

## INFIDELITY: WHY DO PEOPLE CHEAT?

*When I think about cheatin', I just think about you leavin',  
And how my world would fall to pieces, If I tossed your love away... Gretchen Wilson*

### WHAT TO KNOW!

- ❖ Infidelity occurs when a person violates the marital commitment either physically or emotionally and decides to seek fulfillment with another, often secretly
- ❖ Roughly, it is estimated that 30 to 60% of married Americans will become unfaithful during their marriage
- ❖ Acts of infidelity vary within and across cultures and depends on the types of relationships between people
- ❖ Infidelity is about sex or emotion outside the marriage and includes deceit, betrayal, lying, secrecy, distrust, manipulation, and splitting
- ❖ Emotional infidelity is about focusing time, attention, and emotion on someone other than the spouse and can be very destructive and painful
- ❖ In evolutionary thought, males are thought to cheat to make sure their genes live on by fertilizing as many females as possible; Women, who often care for the children, cheat to find a man who is powerful or wealthy and will take care of her and her offspring
- ❖ Men tend to have more one-night stands and are less likely to leave their wives while women tend to have emotional affairs and may end their marriages
- ❖ Because of online communications, infidelity has exploded due to the inexpensive opportunity to visit many sites, reconnect with old relationships, or be anonymous
- ❖ Even though some media have attempted to encourage romance, most celebrities, movies, and television shows reinforce infidelity as being the norm for relationships
- ❖ Cheating is more common for people under the age of 30 due to previous multiple sexual partners, having greater opportunity, changing mores, and it being more acceptable
- ❖ 2 to 3% of all children are born from unfaithfulness and are raised unknowingly by men who are not their biological fathers
- ❖ The five main reasons people cheat include:
  1. **Feeling neglected** which occurs when more attention is given to other and activities rather than the spouse
  2. **Excitement seeking** which often happens when one or both partners take the other for granted and married life becomes mundane
  3. **Unbalanced lifestyle** including too much work and not enough fun leading to the spouse looking to others for understanding and company
  4. **Falling out of love** which occurs when there is no longer sharing, close communication, interest in the other, or intimacy
  5. **Low self esteem/lack of appreciation** which causes the spouse to feel unwanted and undesirable and looks to others to be wanted and feel valuable

### WHAT TO DO TO PREVENT INFIDELITY!

- ❖ Make your relationship your top priority; find time to be a couple
- ❖ Relate to your partner as if they were special and act to make them better
- ❖ Ensure that there is intimacy, affection, and communication
- ❖ Behave appropriately and do not be secretive or flirtatious
- ❖ Seek professional help if your relationship is in trouble

### WE CAN HELP!

Call us at **954 755-2885** or email us at [\*\*DrKimmel@KimmelPsychology.com\*\*](mailto:DrKimmel@KimmelPsychology.com)

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