

TOP SECRET

CHEATING SPOUSE REPORT

Former ***Cheater*** Unlocks His ***50+ Secrets*** Your Husband/Wife ***Wishes You Didn't***
Ever Know About How to Catch Them in Their Lies

Table of Contents

Disclaimer and Terms of Use Agreement.....	2
What You Will Get Out of this Report.....	4
The Cheater's Mindset: How to Avoid Getting Caught.....	4
Cheating Soccer Moms Will Actually Do This to Meet Up With Their Lovers	7
People Cheaters Most Likely Start Affairs With	8
Women Usually Cheat with People Who... ..	8
Why Women Cheat	9
Want To See What Other Married Men and Women Admit About Cheating? A Revealing On-Going Survey.....	11
How the Type of Affair Tells You If He (She) Will Cheat Again.....	12
10 Most Unbelievable Infidelity Stats.....	13
Signs Your Husband (Wife) Is Sexting or Facebook Cheating.....	14
Cheating in the Workplace: How Your Spouse May Start an Affair at Work.....	15
Crossing the Line from Friendship to Affair at Work	15
Why the Workplace is the Hot Spot for Cheating.....	16
10 Ways Cheater's Get Caught	17
10 Types of Evidence Your Cheating Spouse <i>Tries</i> to Hide From You	20
10 Places Your Cheating Spouse Hides Evidence from You	22
Why You Need to Start Listening to Her/His Boring Complaining Stories from Work.....	25
10 Gifts Cheaters Can't Resist Giving Each Other	26
10 Best Times to Search for Cheating Evidence <i>without Getting Caught</i>	28

Vacation: One of the Easiest Times to Catch Your Cheating Spouse	30
Catch Your Cheating Spouse on Family Vacation: Top 10 Strangest Behaviors to Watch Out For	31
...and How to Set Trap for Cheating Spouse While on Vacation ...	31
Top Action Steps to Catch Cheating Spouse While on Vacation with You and the Kids.....	31
9 Serial Cheater Personality Traits.....	32
Ugliest Personality Traits- Signs Your Girlfriend or Boyfriend Is NOT Relationship Material.....	36
10 Relationship-Killing Personality Traits	36
101 Toxic People Signs: Dead end relationship or bump in road? ..	38
How to Catch Your Cheating Lover with Spy Gadgets- Learn from a Private Investigator	38
Affiliate Disclaimer.....	40

Written by Orlando Candela from InfidelityFirstAidKit.com®.

Product Description

Disclaimer and Terms of Use Agreement

The author and publisher of this Ebook and the accompanying materials have used their best efforts in preparing this Ebook. The author and publisher make no representation or warranties with respect to the accuracy, applicability, fitness, or completeness of the contents of this Ebook. The information contained in this Ebook is strictly for educational purposes. Therefore, if you wish to apply ideas contained in this Ebook, you are taking full responsibility for your actions. The author and publisher disclaim any warranties (express or implied), merchantability, or fitness for any particular purpose. The author and publisher shall in no event be held liable to any party for any direct, indirect, punitive, special, incidental or other

Top Secret Cheating Spouse Report: Former *Cheater* Unlocks His *50+ Secrets* Your Husband/Wife Wished You Didn't Ever Know About *How to Catch* Them in Their Lies- by InfidelityFirstAidKit.com

consequential damages arising directly or indirectly from any use of this material, which is provided "as is", and without warranties.

What You Will Get Out of this Report

You suspect your husband (wife) is hiding secrets, don't you? You fear the worst, but the bottom line is you want the truth so you can move on with your life. In here I provide easy to read tips on where to find evidence and what to look for based on my experience as a former cheater who was involved with a married woman and who was also cheated on by his soon-to-be ex-wife.

My name is Orlando. I started www.InfidelityFirstAidKit.com to help people like you catch your cheating spouse and know how to move on with your life. It shames me to admit my choice to have a relationship with a committed person and hurts to openly share how I was betrayed as well.

No one plans to betray someone they care about nor do they plan to be betrayed, but it unfortunately is a part of life. My objective is to help you find the truth as quickly as possible by teaching you what I know about how cheaters think.

In this brief report you will learn...

- Where your cheating spouse hides his (her) evidence
- The best time to look for that evidence without getting caught
- Some basic tips how to catch your cheating husband (wife)
- I also will recommend some [advance spy techniques](#) to catch a cheater by this [private investigator](#).

The Cheater's Mindset: How to Avoid Getting Caught

When I was dating the married woman we looked for opportune moments to get together. The best way for cheaters to meet with their

lovers is to make up realistic lies. You lessen the likelihood you will be caught if you avoid suspicious behavior.

The best way for cheaters to meet with their lovers is to make up realistic lies.

As a cheater you ask yourself, "What sounds like a legitimate excuse?" or "What will my wife (husband) believe so that they won't snoop around to check up on me?"

Here are ten opportune times for cheaters to meet without getting caught. I'll share some of the secrets that my ex-married girlfriend and I took advantage of or what my cheating wife used.

I'd suggest you start paying more attention to these moments.

1. Late Work Schedule

She always works late. You aren't going to leave home late to check on her so what does she have to worry about? She could call in or switch her shift for an early one and you wouldn't know.

2. On-call Job

He routinely receives that call last second to work the next day. So if that happens all the time how would you know that he actually is making dinner, watching a movie and having sex in her apartment?

3. Hanging Out with Co-workers

You don't even know the people she works with so you have no interest in meeting them for dinner or the bar for a few hours, but that's more than enough time for your wife to meet her boyfriend at his house on Wednesday night.

4. Guys Night Out

You have no interest in watching football at the bar or playing basketball with his friends. And let's face it even if you did you are not going to intrude and ask to hang out with the guys. But he's not

watching football, he's watching his girlfriend from work get out of the shower.

5. Ladies Night Out

Any chance you'd show up with your wife to hang out with her lady friends, no right? Whether at the bar, her long-time friend's house or going to the movies, any of it sounds reasonable so you aren't going to question it.

6. Lending a Helping Hand

Provided it's not a friend of his (hers) you personally know well you aren't going to question their whereabouts. Are you going to risk being a jerk and tell him (her) they can't help their friend?

7. Shopping for Gifts for Friends

If the gift was for someone you both knew then you might want to join them, but he (she) knows that so that's why the excuse is better.

8. Club Meeting/Outing

You thinking about helping her at the Mary Kay meeting? No right? How about joining him for his speech at the local rotary club? No chance. It's a great excuse.

9. Weekend to the City/Beach with the Ladies or Girls

Yeah, this one scares you, doesn't it? He (she) could spend the entire weekend with her lover and there is no way you are going to say no and risk taking away his (her) fun.

10. Business Trip

The scariest excuse of all. It's business. He (she) could repeat this excuse over and over. You are not going to tell your husband (wife) that they cannot go to work. Expensive dinners, luxury hotels, ski resorts, you name it, while you watch the kids and help them with homework he (she) could committing adultery and vacationing with a complete stranger.

And would you believe some wives are so desperate they will **EVEN USE THEIR KIDS AS EXCUSES TO SPEND TIME WITH THEIR LOVERS.**

Check out this next section...

Cheating Soccer Moms Will Actually Do This to Meet Up With Their Lovers

Would you believe your cheating wife might have the gall to cheat in front of your kids?! The world-renown website for cheating adults to find a partner www.AshleyMadison.com conducted a survey with about 15,000 of its members. The replies to the poll reveal some eye-popping, stomach-turning results- ***you may not want to look!***

67% cheating mothers reported taking a call from their lover in front of their child

- 67% reported taking a call from their lover in front of their child
- 56% reported arriving late to pick their child up from school or an after-school event after meeting up with their lover
- 29% claimed to have changed their child's plans in order to meet up with their lover
- 4% admitted to introducing their child to their extramarital partner as a friend
- 2% were caught with their lover in a physically awkward position **by their child!**

And would it shock you to know that the day after Mother's Day in 2014, AshleyMadison.com reported a spike in membership sign-ups of 431%, roughly 17,000 new members in one day?

Just think, this happened the day before you and the kids shared brunch and went out to the movies.

People Cheaters Most Likely Start Affairs With

According to the majority of research on affairs (surveys, psychological studies, mental counselor experience, etc.) men are more likely to cheat for sex while women are looking to make an emotional connection.

Women Usually Cheat with People Who...

According to a study from an online dating site to find an affair, www.VictoriaMilan.com, here are some alarming statistics. Majority of the time women will cheat with people they know rather than with a stranger.

Majority of the time women will cheat with people they know rather than with a stranger.

If your suspicions are true, your wife could be cheating on you with someone you trust. For both men and women they will most likely enter into infidelity with someone they see on a regular basis during their daily lives.

It's no wonder that the workplace is where most affairs start. It's where I met Marcia while I was married to my first wife.

It's easier to create a connection with someone you see all the time.

- A colleague/boss – 36%
- A stranger on a night out – 18%
- An online friend – 16%
- A friend – 10%
- A friend of your partner – 9 %
- My friend's partner – 6 %

- My neighbor – 3 %
- Other – 2 %

Why Women Cheat

Times definitely have changed and women have many more choices to make their lives how they want. With those choices come more opportunities to cheat and here are some suggestions of why women cheat on their husbands from Dr. Janne Lomansky, licensed psychologist and author.¹

- **Lack of Attention and Intimacy**
She craves emotional and physical attention. She desires to feel wanted, to feel beautiful. The clock's ticking. If you aren't fulfilling these needs then it's only a matter of time before the clock strikes "0" and she finally goes out for coffee with the attentive colleague at work or gives into the handsome guy she runs into regularly at the coffee shop.
- **Revenge**
Perhaps you flirted and got caught. Maybe you are former cheater (*like me*). And now she wants you to know how it feels to be cheated on.
- **Bad Sex**
Dr. Lomansky says if you don't fulfill ALL your woman's your worst nightmare could come true- she could look elsewhere- if you don't work through your issues. She expresses the importance of your woman's need for enough sex and feeling an emotional connection to you.
- **Weight Loss/Plastic Surgery**
Has she lost weight, gotten a breast implant or face lift recently? How about in the last few years? Noticed a rise in stories about flirtatious men hitting on her in public? And how does she respond to the increased attention? Dr. Lomansky suggests the numerous

¹ <http://divorcedmoms.com/articles/the-top-8-reasons-women-cheat-this-may-surprise-you-2>

compliments may raise her confidence and create some hard-to-resist temptation to act on those male passes.

- **Financial Independence**

Money is power after all. And if she isn't happy then her ability to make her own money and provide for herself at the very least gives her a plan B. My *unfortunate* experience (both with an ex-married girlfriend and cheating wife) is that a cheating woman hedges her bet. She needs to live both lives with you and the Other Person before deciding which life she wants- *or maybe she just wants both.*

- **Low Self-Esteem**

In my opinion, low self-esteem could be a serious problem. This is not situational. Your lack of attention certainly make it easier for her to act on her co-worker's invitations to eat lunch with her in the cafeteria. However, this is an internal problem she must correct on her own. Until she values herself and does not need others' affirmation to feel happy she may forever vulnerable to other men's attention. I file low-self-esteem on list of personality traits on my Cheater Profile.

- **Feeling Under-Appreciated**

She labors in the kitchen on date night to prepare a romantic dinner, she surprises you with some kinky lingerie when you return from work- she wants to feel wanted. She wants acknowledgement of her deeds. Dr. Lomansky claims without that acknowledgement eventually she will start to appreciate those "Thank You" from some other guy. Is it too late?

- **Bored**

She's tired of the same old monotonous routine. Same dates. Same dinners. And you are wearing the same old shirt 3 times a week and you don't wear cologne like you used to when you were dating. I did it too. I get it. What's the point of flirting and spicing things up if you already have her? Well, that's what flings are for, that's why- to spice things up in a dull relationship. Instant injection of passion. May be what the doctor ordered for her.

Want To See What Other Married Men and Women Admit About Cheating? A Revealing On-Going Survey

I ran across this online affair survey on TruthAboutDeception.com², which last I checked, more than 70 thousand people participated. Roughly 70% of the participants are women. It revealed some alarming stats **that you may NOT want to look at.**

Here are some of the results that stand out.

57%- admitted to having a one-night stand during their relationship

Would you believe that so many Women admitted to this...

- 57%- admitted to having a one-night stand during their relationship
- 47%- to cheating with someone their husband knows
- 79%- cheated due to relationship problems in their marriage
- 57%- have cheated more than once
- 53%- their husband found out

20% men admitted they cheated with someone their wife knows

And what did the Men say?

² <http://www.truthaboutdeception.com/community-features/online-quizzes/cheating-spouse-results.html>

- 86%- admitted to one-night stands
- 20%- cheated with someone their wife knows
- 53%- cheated due to relationship problems in their marriage
- 78%- have cheated more than once
- 44%- their wife found out

How'd They Find Out? About 19 thousand have participated to date. Here are their confessions about how their spouses discovered they were cheating.

- 19%- Their spouse investigated the affair
- 70%- confessed to cheating
- 3%- found out accidentally

How the Type of Affair Tells You If He (She) Will Cheat Again

When I discovered my wife was cheating on me with another man from another city I was floored. I couldn't believe my biggest nightmare had become true.

I figured my experience as a former cheater would allow me to avoid someone cheating on me. I was wrong.

Once of the first things I did was look for answers, the fastest way possible- on the internet. I found an e-book that had many of the answers I was looking for on [how to survive an affair](#).

The relationship counselor that wrote the e-book believed that there are [7 Affair Types](#) and knowing which one your spouse experienced would indicate if your relationship had a fair chance to be repaired.

The truth wasn't what I wanted to read, but at least I knew.

Honestly this e-book rescued me from falling into a deeper emotional hole. It taught me the first steps I needed to [recover from infidelity](#). I found ways to not blame myself for her choices and discovered ways to give me hope for a brighter future with or without her or any woman.

10 Most Unbelievable Infidelity Stats

Here's another survey I found online³. It still never ceases to amaze me the lengths we go to cheat. It takes so much effort to make the marriage work, but so easy to destroy it with an affair.

*56% men and 34% women claim to be **HAPPILY MARRIED** when cheating*

I pulled out the ten most shocking stats (*not mentioned elsewhere in this e-book*) from the entire survey I figured that you'd want to see.

1. 56% men claim to be happily married when cheating
2. 34% women claim to be happily married while cheating
3. Most people have trouble believing they're involved in an affair in the beginning. (I can relate, but you find a way to justify your bad choice).
4. Incompatibility is the main cause of divorce- NOT infidelity.
5. Relationships where one spouse is highly dependent on the other's income is more likely to cheat than the financially independent spouse. (Hard to believe, right?)
6. The average length of an affair is 2 whole years.
7. 31% of marriages stay together after the affair is revealed (Ouch! So low.)
8. 35% commit infidelity on business trips
9. Infidelity almost always never gets discovered

³ <http://healthresearchfunding.org/26-surprising-statistics-cheating-spouses/>

10. Forty-one% of marriages in which one or both partners admit to having either physical or emotional affairs

Signs Your Husband (Wife) Is Sexting or Facebook Cheating

Frequent phone use and interactions when your husband (wife) flat out ignores you could be signs they are deep in connection with a potential lover. Not sure? Check out these cheating symptoms. Here are some other signs your spouse might be feeding you lies about their phone activities.

Does he often suddenly get up in the night and hide in the bathroom? Let's be real. He doesn't have the runs every night! Who's he talking today?

- Does she often laugh or smile while texting/messaging? Then acts cold and expressionless when she responds to your question about what she's laughing about?
- Does your husband lash out defensively when you ask him why he spends so much time messaging on his phone while ignoring you. Does he accuse you of being jealous or needy?
- Does she fill you in on the details of those conversations?
- Does she quickly put her phone facing down whenever you come in the room?
- Does he often suddenly get up in the night and hide in the bathroom? Let's be real. He doesn't have the runs every night! Who's he talking to?
- Is the phone passcode-protected? Not a sign of cheating by itself, but if she has nothing to hide... (I don't use a passcode.)
- Is she real protective of her phone? Does she always have it on her of does she ever leave it lying around where you could see the conversations taking place? My cheating wife basically tied her phone around her arm. That thing was never left behind. In her first affair her phone opened up to a text conversation with her long-

distance boyfriend...*while my niece was asleep in her arms* I'll add (sickening!).

- Does he/she use many messaging apps instead of texting? Texts show up on phone records. App message conversations are easy to hide. I thought it was odd when my lying spouse stopped texting me and used the app LINE as her main source to communicate with me. I showed her proof of phone calls she made to an ex-lover of hers.
- How many Facebook friends of his/hers are complete strangers?

Cheating in the Workplace⁴: How Your Spouse May Start an Affair at Work

As mentioned several times in this e-book and in many of my posts at **www.InfidelityFirstAidKit.com** the workplace is the most common beginning point of an affair.

There's a good chance that if your spouse is indeed involved in an affair that the cheating started at their job. This is where my affair started while with my first wife.

I certainly didn't plan on having an affair. Sure things at home were rough. Sure I knew if our relationship didn't improve that I would want out, but I didn't want to hurt my wife- *no matter how she treated me*.

No one plans on starting an affair with a co-worker.

So how does one start at work you wonder?

Crossing the Line from Friendship to Affair at Work

Here's the sequence of events in order of how your husband (wife) goes from being friends with their co-worker to having an affair. It's how it happened for me and thousands of others.

Phases in Workplace Affair

⁴ <http://www.mplsounseling.com/affairs-and-cheating/affairs-in-the-workplace/>

1. Small talk begins
2. She (he) begins to share personal details about frustrations in your relationship.
3. They have lunch together and share more details.
4. They trade phone numbers or friend each other on Facebook.
5. They continue to share more personal information through texts or FB messages.
6. She (he) thinks about her new platonic friend when they're not together.
7. She (he) notices an attraction, but fears they might be entering into a dangerous relationship.
8. She (he) confesses an attraction to their soon-to- be-boyfriend (girlfriend).
9. They both admit to liking each other.
- 10.They meet up on a date.
- 11.The emotional affair becomes official.
- 12.They both obsess about seeing each other.
- 13.The emotional affair turns into a physical affair.

Why the Workplace is the Hot Spot for Cheating

When life gets routine. When life gets stressful. When the kids, the job or daily chores squeeze every ounce of energy out of you, panic can set it. You start asking yourself that question that millions ask themselves, "Is this as good as it gets?"

Who do you talk to when life gets hard? The people you spend the most time with, that's who. And those people often times are the ones you work with.

People of the opposite sex tend to be good listeners. I believe we are drawn into wanting to help others from the opposite sex when they seem to be in trouble.

Once you start sharing personal details about your relationship with someone other than your spouse you are putting yourself in a risky situation. It will always be easy to desire someone who you don't have

any quarrels with. They don't see your "dirty laundry". Both of you only see the pretty things.

Once you start sharing personal details about your relationship with someone other than your spouse you are putting yourself in a risky situation.

Communicating outside of work is the biggest risk to take and unfortunately we live in times with Facebook and texting so it is very easy to hide secrets.

Beware of your suspicious partner hiding secrets and communicating with friends of the opposite sex whom you don't know.

10 Ways Cheater's Get Caught

Cheaters get lazy and that's when you catch them. Eventually a cheater will make mistakes. They will grow tired of hiding the evidence.

Will you be ready?

Keep in mind these pieces of evidence or situations could simply be circumstantial. Do not make the mistake of jumping to conclusions. That's why I suggest seeking some professional advice.

1. Receipts for Gifts Left in Car or in the House

When a cheater buys a gift for their partner they may forget about the receipt. If you don't receive the jewelry from the receipt you find then this could be a sign he has a girlfriend. If you notice a shopping bag from a store your wife (husband) does not usually shop at then you must find out what they bought and where that gift went.

Advanced Tip: *Some crafty cheaters will purchase the same gift twice (one for you and one for their lover) on two different transactions in order to avoid your suspicion.*

Sneaky, huh?

2. Strange Phone Numbers Appearing on Old Phone Records

Right after they first exchanged phone numbers they thought they were just friends. After they fell for each other and started dating they decided to communicate in more secret, undetectable ways like through phone apps or work email. Unfortunately for them these old phone records are still easy to pull up on your service provider's website.

3. Posted Pictures on Secret Social Media Accounts

She may think that no one will notice the pics with her boyfriend on an account that her husband doesn't know about, but social media sites are smart. They always suggests people linked to other people you know to your circle of friends. And one day a mutual friend sees photos of the cheating spouse with some strange man or woman. This is how I found out about my unfaithful wife. Instagram suggested a mutual friend of ours "friend" my wife's account. She noticed that the guy in the pic with my wife wasn't me.

4. Arriving Home From "Working Late" Already Showered

Since when do you shower at the office? Where in the world did your husband/wife take a shower before coming home? If your spouse comes home smelling spring fresh with no sweat something isn't right. Why would you shower if you can just do it at home? Chances are she (he) showered at her lover's house.

If your spouse comes home smelling spring fresh with no sweat something isn't right.

5. Car Not at Work When Supposed to Be There

So he said he was working overtime and when you stop there to check his story his car is nowhere in the parking lot.

6. A Mutual Friend Rats Your Cheating Spouse Out to You

It may not always be friends to the end. If your cheating husband (wife) pisses their friend off or does something they strongly disagree with, like cheating, they may lose all respect and tell you about the secret life they're living behind your back. It certainly pays to be good friends with some of their friends.

7. Nosy Neighbors

Being friends with your neighbors creates watchmen. Good neighbors that care about you will watch out for you. When they notice the same strange woman or man showing up at your house with your spouse when you aren't there they may not be able to resist the temptation to inform you of the awkward situation.

8. Conflicting Stories

Take notes about his (her) lies. Your cheating spouse won't be able to keep the story straight forever. He'll forget where he said he planned to be instead of coming home after work. She'll need to create new excuses why she's staying out and get them all mixed up.

9. New Strange Patterns

To maintain a second relationship you must maintain patterns. How can you have a relationship with someone if you don't see them enough? You will suddenly see a strange pattern of events continue to happen. She may pick up a second job as an excuse to see her lover, but start "working" a high number of shifts even though it's slow season for that industry. He might say he's hanging out with friends more often than normal, but those friends might have kids or other responsibilities that don't allow them to go out much. Find ways to find evidence they are not following through with their new activities.

10. Financial Discrepancies

So he says he has to work every Saturday night this month, but the extra does not show up on the bank statements. Extra cash withdrawals show up on statements or an even strange credit card transactions appear. You may not be the one who typically does the finances which would make it easier for your cheating spouse to be careless with the money.

Those were some of the most effective tips I could share with you. Many other betrayed spouses like you and me are taking advantage of some the most [advanced spy techniques](#) this [private investigator](#) uses to catch cheaters in their tracks.

10 Types of Evidence Your Cheating Spouse *Tries* to Hide From You

Gifts, letters and miscellaneous personal items from your cheating spouse's lover keeps them close by when they can't spend time together. Your husband (wife) will also buy gifts for their girlfriend (boyfriend) so there are plenty pieces of evidence lying around to point towards them having an affair.

Lovers unwittingly leave signs of physical contact behind after sex on clothing, sheets or car seat fabric.

1. Love letters

These could be greeting cards, written on computer paper, on special stationary or even company stationary with the name of the place his or her partner works. It might be the same place where your husband or wife works.

2. Receipts from their Date

They told you they were working, but instead your spouse went to dinner, a hotel or perhaps a wine bar. Let's face it. Who really pays attention to receipts? Look at the date. Keep records of the days when they're working late or going out with friends. Then match them up with receipt dates and other evidence presented in this ebook.

3. Strange Looking Hairs

Hairs that don't match the color of your hair, are a different length, straight when yours are curly and so on. Perhaps keep them in a small plastic bag. Take note if the same hairs keep popping up.

4. Make Up

It's easy to not pay attention to where you touch and leave lipstick, rouge or highlighting powder. You know what colors you wear.

5. Food Stains

He never said he was going out to eat, but yet you find food or drink stains on his shirt or jacket. You might not even notice right after he comes home. Maybe a few days later you across the wine, pasta sauce or ketchup spots.

6. Body Fluid Stains

They might think they fooled you, but it's hard to hide all the evidence of sexual encounters. These stains are almost impossible to completely hide.

7. Perfume/Cologne Odors

You would think they'd be wise to clean off each other's body odors, but guess again. Eventually they will slip. Be in the habit of getting close to them when they come home or you meet up with your spouse somewhere. Be on the hunt for these smells without getting caught. And as I mentioned earlier if you start to notice your husband or wife arriving home smelling like the just took a shower then this is their tactic to hide the evidence. Either way that's also of sign of infidelity.

8. New Articles of Clothing

Sure she can say that she shopped for the new panties, and maybe she did or perhaps they were a gift from her lover. Does she wear them for you? Does she wear them at all around you? Or do they suddenly go missing? Which stores does he usually shop for clothing? Does he suddenly "buy" a shirt, tie or slacks from a place he never goes? Take note of the occasions they wear new clothing or jewelry. See if you can

find the evidence they bought them and take note when they suddenly go missing from the closet or dresser. More on this later.

9. Mileage

You know that it's roughly a 30-mile-round trip between his office and your house. So how is it that you consistently notice him clocking 60 miles on the car on work days? Or he she says she's shopping with her girlfriends at the mall which is 5 miles away, but later you noticed she actually traveled 30 miles.

10. His (Her) Friends Facebook or Instagram Pics

She said she was going to a baby shower, dinner or where ever with her friends. So how does that explain when you look on her friend's FB or Instagram that they post pics on the same date and time doing something completely different with other people without any trace of your wife? It makes a lot of sense to get to know as many of your spouse's friends as possible. Then add them to your social media friends/contact lists.

Check out these [FBI techniques to catch your cheating spouse](#).

10 Places Your Cheating Spouse Hides Evidence from You

So I'll share you some places I hid stuff for my ex-girlfriend or where she would hide personal things and unfortunately where my cheating wife hid her secrets.

1. Bottom of Drawers

Beneath his (her) undergarments you might just find love letters, souvenirs from memorable places your spouse and their lover spent time together or their lover's panties. You might even find keys to their lover's house. Your spouse figures you might be too embarrassed to sift through their underwear.

2. Purse/Wallet

Sort of obvious yes, but again they realize you'd have to be bold to search here. And this is where you'll find the real pieces of this infidelity puzzle. Keys to strange places, pics, condoms, lubricants, seasonings for her boyfriend's favorite foods, love letters, receipts of gifts or souvenirs of their most memorable dates together, perhaps a bank card from a mutual account they opened, gym membership card that you aren't a member of.

3. Glove Compartment

She has her own car and that gives her plenty of places to hide cheating evidence. Oh, look there's a garage door opener hidden under a pile of papers. "We don't have a garage," you're thinking of course or it's a different opener than the one to your garage. Another great place for keys to his girlfriend's house or even a storage unit they rent together.

4. Trunk of Car

Gym bags with gym clothes, back packs with lingerie or clothes to change into when visiting his (her) lovers place. Beach towels, running shoes for a romantic Saturday together. My ex loved to make herself at home in my apartment. She loved to redecorate "our" place as she liked to call it. So periodically check the trunk for curtains, shower curtains, bathroom rugs, picture frames and other house decorating items. You'll also find the bigger gifts.

5. Jewelry Box/Make-Up Dresser

You starting to see a pattern? If they think you won't dare to look there then it's a good chance it will be a favorite hiding spot. Do you spot any lubricants you've never used together, condoms, jewelry you never noticed before and again a great place for keys.

6. Tool Box

Maybe he's a construction worker or auto mechanic. Why would you need to use his tools? So great place to hide secrets. Souvenirs or items he plans to use when they go out and once again- keys.

7. Gym Bag

It might be holding more than just his or her workout outfits. If your spouse actually does go to the gym regularly with her friends then it her gym bag may not seem as suspicious. There's proof that she is going and coming back on time, but what they're hiding isn't for the gym days. It's for the other nights.

8. Phone/Phone Case

She thinks it's the easiest place to hide pictures and raunchy messages both electronic and paper. Little does she know that there's software to uncover her secrets. Also you can only be so careful. You can read messages on pop up on the screen from a distance. She never knows when you might be watching.

9. Desk at Work

Why would he need to worry about his secrets here? It's easy to lose track of some souvenirs. In the back of a drawer or behind some books on a shelf you might find some alarming surprises one day when visiting while he's away at the bathroom.

10. Secret Social Media Profile

Dating site, Facebook, Instagram profiles under creative handles are great places for cheaters to hide their dirty laundry while expressing to the world their pent up emotions. It's exhausting to hide and live a second life. I can tell you from experience. You just want to let go and not have to plan everything in advance and make sure you don't get caught. My wife had a secondary Instagram account and posted all her pics of her and her boyfriend there.

You can learn [how to catch your cheating husband \(wife\) in less than a week](#) with these tips.

Why You Need to Start Listening to Her/His Boring Complaining Stories from Work

(Who Are Her Work Enemies, They Might Give Up Secrets)

Like I keep saying. It's hard to live a second life. It's very difficult to hide all your secrets and keep them locked up forever. Most cheaters get caught when they least expect it. They stop paying attention for one second and BAM, the truth comes out!

What they often don't count on are the eyes watching them. Most will not respect nor support your spouse's choice to cheat. Cheaters like my wife, like my ex-married girlfriend, create enemies. You may not even know them- yet.

One day you will drag yourself home exhausted. Your wife will start in on another long story about all the female co-workers she hates and quarrels with. You hate her stories. You swear she loves to torture herself.

This time I suggest you listen. Remember the job is the number one place for cheaters to meet and her co-workers most likely will know she's cheating. They might be the ones to reveal the truth to you someday. Find out the names of these people.

Then what do you do?

You find an excuse to visit her job. Seek out the people she names off in her stories, befriend them, and perhaps offer services from your job to help them. This is just an excuse to contact them later. Later just act stupid like you didn't remember the names of her work enemies.

These supposed terrible people she can't stand will like you for being a genuine person and thus hate your cheating wife even more. This increases the chances they will tell you about your wife's clandestine relationship.

This happened to me except my wife and I worked in the same place. I was already friends with someone she knew. I even did a few favors

for her. She knew I was suffering in my relationship so when she came across the Instagram photos she couldn't resist keeping the news from me.

10 Gifts Cheaters Can't Resist Giving Each Other

No relationship is void of gifts, especially an affair. Be especially on the lookout around Valentine's Day, Christmas and your spouse's birthday.

Did you notice any strange withdrawals on bank statements or transactions on credit card statements?

Personal items you can wear are cheaters' favorite gifts. They are constant reminders of the one you, (GAG), truly love and miss. I bought my ex-married girlfriend gifts quite often and she bought me them too. I still suspect certain items my cheating wife "received from her dad" she claimed.

1. Bracelets

The revealing evidence these are gifts is the message on the underside. "Forever together- Tiffany"

2. Running Shoes

So he never wants to run with you, just by himself? Seems in a rush to get out the door sometimes? Hint: he didn't buy those shoes for himself.

3. Favorite Team T-Shirt

Bought himself a birthday gift? Guess again. What store did he buy it at? Where's the receipt?

4. Watch

My wife doesn't even wear watches. Then suddenly "her dad buys her a watch".

5. Flowers for Desk at Work

I routinely bought my ex-married girlfriend flowers for her desk. Had her husband ever visited made at least one surprise visit he could have made an alarming discovery.

6. New Perfume

He always wears the same cologne. Has done so for years. It's the aroma that identifies him. Then out of now where he walks by and you notice a strange new scent. Why would he suddenly change and not want to show it off to you?

7. Blouse

My ex was extremely picky and so is my wife. They may only put on a certain style of blouse. So can you explain why today she's wearing something completely different? It pays to know your spouse's preferences.

8. Phone Cover

Another selective preference. People are so picky about their phone's appearance. Some like flashy, others take the conservative route. Did you notice the new NYC I-phone cover? Oh, yeah, she takes many business trips to NYC. Is something fishy going on?

9. Daily Planner

All the women in my life love daily planners. And they were picky about how they looked. Any reason mid-year she changed daily planners?

10. Keychain

Carry her wherever he goes- literally! Do you know what your husband's keychain looks like? I have received them as gifts and given them too.

10 Best Times to Search for Cheating Evidence *without Getting Caught*

So you now have some ideas where to look, but when should you look? He can't protect his phone, drawers, shirt pockets and car at all times. He also can't transfer his cheating evidence from the car to the house or vice versa whenever he wants either. You might catch him.

1. After Long Night at Work

Do not let him enter the house without greeting him. If he sneaks in the house then he might be hustling his dirty bag of tricks into the closet. No really. He might be carrying his duffle bag full of sex toys or clothes he changed into to be more comfortable then just changed back into his suit.

2. Her Christmas Day Shopping

Sure she bought your Christmas gift, but she also has a bag of treats for her lover hidden in the tire well of the trunk of the car.

3. Showering for Work in the Morning

His plan is to go to the gym today. You hate working out. So he doesn't fear you will show up to check if he's there, but guess what he prepared while you were showering the night before and through in his trunk? His gym bag of course. Oh, wait. Why does he need massage oils? Does he plan on working out to exhaustion and get a back rub?

4. Far Away Appointment

He acquired a client in the next town over and will meet up late in the afternoon after he leaves the office. Of course this means he will return late too. Just one problem. He wasn't at the office all day. Swing by and look for his car. Stop up to drop off lunch. Woops! Guess he went on a field trip.

5. Picked Up a Shift

My ex worked as an on-call server. It was easy for her to make the excuse she was going to work. Her husband could have checked the parking lot for her car.

6. Dinner with the Ladies

She says she's going to dinner. Where? With whom? Go check but don't get caught. Check those friends FB or Instagram walls for picks of the even later.

7. Saturday Trip to the Store

Great time for hiding the GPS tracker under passenger seat. Match up the route on the GPS with where she said she was going. Didn't know there were stores inside houses. Look up address in the county property appraiser's site for the name.

8. Your Saturday Trip to Store

While you're looking for tools to buy to fix the sink, she's looking for ways to see her boyfriend. Another great time to use a GPS tracker in her car.

9. Your Business Trip- *that you don't actually take*

Only do this if you highly suspect he is cheating and that he will not check on your whereabouts. Stay in nearby hotel or friend's house. GPS track his car, swing by home to check on him, come back earlier than you said you would, have friend check house.

10. Her Business Outing

Find a way to follow her after work or GPS track her.

Vacation: One of the Easiest Times to Catch Your Cheating Spouse

From experience on both sides of the cheating fence, I can tell you that vacation time is the hardest for cheating couples to endure. The cheating spouse finds every possible way to communicate with his/her lover. It is not nearly as easy to keep in touch while your spouse is close by the majority of the time like they are on vacation.

Your cheating spouse has one thing on their mind while on vacation- how to break away and talk to their girlfriend/boyfriend.

They will exhibit some strange behavior in order to find any way possible to be alone so they can call or send them a message.

Vacation-time is a very uncomfortable and nerve-wracking time for your cheating husband/wife because they fear their lover will leave them.

Remember a major objective of a married person cheating is to keep their lover happy and give their lover hope that he/she will get divorced and only be with their lover.

Going on vacation with your wife and kids is not exactly a sign that you plan on getting divorced any time soon. So your cheating spouse has extra work to do.

They will a tough time relaxing while they worry about paying attention to their extramarital partner back home.

Here is some strange behavior to expect from your cheating spouse while on vacation.

Catch Your Cheating Spouse on Family Vacation: Top 10 Strangest Behaviors to Watch Out For

1. (If traveling out of country) Has he/she set up international call plan for cell account?
2. Does he/she make calls from the hotel room using a calling card to avoid a phone number from showing up on cell phone records?
3. Seem stressed out or distant after coming back from "the gym" or after any time away from family?
4. Offers to run errands like pick up supplies at convenience store? Pick up gas for the rental car?
5. Overprotective about his phone? Always has it with him/her even when going to bathroom or taking a shower?
6. Does he/she clear all last calls and texts out of call history?
7. Does he/she make up excuses to stay back at room while you and the kids go have fun?
8. Does he/she go on morning jog, swim or workout at gym early in morning by himself?
9. Does he/she get ready for dinner extra early and make an excuse to leave room while you get ready?
10. Does he/she make excuses to make work calls while he/she steps away from you and kids?

...and How to Set Trap for Cheating Spouse While on Vacation

Top Action Steps to Catch Cheating Spouse While on Vacation with You and the Kids

1. Plan activities away from hotel room where you all must spend time together. Watch for him/her to constantly check phone. Or ensure the activities do not allow him/her to take his phone. Watch for him to

make excuses to step away. Take note of the times he/she steps away. Check phone log and records later for those times.

2. If he/she keeps stepping away to take phone calls. Demand he/she spend time with the family to relax and take phone away. Watch for a defense, upset reaction and excuses why he must. Ask for details who he needs to call at work and what the call is about. Know your husbands co-workers and details about what he does. You can check on the truthfulness of his stories.

3. If on weekend and he/she claims to be calling "Fred" at work check Fred's FB page to see what he is doing. Ask your husband/wife what Fred is doing on a weekend instead of relaxing. Fred may post what he is doing or his wife might. Does your husband's/wife's story match up with Fred's whereabouts?

4. If he/she must take office call ask him/her to take it in front of you so he/she can still spend time with you and ask to say hello to his/her boss or Fred. Does he/she still take the call? Does he/she get defensive and still step away?

5. Spend time together as much as possible. Do not let his/her alone time excuses fly. Watch for him/her to act nervous and not enjoy himself/herself as he/she is anxious about upsetting his girlfriend/boyfriend or can't stand being away from her/him.

6. Make excuses to use his/her phone in order to watch his/her reaction. Say you need to send a text since your battery died.

9 Serial Cheater Personality Traits

Even good people cheat. People with good intentions fall into the temptation during weak moments in their lives. Sometimes we need attention when no one seems to listen, but I believe that there are some people that are NOT meant to be in long-term relationships.

They do not believe in sharing. They do not believe in sacrifice. They think about the excitement of meeting someone new or how it feels to be naughty. They do not care about breaking your heart.

If your cheating spouse fits the serial cheater profile like I believe my wife does than you may want to look at the big picture and consider getting some [personal coaching how to survive your affair](#).

1. Fear of Intimacy

Intense fear of getting close either emotionally or physically. The fear of getting emotionally close may stem from a fear of how ugly they see themselves. They do not like who they are and feel uncomfortable getting too close with you. They'd rather just get in skin deep in a relationship than jump all the way in. Nor is it a natural feeling to develop of physically passionate relationship. "Love making" is too intense for their comfort.

Their risk of cheating as a way to leave the relationship is higher or at least run away.

2. Fear of Commitment

This trait is for the man (woman) who values independence over a long-term relationship. They may fear being controlled and do not accept the concept of sharing. Finding and enjoying time together may be a struggle for a person with this characteristic. They may feel trapped in a cage in a long-term relationship. You believe you are stripping them of their freedom. They never fully bought into the relationship idea. They might have just wanted to hang out.

3. Low Self-Esteem

Low self-esteem sabotages a relationship no matter how much they like you. They do not have confidence in their ability to survive in life, build a career and depend on their own decision-making ability. They get overwhelmed easily and are indecisive. Bottom line: they are dependent people. You are their care taker with benefits. They rely on you for validation in order to feel valuable. Stop making them feel valuable and appreciated, they will just find someone else.

4. Dependence

This person could be decisive and confident regarding their career and have personal goals, but they are either emotionally dependent or have a fear of being alone. They do not function well alone. They too may need a care taker for daily problem solving, but ultimately are not ready to live independently.

Don't fit their needs as a support system to help them achieve their goals and they start shopping for the person who does. Once they latch onto to the person who fits the profile, they release you from their life.

5. Risk Taker

This person is a sensation seeker. They get bored easily and like to live life on the edge. Bending or breaking the rules provides them a high. Doing what they are not supposed to do while avoiding getting caught being bad turns them on.

Sound like someone meant for a healthy, long-term relationship?

6. Lack of Empathy

Hurting you wouldn't phase them. They want what they want in life and that is all that matters to them. The emotional wreckage they leave behind is simply collateral damage. It was necessary to achieve their objective. If you stop fulfilling their life plan then you must go. They may find someone else along the way before severing ties with you. So what? They do not care how that affects your life. This is a "dog-eat-dog world" and it's every man for himself- or woman! They may be narcissistic, but the focus is how they feel about how their actions affect others, not how they actually treat others.

7. Narcissism

They need the attention, the admiration. They are the VIP and everyone else is second place. They are manipulative in nature and show a lack of empathy. They treat others like garbage or pretend to treat others well on the surface, but disrespect them behind their

backs. This is a mental disorder called Narcissistic Personality Disorder that requires treatment to reverse.

So does she (he) always seem to thrive on attention, admiration and special treatment? Does your wife (husband) routinely treat others in a condescending way? Does she (he) seem to care about other's feelings?

A narcissist sees the world as an "everyone is out to get me".

8. Insecurity

They are not confident in their value in a relationship. "All other women (or men) are better than me." They may doubt you even like them and feel lucky you decided to choose them. There is no one specific thing they are insecure about, it is just their personality. Their fear of abandonment is intense.

If you are with an insecure person it's most likely because you feel sorry for them. This could be a very clingy person. Don't be surprised when they dump you for someone who makes them feel better about themselves and who gives them constant validation that they are important. They may not even officially dump you- one day they simply run away.

9. Compulsive Sexuality

They have an unquenchable desire for sex- could be man or woman. This person is not interested in monogamy. They need variety yet somehow they fell into a relationship and now feel trapped. This is a sexual disorder and requires treatment from a professional called Compulsive Sexuality Disorder.

They cannot get enough sex. Sound like marriage material to you?

Ugliest Personality Traits- Signs Your Girlfriend or Boyfriend Is NOT Relationship Material

10 Relationship-Killing Personality Traits

Perhaps cheating is the best thing that happened in your relationship. It finally gives you the excuse to end it.

These characteristics are not exactly what most would want in a long-term relationship.

Believe me I understand how difficult it is to end a relationship after investing (or should I say wasting) so much precious time with someone, but if your spouse has the following personality traits then these are signs that they are not meant to be in relationships with you or anybody.

1. **Narcissistic**

A selfish person usually focuses on the benefits they receive from the relationship not the enjoyment of they feel from being with their partner. The moment the relationship gets boring and the narcissist meets other potential new partners they are very likely to cheat. They do not handle interpersonal conflict well and do not make good marriage material.

2. **Lack of Impulse Control**

Instant gratification is of utmost importance. People with this characteristic makes decisions to feel good in the moment with little thought to consequences later. This trait is tied closely to narcissism. The damage to a relationship due to cheating may not be a consideration for a person with poor impulse control who desires the thrill of not getting caught.

3. **Bossy**

No one wants to be treated like a child and bossed around. Eventually even the weakest person will escape emotional bondage from a controlling mate.

4. Dependent

They will not allow you freedom to accomplish many of your goals you set out to achieve because they will require an excessive amount of your time, attention and resources. They simply do not function well on their own.

5. Clingy

Always wants to talk and spend time with you. Showers you over and over again with compliments. Is uncomfortable with you spending time with other people. Designs plans for both of you before discussing them with you.

6. Emotionally Insecure

Feels they do not offer you anything of value and fear you will leave. Must hear they are loved and beautiful. If this person is controlling they will attempt to guilt you into staying and demand you pay them compliments.

7. Judgmental

Your way of thinking and doing things is faulty. It's their way or no way. They will often ask about the methods and manner in which you choose to solve problems or complete tasks in a negative, condescending tone. They do not respect that others have a different way of doing things.

8. Manipulative

When someone is controlling and insecure they may attempt to trick you to believe their way benefits you too (when it doesn't) in order to get what they want.

9. Paranoid

Everyone is out to get them. They can't trust anyone, not even you. Things do not turn out right. Disaster is always waiting around the corner.

10. Lack of Empathy

Do not understand how their actions affect your happiness and do not care. Very much tied to a narcissistic personality. Do not see importance of giving, more concerned with receiving.

And this is just the short list of toxic personality traits.

Want a longer list?

101 Toxic People Signs: Dead end relationship or bump in road?

Whether your partner is a **kleptomaniac**, **secretive** or **manipulative** you won't want to miss out on this gigantic list of relationship-killing personality traits.

Check out my post [101 Toxic People Signs: Dead end relationship or bump in road?](#)

How to **Catch Your Cheating Lover with Spy Gadgets**- Learn from a Private Investigator

I remember when my married girlfriend years ago would come over to my house.

"Her poor husband", I thought.

"How would he even know she is not actually going to work?"

She only came over once a month. There was not awkward pattern. She worked a second job. And only detoured from it one time a month.

She was a smart cheater.

So how would he have known his wife was cheating when she showed very few cheating clues that I shared today with you in this book?

Emotional distancing- that's how.

You cannot fake it forever. You cannot hide your lack of feelings for your spouse for too long when your heart is with someone else.

He definitely knew something was wrong.

And like most men his pride and shame got the best of him and he decided not to take action.

And still, how could he have caught her when she left little evidence?

Spy Gadgets- that's how.

Any of these could have helped him uncover the truth.

- GPS trackers
- Voice-activated digital recorders
- Semen detection kits

He thought about it, but did nothing.

As a result he lost 6 years in a dead-end relationship.

Well, so did I though.

If you'd like to learn how to catch your cheating spouse then I invite you to read my **Review** of the ["How to Catch Your Cheating Lover"](#).

The author Edward Talurdey reveals his private investigator tips how to set traps and catch your disloyal spouse cheating with affordable spy gear.

His team sent me a copy of the eBook to review for you.

[Click here](#) to read the review.

After you've read it come back here and read my [Spy Gadgets Review](#).

Affiliate Disclaimer

I stand by any third party recommendations I suggest in this e-book, in any emails I send and within the posts I write on www.InfidelityFirstAidKit.com. I am required to inform readers that I receive compensation for sales you purchase through my affiliation with these companies.