IS YOUR PARTNER CHEATING ON YOU?
11 TRUMPET-BLARING RED FLAGS!!!!

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Author: Chatting or Cheating: How to Detect Infidelity, Rebuild Love, and Affair-Proof Your Relationship

How do you know when your partner's "friendship" has crossed the cyber/emotional/physical line, from chatting into the cheating zone?

Let's start by comparing a platonic friendship with one that has crossed the line. When there is an open, platonic friendship between two people, partner's are not excluded. The boundaries are clear, everything is out-in-the-open and well-intentioned.

There is nothing to hide, lie or feel guilty about because there is no inappropriateness to the relationship.

But, when a friendship crosses the line, there is MORE to hide and keep secret. If your partner is keeping secrets, telling lies (even innocent ones), the intimacy between the two of you will begin to erode. The bigger the secret, the more emotional distance it creates. The more there is to hide, the bigger the emotional chasm between you.

The moment secrecy and deception are introduced into your relationship, emotional distance will grow.

In my book *'Chatting or Cheating'*, I talk about the THE 3 **S**'s OF EMOTIONAL SEX CHEMISTRY to be aware of--**S**ecrecy, **S**hared Intimacy, and **S**exual Energy. These qualities energize chemistry, amp up the relationship sizzle and make people feel close and united. **S**ecrecy gives you the sense that your relationship is private, sacred and just between the two of you. **S**hared Intimacy builds trust, closeness, and deep companionship with one another. **S**exual energy makes you feel that your bond is special, personal, and on a different and more uniquely physical level than a non-romantic (platonic) friendship.

These three **S's** bring vivacity and sexy vitality to intimacy. When shared between two loving partners, love flourishes--when taken out of the partnership and given to another, connection between primary partners diminishes as the energy flows out to someone else.

Shifts in any of the **3 S's** are red flags that it's time to become affair-aware in your relationship.

SECRECY (S #1)

Is your partner hiding something from you? Check it out.

RED FLAG BEHAVIORS FOR SECRECY (S #1)

Red Flag # 1

Your partner seems more distracted, withdrawn, or distant and less emotionally available:

There is less intimacy, sharing, talking, and self-disclosures. Your partner has been acting emotionally distant and withdrawn but when you ask about it, your partner doesn't want to discuss it and becomes very protective of his or her privacy.

Red Flag # 2

Your partner doesn't share much about their day and when asked about what they're doing, gets evasive, defensive or offensive:

Your mate easily becomes offended when you make normal and natural inquiries and may demand to know why you are "checking up" on him or her. Your partner may also put you on the defensive acting as if you're crazy, paranoid, or irrational.

Red Flag # 3

Your partner seems to be spending increased periods on the computer, texting or talking on the phone with another:

Your partner can't wait to log on, check messages, or text a 'Friend' (aka 'Co-worker'), and does so with increasing regularity during times that could be and should be spent with you. Your partner may stiffen when you enter the room, or put the phone away suddenly. He or she may be more difficult than usual to get a hold of when out of the house.

Red Flag # 4

Your partner is now locking up or password securing their computer, phone or personal accounts and not allowing you access:

Your partner has private Facebook, email, and social media accounts that you don't have access to even though you share bank accounts and other personal passwords.

SHARED INTIMACY (S #2)

While it's important for everyone to have a strong support system to bolster them in life, there is a marked difference between a platonic friendship with another, and when Emotional SEX kicks into high gear.

RED FLAG BEHAVIORS FOR SHARED INTIMACY WITH ANOTHER (S #2)

Do you recognize any of these S #2 signs in your relationship?

Red Flag # 5

Your partner is spending more time outside the house and away from your relationship than he/she usually does.

There are sudden or erratic changes in work schedule, habits, hobbies, time away, texting, or on the Internet without reasonable explanation.

Red Flag # 6

Your partner is becoming overcritical about your behavior and appearance.

This may include criticizing things about you that he or she once found attractive and appealing. It may feel like your partner is picking fights and creating conflict that pushes you away. Conversely, your partner may seem highly sensitive and over reactive to any comment you make or question you ask about their behavior and/or appearance.

Red Flag # 7

There may be an increased reference or talking about the third party:

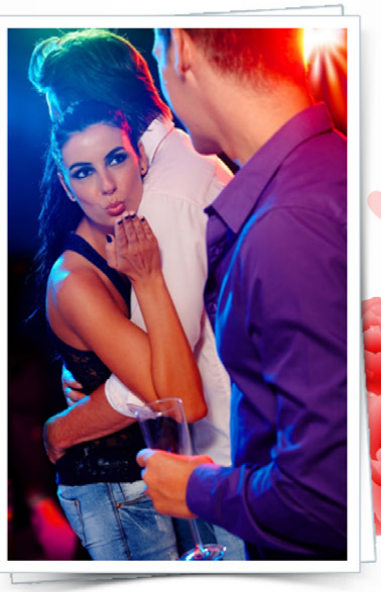
Your partner may talk about his or her 'friend' a lot in glorious terms. He or she may even spark conversations asking you something along the lines of: "Do you believe that it's possible to love more than one person at a time?" Conversely, they may never mention that person and even close down if the name comes up.

Red Flag # 8

In general, your partner seems negative about your relationship succeeding or cavalier about your relationship ending.

When you fight or argue, your partner's fallback position is about your relationship ending. It may sound something like this "I can't take this anymore." "THIS isn't working for me." "You have to change.....or else." It might be an inquiry such as: " What would you do if our relationship ended?" Or a statement like,, "If anything ever happened to us, I would always love you like a friend."

SEXUAL ENERGY (S #3)



A platonic friendship with another is an open friendship that doesn't generate any special thrill. There is no sexual attraction or chemistry pulsating between two people, no secret I-want-to-jump-your-bones fantasies, no secret hopes for something MORE.

If your partner is exchanging sexual energy with another, it will strongly affect the level of affection, contact, and sexual availability between the two of you.

RED FLAG BEHAVIORS FOR SEXUAL ENERGY WITH ANOTHER (S #3)

Red Flag # 9

Your partner is changing how they look and dress when leaving the house:

There may be sudden changes in their appearance, a new found interest in losing weight, working out, buying new clothes or lingerie, but not wearing them for you. They might have a change of clothes in the car or in a sports bag that aren't gym clothes. Your partner may leave the house smelling like soap and come back smelling like someone else's cologne.

Red Flag # 10

Your partner's sexual interest, level of contact and passion is different:

It may feel like your partner is going through the motions, or seems less available, affectionate or intimate with you. Conversely, your partner is suddenly more sexual, may want to try something new, or may appear to be fantasizing more during sex or calls out another name. Perhaps it doesn't feel like your partner is making love to you anymore.

Red Flag # 11

Your gut is picking up that there may be an attraction between your partner and their 'friend':

Your partner is changing the way they act whenever the other person is around - i.e. much more conversational, animated, interested - similar to who they were with you when you started dating. Conversely, your mate may criticize this other person trying to make you think that type of individual would never be of interest to them. You will notice attention (positive or negative) flowing away from you towards another.

Chatting or Cheating
Affair B-Aware Alert

Let's face it, any of these 11 red flags are indicators of behaviors that are suspicious and should arouse your doubts.

Even if your partner is not cheating, but is keeping secrets, withdrawing, lying, being hurtful or withholding important communication of any kind, it's clearly time to heed the red flags, take your blinders off and press on to know the truth.

Ignoring the clues won't help the situation because denial just harbors more deceit, mistrust and greater distance between you.

As the saying goes, "forewarned is forearmed" and awareness is certainly the first step to preventing INFIDELITY.

Recognizing the common warning signs gives you the power to take action to save your relationship and turn it around.

If there are enough red flags and you suspect that your partner is in fact cheating, what do you do next? How do you confront them?

In my book, *Chatting or Cheating*, you'll learn the RIGHT way to approach your partner if you suspect they are cheating. There's one important thing you need to do first—your homework! If you confront your partner with your suspicions without going through the **right steps first**, you risk running into a wall with them. They will deny, deflect and may get angry with you, even going so far as to accuse you of being irrational or paranoid!

There's a way to communicate your concerns and suspicions to your partner without making them overly defensive and learning the truth. The truth should be your ultimate purpose in this difficult situation. Without truth, there's only more denial and detachment. With the truth, there's hope that your partner's betrayal is an opportunity for you to deal with what's wrong, deep-down, with your relationship, and take the necessary steps to make it right.

You don't have to do it alone. With the step-by-step guidance you'll get from my book, you'll know exactly how to gather the evidence, communicate your suspicions and get to the TRUTH, and how to begin the process of healing and transformation so that your relationship can have a chance to be better than ever.

You can purchase your copy from Amazon or Barnes & Noble or by going to this link:

http://chattingorcheating.com/buy-the-book/

About the author:

Sheri Meyers, Psy.D., a Marriage & Family Therapist, is a highly-respected and sought-after infidelity and relationship expert for network TV news including ABC, NBC, CBS, FOX, national TV and radio talk shows, as well as, magazines and blogs such as Huffington Post. With intelligence, compassion, and straight talk, Dr. Sheri has helped thousands of people face and overcome their most complex and life-wrenching relationship challenges with honesty, dignity, and love.

In 'Chatting or Cheating', Dr. Sheri now shares her exclusive and unique insights and effective strategies that come from over 25 years of helping couples successfully recover, heal, and safely love again.

"One of the main reasons I wrote Chatting or Cheating was to help relationships succeed, instead of die a painful death as so many are these days. Especially now, with the rampant use and ease of technology, meeting, staying connected, and getting intimate with others is easier than ever. Let's face it, infidelity is on the rise. I wanted Chatting or Cheating to be an affair-aware 'wake up! call' as well as, a personal relationship rescue and rehab manual that gives couples the step-by-step effective strategies and tools they need to facilitate their communication, regain trust and build a happier, healthier, more honest, and affair-proof relationship together."

If you're interested in learning more about why cheating happens and how to affair-proof your relationship, here are the links to where you can purchase the book on Amazon, Barnes & Noble, or download as a Kindle or Nook.