

# **Infidelity Survival Guide**

**10 Emergency Tips  
To Survive Week One**



By [InfidelityFirstAidKit.com](http://InfidelityFirstAidKit.com)

# Infidelity Survival Guide: 10 Emergency Tips to Survive Week One

*A Former Cheater's Story of Cheating and Being Cheated On*

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## **Intro: Discovering My Wife's Affair**

There it was, jumping off the screen, my nerves pulsated and stung throughout my body, my chest rumbled, my stomach churned. A flirtatious text conversation between my beloved wife and a strange man from another city; both apparently excited to see each other on her upcoming trip 2 days ahead; stared at me in the face as I quickly scanned up and down the lines, too shocked to focus on any one part.

My wife, sound asleep, cuddled with my niece on the couch next to where I stood. Her phone seemed like a proverbial hand grenade that would at any moment explode and send my shattered soul flying into a million pieces across the living room. I stared in silence and sadness as the realization my wife may be a stranger, someone that I truly didn't know or understand hiding secrets to conceal her needs and desires which in her eyes I couldn't provide.

Other family members of mine sat huddled around the room talking, relaxing.

This just may be the most awkward moment in my life. Talk about an emotional "roller coaster" ride. One moment I experience the heart-warming joy of witnessing my wife and niece bonding arm in arm, the next I attempt take a picture of them to preserve the moment in time with her camera phone and then the unpleasant, demoralizing discovery of my wife cheating on me reveals itself before my eyes the instant I touch the device.

***How would you react realizing your wife not only was flirting with some mystery man who she was about to apparently see while away on a trip in a few short days and all the while this occurred in the same room your family was in?***

**My name is Orlando;** and if you are reading this it's probably because you too have recently been betrayed by your spouse, perhaps as recent as within the last few days. I am here to help you in the best way I can. And how can I help you? What is different about my story?

The difference is I have been on both sides of an affair. I cheated on my first wife and my current wife cheated on me. Cheating is **WRONG**, period. I can share with you the mindset of a cheater; how they end up deciding to cheat, how they hide their tracks, how to spot red flags and how to turn things around in your favor in the relationship.

At the same time I can you tell you how I dealt with my cheating wife, how I boldly confronted the other guy, how I slowly am winning back confidence in myself and respect from my wayward spouse. Yes, it is quite an odd situation to be in, but I do not want anyone to live through the pain of being cheated on for very long. I want you to see your value, know that you are a desired man or woman and never have to be dragged through the experience ever again.

Some of this advice will be encapsulated in this eBook, other information will be found in the weekly newsletters I will send you to the address you provided me. The reason to divide the information into parts is I do not want to throw too much at you at one time. We're not playing dodge ball and you already have enough bruises. I do not want to wear you down. Let's talk about it piece by piece. Don't worry.

We will get through this together. Along the way I will provide you with different antidotes and recommendations I received from professionals who dedicate their entire careers solely to dealing with infidelity in marriage, but much of what you will read is straight from my own experience.

***The feelings pumping through your veins right now must still be raw, right?***

Your heart aches, your soul is beaten up and you want answers now. In this lens I have assembled sort of a "survive the spouse's cheating first aid kit" to get you through the early stages of your affair. My objective is to make it both interesting and immediately helpful. Each "item" in the kit was hand-picked to ease your pain just enough to provide you hope that you can feel better again.

## **So Why Do Cheaters Cheat? What's It Like to Start an Affair?**

As I mentioned in the introduction I have been on the other side of the fence of this selfish, disgusting story. I too cheated in the past as a married man. The reason people cheat is complicated. It is not for one reason. There are many complicated factors involved, but let's be clear on one thing.

***Cheating is wrong. Cheating is a choice to find another relationship while still involved in another.***

***Cheating is selfish: period!***

If we define cheating as knowingly choosing to be in a relationship where either you or the other person is in a current relationship then I have cheated several times. During one of those times while I was single, but involved with a married woman, it finally hit me- BOOM; the moment where I finally realized how stupid I was acting.

In my opinion cheating is the result of poor management of your emotions and poor self-talk. The decision to cheat is just the end result, but what leads someone to cheat begins long before.

By mismanaging our emotions and expectations we do not properly deal with the difficulties of relationships and then begin to make poor decisions which eventually lead to betrayal. Relationships are supposed to be tough. Bad things can happen in life and will. People are unpredictable.

*If you do NOT have a firm grip on this and do NOT have a flexible way of thinking then you will be unhappy and super frustrated F-O-R-E-V-E-R.*

Questions Cheaters Should Ask Themselves (I wish I had asked myself)

- *How is starting over with someone else going to fix that?*
- *How does deciding that married life isn't for you going to eliminate the need for long-term companionship?*

You can run, but you cannot hide.

Starting fresh with someone else to relive the romantic and exciting first moments of a relationship is like continuing to drive your own used car while looking for another used car. The other used car looks great at first, but it too has problems.

*How about for those cheaters that think they just need some excitement, but nothing serious- just a little flame, a flicker and then they'll put out that tiny fire and go back full-time to their spouse?*

Fire is fire. Play with it and you will get burned. And in the case of marital infidelity, you are burning A LOT OF OTHER PEOPLE TOO.

The Cheating Domino Effect

You cheat on your spouse. She tells her friends and family. Many of them begin to doubt that relationships work. They tell their friends, who in turn tell their friends. The word spreads like wild fire. Combine that with the other stories they hear of other failed marriages and it's no wonder many begin to doubt that you can have a long-lasting, happy relationship.

Bottom line: affairs hurt EVERYONE!

Why Is It Important to Know Why People Cheat?

Knowing why people cheat gives you better understanding to make the best decisions for your life moving forward.

- *Should you leave your cheating spouse?*
- *What are the reasons you believe you can keep the relationship and still be happy?*
- *Does your spouse have the ability and character to identify and fix their own personal issues that led them to cheat?*

I've done both an inner search for answers and [read books from psychologists](#) to understand why I cheated, which can serve as a starting point for others to learn more about a cheater's mindset. Here is the list of reasons I concluded that explain my own personal reasons for cheating. Scan them then read my explanation after.

My List of Reasons that Led to My Cheating on My First Wife

- Unrealistic expectations and approach to daily married life
- Poor interpersonal skills and conflict resolution to deal with differences with ex wife

I often think back to that episode when my first wife shook to the core upon seeing another woman's name flash across my phone in the kitchen as I showered on the other side of the house. She didn't know for certain if the strange

woman on the other end was taking part in a romantic affair with me her husband, news that would rip her heart right out of her chest, but nonetheless, her arms nervously twitched as she slowly lifted the phone and stared at the screen in shock. “Why is a woman who I don’t know calling my husband on a Sunday morning?” I no doubt bet she asked herself in disbelief. It was strange, it didn’t make sense. What was happening?

Whenever I think about that moment and the pain I caused her over the months and years that followed a black cloud of grief somehow finds me and hovers over my head.

Despite that pain of realizing that I deeply hurt her, we just had too many fights. The episodes of her screaming, her bickering, her childish, manipulative fits she used to perform to get her way with me, her disregard to disrespectfully verbally abuse me in front of family members (both hers and mine), and the hundreds of other embarrassing painful fights we experienced just flat out wore me down after a while.

### My Wrong Ideas about Marriage

I am not a confrontational person, however, in my first marriage I felt the need to be loyal, to make things work. So I often found myself thinking: “I’ll stick it out. One day she’ll realize the pain she’s inflicting on me, she’ll stop. Things we’ll get better.” These thoughts floated around in my mind almost daily over the years, but things didn’t get better. They got worse.

*Here’s where I pull the rug from underneath you and share advice you did not see coming. You were about to erroneously predict that I am looking back justifying why I cheated on my first wife, right? You probably were also assuming I was on the verge of blasting my current wife with a blameful verbal assault, am a far off?*

On the contrary, what I have come to realize is I have allowed unhealthy, flat-out wrong expectations of how marriage should be to poison my mind and also developed ineffective coping strategies in which to coexist and relate to my spouse. I was too much of a wimp to pursue successful ways to confront my first wife. I didn’t even give her a chance; I didn’t give us a chance. Instead I took the easy route, another woman.

As for my current wife, I quickly came to the conclusion that affairs don’t happen without reason. I also came to the realization that perhaps I didn’t understand how my wife was feeling, that maybe she too was not comfortable on how to cope with both our differences and the stress of marriage in general. Blaming her and any attempt to demoralize her would only result in pushing her away further.

*But do you know what the most alarming discovery of all was?*

It was my complete lack and disregard to focus on me, to make sure no matter what happened in my relationship I was going to end up fine. That regardless of how any relationship wound up I was going to be “independently happy”, married or not married.

*How did I expect to live and experience a positive, fulfilling life if I depended on someone else to provide my happiness? And did I actually think she would be attracted to such neediness?*

I’m still struggling, coping, but I am creating a new me. Can you relate to my pain? Who can help you in times like these? No one prepares for infidelity. And not many close friends and relatives can identify with how you feel. You know there is still love between you, but what do you do? No one taught us how to handle this situation, not in school, certainly not our parents.

Your wounds are still fresh and sting, don’t they? But guess what?

I’m here for you. Infidelity is wrong, period! There is no justification for it. I have the unfortunate experience of being on both sides of cheating, but also the strange advantage of understanding how it feels to be on both sides.

I can show you what I learned not to do to push my spouse further away and some things I’ve learned to build bridges between me and her.

It’s a slow process, but at least there is hope. So I prepared this **“Infidelity Survival Guide: 10 Emergency Tips to Survive Week One”** for you. Please open it. Let’s heal our cuts together. Let me show you things I discovered to survive week one. Also learn the mindset of a cheater to know what you are up against and to help develop strategies to cope with a cheating spouse.

## **Warning! You May Have Been Sabotaged by An Evil Intruder in Your Relationship, But It's Not the Other Guy/Woman!**

During the gap between my two marriages I found myself routinely in battle to ward off the evil spirits of jealousy as I observed happy, smiling married couples walk hand-in-hand through the malls, march through local theme parks with their perfect blue-eyed, blonde-haired kids or the fashionable, affluent husband chaperone his model wife in their silver "chariot" Cadillac SUV as they rolled down the road next to my more-than-a-decade old faded red Chevrolet.

Jealousy is so tempting, it's so easy to beat yourself up, to find an excuse not to squarely confront your inferiority complex and punch it right in the face.

So there I sat at the kitchen table, distraught as I stared at my computer screen. The phone number of "the other guy", who my wife convincingly promised to never contact again, snuck its way into our phone and text records like a snake. The lonely feelings started to slowly creep back into my heart. Maybe my marriage was a farce, a mirage. Was I meant to be one of those happy couples?

But alas something was different. A new found inner revolution was beginning to stir inside me. I finally caught it: the self-destructive need for emotional dependency on female companionship had slipped past my defenses and hid itself inside me.

*How long had it been there? Probably all my life. How come I didn't catch it earlier?*

If I was alone, I wasn't happy. If I wasn't married then I was missing out on the joyous lives all the other perfect couples striding past me were experiencing.

THESE SELF-DEFEATING NEEDS HAD TO STOP. NOW.

At that very moment I made myself a promise to no longer allow my self-worth and happiness to depend on someone else. I had to change. It was undoubtedly going to be a process, hell, a journey more like it, but I had to start right away.

The time had come to unlearn any toxic notions of how relationships should be that I had permitted to permeate my brain. I decidedly made the choice to expel any of the fictional ideas of the "perfect romance" Hollywood and our materialistic society had shoved down my throat for years.

I had to unlearn it all.

This is not to say I did not agree with marriage, quite the opposite, I still loved my wife and wished to repair our marriage. I knew her well enough to know that she wasn't rejecting me; rather that she too was dealing with inner demons that she hadn't learned to exorcise.

Of course it was easier to come to this conclusion after conducting a little research. And when I believed to have identified the type of affair my wife had entered from a list of the different [categories of affairs](#) I found here. This discovery provided me a better understanding of her frame of mind. Such essential inside knowledge could guide me on how to improve my ability to relate to her and to better understand her own personal struggles.

What was also evident was my need to rid myself of the [myths about marriage](#) I had harvested in my head. The same "unwritten" laws that dictated which roles we as couples are obligated to follow such as, the man is the provider, the woman is the nurturer, the man "puts his foot down" and makes the tough decisions and the woman morally supports him or the silly expectations of marriage like performing well in bed to ensure your spouse is pleased and therefore does not seek sex intimacy outside the marriage.

WOW! I guess I never realized the pressure I was placing on my shoulders.

*Have you experienced any of these pressures?*

## **The 7 Types of Affairs. How Identifying My Wife's Type Gave Me Peace of Mind and Why Not Knowing Your Spouse's Could Be Disastrous**

(consider removing this unless the previous post does not touch base on the damage applying the wrong coping techniques could cause: My Marriage Made Me Do It, I Can't Say No, I Don't Want to Say No, I Fell Out of Love...and just love being in love, I Want to Get Back at Him/Her, I Need to Prove my Desirability and I Want to be Close to Someone...but can't stand intimacy)

*How did this happen? Is she unhappy with me? Have I not been giving our relationship my best effort possible?*

Of course I did, and most likely most of you have too.

SO STOP BLAMING YOURSELF.

*Do you think his/her affair is their way of rejecting you? Does this mean that the Other Person won; stole your spouse away from you?*

These are tough questions, but let's agree on one thing to bring us both peace of mind. Our spouse's affair was a choice to not take matters into their own hands and deal with the tough issues that occur in every relationship as well as confront some of their own personal problems.

As I grasped for air and tried to remain afloat after discovering my wife's infidelity I came across some very empowering advice regarding [7 Types of Affairs](#) in an e-book.

*Why would I need to know the kind of affair my wife had committed?*

Because knowing the type of affair would benefit me in two ways: **1)** it would illustrate how it was her fault to choose infidelity due to, what I refer to as an "emotional disability" (she was not successful in dealing with her own issues); and **2)** it would outline how to deal with her "disability" which would give us both the best chance to succeed in our marriage.

The affair in your marriage may be drastically different than mine. According to this groundbreaking [e-book on how to survive infidelity](#) the wayward spouse basically justifies their cheating in order to fulfill their needs. Those excuses to cheat could range from revenge and falling out of love to a lack of self-confidence in their desirability. Regardless of the reason, they're all excuses and stem from problems they haven't dealt with.

The author stated that if I wanted to help my spouse and try to keep my marriage then I would have to adjust my way of communicating with her. All the effort and things I did for her meant nothing if I was constantly jabbing at some of her weakest points, areas she felt insecure about. My communication style could have aided in creating distance between us. Again that did not give her ANYONE reason to cheat.

I have a long road ahead, but I have changed many habits of judging her and assuming I know everything about her. My wife is very quiet, slow, methodical and just hard to read at times. This is challenging for me to handle because I act out of impulse a lot and need answers immediately.

I've tried some new tactics that I'm not accustomed to and they have gotten results. We have found at least one new way to communicate that is more comfortable for her- email. In one of her recent messages she explained how she was tired of me "treating her like a little girl" (she's younger than me).

It was one of the few times she has spoken directly to me about her feelings. We also have found other simple ways to engage each other and get close to one another like putting my hand next to hers in the car to invite her to touch mine rather than just grabbing hers. When she makes the move to touch my hand I feel like she still cares about being close.

I realize I need to invest more time in learning what being a good listener truly means. I'd been guessing what she wanted, but it's time to find out what she actually DOES want and how she wants to be treated.



If I fall into old habits of “talking down to her”, nag her or treat her other ways that she doesn’t appreciate she will grow less comfortable being herself around me again. This could lead to her hiding her feelings again, shying away and making wrong decisions. I need to give her the best chance to succeed, which in turn gives us a chance to succeed as a couple.

I highly recommend identifying the type of affair in your marriage. It could tell you what feelings your spouse is hiding inside.

*Do you wish to discover what [feelings your spouse is hiding?](#)*

### **Congratulations! Why You and Me (the Betrayed Spouses) Are The Winners!**

It was hard for me to face the fact that despite the importance I had laid on a successful marriage and the pure effort I put forth to assure that we would both live harmoniously that there was still something that she wasn’t happy about. Maybe it was the way I talked to her, perhaps too condescending, maybe I came across as preaching when I asked her to help around the house, maybe she didn’t feel comfortable telling me to stop. Either way she chose the easier route to vent her frustrations.

Ah, I feel much better after that, don’t you? So put your hands in your pocket for one second, stop punching yourself in the stomach, beating yourself up. Aren’t relationships supposed to be tough?

I have a question for you.

How happy were you in your relationship before your spouse cheated on you?

Let’s be truthful! Can you look yourself in the mirror and say that you were emotionally fulfilled in every way and then some?

I’m guessing not. So in the end you and I took the high road. We were the strong ones. We chose to stick with the marriage and hope the day would come when we could turn things around, although we weren’t exactly sure how yet. Reflecting on that does give me a sense of pride.

### **These 3 Myths of Marriage Have Been Killing My Relationship. How have they affected you?**

*Ever sit around and wonder why your cat doesn’t just get up and wash the dishes; or why your dog doesn’t trot into the bathroom, turn on the water and shower his own filthy self?*

Cuz it ain’t ever gonna happen, that’s why? It’s ridiculous! That’s why you never thought about it. And likewise our spouses are never going to live up to many of our expectations either.

*Then why do we beat ourselves up over our husbands or wives not performing their “roles”?*

Isn’t that just as silly? Like is my wife actually going to stop adding to her large inventory of never-worn shoes and instead place that money into our emergency account? NO! Instead she’ll say she doesn’t have any money to set aside.

And does she really expect that me making more money is going to solve all our problems; or if I become an upper-level manager that she would feel better about what her husband did for his career. Then she could breathe easy knowing that she got everything she wanted, money to go on her shopping sprees and a husband that mom and dad could be proud of because he directs traffic in a high rise building while sitting on a corporate throne that bears a prestigious title on a golden plaque above the door.

Honestly, sitting on my *ceramic* throne while holding the title of my favorite sports page is more likely to happen.

And if she wants to find another man that can provide her with all the materialist things she ever wanted while being available for her emotionally then let it be because I can’t give more than I’m already giving.

Accept me for who I am.

I'm tired of ALL the [wrong ideas how marriage should be](#). I didn't realize I was stuck in the rut of abiding by them until I came across this list of the marriage-killer myths.

Three myths caught my eye right away. It was like the author could read my mind.

The 3 Myths about Marriage That Are Killing My Happiness

**1. Marriage Myth #1: Marriage Roles.** We both have roles that we must fulfill to make the marriage work properly.

Assuming responsibilities is important; and in the end the most important needs will be met, but the pressure to live up to what the world sees as "being a man" or "being the good wife" has no place in a marriage. I hate being micromanaged at work and I don't want it at home.

**2. Marriage Myth #2:** Give your husband/wife your full attention all the time and you won't have to worry about them cheating on you or just leaving you.

What am I a baby-sitter; a genie in a lamp? Ask me three wishes and I'll grant them all. This is the one that took me for a spin when I caught her cheating. How could she look for something else if I was BLATANTLY illustrating that I put her first in my life?

Now looking back it's obvious. It's not attractive. Just like it's not attractive when a girl strains to please you in any way possible with the hope that you will like her back; or when a guy shows off to prove himself to you, begging you to like him back, it's just not appealing to beg for approval.

"But we're married, he should find me attractive forever?" you shout out. Tough! It's just the way it is.

We must have something to give in our marriage or things just get old, but it certainly doesn't mean showering them with constant attention.

**3. Marriage Myth #3: We Must Rekindle the Romance in Our Marriage**

A romantic comedy lasts about one and half hours. Marriages last much longer than that.

Imagine performing romantically in a series of movies that lasts years; one movie back-to-back-to-back seemingly forever.

Is that the kind of pressure you want to live by?

Romance comes in spurts. It does not occur every second of the day in a marriage and never will.

I no longer want to experience the strain of attempting to supply my marriage with a constant flow of Hollywood romance.

I cannot provide this and need to obliterate this self-defeating mind virus once and for all.

Another ugly truth about marriage is temptations to cheat are everywhere. How are we going to deal with them?

Here's a new mindset for dealing with cheating in society.

### **One of the WORST Things to Do Right after Discovering Your Spouse Cheated on You If you Wish to Save Your Marriage!**

Having gone through both the awkward situations of catching a cheater and being caught myself, I can vouch for a minimum of at least two frames of mind someone feels just after being caught in an affair either **1)** They feel ashamed and embarrassed for being caught. They want to remain feeling safe, so they will either run and hide or deny, deny, deny the truth; **2)** they've been building up anger and resentment inside themselves for a while now towards the relationship and need a way to release that anger.

**1) Do NOT Try to Talk Things Out Right Away: WAIT!**

He/she never saw themselves as cheaters. They even went to great lengths to denounce others that participated in an affair. So now that they have been caught in the act themselves, they are speechless and likely feel lost and helpless. They want to run and hide.

*“What will others say about me if they find out,”* they might ask themselves. But more than anything they will be concerned about their own well-being and safety. They’ve been looking out for their own interests up to this point and there is no reason to think that will change, right?

Anything that comes out their mouth is not going to be very helpful. They will not say anything that leads toward a solution. They’ll just be in a defensive position looking for ways to stay safe by further denying and customizing their lies in order to stay out of harm’s way.

**Ask yourself:**

*Do you want the truth or more lies?*

If you try to talk under these circumstances you will just get more lies.

When I first caught my wife texting the OP (other person) I received a good dose of half-truths and no fessing up to what actually happened. My wife eagerly attempted to feed me a plateful of BS (I didn’t recognize they were lies at first). It was convincing and I never saw her as someone who would cheat. I quickly bought into it and moved on.

A few months later I started to feel strongly suspicious of her behavior. My radar had been up and active. I checked our phone records, and low and behold, strange phone numbers appeared. When I approached her she immediately dug herself deep into a defensive position and attempted to feed me more heaps full of donkey dung again. Why not? It worked the first time.

She professed to not contact the guy in any form whatsoever and here was possible hard proof that she had. Of course, I wasn’t sure it was his number and she claimed it was the hotel she stayed at. Her explanation was she was simply calling with questions about her reservation.

Entirely fed up with more possible lies and sloshing through life sweating over the images of my wife in the arms of another man I was left with one thing to do to be 100% sure. I needed the truth. So I called the number. Now what happened is for another discussion, but let’s just say, I definitely found out she was cheating then.

Gotcha, caught red-handed! Nowhere to run, nowhere to hide, her first instinct was to keep safe, to prevent the situation to get worse than it already was.

If I had chosen to burst in anger, her fears of harm would have instantly intensified.

She knew talking her way out of trouble wouldn’t help. She used that tactic the first time and even the second time. It wasn’t going to work again. I knew there wasn’t much for either of us to say. She chose silence and I jumped on the internet to search for the best [advice for dealing with cheating spouse](#) possible.

I found that how a spouse responds to being caught in infidelity and how to handle it very much depends on which of the [7 types of affairs](#) he/she is in.

**...and another GUARANTEED WAY TO push your cheating spouse further away**

*Angry, right? Who wouldn’t be?*

*Probably feel empty and alone too, right?*

Regardless of how you feel if you want to make things right and still keep your pride then do NOT commit the two B’s: **Beg** or **Blame**.

**1. Beg**

Life isn’t fair, people are hard to understand and relationships will never be completely be 50/50. Your spouse cheats on you, you’re caught off guard and your life suddenly starts in a downward spiral into a deep abyss.

*“Why do I deserve this? What happened to the loving person I met? The man/woman that couldn’t be without me before?”*

These are all questions that you asked yourself, that I asked myself and the same questions my ex asked herself when I cheated on her. The feelings cut deep, but they cheaters choose to find comfort with someone else, even if it were for a brief moment.

*So how is begging them to stay going to make WANT to stay? Do you want to make them feel guilty?*

They might just feel guilty and stay: for a little while. Then the anger starts to build up, slowly, they feel a pressure inside them ready to blow because they are being forced against their will. Suddenly, BOOM! They blow up like a volcano! And then they leave with no possibility of EVER wanting to come back.

Any of you familiar with mind games?

I am. My ex was insecure about relationships long before I met her. She had this constant fear that she would fall in love and then the man would run.

So what was her way of dealing with that insecurity? Manipulation. She was never even aware she was doing it. Attempting to guilt me into not wanting to leave. Making the effort to guilt me into doing what she wanted to fill her emotional needs.

This worked for a while. A long while. Years in fact, but I resented it. I never dealt with it, never confronted her. Her mistreatment made me intensely unhappy. And it led to the poor decision to find another woman while still married.

Once she realized just how unhappy and fed up I was she knew manipulation would not work anymore. So she turned from bullying to begging. She begged me to stay. She begged me to give us a chance. She begged us to go to counseling together. I wasn’t interested in fixing our relationship. At that point I didn’t want to be around her. She had no idea who I wanted to be, didn’t understand my needs and seemed to not care to make decisions together regarding our daily lives.

Counseling? Are you joking? She wanted to focus on what was broken? How about look in the mirror and start asking yourself those questions? Like why are you so needy? Why do you find yourself so unattractive? Why do you suffocate me?

Forcing your cheating spouse into counseling is NOT a good idea.

I can tell you from first-hand experience this gave me the upper-hand and I no longer feared her bullying anymore. And more than anything she became extremely unattractive to me at that point.

## **2. Blame**

A wayward spouse knows they did wrong; you don’t have to tell them. In fact, they know they did wrong before you caught them. I knew I wasn’t making the right choice when I secretly met with another woman while married to my ex.

*“So why should I not blow up?”*

Because cheaters do not think about “us”, they think about themselves. They won’t respond to you being upset about the damage they caused to the relationship between you two, they are more concerned about their emotional needs.

Blaming and getting upset may take care of the temporary need to release your frustration, but it will only push them further away nor will they feel remorse for hurting you.

*Sounds self-defeating, doesn’t it?*

When my ex first discovered my affair she blew up and tried to blame me for destroying our relationship. It just made things worse.

Leading up to my cheating I had already felt resentment and lots of anger towards her. It had been building up for a very long time. To say I was unhappy would be an understatement. Thousands of unwritten rules were broken and a million other times she took cheap shots. There seemed to be no line she wouldn’t cross. As I relive a small sample of

the incidents in my chair here, they play like a video in my head and the anger I felt many years ago begins resurface even all these years later.

To set things straight the decision to later cheat on her was wrong, but so was the way she treated me. The truth is we both were unhappy. The difference between us is she had no problem criticizing or berating me with insults, but I did not take a stand nor invest much of an effort to develop effective coping strategies.

*So when I was caught with the other woman, someone who I felt understood me, liked me for who I was and let me be the romantic man I always wanted to be how do you think I reacted when my wife opened fire on me, yes, once again with another onslaught of finger pointing and skin-curling slandering?*

I HAD HAD ENOUGH!

It was the beginning of the end of our 7 year-long confrontational relationship. My heart was no longer conquered by fear and I finally stood up to her. It just wasn't with intention to repair the years of hurt, it was to move on without her.

Now here's an interesting thought. How would I have reacted had she chosen a much more subdued approach? Would the relationship have been saved forever? It's hard to say. The amount of disgust and rage that had built up inside me over the years was palatable. But would it have prolonged the relationship and sparked a glimpse of hope that things would turn around? I would say yes. We invested 7 years into the marriage. Time and time again I hoped a miracle would happen; that we both would finally peacefully work things out.

Sometimes the perfect storm happens when one person in the marriage is extremely unhappy and then they cross paths with someone that makes them feel good at that moment. The need to feel happy outweighs the need to repair a long-standing relationship.

*It's not fair, but does it doesn't matter who is at fault?*

Refrain from acting upon your feelings. This is the time you think before you act.

## **Why Did I Need to Write a Letter to Myself to Ask What the Ugliest Truth About Marriage Is?**

### ***Why is 'falling in love' with 'falling in love' so dangerous?***

I never thought I would have to struggle with an affair in my marriage. What happened to those romantic feelings that swept me off my feet? Where in the hell did they go?

It feels like ancient history that my heart pounded when I first laid eyes on my wife. I miss those times, however, it's time I confront the dark evil reality that love truly is blind. Perhaps I didn't want to believe it when I heard it before. Maybe I just blew it off when all those pessimistic people tried to sell me on the idea. And you know what? I'm a romantic sucker so I didn't want to hear it.

Maybe I just needed to hear it from the person I trust the most: myself. So I wrote myself this letter. Yes, it's a little weird, but I'm willing to try something new.

Letter to Self

Orlando,

Stop being so hard-headed! Wake up! Yes, love and marriage are great, but let me remind you of the danger lurking in the waters of love if you aren't careful. Here's a little story to start you off with that I'm sure you'll like.

There she was tall and exotic with long, silky hair, gliding through the room. A deep sense of total surrender swept down my body as her high heels clicked on the ceramic tile. It started from my eyes, down through my chest, up my arms and extended all the way down to the tip of my toes. My heart was taken hostage. I was rendered completely helpless.

Beautiful women come and go. Some are charming enough to draw my eyes in their direction for a brief glance; she was different; she was stunning. Her beauty was magnetizing and reached over the desks of that stuffy office, grabbed my head on both sides and drew me in like a tractor beam.

I'll never forget the first time I laid my eyes on my wife at work. If it wasn't for the sturdy chair I sat in, I would have fallen flat on my face on the floor.

*Is there a better feeling than love?*

No, there isn't.

But there's also no worse feeling than being heart broken. Rick do you enjoy being yanked along on an up-and-down roller coaster ride? And now this affair thing happened. A roller coaster ride seems like a joyride at Disney World compared to the free fall from an airplane without a parachute I experienced when I first caught her cheating.

*People are unpredictable, aren't they? And they're selfish too, right? Oh, you don't want to believe that, do you?*

Well in case you don't, then why do you still wonder where your wife is? Why do you ask yourself if she really does love you? Are you saying you never pictured her being complimenting by another man? Do you actually believe she does not EVER enjoy hearing how pretty she looks by another man?

Remember those back up plans you came up with about what you would do if you ever had to leave your wife? Yeah, right? So why did you come up with that long, shopping list of ideas?

Yes, exactly; you were just coming to grips with being fed up with your happiness depending on someone else.

So naturally that leads to a few more questions:

- Why are you waiting for your marriage to make you happy?
- Why do you keep making the same mistake of putting the unrealistic expectation that your marriage must be filled with romance or you relationship with die a slow, agonizing death?

Stop putting so much pressure on yourself already!

Enough is enough. I want you to be happy regardless of what happens in your marriage. Hell, maybe she'll even appreciate that more too. Hey, you can control many things in life: your hobbies, career path and how you treat her. And I know you will give everything your best shot, but let the chips fall where they fall.

In the end, happiness should be a marathon with no finish line. It should never have to end.

Thank you for spending some time with yourself for once

Me

### **Keys to Save a Marriage in Jeopardy**

I am smart, but I am not THAT smart. My wife's affair hurt, it hit me hard. I remember shaking with anger and gasping for breath. The feeling of helplessness cloaked my body. With no idea who to talk to, what to say, where to find advice I dove head first into random searches on the internet.

One search after the other I tossed into the search bar, from broad terms to more specific: affairs, cheating wife, why do people cheat to how to survive an affair and more, until I came across this psychologist...

Dr. Huizenga

Immediately I subscribed to his daily newsletter, and still read ever one. Then I bought his [eBook package](#). Right after downloading it I devoured two of the books, one book was on [surviving infidelity](#) and the other was more specific to [how to save your marriage](#).

If I were a swimmer drowning in the middle of a lake, struggling to stay afloat then these books were my lifesaving floating devices.

Staring face-to-face with infidelity it was easy to instinctively focus on how to appease her, to fix something she found wrong with the relationship, after all she's the one that cheated so she must be unhappy, but these books were different from all the other information I read.

They didn't focus on my wife. They focused on me. Self-empowerment was the solution to fixing myself and my marriage.

The first key to fixing a problem is identifying it.

One of my biggest problems was **poor self-talk**. Our marriage hit a dry spell before I discovered her affair and I began to feel scared. That's truly when I started to fear losing her, when the feeling of helplessness started.

Much of my helplessness stemmed from the negative things I was telling myself. So if one most important keys to feeling strong again that I took from Dr. Huizenga's book it was [mental shifts](#).

Mental shifts change your negative, self-defeating thoughts into more truthful, stronger ways of thinking. They give you value and make you attractive to others around you. You begin to see how weak you have been. I personally had been allowing my fears of losing my wife take control of my emotions.

This had to change NOW.

### **The 3 Main Mental Shifts I Identified and Changed Which Immediately Put Me in the Driver's Seat**

1. I began to change from thinking, "I'm fearful of losing my wife," to "I have confidence she will be with me forever."
2. I started to go from telling myself that, "When I tell her what I need she will not listen," to "What I say will be powerful and I will be heard."
3. I began to shift from thinking I must spend a lot of energy appeasing and patronizing her to successfully showing her who I am and what I need too.

I live by these shifts now and whenever confronted with uncertainty about what to do or say they help remind me what's important for me. Then the decision on what to do is clear because I have a basis to refer to.

*What have your fears been? What new ways of thinking would you like to adopt?*

### **It Only Takes ONE to Save the Marriage: Make Connections with Little Effort**

At this point you feel alone. It seemed only moments ago that you were two, a team. And now? You feel like you are flying solo, without a navigator. Emptiness just might be the worst emotional feeling to go experience. One the main purposes of getting married is for the companionship after all.

*The good news?*

It takes two to start the relationship, **but it only takes one to save it.**

The simplest way to rekindle comfort levels between you and your spouse is simple connections.

*Throughout what have you been taught to do when something breaks? To fix it, right?*

And in the case of broken relationships we tend to instinctively feel the need to talk things over. In fact, that's what many therapists will advise you to do, but your spouse already had problems talking with you before; otherwise, he/she would have done so before getting themselves knee-deep into another relationship.

Even if you both think talking is the answer, I would urge you not to. Talking about how to FIX problems could be make an already tense situation even tenser. Instead smaller, less deep actions and notions could have bigger, more positive impacts.

I admit NOT talking through problems is a problem in itself for me because I can handle deep conversations, I enjoy the details, but what I read in this [eBook by Dr Huizenga](#) opened my eyes to a new strategy I would never have thought of.

***The results were positive and instant.***

The book suggests that you will have more success reconnecting with your spouse with actions that involve less pressure for the other person to respond. Your movements should give them the choice to respond without expecting it while communicating that you still care for your spouse regardless of what happened.

A simple, but genuine smile or soft touch on the shoulder are ways that could relieve tension between you two. The object is to express your love while earning respect, in other words, you do not want to look like you are acting out of desperation. Looking weak right now is not attractive.

Here are 10 simple connections that worked for me with my wife.

### **10 Connection Suggestions to Try with Your Spouse that Worked (and still work) For Me**

- 1. Place hand next to his/hers in car.** Rather than grabbing their hand you just place it next to theirs to give them the choice to touch it back. After a few seconds if they do not touch back then remove it and try it later. They will eventually see you do not mean to make them feel uncomfortable and at some point will touch back.
- 2. Make a Simple Meal/Snack for them.** I made her breakfast to take to work which she appreciated, but I kept it simple. Had I made something extravagant I think I would have come across as desperate trying to get her attention which would have lost me points.
- 3. Late Evening Dinner.** We both work late so we often are not in the mood to cook when we get home. Sometimes I get off before her so a couple times in the month after the discovery of her affair I went to a popular local supermarket in the area to get her one of her favorite meals: fried chicken. Again, simple, but effective. She saw I wished to do something nice and was making an effort to reconnect. Combine that with the fact she was famished and it was another step in the right direction for us.
- 4. More Hugs than Kisses.** Kisses might be uncomfortable right now, but brief, firm hugs will still express that you care without looking desperate. I would give her heart-felt hugs when saying goodbye before dropping her off at work. This seemed to be more comfortable for her rather than kissing.
- 5. Small Compliments.** I would periodically over the course of the week tell her she looked nice, smelled nice or perhaps compliment her choice of clothes for the day, but would never overdo it. Never too deep, never trite.
- 6. Share Useful News/Information.** I wasn't always the one making the first move. After a while she started to warm up and began to attempt to reconnect too. She sent an announcement regarding a seminar she knew I would be interested in.
- 7. Do Something Fun You've Never Done.** The idea here is to change the same boring routine while still keeping the interactions simple. I took her to a popular historical part of time with great scenery for a picnic. It was different, fun and brief, nothing too deep.
- 8. Interesting Story Regarding Your Day.** Stories from our own personal experience can be more entertaining than what we see on TV so she would tell me about a crazy customer at work and I might tell her how my manager gave me a compliment.
- 9. Communicating Feelings in Letters/Emails.** There's less pressure to read about how someone feels rather than hearing it face-to-face. When reading something you are not forced to instantly respond. In fact, your letter should not ask for a response, just express how you feel and what you wish to accomplish in your relationship in the near future. Do not look to far ahead and do not get too deep. My wife who is not comfortable talking about her emotions seemed more comfortable writing to me how she felt, in fact, it was her idea to write it.
- 10. A Helpful Chore.** You don't have to make something you can simple tidy up or clean something small for them. My wife has some favorite dishes and cups she uses. So I cleaned them a few times for her and she appreciated it. I did not overdo the cleaning. I wanted to maintain the level of respect I had been earning up to that point. So I would never have done a long list of chores for her such as washed all her clothes, tidied up her shoes and make up and reorganized all her cups. That's too much! That would look groveling and weak, like I was begging for acknowledgement and approval.

So keep your interactions and compliments simple, brief and do not ask nor expect anything in return (*at least at the beginning*). Simple concepts of psychology go a long way here.



## **BONUS: 7 Ugly Truths about Cheating and Relationships TOLD BY A CHEATER**

**THE BAD NEWS:** there *ALWAYS WAS, IS* and *ALWAYS WILL BE* a chance that *YOUR* relationship could suffer from cheating- *NO MATTER WHAT YOU DO*.

You've been fooling yourself up to this point, I was fooling myself too (even though I've cheated many times in my life), but *IT HAPPENED*. Despite your effort and my effort to avoid it. It happened anyway. We did everything we could to make her happy, didn't we?

**THE GOOD NEWS:** happiness is possible with someone else *OR* without someone. Bottom line you choose to be happy. Even in a good relationship you are not happy ALL the time, are you?

### **EVERY ONE IS EMOTIONAL**

NO ONE uses logic in every single activity or decision in their life.

- You look at a menu at your favorite restaurant and begin to salivate.
- Sitting at your desk at work your minds drifts off daydreaming about your favorite beach spot.
- Most base their careers on doing what they enjoy.

We could keep going.

You have a favorite

- Mug
- Toothbrush
- Tie
- Pair of pants
- Side of the bed
- Bath towel
- Way of greeting when answering your phone

### **The MOST Logical Person is Still Emotional**

Even my dad who is the most logical, rational, serious-minded person I know makes decisions based on emotions. When he decides to save every cent he earns; and even though he could retire right now with the money that resides in his bank account he will still go as far as to order water instead of soda at McDonald's just to save money.

*How's that emotional?*

Because he has spent his whole life *fearing* not having enough money when that "rainy day" comes. His decisions are based mostly on his *fears*. He seeks safety, security and comfort.

*So why are we talking about this?*

People that cheat ARE DEFINITELY NOT LOGICAL. Their emotions sway in the wind. They are so tied up in emotional knots when it comes to love, romance and sex they can't control themselves. (*At least that's what they keep telling themselves.*) They seek that first kiss feeling, the twinkle in her eye, the flirtatious touch on the shoulder, the sexy whispers in the ear and passionate love making.

*So this list of 7 Ugly Truths about Cheating and Relationships stems from people being emotional and is more regarding the person who makes the first move.*

## **BONUS: 7 MORE Ugly Truths about Cheating and Relationships Told By a Cheater**

It only takes one to make the first move.

### **1. Cheaters Have a Technique For Cheating.**

I hate to tell you this, but once you do not fear cheating then it is easy to cheat again and again. Opportunities to cheat are easy to spot for the cheater. *You know how?* Cheaters fish for prospects. They throw out bait and see if someone bites. If they take the bait. They reel the person in a little then throw out more bait. And continue the same process until the person simply comes to them and no longer needs baited or prodded.

#### Examples of Bait

- Compliments
- Listening to a sad person's sob stories
- Lending a helping hand with a task
- Giving a ride home
- Helpful advice to solve a problem

Then the cheater waits for a response. They slowly convince their target to see them as someone that makes them feel good to be around and to trust them in a time of need.

### **2. Cheating Can Happen Any Place, Any Time**

Cheaters understand how to make quick and easy connections. Anywhere is game for the cheater. Once a cheater lays eyes on that rough, handsome guy or elegant, long-legged lady they can't resist.

It used to pain me NOT to talk with a woman I was hugely attracted to despite whether I was in a relationship or the woman was. It would drive me insane not to make some kind of move. So more times than not I would do something. Even if in the long run nothing came from it.

*But would you want your wife or girlfriend to be flirted with even if nothing happened?*

#### Examples of Places/Situations Cheaters Are Capable of Making Connections

- At work
- Supermarket (especially health food markets, easier to strike up conversation about one's affinity to a healthy lifestyle)
- Kids' school events
- Doctor's office (people sitting around waiting)
- Bank (waiting in line)
- Clothing store
- \*Any place or situation where you might see someone many times. This creates a comfort zone. Someone feels more comfortable creating a bond with someone familiar.

### **3. Cheating Can Happen Anyplace**

The cute cashier at the coffee shop your husband stops at every day before work, the young hunk IT guy that fixes your wife's computer at the office, the blonde, long-haired twenty-some girl from your apartment building that walks her dog every morning or the neatly trimmed, successful, professional man who eats lunch at the same café your wife frequents are all possible flirt targets for someone not afraid to cheat on you (or at least susceptible to do so).

Back when I had a problem with cheating I would not hesitate to flirt with a woman I found attractive- anywhere. And I rarely wasn't successful. Even if nothing much came from the interaction, most women couldn't resist the charm. And when the other woman was in a relationship they were even more likely to fall for the charm because they desperately needed the attention and affirmation that me still found them to be pretty.

*Remember Ugly Truth #1? Bait? All I had to do was toss the bait of being that one person who would not only listen to the poor girl's needs, but would also truly understand her. I could make myself irresistible, EVEN IF THE WOMEN KNEW I WAS IN A RELATIONSHIP MYSELF.*

This leads to the next Ugly Truth about Cheating and Relationships...

#### **4. Cheaters Are Expert Charmers**

Cheaters walk on a fine line. Obviously it would not be in anyone's interest to have the reputation of being disloyal to your partner. That perhaps is one of the most undesirable traits to be known for. So in order to tread water lightly you must know how to win effectively over the opposite sex without drawing negative attention.

For me the affirmation alone from another woman that she liked me was satisfying. So if a woman I set my sights on happened to be involved in a relationship just liked me back I was happy. Yet other times the woman would flirt harder or even take it a step further. And on a few occasions the casual flirting actually turned into a relationship.

Either way no man would want his woman to be flirted with regardless if his relationship was going through rough times or not.

*And how could I get a woman who was already committed in a relationship to enjoy flirting with me?*

CHARM.

##### Examples of Charm

- Non-offensive compliments (Commenting on someone's smile, easy-to-get-along-with manner, specific clothing items or apparel, hair style, woman's decorated nails, \*anything that makes them feel special or good about who they are )
- Willing to listen to them talk about their frustrations
- Showing understanding to their frustrations
- Smiling
- Non-offensive sense of humor
- Remembering details about someone they find important (favorite music, career goals, people's names in their lives, their values)

All of these examples are ways to drop a person's defenses and start seeing you as someone to trust, like and desire your company.

#### **5. Cheaters Try to Justify Cheating**

He says all the right things, he's handsome, funny and laid back. And above all, he understands me. *"Ah, this is the guy I need," your wife says to herself.*

She wants to keep seeing him and those warm fuzzy feelings sweep over her like a summer afternoon breeze. She think she likes him (she does), but she is torn and confused.

*"What should I say about my relationship? I don't want him to see me as a bad person and I don't want him to be afraid of seeing me," she ponders.*

*What does she do?*

She begins to bend the truth in order not to scare him off and experience the pleasure of having him around. She might even have been bending the truth since the first time they met. Worse she might even do it every time she meets any new man, just in case she becomes interested.

##### Examples of Bending the Truth

- Exaggerating how sad and uneventful their life is
- Exaggerating how abusive their spouse/partner is
- Exaggerating how long they have been depressed and sad
- Trying to convince the Other Person (person in secondary relationship) that they wish to end their relationship with their spouse/partner but do not know how
- Trying to convince the OP that they are waiting to get out of their relationship until a certain event or goal is achieved

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## 6. Cheaters Blame Others

*Do you ever enjoy admitting your faults?*

No, right?

And that's never truer than with cheaters. They certainly do not want to feel like bad people. Like they are hurting someone else. So to add gasoline to the fire of cheating to begin with they say someone else made them do it.

With my ex-wife it was easy to blame her for cheating on her. After all, she was abusive (that part is true), she was pushy, quick to temper, hard to get along with and a long list of other qualities I did not find attractive in a woman.

*How did that give me reason to cheat rather than confront her about my frustrations or even to just leave the relationship?*

It didn't.

But I wouldn't stop there with just blaming my ex-wife.

I could blame my adolescence for not having enough relationships with women and now needing the right woman more than ever.

I could blame my parents for not helping me work through my shyness as a child; therefore, I needed to be with the right girl since I began to date at late age.

An ex-girlfriend who was married made a million excuses to cheat on her husband. Most of them were based on her husband being abusive and not understanding her.

In the end and excuse is nothing more than a white lie to get what you want without taking responsibility for your bad choices.

## 7. Just About Anyone Is Capable of Cheating

Let's just face it, cheating is much easier now than ever before and it will continue to get easier to find other people outside one's relationship without ever getting caught, or at least for a while until two (or more) guilty participants get lazy and begin to make big mistakes to cover their tracks.

With Facebook and other ways to chat you can send concealed messages. With Snapshot you can text images and messages that disappear after seconds. You can even create email accounts that your wife doesn't know about and send endless love notes without her ever knowing. The opportunities are there and will continue to multiply as technology advances and sick entrepreneurs capitalize on our immoral society.

So with this it makes it harder to catch a cheater red handed.

You may just find what you think is the most gentle, loving man in the world. And maybe he is. From the outside he seems satisfied with his life, calm, someone that doesn't need to be the center of attention, a family-oriented person, perhaps he's even willing to admit his mistakes.

So you think here is someone that doesn't need more than what he has, not over emotional, is emotional secure with who he is, would hate to disappoint his family and doesn't hide what he is feeling. However, it's possible that he's not fully satisfied. He relives sexual fantasies in his head several times and longs to fulfill them, his calmness and apparent noninterest in attention is shyness and he actually craves to be told how important he is to others. His appearance to need family might be to appease his parents or even hide that he is scared stiff of caring for others' lives. The mistakes he admits relate to areas of his life that don't matter that much to him, but he has much to hide from you, scary obsessions, dreams and fears he will never reveal.

I am not a psychologist. I do not dedicate my life to studying human emotions and what drives us to do what we do, but it all fascinates me to the point of learning recreationally at least. And out of the potentially hundreds, perhaps even thousands of characteristics common among cheaters there are a few I have uncovered. The list I'm sure is endless, but even a partial list can serve as a guide to identify potential cheaters. And although accusing someone as being a cheater before actually committing the act these characteristics can be helpful to at least raise a red flag.

### Characteristics of Potential Cheaters

- Craves attention from opposite sex
- Obsessed with how they look and dress
- Infatuated with style, celebrities
- Have a history of short relationships
- Often selfish
- Have difficulty sharing
- Hide their feelings
- Expert liars
- Sense of entitlement
- Never satisfied
- Extremely manipulative
- Emotionally dependent on others
- Moody
- Very sexual
- Hate to hear “no”
- Lives for compliments (especially about his or her physical appearance)
- Unpredictable behavior
- Superficial
- Jealous
- Views sex as casual, not special with a partner
- Very flirtatious
- Difficulty with deep conversations
- Runs from confrontation with partner rather than dealing with it

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