

AFFAIR RECOVERY LISTS TO HELP DECIDE TO STAY OR LEAVE

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Here are the entire lists just as I promised from my post "[Cheat or Change? Will he cheat again?](#)". Thank you for subscribing to my email updates. More free affair recovery resources to come via email.

Quick Jump Links

Hover mouse over a list name below. Hold down the control button. Click your mouse to jump to the list.

15 Signs Your Cheating Husband Will Cheat Again (and one Bonus).....	1
15 Signs Your Cheating Husband (or Wife) Is Worth Giving a Second Chance (<i>or perhaps yet another chance</i>).....	3
14 Reasons Betrayed Spouses Stay in Relationships after Affairs.....	4
17 Nightmares to Expect After You Take Back Your Cheating Spouse.....	5

15 Signs Your Cheating Husband Will Cheat Again (and one Bonus)

Sure there is no guaranteed way to predict if your husband or wife will cheat again. However, you can look for evidence that he or she does not feel remorse and does not proactively take action to earn your trust and work out the problems that led to their choice to betray you.

1. **[Anxious or Avoidant Attachment Style](#)**. How your husband or wife views the purpose of relationships can determine his or her probability to leave for greener pastures. Style **Dr. Lisa Firestone** explains that for those who are confident, can get along with others well, knows how to get their own needs met and how to help fulfill the needs of their partner can have fruitful, long-lasting relationships more easily. This kind of person has a **secure attachment style**.
2. On the other hand if your wife or husband displays an ***anxious or avoidant style*** they are selfish and focus on themselves. An anxious attachment style person becomes clingy and needy. *An avoidant attachment style person acts standoffish and desires an illusionary relationship with the freedom to come and go as they please.*
3. **Blames their choice to cheat on you**. No responsibility here. Your husband or wife simply plops all the blame on you.
4. **No Real Remorse**. Your gut tells you they do not feel sincere, genuine remorse towards the emotional damage they caused you to the point they do not fear losing the relationship.

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5. **No action to change, just talk.** Your cheating spouse does not *proactively* change factors that led to the affair. "Proactively" is the key word here.
6. **Defensive towards transparency.** After all the secrecy and living a double life they still do not wish to prove that they have nothing to hide. *DO YOU STILL WANT TO PUT UP WITH THAT?*
7. **Past cheating history for various reasons.** I do believe a cheater can change if they [identify and fix their personality flaws or emotional voids](#). However, if you know that your spouse cheated multiple times in the past under many different circumstances and then they cheated with you. They have not identified their own sabotaging, messed up traits. If you don't identify a problem you cannot solve it.
8. **Shows or has shown multiple characteristics as a *bad relationship partner*.** Sure they were fun in the beginning. Yes you loved spending time with him or her for a while. But ask yourself this, "WAS your husband or wife really *LONG-TERM* relationship material from the *BEGINNING*?"
9. **Cheating (test taking, breaking rules) or stealing history.** Does your dishonest spouse have a history or pattern of theft or general cheating? Are they proud of it? Do they feel guilty about it? My ex-wife always stole items from work, hotels and planes. *And I don't mean just the shampoos and lotions!*
10. **Does not **proactively** pursue spending time with you.** Yeah, no begging for attention. They work to seek your attention and company.
11. **Does not **proactively** attempt to convince nor prove the last relationship is over.** How do you know that the "Other Person" is out of the picture?
12. **Does not offer help to share chores.** This could be a sign that your husband or wife does not value what's both of yours. They have no interest in building and maintaining your "castle". In fact, in my case my ex cheating wife was plotting out her exit strategy.
13. **Does not appear to enjoy spending time together with you.** Her body is there when you go out, her heart and soul are not.
14. **Does not act affectionately.** Remember when you first went out as girlfriend and boyfriend when you touched each other's arms, held hands, hugged, she grabbed your belt loops on your pants when you walked in the mall? That is a sign you attract them.
15. **Does not smile or laugh with you.** Another sign you attract them is when they laugh and smile at your bad jokes (*and even your good ones*).

Bonus: History of running from relationship problems (*and still does*). They evaded the problems that led to their choice to cheat, they showed the same pattern throughout the affair and maybe even in previous relationships. This describes my ex-wife's case pretty well.

15 Signs Your Cheating Husband (or Wife) Is Worth Giving a Second Chance (*or perhaps yet another chance*)

1. **Your cheating husband or wife asks you to forgive them.** He or she doesn't just offers up a passive, "I'm sorry." This shows they fear losing the relationship.
2. **He or she is willing to provide full disclosure of the events.** Of course only if you want to hear them. Counselors, therapists and betrayed spouses who experienced an affair dispute among themselves how effective listening to all the details can help you both as a couple heal and rebuild a healthy relationship. However, the fact that your unfaithful spouse would be willing to offer the details shows that keeping the relationship is more important than admitting shame and removes secrecy of hiding affair. Imagine how embarrassed you would feel describing how a man or woman outside the relationship touched you in your naughty parts.
3. **New pattern of changed behavior.** No more [questionable actions](#) that broke the pre-affair behavioral patterns that served as believable excuses to help them cheat and meet up with their lover.
4. **Takes responsibility for cheating.** No more blaming you. No more blaming the Other Person. No more blaming being drunk or any other lame excuses. Your cheating husband or wife takes full responsibility for the choice to cheat without communicating whatever it was that was bothering them which helped lead to the affair.
5. ***Proactive* to earn your trust.** If you really felt shame. If you truly feared losing your husband or wife because of an action that you chose to do, you would do everything in your power to make sure they would stay. Makes sense, right?
6. **Acts less secretive.** Unfortunately you will feel edgy for a while. Perhaps like a whistle-blowing, happy referee with penalty flag in-hand ready to throw it. BUT overall your gut instinct should tell you they cease all secret-hiding actions.
7. **Return of the love letters and texts.** If you like someone, you make sure they know it. They flirt again. Or at least attempt to.
8. **They apologize to your family.** To me this is a sign they see a long-term future with you still. My cheating wife hid from my family and even un-friended anyone associated with me.
9. **No pressure to rush your healing.** They screwed up. They know it and relinquish control to you to decide if you want to stay married to them or not.
10. **No serial cheater personality traits.** Situational cheating is one thing. Do they portray any of these [cheating tendency personality traits](#)?
11. **Opens up about problem that led to their choice to cheat.** As you might know from reading other posts on my blog InfidelityFirstAidKit.com [I cheated on my first wife](#). I despised how controlling and belittling she could act, *BUT I didn't bring this to her attention* to at least give her a chance to work it out with me.

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12. **Proposes options to overcome problem.** Your cheating husband or wife does not wait to take action nor just talks. He or she cares so much about staying with you that they seek ways to fix the marriage and move past their affair.
13. **Values your company- again.** Less running off to spend time with friends. Less time on the phone with family. If the thought of losing you forever scares them then they will seek to keep you close.
14. **No signs of undesirable relationship traits (this is from my download list- get it here).** Maybe some of you don't agree that the traits from the "undesirable relationship traits list" PDF download do not mean they will cheat again. But you know what? They may. And at this point do you really want to risk more than the fact they will cheat again? You need to ensure yourself (*as best you can*) that they are your soulmate. Don't you?
15. ***Proactively* shoves evidence in your hands proving they broke up with the Other Person.** They basically need to reapply for the position of Mr. or Mrs. (Your last name here). And you need to decide to hire them back or fire them. *RIGHT!?*

14 Reasons Betrayed Spouses Stay in Relationships after Affairs

What possibly makes it worth saving a marriage after a husband or wife cheat on their loyal spouses? I mean, you are thinking about staying that's how you landed on this post. And you don't want to feel alone or ashamed for taking back that lying, cheating dog walking back into your life with his or her tail stuck between their legs. So why do other men or women take back their cheating spouses. Here is a mix of reasons I have heard or researched other betrayed spouses said or my own reasons for taking back my cheating wife a second time.

1. **To protect the children.** You don't want the traumatic to experience to scar them too.
2. **Belief that they can still love you.** They fell in love with you once, they can do it again. [After my wife abandoned me and left for NYC](#) without telling me she came back to visit a few months later. I felt alive again. She talked and smiled and laughed just like in the beginning.
3. **Do not want to start over with someone else.** You fell in love and why should you start over with someone new? We can fix this. All cars break at some point and no relationship is perfect.
4. **Chance to uncover the underlying problems that plague the relationship.** Hang around just long enough to hear the reason they chose to cheat and perhaps revive the love that once existed.

5. **Can't financially afford to leave.** Maybe you depend on their income. Maybe they take care of you. You live a good lifestyle. It's just this cheating thing. What? No more expensive bottles of wine or restaurants? Can it still work?
6. **Believe he or she acted out of character.** Maybe she was just in the wrong place at the wrong time.
7. **Believe he or she can change.** You believe her apologies. You buy into the reform plan he's selling you on. Just one more try, at least for a little longer. If you don't see progress then he can go %\$#@ himself.
8. **Believe you both have not given it your best.** After all, what's that silly phrase (I'm not fond of clichés)? It takes two to tango. You engulfed yourself in your career and invested countless hours spoiling your twin daughters. Hey! You're busy. You want to enjoy every precious moment with them before they grow up. Ok, maybe you didn't pay enough attention to him. He's a cheat, but he really loves me, doesn't he?
9. **No one will ever love me again.** Obviously I'm not wanted. Who would want my pathetic self after this?
10. **Do not want to feel like you quit.** You don't give up! Not you. Remember when you drove the kids to soccer, created award-winning meals, folded the laundry and still performed at a peak level at work. You're a multi-tasker. You can make this work!
11. **The dreaded divorce label.** Oh, no, not you. Divorce never would appear in your life's book. Let's stay clear of the divorce reputation.
12. **Do not want to be alone.** An empty bed. No more hold hands or goodbye kisses. No more trips to Disney or the beach. *Sad face*
13. **Afraid to be without sex.** You're a sex machine. Lift the head and listen to those engines revving. Please no touching myself. I used to make fun of my sexless friends.
14. **Make excuses for cheating husband.** You justifying his pathetic lies?

Alright. So my sarcasm got the best of me in some of these. But when your "prince" or "princess" (*woops! I did it again- sarcasm*) choice to cheat you knew you were in for an emotional roller coaster.

17 Nightmares to Expect After You Take Back Your Cheating Spouse

I believed it was worth saving my marriage. I gave my wife another chance after she chose to cheat on me. Let me pull out my crystal ball and read the future for you. Here is a list of what to expect based on my experience and others'.

1. **Forever suspicious.** Where the hell are they? He's probably Facetiming his gf. (They're taking a nap on the couch.) Earning trust back is a bitch.
2. **There will never be enough evidence.** Ok, what else do you got? She can toss up another piece of information proving her innocence on top of the heap of other evidence she's brought for months. It won't suffice. You'll just ask for more (*or think about asking for more*).
3. **Push or stranglehold too much and he'll want to cut bait.** You reeled him back in. You dropped him in a shot glass to swim around in. HE FEELS TRAPPED! Who wants that?
4. **You'll always think about the pain from finding out.** [Post-traumatic stress disorder](#) will eat at you EVERY day. Trust me.
5. **You'll doubt he (or she) still finds you attractive.** He left me for another woman. The butterflies in his stomach must have flown away.
6. **You'll feel awkward when you both are around people that know about the cheating.** Imagine those family get-togethers. Everyone thinks but doesn't say anything. Why does my sister keep looking away?
7. **Others may not respect you.** Will they think I am weak? Will they gossip?
8. **You're afraid what your kids may think.** OK so staying for the kids' sake my not be the best idea after all. What lesson would that teach them about cheating? Or should we just keep the "daddy choice to cheat on mommy story" under wraps?
9. **You'll always wonder if they told you all the details.** Did she really tell me everything?
10. **Did they cheat more than the one time?** Remember that one time she didn't come home right away and wouldn't answer her phone. Did she cheat before with that guy that rubbed me the wrong way at the Christmas party?
11. **The awkwardness between you two when having sex.** Talk about a deflated balloon. This is worse than Deflate Gate. (Only American football fans understand that jab.)
12. **False hope that the romance will return to the glory days.** Did you really think things would be the same? Yes, there's a chance. Just check out the book I recommend further down on this post, but what really are the chances?
13. **The will hate yourself if it doesn't work out or regret not trying.** You will feel stuck right in the middle.
14. **If they cheat again they will be smarter how to cover their tracks.** I got lucky. I found out by accident. You might not be so lucky. When someone chooses to cheat, they fear it less and [improve their cheating evidence hiding skills](#).
15. **If they cheat again or leave then you will be even more upset than you are now.** You're upset now? Just think how upset you will be or depressed you will be if you find out again.
16. **You'll wonder if you could have found someone better who respects you more.** She was my princess. I gave it everything. I now have a new outlook on marriage and love. As sad as

it feels. Either the timing in our lives didn't match or we didn't match as a couple or she is just sick [serial cheat](#).

17. **You struggle to trust people for future relationships.** This sucks, but you think everyone could cheat. I can't tell you how many times I look at a woman decked out in the latest fashion gear (purse, heels, jewelry, make up, etc.) and think, "How long before that spoiled, gold-digging brat decides to cheat on her hardworking husband?" You'll do the same. You'll catch yourself. Re-align your thinking. I mean, let's admit, that's silly thinking, but even the strongest emotional people slip.

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