

INFIDELITY - CHEATING

(the cheater, the cheated and the cheatee)

Infidelity is defined as **unfaithfulness** by virtue of being unreliable or treacherous, **cheating** (*informal*), **adultery** (betrayal of sexual partner, especially a spouse), **betrayal, duplicity, disloyalty**, bad faith. Simply defined, infidelity is the cheating on a relationship partner that takes place despite a commitment to exclusiveness.

Infidelity can ruin lives of individuals, couples, and families...the act is never without serious emotional repercussions for all parties concerned including the person cheated with. Families are torn apart, people live in fear and constant mistrust because of it.

'The truth is that infidelity is usually a quick fix to try to remedy deep and complicated issues. While they may feel alive, young, and admired for a short period of time, there are issues that need to be addressed and require more than instant gratification...'

For cheaters, 'sorry' is typically about as meaningful as the word 'commitment'. Only those truly dedicated to never cheating again and those willing to work at the deepest levels of their subconscious to resolve the root-cause issues will succeed in being faithful. **Being faithful should be natural and a feel-good state, not a struggle.** Given the complex logistics involved in being unfaithful, the most a cheater can realistically be sorry about is in having been found out since they would have had so many opportunities to reverse direction.

For the cheater who genuinely wants to stop cheating, hypnotherapy is often the solution.

There are many kinds of infidelity from actual sexual betrayal (adultery) to emotional betrayal from online affairs and office flirtations. **Adultery** is the sexual relationship that takes place between a legally married man or woman and someone else and thus has a legal connotation.

While infidelity (cheating) is not well defined, the emotional carnage that results can be easily agreed upon. Experts for the most part seem to agree that infidelity refers to both sexual and emotional attachments and actions carried out outside the committed relationship without the approval/agreement of the other party to the relationship. Therefore, sex is not always a factor when it comes to infidelity. Having a powerful emotional connection or flirtation with a colleague or friend might just do it.

A rule of thumb is that if you wouldn't do or say it in front of your partner, then it is categorically disloyal and damaging to the trust relationship you have with your partner to do it behind their back. The emotional component of being betrayed is by far the most lasting and damaging of all of the consequences. The emotional damage to the cheater and the cheatee (the 3rd party in this) is extremely damaging as well...feelings of shame, guilt, despair, remorse, of rejection, of being used, complete loss of integrity, etc. etc.

Cheating requires an individual to have (or develop) virtually all the character flaws most of us would like to avoid in a committed partner...ability to lie, deceive, control, abuse emotionally and often physically and to manipulate.... To cheat successfully one must possess many detestable skills. Serial cheaters become masters at all of these through practice.

(Please see our Addictions Program for more on this subject). IF YOU ARE A SERIAL (REPEAT) CHEATER AND WANT TO STOP BUT CAN'T...CALL US NOW AS WE HAVE HAD GOOD SUCCESS IN RESOLVING THIS TYPE OF SUFFERING WITH HYPNOTHERAPY

Significant integrity is certainly missing in those who are prepared to deceive and betray the one person they are supposed to cherish and respect most. It gets frightening when you think that you may be having dealings with someone who even their closest confidante and relationship partner can't trust!

Embracing infidelity will not serve anyone in the long run...it seeps into all other relationships to the point that there will be no one who can be trusted to have anybody else's interests at heart but their own. It boils down to integrity and good character....if you make a commitment, honor it, no excuses. If you need help to do so, get it.

Rather than learn how to meet their needs within their relationship, some people feel it is easier and less time consuming to fantasize with a stranger, then walk away when an emotional investment is sought by the cheatee.

SOCIETAL FACTORS IN CHEATING

In this age of avoiding responsibility for one's actions, the phenomenon has certainly grown exponentially. It seems very easy to dismiss one's own behavior when 'others' are doing it. When men and women are in close proximity at work for hours, there are increased chances of cheating and affairs.

What may start out as an on-line friendship can soon turn into emotional relationships or sexual affairs. The Internet provides an anonymous way to escape to a different lifestyle with a person who is not part of your daily routine. It is fast, simple and requires little investment until uncovered and then the investment suddenly becomes one's entire family, marriage/partnership, friends and financial security.

If we allow ourselves to get desensitized to infidelity when it's convenient to do so, we will come to accept there are no sacred relationships and no behavior that should be reserved for one person (or one family) only...at that point we are forfeiting some of our values as humans, especially the one called integrity.

Temptation has become so common that it's more accurate to say that some people see infidelity as a fact of life to be indulged in just because it's handy (**entitlement attitude**) and less work than learning how to meet their needs within their relationship...or simply getting out of an unfulfilling relationship before hurting all concerned .

Cheating still ruins relationships and family units, but it isn't the instant deal breaker that it used to be. Now instead of it demolishing a solid relationship out of existence, it just leaves it in

shambles and more vulnerable to more cheating. The word “Sorry” seems to forgive everything from betrayal of spouse/partner to child abuse and theft these days.

Cheating is the emotional and psychological abuse of a partner and by accepting that cheating is likely to be part of one’s relationship one is required to lower their standards and self-respect to accept the behavior.

The point that is often missed in all of this excusing of one’s behavior is that trust and integrity is the cement of a relationship and it is the foundation of happiness. Breach that trust and diminish your integrity and you and your partner are likely to be no more than ‘friends with benefits’ in the end. If your goal is to be happy in life, this is the wrong path.

Guilt is one of the strongest emotions that a person can experience. Guilt is the motivation for a lot of what happens after somebody cheats on their partner. Even the good and loving things that the cheater does can be coming straight from their gut wrenching guilt over what they did...another deceit. Being extra attentive and considerate is often a cheater’s way of trying to purge the sick feeling that plagues most people after doing what they know is wrong. This person also has a high likelihood of cheating again because they refuse to take full responsibility for their actions and to get help to understand what’s happening to them and their lives.

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