con artist, practicing to deceive.

I am sure, and especially if you are reading this book, that you just may know someone like this, and you just may know the effects that that person may have on someone while they go

through their daily life deceiving those around them. It is a sad situation when one tries to pull the wool over another person's eyes. Sooner or later S_ _T is going to hit the fan, as the saying goes. The volcano always erupts; in other words, the truth always comes out, and the facts will always emerge. That's when the cheater/liar begins to squirm and get nervous, flopping like a fish out of water because they have been caught. Despicable liars and cheats always get caught up in their own web of deceit sooner or later.

Remember that famous warning?

“Oh what a dangerous web we weave, when first we practice to deceive...”

This saying is as old as the hills, and remains enduringly true - deception forms unstable ground, and eventually it will all topple in on you.

Now, some liars are *so smooth*, they know just how and what to do to squirm out of a bad situation that they created. Their words or alibis seem so believable, or so convincing that the

person they are deceiving cannot tell the difference between the truth and a lie. Females have a bad habit of falling into this trap, unable to distinguish facts from fiction when they are dealing with their cheating man.

There are people, both male and female, who can't tell when their partner is not being honest and true. When this happens, I say they have been hoodwinked by the love of their life. They are blinded by the image of what and who their partner is in their eyes, setting them up on a pedestal to the point where they can't conceive the idea that their partner can do anything wrong.

However, their partners/spouses are like angels with faulty halos and damaged wings, because even if one refuses to see the truth of what they have in a mate, the undisputed truth still remains the same, that they are involved with a deceiver, perhaps a pathological liar; which in any book is despicable.

Finding out that your mate is a liar or a cheat may not be the scenario that you want to accept, but in cases like this, I cannot say that pretending to be ignorant would leave you feeling blissful in the end, let alone lead into an everlasting and concrete

relationship. After all, the main ingredients are missing, which are *trust* and *honesty* in a relationship. There can be no secrets, lies and cover-ups. We already know that these are the assets of a despicable liar and a low-down cheat.

If these are the characteristics that make up the foundation of your relationship, then there is trouble brewing, even if you don't see it or want to see it. If you want to protect your investment, you have to see and deal with the whole picture. Come to terms with what you have in the relationship. Come to terms with your partner or your mate. You must face the facts head on about the secrets, lies and deceptions that are filtering into your "love nest," especially if you want to save it. Remember, before you can fix the problem, you have to recognize that there is a problem first. Do not sweep the evidence or proof under the rug, because it will not go away. Sooner or later your liar and all of their secrets and deceptions are going to surface; perhaps bringing you to your knees in desperation and despair.

This is what you want to avoid if you can help it. You are going to have to be on top of their game, be one step ahead of them on their walk of deceptions and lies.

Know the truth, see the truth and learn how to cope with it, because believe me - being wise is much better than being ignorant! There is not enough “love” in the world for you play the part of the ignorant spouse, partner or mate.

3.2. Detecting the Liar under Your Roof

When you are in a relationship, to make sure that it is on the right track and stays there, you must always keep your eyes and ears open so that you can spot trouble in an instant. If something is out of the ordinary, or weird things are taking place right under your nose, you need to pay attention to the signs that are present in regards to foul play; things such as lying, personality changes and misconduct. You must pay attention to the signs of infidelity or cheating.

If your partner is the type who is open and honest, your communications skills as a couple are in tip top shape; if there is something wrong, just maybe they will come forward and talk to you about their feelings so there won't be any deceptions and lies

taking place. However, if this does *not* take place and they are the type to keep you guessing about their intentions, then you have some detective work to do in order to look out for yourself and your relationship.

This is important for your own security and peace of mind, because a liar in action is only thinking of what they presume they can get away with. All they think is ‘what you don’t know won’t hurt you’ - if by chance they are even thinking about your feelings and well being while they are lying.

I heard a woman say once that her husband was so good at lying she believed every word that came out of his mouth, all because he was smooth and convincing. If he had told her *the sky is falling* as in the story “Chicken Little,” she would have believed him. Personally, I think that would be a little on the ignorant side on her part. But, there are those who are so in love that they become downright stupid when dealing with reality and what is being dished out to them. To that I say: **think, stop, look and listen.**

Sometimes, when dealing with a suspected liar, one must not hang on to the very words that are being said, especially when you can't read into what they are actually saying, and if you can't tell when they are telling the truth or not. However, there are other ways to detect when your partner is not being honest, when they are twisting the truth, or sounding like they are fishing for an alibi or an excuse. That's why it is important to pay attention, not only to *what* they say, but to *how* they say it. Liars always give themselves away; all you have to do is pay attention. If you can't detect it in their speech, you can almost always detect it in their body language; for the mouth may be saying one thing, however their body language is something else... loud and clear, and without the chance of giving off any false interpretations.

How can you tell if your partner is lying through their teeth? Pay attention to these details the next time they come to you with an excuse for being late, or when they aren't where they should be at 2a.m. on any night of the week.

- ✓ When a person is lying, they will not give you direct eye contact when they are trying to explain themselves. Their eyes will be all over the place except on your face.
- ✓ If one is showing signs that they are a bit nervous when facing you and they begin to sweat, especially in a cool room, or in the dead of winter, then it's very possible they are guiltily hiding something from you.
- ✓ Sometimes, when a person is exaggerating the truth, you will notice that they give too much information in their explanations when they are confronted. They are trying too hard to convince you of their lie by adding too much detail to the scenario, pulling your attention away from the actual facts. For some reason, they tend to believe that more info is more convincing.
- ✓ You will also notice too that when they are telling a big fat lie, they go crazy with their hand gestures; touching their face, wiping their mouths with their hands. You will see females playing in their hair. You may even see

them scratching their nose or behind their ear as though a mosquito had just landed there. These are all signs of self-consciousness and possibly a guilty conscience.



Another tip to follow is to remember is that when one is found guilty of lying and being deceitful, they tend to be overly defensive.



A liar becomes very uncomfortable when having to face the one they are lying to; you may even notice that when being questioned, the accused does not make direct statements when answering questions. They will answer questions with a question. Sometimes they seem a bit too relieved when you change the subject matter and become more at ease, especially if the topic is off the situation that is causing problem. For instance, you are in a heated discussion when suddenly, your 2 year-old interrupts the situation, and your partner gladly welcomes the intrusion with a smile.

- ✔ Watch, look and listen for a liar to become sarcastic, or to suddenly become a humorist in their attempt to skip over the problem at hand.
- ✔ Liars also seem to stutter more, especially when nervous and on edge; you will find them suddenly having a speech problem, where their dialect is swimming with ummm's and errr's, pauses and hesitations as they grasp for words and excuses that might make sense right on the spot.
- ✔ Last but not least, in order to detect the liar in your relationship, you are going to have to really know your partner and their normal behavior. Learn to see the difference in them when they are speaking the truth and when they are not being totally honest. You may observe this when you know they're lying to someone else in front of you; for example, to your mother: "Oh, so sorry, we can't come over for dinner, the kids are all sick!" When you know your partner is not telling the truth, take close note of their behavior - changes in their voice,

in their gestures, in their mannerisms. This will stand you in good stead if you ever doubt the truth of what they are saying to you.

These are just a few tit-bits of information, useful information that will put you in front of the liar, catching them when they are out of order. However, there is one more bit of advice that should also go along with any other strategies for detecting when someone is lying:

Most people, when they are face to face with someone who is lying to them, tend to ask a lot of questions that dig into the liar's explanations and excuses. *This is the wrong thing to do.* Asking a lot of why's, where's, when's and how's lets your liar know that you are suspicious of them, and they will immediately do or say whatever they can to throw you off their track; probably with a sarcastic or humorist explanation of some kind.

So, if you have a Pinocchio lover living under your roof, and every day or so his or her nose seem to be growing longer and

longer because they are answering your questions with a question, or their responses are choppy and irrational as they try to come with the perfect words to say so that they come out smelling like a rose, though a bit wilted; you have to decide what part you will play as you cater to the liar in your life. How is it affecting the relationship? Can you live indefinitely with a liar or a cheat who does not mend their ways? Is a healthy relationship one that is based around lies and deceptions? What is the foundation of your little “love nest?”

3.3. Why Does A Woman Lie to Her Partner?

Now that you know how to detect when someone is not being faithful, and you know how to detect when you are being lied to, we can't just stop there, especially if you want to get your money's worth out of this book.

Let's look at the reasons why people lie; after all, men and women lie for different reasons. Perhaps solving the problem of lying begins with understanding the whys behind the reasons

males and females tend to be dishonest with one another, especially those who are in a relationship together.

Beginning with the lies that women tell, gone are the days of sugar and spice and everything nice. You remember that saying from our childhood of yesterday. Girls are supposed to be sweet and innocent, perhaps playing a little naïve; queens, princesses and angels with a golden halo. In today's society, however, women can be and are just as sneaky and devious as their male counterparts. They can also be just as ruthless when it comes to lying and deceiving.

As you might already know, there are those women who lie about their age, they lie about Miss Clairol, and they even lie about their true feelings. Women it seems, lie to keep from hurting the feelings of someone they care about. They become untruthful when it comes to protecting themselves from disaster, due to a situation that is out of their control. They bend the truth to protect themselves or someone they are close to in hopes of making the bad situation better. In other words, when most women lie, it is not because they are mean, revengeful or uncaring. Their motive is protection for themselves and the one they are lying to. However,

when it comes to finances and a lover or a sugar daddy on the side, it all comes down to survival, according to the research; having something extra financially on reserve to make ends meet if they are the head of their single family unit with children and bills.

We know that lying and cheating often go hand in hand as though you can't have one without the other; however, we also know that some women lie because they have feelings and compassion and they will do anything to protect themselves and others. So we have to ask the question: ***for what other reasons do women have to lie and cheat?***

Woman cheat for reasons different from men. Their reasoning behind infidelity almost always comes from a lack of love and attention in their immediate relationship, whether they are in a married situation, or a girl-friend/boyfriend situation. They cheat because their sex life is not being fulfilled; after all, gone are the days of the 1800's when, a "lady" was not encouraged to care about such things.

If your girl is cheating, it may even be because she wants to boost her ego, her self-esteem. She wants to feel confident and she

just may find that in someone who makes her feel beautiful and good about herself, if *you* aren't donning her with these compliments.

A woman may also cheat because though she is married, the absence of her husband and his undivided attention causes her to feel lonely, perhaps even isolated; especially if her days are filled with toddlers crying, diaper changing, cleaning up and fixing meals. She may not even have time for herself and feels desperately lonely and unattractive. The entrance of a lover can seem a magic pill to all these sad feelings.

And then there are those who cheat simply because the thorn that pricked them put them into a state of revenge; getting even, because pay back is a son of a gun on a male's macho image.

Most critically, the vast majority of women believe they have a *legitimate reason* for cheating, even if what they do doesn't make things right or better.

Though you have women cheating to make a statement, you also have those who cheat for selfish reasons; they do it for the

excitement and the material goods gained from the affair; gold diggers on the prowl for expensive items that their partner cannot provide. If they are used to a certain lifestyle, and it has suddenly changed, taking them from roses and champagne to dandelions and cheap wine; your lady may be on the prowl just so she can live up to the image that stands for high class and sophistication; an image that she refuses to let go of at any cost. That's like taking a queen and making her a maid.

According to some therapists, when women are unfaithful to their partner, the cause of the cheating often stems back to the male that they are cheating on. When they cheat it is because of something missing in the man that they are with, or something he did or did not do. It's important to emphasize that this is not true in all cases. As I said above, women can act as maliciously and vindictively as men sometimes, and I do not in any way want to be seen as 'taking sides' on this issue. If your woman has cheated on you, yes you should consider whether it was triggered by something you did or didn't do, **BUT you are not the direct cause.** No one made her cheat, she did that herself. It is not your fault, and you deserve better.

Here are the top 5 dead-point reasons to why your female partner may be lying and cheating:

1. The need for self-esteem and satisfaction
2. She has been neglected emotionally and physically
3. She is bored and seeking excitement
4. She is seeking romance and seduction
5. She feels the need of a sugar daddy

If these situations are bombarding your relationship, or tearing into your matrimonial harmony, the advice for the innocent partner in this sticky situation is to take the above clues to heart and work on your lady's problems that stems from the situations above. Fulfill her needs, both physically and emotionally. Make her feel special and whole. These problem areas can be fixed if you have the guts to tackle them.

You must remember too, if there is a cheating and lying problem in your relationship or in your marriage, how much of that problem is caused by you? It takes two to hold a relationship

and a commitment together. If something is wrong or missing, how much of the blame is on your shoulders?

Before you starts looking at her and pointing your finger, try examining yourself and the role that you play in a faulty relationship. You just may find out that you too are just as much to blame for her infidelity.

3.4. Why Do Men Lie and Cheat?

If you are a female reading this book, you might be asking yourself: *Why is my man lying and cheating? What did I do wrong to make him want to stray?"*

Women, it seems, are always the first ones to lay the blame of their partner's cheating or infidelity at their own feet, taking all the responsibility for a collapsing relationship. I am not sure why this happens, but my speculation is because women feel that it is their obligation to fix a relationship problem. They are

nurturers, and feel it is their duty to protect and mend bad situations, taking charge even to the point of being accountable for their partner's actions and misdeeds. They feel they can only 'fix' a problem if they nominate themselves as the cause, taking charge and control of the situation by taking all of the blame away from their partner.

I don't know if they are just plain gullible, or just so "love struck" that their reaction to being cheated on and lied to is a sign for them to step up their duty for the sake of the relationship. Perhaps they feel by taking all the blame, or pretty much of it, they save themselves as well as their marriage or committed boyfriend/girlfriend relationship. Whatever the motivation, taking on someone else's misconduct serves as a form of denial and psychological survival... in the short term that is. Eventually, this sort of self-sacrifice is going to wreak havoc on a woman's wellbeing.

It may sound a little weird, but males and females alike are very complicated creatures. But nonetheless, as I see it, females tend to give and take more than their male counterpart, and

perhaps the reasons behind that lie is in the female's genes and chromosomes, assets that make her effeminate - soft, caring, enduring and submissive to the male, regardless of what he dishes out to her.

People like to say that all men are dogs all because of their cheating and lying ways. Some women even say good men are hard to find and if you find one... you better hold on to him. However, if you yourself have a male partner who isn't so innocent, and he has a basket full of faulty ways and cheating and lying, then you must may be wondering how you can detect when he is being unfaithful so that you can protect yourself. You may even go as far as trying to prevent unfaithfulness from creeping in your relationship if you have a so-called "good man." Whatever the case may be, let's look at all the reasons why a man says he cheated and lied. Because whatever else you learn today, you must remember that in order to detect or prevent, you must look at his reasoning behind what he did, or what you are presuming that he is doing. Perhaps the long list will help you detect the truth in your faulty relationship, and help you fix it, or better yet, prevent bad things from taking place in the first place. It is definitely possible to nip infidelity in the

bud, because armed with the information provided below you will know what sets him off onto a road of destruction for both you and he.



As far as men are concerned, when it comes to infidelity or cheating, if you have cheated on him sooner or later he is going to get revenge and do unto you what you done unto him, all because you have walked all over his ego and manhood.



Ladies, if a man feels that you are not meeting all of his needs, both physical and emotionally, in his mind you are giving him reason to stray, because you are lacking in your wifely or girlfriend duties. If he is walking around appearing to be unhappy and miserable, you just may have detected a man who could possibly stray.



Some men cheat simply because of the fear of commitment, they are not ready to settle down with just one woman because it is too much work in keeping a devoted relationship alive. It takes two to maintain a relationship. If your man is showing signs that he is not

ready, you can't make him ready. Do you really *know* the man in your relationship?



Another reason men cheat is because he wants to be free, he does not want to be tied down to a wife and five kids, a house payment, doctor bills and PTA meetings, especially if those things are cramping his style, taking money from his pocket, leaving him driving around in an old humpty-do instead of the little red sports car the he has dreamed about since his teenage years.



A man's home is suppose to be his castle, at least that's what they say; however, if a man is bored at home and your relationship has turned into a rut, no spice and excitement to keep him charged up. Infidelity or cheating and lying could just be lurking around the corner of your little bungalow.



Ladies, if you are walking around looking like an old worn out hag, wearing sweats and torn shirts that are a mile too big, uncombed hair and no make-up, running around the house in house shoes, fixing TV dinners; if

you are always in a bad mood, bringing no laughter or smiles on your face... the problem could lie in the fact that you do not spark a fire in him anymore. You have let yourself go, so he is letting go too, and backing away. Remember how it was when you first started dating: You impressed him, enticed him; reeling him in and he loved it. He loved the attention you were giving to yourself, him and the relationship. If that is all gone, he could possibly act-up and find someone else to fill your shoes to the specifications that he wants, and what he used to have.



Ladies, I know you have a lot on your plate if you are keeping house, cooking, shopping caring for kids and a husband or a committed partner, and working an 8 hour job each day; however, if you have turned into a bitter old nag and a complainer, especially when you used to be sweet, charming, witty, and the perfect mate in his eyesight... he just may go shopping around for the ideal woman of his dreams to take your place, even if it turns

out to be a **Stepford** wife or girlfriend. A man does not want you to change for the worse.



You heard the saying, “when the cat is away the mouse will play,” Men also tend to cheat because the opportunity was there and hitting them in the face. Men cheat simply because another woman hit on them, or showed him some attention, either at the office, at the local bar, or somewhere where idle minds and fickle hearts wander and roam; places that invite secrecy and excitement.



This may sound a little lame, but this is what men say: they cheat because they can get away with it. Not only that, they say they cheat because women are too quick in jumping on the forgiveness train. In this case, I believe men are taking your meekness for weakness. They are taking your mild attitude for granted and running wild with it, because females forgive and move on... at least some of them.

Are you guilty of wearing these shoes, letting your man cheat and then repeat his misdeeds all in the name of forgiveness? If so, you are doing nothing but letting him get away with it and making future cheating more and more likely, all in the name of 'preserving' the relationship.

Now that you know and can see how the opposite sex thinks, you can take the information and use it to your advantage, by comparing it to the flaws in your relationship. If you detect any of these pointers under your roof, perhaps you can mend the problems, especially when you are guilty of contributing to the problem by ignoring or sidestepping any of the above tips and clues that let you know how a man thinks.

Part 4

Moving Forward: Ultimatums of Trust and Truth

4.1. After the Detection... What Comes Next?

Now that you have done everything in your power to uncover the truth in your relationship where unfaithfulness has filtered in, where do you go from here, once you know that the woman or man in your life is still keeping someone on the side while they are still holding on to you?

How do you get your partner to admit to the fact that they are messing up and having an affair or cheating on you? Should you really want to know who the other person is that your partner is still seeing? Will you be able to make a difference by getting the answers you seek?

So many enormous and complicated questions; but before you dig and sweat to get the answers you seek, do you really *want*

to know, and if so, will it make a difference in your life and in your relationship?

You see, some individuals only ponder these questions *after* the detection, so we must look at and discuss the aftermath of finding out.

Getting your partner or spouse to admit that they are having an affair, or had an affair is not a simple thing to accomplish. For some reason, males and females have a hard time admitting to their shortcomings and faults, even when you show them proof that they are doing wrong, or that they have done wrong.

With some people, you can show them a photograph of them riding down the street with the “other” person in the car beside them, and they will swear black and blue that it is not them; saying that it is actually someone else that they loaned the car to. Or the scenario that you find condoms in their glove compartment, and they immediately say they belong to a hitchhiker that they gave a ride to, the condoms just somehow fell out of the hitchhiker's pocket and landed on the front seat of your spouse's or partner's car; and then your other half just decided to

put them in the glove compartment for safe keeping just in case they run into the hitchhiker again... they can return them.

The excuse sound lame even when the truth hits the deceiver in the face. When this happens, does the cheater take it that the spouse or partner is an idiot who is unable to decipher truth from fiction?

If the cheater or ex cheater remains mute during your questioning, or while you are dishing out the evidence of their unfaithfulness whether that evidence pertains to the past or present, you are not likely to get a confession out of them. The only way I believe you will get them to openly admit to being untrue is if you were to hold a gun to their head and threaten to take their life if they don't confess. However, no amount of love and wanting to save a relationship is worth the aftermath of *that* particular scenario, even if you are dying inside because of your evidence and proof.

I believe the only way you are going to get a true confession would be if the affair was a thing of the past, and your partner had been faithful ever since. I also believe that once a cheater confesses on their own, because they were feeling guilty and bad

behind the one time act, more than likely, it will not happen again, because their conscience will not let them. But, if your partner has no conscience and does not fear the consequences of their actions, I do not believe you will get a true confession, especially if they aren't trying to salvage anything. However, if they are going to string you along, having their cake and eat it too, you will never get them to admit to being unfaithful, especially if they want you seeing them in a certain image; making you believe that you are the only special person in their life.

To me, those who confess, confess because something is more important to them besides themselves. They aren't selfish and self-centered. They confess because they have a heart and they are sincere when they say it only happened once, or it will never happen again. They go out of their way, bending over backwards to make up for the wrong that they done. They have a change of heart when it comes to playing Russian roulette with the marriage and/or the relationship. They found out that the cheating opportunity is a risk that is way too high to take a chance in or continue with.

So, I ask you, when getting your partner to admit to something, is it worth all your efforts if they lie about it, or if they are continuing to be unfaithful? Will their confession be better for you? Will it make a difference? Will their confession make them change their ways or improve the relationship? As I see it, the only way a true confession will benefit anyone is if one can believe that the confession can produce a desirable result: a confession that helps **heal** the relationship. If it is not going to heal anything, then what's the use of getting of getting someone to confess?

Remember, actions speak louder than words. Besides, how important is it to you to **hear** a confession, especially when you already have the proof from your detective work? You already know the truth with or without someone admitting that *I did it*.

Also, we can't forget too, that a true confession just may make you feel worse because with confessions comes questions, and the answers may not be what you want or need to hear if you by chance are trying to heal yourself, especially if you are finally putting your needs first in a bad situation. Ask yourself, how will you benefit from a confession, especially if you have to drag it out of them?

Now would be the time to walk carefully over the fires of someone's deceptions and lies so that you will not be damaged from the flames; after all, you have already been hurt from the sparks of such corruptions.

When thinking about getting a confession and even when it comes down to you detecting the truth, one must go down this rocky road with some dignity; not lowering yourself to the point where your values and self-respect are devoured in the situation or letting the information suck you up like a vacuum cleaner, where you just end up exhausted, spent and out of control. For instance, you do not want to be the person who is hanging on to the legs and being pulled around like an old rag by your spouse or partner who is trying to walk out the door, leaving you and the accusations, questioning and evidence behind. In situations like this, I would have to say that would be considered tacky and tasteless, regardless of your feelings. It is not a pretty picture!!!! It is a sign of utter desperation from someone full of despair. This is not the image that you should want your partner or spouse to see, letting them see that they are still in control of you and the bad

situation. Weakness never rules over strength, so you must always be in control from beginning to end.

You must stay in control no matter what, even when and if you want to confront the other person. Do you really want to know who she or he is at the other end of this triangle? Do you really need to know in order to move on? Before you go knocking on that person's door, what are your intentions? What do you hope to accomplish by confronting them?

A lot of people want to know who the "other" person is that has come between them and their sacred relationship, mainly because they somehow want revenge on that person. However, keep in mind that revenge can prove to be very costly and very dangerous. In order to confront the other woman or other man, you should know what and who you are dealing with, what you are up against before you make that approach; because no matter how angry or upset you are, approaching the other person can also prove to be deadly, a situation that I don't think you want to be in, from either point. IS your partner or spouse worth all that humiliation?

Do not let jealousy and insecurity be the reasons behind why you want to confront the other person, because after all, you don't want to be standing before the other person with your self-respect going down the drain in front of them. Your approach should be based on having a productive outcome, where you come out benefitting from the encounter.

Running away emotions and anger will not show you off tastefully, nor tactfully when you are planning on coming face to face with the devil. You should, by all means possible, be better than that. Remember, *you* are the wronged party here! So, if you are planning this action, go well prepared from head to toe if you want a productive outcome in a sticky situation.

FYI: When dealing with or wanting to deal with the other person, keep in mind that though they are the intruder and the violator, you are the special and main individual in this triangle. Do not show them that they are a special object in this mess of confusion. The important identity shines on YOU, not them, because you are not the “other” man or woman. Show some class and dignity with your approach if you decide to go

this route. And remember, it's just possible that they don't know they're in a triangle of lies and deception, if your cheating partner has lied to them too. Acting with self-respect and dignity will help you to deal with *any* of these outcomes or situations.

4.2. Protecting your Relationship from Intruders

When it comes down to detecting an unfaithful spouse or girlfriend or boyfriend, the first thing that pops into one's head is asking yourself why this has happened... *What went wrong in the relationship?*

We already know that it takes two to tango, and it also takes two to keep a relationship alive and on the right path for success.

You've heard of people being together for 50 years or more, married folks who have made a commitment and make it work for better or for worse; people staying together through all kinds of ups and downs, thick and thin; they come out smiling and their relationship intact.

If you are reading this book, you are probably wondering how they did it. What are the secrets to a long lasting relationship for some, when others cannot seem to make it past the first six months without throwing in the towel and giving up on a person and the relationship at the first sign of trouble? The first thing that pops into my mind is that people aren't as devoted or committed, though they say they are in love.

So many obstacles can get in the way of a serious relationship, regardless if you are married or not. However, when obstacles get in the ways, how mature are you and your spouse or partner in handling them? In sticky situations, someone must always have a cool head on their shoulders, because as you might already know, ranting and raving solves nothing. As a matter of fact, in a male and female relationship, it can prove to be damaging if it is a constant characteristic of your relationship.

For a relationship to be successful, one must have a commitment that cannot be trampled on and destroyed, regardless of the situation, even when it comes to lies, secrets and deception.

A relationship must be based on honesty, communication, patience and trust – the bonuses in a relationship that lead to a firm foundation. Just like when a house is built, it must be erected upon a firm foundation, or it will collapse when you least expect it.

When you are building a relationship in hopes that it will last forever, you *cannot stop* building. Both parties must be attentive to it. One person cannot hold that responsibility alone and think it will have a happy ending as in a fairytale story.

The couple must be supportive of one another and be willing to nurture the relationship by not giving into selfishness and neediness. One cannot be demanding, and the doors of communications must always remain open.

To keep a relationship strong and healthy, and able to keep out lies, mistrust and deceit, the couple must have a heaping dosage of patience and humility. The relationship must be sprinkled with humor and have room for romantic get-away's so that the union will not get into a rut or become stale with boredom. Make sure that you take the time to have special moments together; surprise trips, vacation together, quiet dinners

for two, adopt a special restaurant that you both enjoy, go out together; making your relationship of five years like it is five months. You remember how you used to do back in the day, when you only had eyes for one another. You were putting the sparkle into the relationship, the icing on the cake. You were building it up.

However, now that you have them, you can't become sloppy; after all, that's not attractive. You hooked one another, now you have to keep one another satisfied and content.

Remember in a relationship, you have to give and take; selfishness has to walk out of the door because there is no room for you to be right all the time in arguments or discussions. You cannot know everything and your spouse or partner know less. You have to be on the same page of understanding at some point.

Saying I am sorry when you are dead wrong leaves a big impact on a relationship, so do not be afraid to use those three little words. Apologizing will not make you less of a person. It does not take away from one's manhood either.

In a relationship, do not assume anything about your partner; especially do not assume the worse, giving in to negativity. Your partner is innocent until proven guilty if wrong doing comes into play. Kick all assumptions out the door and keep positivity alive and flowing into your relationship. Most of all, do not assume that you know your partner better than they know who they are. You are a team working together collectively; you may know their likes and dislikes, their taste in clothes, but do you know their inner thoughts and feelings? Can you honestly read their mind or their heart?

Promises, promises, promises... people are always making promises to one another; however, problems arise when promises are constantly being broken. If you can't afford that \$3,000.00 ring, or a house in the Hamptons... don't promise it. If you promised to change your ways and you keep slipping back, then don't make a promise that can't be fulfilled.

Another tip: take care of yourself; this is an important part in maintaining a relationship. Don't you want to be the person that your partner fell in love with, the one who isn't a slob or a nag? Keep the sparks flying by being attentive to one's self image. Go

on and get your hair done, nails done, buy that new sexy outfit; or for men, go on and get that hair cut, shave the hair off your face and buy that new shirt; all because you are still impressing each other and maintaining the relationship. Take an interest in yourself because after all, somebody is watching.

If you go about maintaining your relationship, not getting sloppy, lazy or just taking your partner or spouse for granted as though they will always be around regardless, your chances of making it to the 50 year mark becomes stronger as well as better with age, because you gave your time and undivided attention to it. Your relationship is not one sided when both of you are taking full responsibility for it in both bad times and in the good times.

In a solid relationship, you never ever give up on one another, especially when you have something good and worthwhile; realize it, recognize it and hold on to it, putting all others aside.

4.3. Is Your Relationship Worth Salvaging?

Now that the truth is out and your detective work is over, where do you go from here? Are you thinking of standing on the doorstep of divorce, or are you considering patching things up and giving it another try?

This book will not make that decision for you; that decision will have to come from within yourself and what you want to do, letting you take full control of your own destiny.

However, when it comes to patching things up, can you say that your relationship is worth the efforts? Only you can answer that question. You just have to be honest with yourself.

Probably right now, your spouse or partner may be going out of their way to make things right again if they are sincere in their apology and want to start over fresh, and especially if they do not want to lose you. But still, the final decision rest on your shoulders when it comes down to dealing with one who has deceived you in the past, perhaps two or three times.

When it comes to divorcing or separating for good, it is never an easy accomplishment; not unless the two are in mutual

agreement and are dying to terminate the relationship once and for all.

If you are still in love, trust me when I say the road to divorce could be more painful than the cheating or infidelity act. Divorce can be shattering, even when you know it is the best thing for you.

Some people, and I know a few divorcees who were glad that the divorce decree was finalized, they were happy to be rid of their pain, agony and suffering. However, with the conclusion of their marriage, other problems surfaced; fighting over custody and visiting rights, alimony and so on and so on. If you think divorce is going to solve all your problems and heal your heart, you better think again. Though a trip to divorce court may sound easy and perhaps quick in most cases, in reality it is not, especially if you have someone on the opposite end of the spectrum who is trying make you look like the bad guy or gal; making you out to look unfit and insane, or incapable. Divorce can bring out the worse in people as they sling garbage your way. Needless to say, it can get very ugly.

So if you decide to go this route, you must be well prepared for all aspects of it, even a long drawn out situation that will

eventually set you free, giving you the freedom that you desire and seek. The ride may be upsetting. When all is over and done with, however, it will be well-worth your trouble, for the extra baggage will just be a thing of the past, a thorn removed from your side.

However, before you get to this part of your life, before you look at dissolving the marriage, or a boyfriend/girlfriend relationship, you must ask yourself how important is the relationship to you? Can it be saved? Are both parties willing and able to salvage it? Notice I said *both* parties, in fixing a broken relationship. As I said before, one person cannot mend it alone. You have to be on the same page and wanting the same things for the relationship and/or marriage. You cannot be the only one in this picture doing all the giving and taking.

If you are involved with a selfish and self-centered person, you could be the one doing all the work; and in that case, trying to salvage the one-sided relationship will *never* work. As I see it, that would be like working overtime with no pay or benefits. Besides, after awhile, all that weight is going to weigh you down as you

carry it on your shoulders alone, regardless if you are male or female. Even strong, macho men can buckle under the weight.

When salvaging a relationship that is salvageable or worth saving, remember when you both agree to try again, one of you cannot live in the past and not allow themselves to get past the mistakes. Are you able to trust again? If not, how long do you think it will take you to build that trust, and is your other half willing to wait it out? Will your partner or spouse be able to stand the storms of mistrust or your weaknesses? Will they be able to put up with the questionings every time they come and go? Can you forgive and forget while moving on?

When it comes to salvaging and picking up the pieces, you must be ready to forgive, even if you don't forget. Also, when you choose to forgive, you do not make your partner's past a thorn that keeps coming up in the healing relationship. You must be able and willing to go forward despite the ugly past, especially when love still exists in the relationship, and when peace and harmony is trying to move in.

If you see your partner changing, or trying to change, you cannot beat them down with your insecurities. Being insecure is

not a good sign, or an asset that will boost a troubled relationship. You *must*, for the sake of the reunion, get a little backbone; getting that *I'm on your side* kind of spirit. With this information, do you think you can salvage and put the pieces back together... working as a couple? Is the relationship worth all the efforts?

Another thing to consider when thinking of salvaging is thinking about what you have to lose and the importance of losing it, if you decide that the relationship is not worth your time, effort or energy. What are you willing to give up? What price are you paying for staying or leaving? And yes, your consideration should also be based on the fact that children could be involved, if there are indeed children in the situation. However, remember that you should not stay together simply because of your son or daughter. Children should not be used as a band-aid to fix a broken relationship. Children are bonuses to a relationship; they are not bargaining tools or excuses. They too have to be protected at all cost.

When it comes down to that final decision, of saving the relationship or not, you also have to consider what type of partnership you have. If it is one based on verbal or physical abuse,

chances are that this abuse of whatever kind is not going to go away on its own. It may diminish for a short period of time, pulling the wool over your eyes, but it will raise its ugly head sooner or later; and especially if drugs or alcohol is involved. Trust me when I say the devil will come alive again, recharging itself with abuse that will land at your feet, or on your lap; not to mention in your face. Can you depend or trust that your abusive partner or spouse will not bring harm to you if the opportunity arises? How out of control can they be?

If abuse is another culprit in a relationship of lies, secrets and deceit, will it be worth salvaging? Again, the ball is in your court and you will have to decide.

Remember, before you make any decisions, alcohol and drugs do not fix anything. It is not the medication or the prescription to heal a broken relationship or a broken heart. These are products that make for strange bedfellows. In other words, do you know who you are sleeping with? Are they the recipe for salvaging? Is this what the doctor has ordered?

Do you think you can change an abuser, an alcoholic or drug user? If you think this, you better think twice! You cannot change a

leopard's spots, just like you cannot change the ways of a fox. You can out smart them, but *you cannot change them*, and Lord knows that you cannot not tame them, change them, or mold them into something they are not. It is impossible!!!

So you must consider all aspects of the relationship to see if it is worth salvaging, and see if you have a partner who is willing to work and salvage the relationship too.

If you have a partner or spouse who is a womanizer, when it comes to mending the relationship, is he going to leave the ladies alone? Can you trust that he will not stray two weeks or two months down the road, even if an encounter does not mean anything except for another notch in his belt of conquests? Can you live with that scenario indefinitely?

These are just a few things to think about and consider when you are pondering the thought of salvaging a relationship. You have to know what you are dealing with and if he or she is worth it. Is the relationship worth it? Can you set all the negative stuff aside and see only the good? You and only you must be the one to decide the outcome of this road trip.

4.4. Preparation, the key to Separation

With everything that you have been through for the last two or three months, discovering that your partner's infidelity, sometimes even though *you* want to give it another try, your partner just wants to leave and walk out on you and the relationship. Nothing can prepare you for a broken heart, but the one thing you can do and should do is just let them go. You cannot cling to someone when they have no desire to hold on to you or the relationship. If you try, it will only lead to more despair.

When one is in a sticky situation and you aren't sure what direction it will eventually take, you must *prepare* yourself for the worse, even if the worse never happens. Always prepare yourself for your future even if you have to take the negative approach to protect yourself and your interest.

Women, more so than men, have a tendency of being dependent on their spouse, or their boyfriends; so dependent that they don't stop and think what would happen to them if their mate suddenly disappeared, either by a sudden death, or by

estrangement, or by the boyfriend who just decided that he no longer wanted to be committed.

Strange things happen and people do fall apart for one reason or another. As the song goes, *everything must change*, and when and if that change occurs, one must be prepared. As adults we know that life is not a fairy tale, even though some of the relationships that we get into start out like one. At times, relationships may end up unhappily ever after, because love doesn't reside in the relationship anymore.

It is a pitiful thing to contemplate when love has fizzled out and garbage has filtered into the relationship.

You recognized all the signs that something was amiss, you even found out the truth and detected the lies and secrets. You did everything in your power to uncover all bad news that was taking place in your collapsing relationship, and in the end you had the answers you were looking for. Your suspicions confirmed. You might even have taken a little pride in yourself for being such a wise detective as your spouse or boyfriend tried to hide the truth from you. Though you may not be patting yourself on the back

because of the outcome, you did what you had to do in order to protect yourself, even if you didn't save the relationship.

Another aspect of this scenario is though you went out of your way to detect any infidelity you forgot one important factor in this situation. You failed or forgot to think about the protection of your future, for the aftermath of your detection and failed relationship.

You had everything in your possession and under your control that you needed for detecting the truth about the relationship, however you did not think about or plan for the security of your future; especially since your provider is no longer in the picture. You can't depend upon them to make ends meet.

When one is in a faulty relationship, you should always prepare yourself for the worse; and part of that preparation is being financially stable, able to take care of yourself and support your family when the breadwinner is no longer around.

It is a sad affair when a relationship of ten years is suddenly no more; however, it is sadder for you to be in a situation where you are down and out with no money to help you move forward.

Borrowing money from here and there, and moving from one temporary lodging to another just to rest your head, does not make one feel good and it does not bring about a secure life. It is just a sign of someone down on their luck, showing that you were ill prepared. You thought only of the moment, and not about tomorrow. You must always be prepared for when the morning comes.

Preparation should not begin at the end of a failed relationship; it should begin at the onset of detecting the signs of a failed relationship.

If you are a stay at home housewife, and raising two children, it will be in your best interest to get a job, even if it is part time. You need your own income, your own bank account for security reasons; and not only that, working and getting out of the house for a few hours each day is great medicine for one who is in relationship difficulties.

This advice should be followed even if there are no relationship problems, because one never knows when the rug will be pulled out from beneath your feet for one reason or another.

Being secured financially is a bonus for one who is going through hard times because of a broken relationship.

Just because you are happily married, or single and happily living together under one roof, this does not mean that it is necessary for you to combine everything. Have a little something put away on the side for yourself, so that you will not become a burden on someone if your future leaves you minus a spouse or a partner. You will be able to stand on your own two feet without crumbling under the weight of living the life of a single person, the single parent who is taking care of business because she prepared to do so.

Another tip in regards to preparation is that if you are in an abusive situation with your spouse or live in partner, and they on top of everything are cheating, lying and keeping secrets, you do not have to stay in that relationship because you wear a wedding ring, or because you bore his children. You can leave, and I recommend that you leave! However, one must prepare for that escape for it to be successful, even if you have to prepare for your escape several months in advance... just do it and don't let them know what you are planning. However, once you put the action into

play, you mustn't turn around for your own safety and security. This is when having a secret bank account or emergency money will come in handy for your benefit. If you can, it would be ideal to have a house or an apartment located somewhere unknown to the abuser, ready for you to move into. If this is not feasible, at least have some where to go where you are safe and sound when you make your escape.

Can you see why planning and preparation is so important when you are in a bad situation? Regardless of what happens, you must always think of yourself and your best interest and the future. Be prepared to take care of yourself with little difficulty. So plan wisely. You will be glad you did, because after all, aren't you worth it? As I see it, the hard part is over; you are just beginning to tie up the loose ends so nothing will come unraveled and at your expense.

4.5. **The Cheating Teen**

This book holds no prejudices or assumptions when it comes to uncovering and dealing with cheaters. We can't assume that only husbands and wives cheat, or that cheating only matters or touches the lives of adults.

We know, and some of us have even experienced, that love can go bad in our teenage or young adult lives, when everything is labeled sweet and innocent. How many times have you heard someone say about a failed teenage love, "Oh they are young, they will get over it?"

The only difference in a teenage cheating scenario is the age of the characters, for the pain and discovering the truth and the aftermath are the same. The pain is real and it can be just as agonizing; after all, teenagers like adults commit suicide over broken love affairs that they can't handle, or don't know how to handle. Teens become forlorn too when they are being lied to, mistreated and abused. They too go searching for answers.

For teenagers in a faulty relationship, they may not have access to devices that catch a girlfriend/boyfriend cheating. Unlike

the adult who may have the finances to hire a private detective, or buying power to purchase gadgets and gizmos to put into hiding places; the teenager can only go by their five senses that will tell them something is wrong.

Teenagers have their work cut out for them when it comes to finding out the truth, for when it comes to secrets, lies and deceptions against a young heart, it must be remembered that most teens do not live together under the same roof. While this means they do not have to worry about the threat of divorce, paying alimony, child support and so on and so on, they do still worry and fret over cheating hearts and abusive relationships. That's why I believe that the heart broken teen, whether male or female, should have a spot in this book too. Because their love affairs *matter*, it matters to them and it matters to those that care about them.

Unlike a wife who has suspicions dancing in her head, or the husband who is keeping track of his wife's where-a-bouts by using the tracking device, teenagers base their suspicions on hearsay, absence and sudden behavior changes; changes such as someone wanting to spend more time with friends instead of as a couple.

They'd rather go to a football game, play basketball instead of taking you to the movies, or to a high school dance. He or she may be getting tired of the relationship.

If you were the type to spend hours on the phone, saying nothing, just listening to the sound of breathing, or playing music over the phone line, but all of a sudden that nightly ritual has stopped, because that person is never home, their off doing other things; if that person seems to be avoiding you, there may be a problem brewing.

Pay attention and see if you have given your boyfriend or girlfriend jewelry as a token of your feelings and a commitment to the relationship. Have they suddenly stopped wearing it, or do they give the excuse that it was lost or broken? How often do you see them wearing it, if they say it is still in their possession?

If you are at school, is he or she spending time with someone else and being slick about it? Are they acting like they are interested in someone else?

When in your presence, do they seem preoccupied or bored with your company?

When they come over for a visit, do they leave within ten or fifteen minutes of their arrival, instead of spending quality time with you?

Do you find that your sweetie has turned into a complainer or a nag in your presences, always picking fights and arguments for no reason, except to get on your nerves? They may be searching for a way out of the relationship.

Have you noticed that your sweetie's appearance around you is rather shabby and undesirable, as if they are not taking time to impress as they did in the beginning, when they were clean from head to toe and smelling good? This could be another sign that they are losing interest in you and the relationship.

Do you eat lunch together at school, or are you finding that they are preoccupied, perhaps avoiding you and the lunch room all together?

When they used to walk you home from school, are you finding that you are walking alone?

Are you waiting around for phone calls that never come?

Are you finding that your sweetie seems to be over flowing in negative criticism about you, comparing you to others? Perhaps

even eyeing others in your presence? This could be a sign that he or she is ready to move on. They are getting restless.

Teenagers may have a hard time verbalizing their feelings, their needs and their wants; but if you watch, look and listen into a troubled relationship, the signs will manifest themselves and surface, letting you know what is going on. However, if one is ready to bow out of a young relationship because you have grown apart, it is best to let them go, which is good because you now can make room for someone else without cheating in order to accomplish your goal.

An Abusive Relationship

An abusive relationship, regardless if you are a teen, a young adult or an adult, is a toxic and dangerous situation. One should throw in the towel where physical, verbal or mental abuse is concerned, because nothing good or lasting will come from it, except for the great possibility of harm.

No amount of love is worth being harmed, or putting your life at risk in a love affair. If you can't fix it, and surely you cannot, then the only thing to do is walk away from it.

If you are a teenager in a bad situation, where you are being beat up, slapped around, all in the name of love – get out as fast as you can and don't look back. Loving someone takes you through a lot of ups and downs; however, being battered and abused is not the ingredients for a happy, healthy relationship. It is a sign that disaster is going to come when you least expect it.

This is the teenage tip for the day:

In all relationships, be careful, smart and wise in all of your decision makings. Think of what is best for you; after all, you are the most important character in your life.

Conclusion

When it comes down to secrets and deceit by the one that you have put faith and trust into, you will find out that detecting the lies of that individual is like a knife wound into the heart. It is not an easy road to travel and the process of detecting is not always easy, nor will it bring you anticipated results over night. Detecting is time consuming as you get out your record keeping book and start jotting down suspected signs and clues... looking for events and happenings that take place which make you suspicious, warning signs telling you that something is not right, or that something crooked is taking place under your nose, or within the security of your home.

Finding out the truth that the love nest may be in trouble lets you know that nothing and no one is 100% perfect, especially the one person that you have put so much stock into. Maybe you have put them on a pedestal to the point where they are beyond lies, secrets and deceit, at least in your mindset. When evaluating the situation in which you find yourself, you will rapidly come to

realize that assumptions and judgmental beliefs are nobody's friend, just as apathy can be toxic to a relationship. Taking people for granted, believing that what you have today will be there tomorrow, is perhaps the most common error made by cheaters and victims alike. This mistake is fundamental, for one cannot think or believe that a long lasting relationship will and can take care of itself if it is not being nurtured and tended to on a daily basis.

If you want a beautiful flower garden, you must maintain it; pulling the weeds when they begin to take up space in your precious soil, especially when they begin to destroy the beauty of the garden. The same aspect is true for relationships. You have to pull the weeds before they take over and destroy the "love nest" or destroy the family unit that a couple has created together. And know too, that just because you as a couple have created something cherishing and meaningful, the devil is always lurking, ready to crush what you have built, especially when people get lazy, careless or preoccupied with other things. When you place more importance on careers for instant, and not maintaining the relationship, trouble can quickly loom. You are leaving the door

open for trouble to come waltzing in, because if you aren't taking care of your relationship, the devil will. You cannot neglect a relationship indefinitely and think it will flourish and survive. You must always keep it fresh and alive, especially if you wish to avoid the aspects of detecting something or someone who has gone astray.

Before you begin detecting, it is important also to see the *entire picture* as to the problems in your relationship, looking for reasons why the ugliness of cheating has crept into the relationship and made itself at home, setting misery on your shoulders. What are the deep seated reasons for your suspicions, and what role do you play, if any, in the things that have gone wrong? This is what you should be asking yourself before you begin the detecting process. Could the problems have been avoided if the door of communication was left open? Were you neglectful towards your partner and the relationship?

When problems seep into a relationship, most often it is because issues aren't being taking care of when they first erupt. The issues may start off small, however they can escalate into something bigger and way out of control, blowing caution out the

window and making it so that you can't even *see* the red flags, the warning signs that tells one when something isn't quite right.

This book is telling you to pay attention to your relationship and pay attention to your spouse or partner, because you cannot risk the pitfalls of not being observant. In a growing relationship, both are held responsible for its outcome from the beginning to the end.

When lies, secrets and deception creep in to a relationship, and suspicions begin to dance around in your head, remember: **people are innocent until they are proven guilty.** And proof should always follow accusations. One should never ever assume; after all, insecurities can plant ideas and situations in your head that really aren't there, creating bigger mountains to climb, putting obstacles into a relationship that is actually free of "wrong doing. This kind of situation tells your partner that trust is no longer present and living under your roof. Sometimes, that too can be a hard pill to swallow for someone who is not doing what you may think they are doing.

However, if infidelity and cheating is taking place for one reason or another, you can believe that signs and clues *are* present.

You just have to be observant and be able to recognize them. Once you recognize the warning signals, what are you going to do? How will you approach the problem or the situation?

The situation is a very touchy one, so you must remember not to let your efforts backfire on you by not being prepared. Hopefully you allow yourself the space and time to be fully prepared well in advance, before you make your approach. After all, your spouse or partner could say that your strange behavior could be a sign that you are guilty of something, that you are just shifting the quilt off of yourself. That's why it is so important to plan, and to have the necessary proof.

When you go about detecting the truth about a faulty relationship, you may want to get all the evidence you can so you can throw it into their face, but are you ready and able to handle your findings? Of course what you may find will probably make you angry, but will your anger turn into depression with the thoughts of suicide hanging in the midst? Will your findings create a monster within yourself that tempts you to do harm to yourself or to your partner?

When detecting, *you cannot afford to be weak and emotional.*

You must be strong and remain strong throughout the entire ordeal. This is a critical aspect of detecting. You must be able to hold on to your dignity and your self-worth, not letting the situation turn you into a basket case because you couldn't handle the facts. You must be smart, wise and always in control – regardless of what is staring you in the face.

As with everything, preparation is the key to being ready for whatever happens. The same thing goes for one who is contemplating a divorce or a permanent separation from someone, where the relationship cannot be fixed or patched up.

Going separate ways is never easy because there is so much to think about, so much to give up. Sometime it is not just the partner or spouse that you are letting go of. Perhaps a life style, a comfy home is also part of the package lost in order to be free. Are you really ready to give up everything for a one time affair?

When thinking of divorcing or leaving, are you ready financially to go it alone and stand on your own two feet? Again, preparation is so important. You should have in your possession your own means of taking care of yourself when the rug is taken

from beneath your feet, or you remove it yourself. You have to be financially independent.

If you are able to save your relationship, one must remember that in order to move on, one cannot live in the past. You cannot live under insecurities to the point that you are questioning every time the ex cheater goes out the door. The relationship cannot heal if you don't learn to trust again, and if you can't let it go... you will not move forward as a couple.

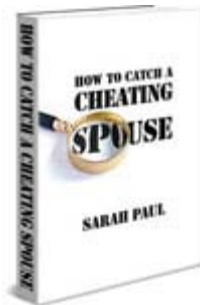
My advice: take care of your relationship, guard it and protect it even from your own insecurities. Build a foundation under it so that even with a second time around, there will be no need for detecting and uncovering lies, secrets and deceptions. Nurture all your relationships in life, for love is a rare and precious gift.

Best wishes,

Stephanie Shields

www.AffairDetector.com

P.S. If you'd like some more information on this topic and need some extra help, I highly recommend you check Sarah Paul's "Catch a Cheating Spouse" program right here:



<http://www.AffairDetector.com/CheatingSpouse>

And Hillary Hart's course has helped thousands of people in your situation get back on the road to love and happiness:



<http://www.AffairDetector.com/FightForLove>