

# ***INTRODUCTION***

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***How does chatting become cheating?***

## *Imagine this...*

You weren't looking for it but then you innocently meet someone, maybe at work, on a business trip, at the health club, a high school reunion, your child's soccer practice, at a class, online, in a chat room, or on Facebook. Something between you just clicks! You spend hours talking, texting, and chatting about anything and everything. It doesn't matter. All you know is that you feel amazing and so do they!

You've never had so much in common with someone, or at least that's what it feels like. You share yourself openly and honestly with no fear of being judged, advised, or criticized. It feels so absolutely right that you can hardly believe it! It's like you're talking with your best friend on earth and you know they really get you!

You walk around smiling from ear-to-ear. You can't stop thinking about them. You create reasons to connect and say hi.

Suddenly, without realizing it, more and more of your attention, time, excitement, and affection is focused toward your new Friend instead of your primary partner, or even your family. Your highs and lows are based on the amount of contact the two of you are having with each other.

You convince yourself that it's just an innocent friendship and because it feels so good, you ignore the truth of what's really going on. All those emotional connections, the long, intimate talks where you share things you should only be discussing with your significant other, the late night, 'just thinking of you' flirty texts are not signs of just an innocent friendship. **It's an affair.**

It can happen to you; it can happen to your partner; it happens to people who would never cheat. But no matter how you (or your partner) may be rationalizing, justifying, or defending your actions, I'm here to alert you that there is danger lurking in the shadows of this so-called Friendship, a danger, so hidden, so unacknowledged that when it unleashes its full force in your life, it can hit you and your relationship like a 9.0 earthquake -- a shock that very well may shake your world down to the ground.

With the rampant use and ease of technology, meeting, staying connected, getting intimate and cheating have never been easier or more dangerous. Dangerous, because an innocent friendship between two people who intend to chat NOT cheat, text NOT flirt, be Friends on Facebook NOT lovers, can quickly evolve into MORE and engulf a person who never intends to cheat.

From the early awakening of desires or knowledge that may seem too exciting or awful to contemplate, to the painful and horrifying realization that there is something going on outside of your relationship, on to the difficulty of a confession, and finally the search for a solution, I am here to offer you reasons, answers and options that will help you cope with the discovery and recovery when a **cyber, physical** or **emotional** affair shakes the very foundation of your relationship.

Whether you are the cheater or the one betrayed, or just curious and wondering if you or your partner are slipping off the edge of a too-close friendship into a full-fledged affair, I'm here to assist you take off the blinders of affair-denial and teach you how to become affair-aware.

I will help you deal head-on with understanding and coping with all aspects of an affair, whether it is **cyber, physical, or emotional**. I'll help you see how it began, flourished and evolved; I'll talk you through the brain chemistry that is the source of so many problems; I'll offer you practical and effective methods to reverse the neglect you or your partner are experiencing in your relationship; and I'll help you fight the enemies of intimacy you will need to defeat.

This book has been written to help you and your relationship succeed, instead of die a painful death. I want you to consider this book as your Relationship Rescue and Rehab Manual. It is designed to take you step-by-step, through the process of awakening, realizing, discovering, confronting, (or confessing), healing from betrayal, rebuilding trust, and eliminating the obstacles to love so you can both overcome the disaster of **INFIDELITY**, and safely fall in love with each other again.

Eagerly, from a place of love and compassion, I offer a variety of my tried-and-true methods that have worked for hundreds of couples in my practice, and can work for you as well.

Overcoming **INFIDELITY** is a process, a process that takes time and dedication; dedication to your partner, dedication to your relationship, and most of all a dedication to love, possibly like you've never loved before.

When you apply the easy-to-follow, straightforward strategies I offer in this book, you will have a more loving, honest, and fulfilling partnership on the other end.

Allow me to hold your hand on this journey, and together we will get you through this.

From my heart to yours,

*Sheri*