

7 Ways A Cheating Spouse Hides Secrets

Courtesy of InfidelityFirstAidKit.com

I can tell you from experience both as a former cheater and betrayed spouse that cheaters depend on privacy and unpredictable patterns.

How can you find hidden evidence of your cheating spouse?

Without a regular work or recreational pattern your cheating spouse can easily make excuses to "run errands" or work overtime".

And if he or she can prevent you from invading their privacy then you they will successfully send and receive messages to their secret lover.

If you already suspect foul play then look for these unpredictable patterns and odd behavior to seek privacy like locking themselves in rooms or leaving the house for regular long walks.

Please be aware this document is by no means a comprehensive guide to catch a cheating spouse.

If you'd like a complete guide to discover the truth about your spouse's strange behavior then I highly recommend that you [click here](#) to read my review of the highly touted book "[How to Catch Your Cheating Lover](#)".

1. Your Cheating Spouse Needs to Work a Job with an Unpredictable Schedule

Patterns spell danger to a cheater. In order to get away with their lies they must take advantage of unpredictability. If their daily routines are not the same, then it's much easier to visit their girlfriend or boyfriend on the side.

2. Send Messages from Their Work Email

A smart cheater leaves no tracks at home and what better place for your cheating spouse to communicate with their lover than from work where their spouse cannot access her files (unless of course his or her spouse works there too).

3. Send Messages from Bathroom

A favorite excuse to hide and find some privacy in which to contact their lover. This can also be done from any locked up area around the home or even walking outside.

4. Inconsistent Cell Phone Patterns

Not only calling at different times of the day, but more importantly when your cheating spouse answers your calls in varying patterns (answering right away, answering on the second try or not answering at all) makes it harder to detect when they are hiding from their spouse or simply not able to answer the phone.

5. Running Extra Errands

Who would suspect that a quick run to the mall or supermarket actually is a quick rendezvous with their lover? Any amount of time with their girlfriend or boyfriend is valuable.

6. Dangerous Friends

Friends of theirs you do not know are potentially relationship hazards when they come from the wrong crowd who does NOT value or respect relationships. If they are single or have loyalty issues than rest assured they will not think twice about getting your cheating spouse into trouble to have a good time.

7. Code Names and Code Talk

Using a code name on your spouse's user ID and making up secret code words and phrases can help the two communicate messages between each other without you even understanding what they mean even if you read them. You would have no idea who is contacting your spouse especially if they used a name from the opposite sex.

How would you know your cheating spouse is receiving a call from the "Other Person" when the name that appeared as last caller was not really some guy named Mike, but instead Jennifer? These are just 7 ways cheaters can hide their tracks, but of course, there are many more.

Bonus

Junk Mail Envelopes

Pass written letters hidden inside business or junk mail envelopes. Your cheating spouse can stash lover letters in an envelope that looks like it contains business literature.

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