

PREVENTING INFIDELITY

The feeling of having to constantly prove oneself worthy is emotionally (and too often physically) draining and often the result is that a person becomes so fatigued they give up trying. Low self-esteem may initially cause smothering and needy behavior only to eventually change to emotional distancing and loss of interest in intimacy. The partner on the receiving end is typically at a loss to understand what it really is that their spouse/partner wants or needs from them. Infidelity can threaten in an unfulfilling environment.

Until they come up with a 'magic pill' to prevent infidelity, probably the best prevention lies in acceptance of the fact that partners do from time to time find others sexually attractive...not because of emotional connection or a character flaw, but because of the influence of our genetic makeup...and that open and spontaneous communication about feelings can put these attractions in proper perspective.

Sexual attraction is natural, normal and to be expected if we are realistic - **acting** on our sexual attraction to other than our partner is not. If the partners are comfortable with themselves as individuals and fully approachable, such attractions can be discussed openly instead of kept secret, averting any trust issues and eliminating the chance that the attraction will be acted upon. Because the feelings are shared, honored as real and natural and discussed openly, feelings of guilt and shame at having them in the first place are avoided. Much needless and unproductive negative energy is kept out of the relationship.

Most cheating serves the need for excitement and the filling of an emptiness of heart. The danger involved adds yet another element to the brew of excitement and adventure. Honest communication between partners **before** cheating occurs will result in the elimination of the 'danger' element and allow for the redirection of that sexual energy into the relationship to make it more exciting and fulfilling.

PLEASE SEE ADDICTIONS FOR THOSE WHO ENGAGE IN SERIAL INFIDELITY AND WANT TO STOP...you are not 'bad' ...you are addicted to doing this in order to fill a deep emotional emptiness, or to cope with overwhelming negative emotions, just as other addicts abuse substances to cope with intense negative feelings. It is rarely about the sex, just as it is not about the substance for substance abusers. It is about controlling the emotional pain. 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

At GracePlace Wellness™ we have helped clients overcome this truly devastating personal struggle without long talk therapy and medications, by exploring with the client, at the subconscious level, the beliefs responsible. When the 'driver' of the behavior is neutralized at the subconscious level, the thinking mind can then eliminate the unwanted behavior.

If you sense there are problems in the sexual aspects of your relationship, it's important to ask and listen carefully to the answers that you receive. Many times, these problems are easily resolved within the marriage/partnership or through the assistance of couple hypnotherapy. In some other cases, a visit to a doctor may also help alleviate fears about physical changes associated with aging and sexual health. Often major changes in attitude, diet and lifestyle are all that are need to bring sexual vitality back into a relationship. Medications are rarely long term solutions and the side-effects can actually cause additional issues.

HYPNOTHERAPY IS A VALUABLE ALLY IN ALL RELATIONSHIP BUILDING AND PRESERVATION...CONTACT US TO LEARN HOW COUPLES HYPNOCOUNSELING MAY HELP YOU!

www.graceplacewellness.com

© All rights reserved Grace Joubarne, 2009