

## **ONCE A CHEATER, ALWAYS A CHEATER?**

Why do people cheat? Why do they take the risk? And how likely are cheaters to repeat the offense? Joining us now are two relationship experts: Amy Laurent and Matt Titus. Titus counsels relationships and is very open with the fact that he cheated on his first wife; he is now happily married to a second wife.

### **MATT TITUS:**

*Why do powerful men cheat?*

The reward is short lived... (JOKE) They are used to getting what they want and lead insular lives. There are never repercussions to their actions and they like to live on the edge.

*Is that how you felt when you cheated on your wife?*

It wasn't that way...I was immature and selfish, not a fwd thinking man. I was insulated by the lies and I had great alibis she was unsuspecting. I could run a lot of static and get away with it...

*What were you thinking about your relationship at the time?*

What she didn't know wouldn't hurt her and it would make me appreciate her more. The woman I was cheating with. They were women I wouldn't want to be with but could be on the wild side with and I was completely wrong...it was selfish...

Men that cheat are not fwd thinking, they are in the moment and don't worry about the repercussions of their actions ...

*Is this why you became a relationship expert?*

I became a relationship expert, when everything came down I lost everything, I was left with nothing, I hit rock bottom and that's when I realized it was a time for a change... I could help woman understand man...

*What are the Signs?*

They have a hard time being a m/w of their word, when they have plan there is always an explanation why it doesn't get done. They come through 60 -70 % of the time. There is always a story. They are not always available there is always something that comes up at the last minute that changes their plans....They are guilty , they will accuse you of infidelity , ...If they are buying you gifts excessively that may be a sign

*What are the Factors in a relationship that leads to infidelity?*

People false advertise, when you first meet someone they want to keep you interested, there may be great sex. There is passion ...Complacency is a major reason for cheating. They stop having sex, the sexual interest dies. Respect for each other dies and you start treating each other like a roommate. The fire dies....people become lazy in relationships; I try and tell people keep relationships like one long first date...

Outsiders look more inviting or more interesting...

*Doesn't there have to be breathing room?*

There is a fine line, people do need their space and have to be themselves but there has to be a little bit of mystery. I think you have to retain independence; you have to be into your partner's life. ..without smothering...It is hard to be in a relationship

*Matt How do we know that you changed? Can a cheater (or leopard) change their spots?*

When the repercussions of your actions and you lost everything...it brings you to the lowest level...it is when you lose everything and you don't want to be there ..you learn from loss...

*If you don't hit bottom, you are not going to change?*

You can get sick of your own behavior...it is easy to get away with it, it is easy to lie, what do I really have? Superficial nothing, I'm worthless and I mislead people and have no lifelong attachments

*What happened when you told your current wife ...your divorce was due to infidelity?*

It felt so good to be upfront. It showed fortitude and honesty and showed I am a changed man. It is something I was not in my last relationship, it gave her security?

*What are the signs if you're on a date?*

Are they man woman of their word...do they run out of the restaurant to take personal phone calls ...? Are they honest about their schedule? Are they an open book? DO they overcompensate as in an over the top game... are they being a player? It is easy to tell. They are vain and everything is a show...

What do you do when you find out?

It is individual but the best thing you can do is immediately ask for space...the cheater needs to feel they lost you. There has to be immediate interruption and then an evaluation period. Are you going to trust them again? And if you forgive them it cant be a waffle you really have to do it and it has to be a slo introduction....it is going o take time..

If they do it again you are fool if you take them back..there should be consideration the first time..

#### **AMY LAURENT:**

*We have recently seen a string of high profile males admit to extra marital affairs..why do they take these risks, don't they have the most to lose?*

These figures have both power and money which increases the likelihood of opportunity and temptation. They can either shower the opposite sex with cash, gifts etc but it also adds to a feeling of invincibility. These men make huge decisions and are used to taking risk.

*Don't they have the most to lose by taking these risks?*

Well, there is a thrill and they are fully aware of the risks they are taking . It is alluring and arrogance gets in the way - they think they are smarter. A normal person would say, Whoa...

*Then what is the temptation for average couples?*

Well there are factors in what may cause someone to cheat...such as the need for affirmation of their sexuality or they are not feeling appreciated in their relationship. Or there is something that is distracting the relationship between the couple - such as when the entire relationship is focused on kids or if one partner is overly criticized. Cheating may be an ego boost for example when the cheater is not at home and they receive complements from someone they meet - it is a huge motivator.

*But what about non married couples?*

There are certain factors such as the sex life is poor or things are getting monotonous or predictable. Partners begin to take the other for granted. You need to work together.

*Can a leopard change their spots or is cheater always going to cheat?*

Some people are serial cheaters. It doesn't matter they are compelled to cheat. You need to protect yourself by asking certain questions: Have they ever been in a committed relationship? This will come up in casual conversation.

*What are the signs that someone may be cheating?*

You should observe your partner in social situations. Observe how they act with other people - Are they affectionate to you when other people are around. Are they paying attention to you? It is a sign of how they will act in the future.

*If you are cheated on what should you do?*

It is up to the cheater not you. They have to want to change. Are they remorseful, do they understand the hurt they have inflicted, is there a renewed sense of appreciation. They must commit to change and realize your friendship and love is more important than anything else.

Tips if you discover your partner has cheated

Ask yourself:

1. If the relationship is worth saving? Was this isolated and what is their attachment to the other party? Has contact been cut off?
  2. Was this a reaction to something? What caused this behaviour? Someone's death? Drugs? And are they remorseful?
  3. You can't change them. This person has to earn their way, they must do the work
- Be warned: you run the risk of it happening again BUT you can punish and must work through it. If there is a second time - PACK IT UP.