

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

5 Things You Shouldn't Do If He's Cheating On You

By Ruth Houston

5 Things You Shouldn't Do If He's Cheating On You by Ruth Houston

This may be the most important article you'll read about dealing with your husband's affair. There's plenty of information available on what to do if your husband is cheating. But very little has been written about the things you shouldn't do.

Your husband is cheating. You're not sure what to do. Before wrestling with that decision, let's focus first on what you **SHOULDN'T** do. Most women react blindly when they find out their husbands are having an affair. They let fear, anger, hurt, or a desire for revenge compel them to do things they later regret — things which make it difficult or impossible to implement any worthwhile infidelity advice they may later receive.

This article will keep you from making a mistake that could sabotage the course of action you eventually decide to take. Regardless of whether you decide to leave your husband or stay with him and try to work things out, doing the wrong thing at the outset can make a bad situation worse. Let's look at 5 key things you **SHOULDN'T** do and examine the reasons why.

1. Don't put him out or leave him – yet.

Instead of your first move, putting your husband out or leaving him should be your last resort. You may eventually decide to do this, but for now, it's the worst thing you can do. Right now you need to keep a close eye on what's going on. It'll be easier to do that if the two of you are still living under the same roof. If you put him out or leave, you'll be hard-pressed to know what he's doing, short of hiring an investigator. As long as you're still together, you can keep your finger on the pulse of his affair and gather some much-needed facts. There's a lot you need to know about the situation before you can make an intelligent decision about what to do. Continue monitoring your husband's activities, attitude, the frequency of his contact with his lover and any other details concerning his affair. Write everything down in a journal for future use. Also bear in mind that as long as he's still there, you have a chance to work things out.

2. Don't tell the whole world about his infidelity.

5 Things You Shouldn't Do If He's Cheating On You

It's natural to want to confide in somebody about your husband's affair, or rally friends and family to your side. But be very cautious about who you tell. The female friend you confide in could turn out to be the "other woman." Make sure you're confiding in someone you know you can trust. Confiding in a male friend about your husband's affair could complicate the situation. There are men out there who take advantage of women when they're in a vulnerable state. Telling your husband's friends or family may not produce the results you want. They might not take you seriously, or they may lie, make excuses for him, take his side, or warn him to cover his tracks. Confiding in your own family and friends can eventually come back to haunt you. Elephants aren't the only ones who never forget. Some people have a tendency to remember unpleasant events long after they've been resolved. If you and your husband decide to reconcile, they could make things difficult by harboring anger and hostility toward him for what he did to you. Or they may show resentment toward you for taking him back. Exercise

caution in who you tell about your husband's affair.

3. Don't ignore his affair or pretend it's not happening.

Going into denial will only make matters worse. As traumatic as it is to find out that your husband has been cheating, you need to face the reality of the situation. Ignoring his infidelity gives him the go-ahead to continue his affair. Pretending it's not happening will make him think he's getting away with his cheating, or give him the impression that he has your silent approval. At some point you should inform your husband that you know about his affair and make it clear that you want it to stop. The sooner you confront him about his cheating, the better. The longer you wait to bring it up and express your disapproval, the more attached he will become to the other woman. And the harder it will be to get your marriage back on track. Remember too, that affairs thrive in secrecy. Sometimes, just telling your husband you know about it, will be enough to put a stop to his affair.

4. Don't confront him without the 3 P's - Proof, a Plan, and a Purpose.

Most experts agree that you should confront your husband about his cheating. But you need to have a plan. Choose the time and place carefully so you can discuss the affair at length without interruption. Do not ask your husband if he's cheating. Cheaters lie. Present the evidence you've gathered that proves he's having an affair – names, dates, places, times, absences, phone calls, physical evidence, etc. Then ask him some pointed questions about his affair: why he did it, how it started, how long it's been going on, how he feels about the other woman, what he intends to do now that you know. Listen carefully to his answers so you can accurately assess the situation. Then you'll be able to make a wise decision about what course of action to take. Do not confront your husband without proof of his infidelity. To do so will be a colossal waste of time. Unless you can prove he's been cheating, the information-gathering phase will never get off the ground. If you need proof, there's a way for you to get it without hiring a detective or buying software or surveillance equipment. "Is He Cheating on You? – 829 Telltale Signs" will help you find all the proof you need using only your eyes and ears, your personal knowledge of your husband, and the information in this book.

5. Don't waste your time and energy on the other woman.

One of the worst things you can do is become obsessed with the other woman. It's natural for you to

5 Things You Shouldn't Do If He's Cheating On You

be curious about her, but she's not worth your time and energy. Repeatedly questioning your husband about her, referring to her or dragging her name into the conversation puts the spotlight on her instead of on the real issues where it belongs. Don't obsess over the details of what happened between the two of them. Concentrate on working things out between the two of you. Do not humiliate or frustrate yourself by calling or confronting the other woman and demanding that she leave your husband alone. She's not obligated to take orders from you. Harassing her or threatening her will put you on the wrong side of the law. Name-calling, criticizing or belittling her will only make your husband come to her defense. You'll be driving them closer together instead of forcing them apart. Forget about the other woman and focus your energy and efforts on getting your marriage back on track.

Will you end up sabotaging your marriage or saving it? The final outcome depends on the way you handle things when you first discover your husband's affair. In the initial stages, you may be unsure exactly what you're going to do. But at least you know what NOT to do. Whether you stay with your husband or leave him, avoiding these mistakes, leaves the way clear for whatever decision you eventually make.

Copyright 2003 Ruth Houston

Ruth Houston is the author of "Is He Cheating on You?—829 Telltale Signs." To learn more about her book, sign up for her infidelity newsletter, or receive a FREE Infidelity report and list of 29 Telltale Signs, visit her website at <http://www.IsHeCheatingOnYou.com> or mail to: CheatingSigns@aol.com

Link Cheating On The Rise

By Maya Pinion

Website owners and webmasters who are trying to improve their search engine ranking by trading links with other sites should beware of being cheated. Beware of link cheating.

What is link cheating?

Link cheating is when the other party in a link exchange does not live up to the bargain and does not add your link to his site. Link cheating can happen when you add someone else's link on your site first, then submit your link info, and assume that they will reciprocate and add your link to their site. What often happens is they don't add your link. And you end up with a one-way link, giving a link and getting none in return, improving someone else's search engine ranking and not yours. Link cheating. Even worse, you end up wasting a lot of your valuable webmaster time and energy for nothing. And, often, you won't even know it. You may not know you are the victim of link cheating or may not find out your link was never added to the other site until weeks or months later! Because link cheaters don't email you telling you your link has been added to their site and they don't email you telling you they have decided not to add your link (for whatever reason). They will just take advantage of the one-way benefit of you linking to them. Link cheating.

How can you protect yourself from link cheating?

5 Things You Shouldn't Do If He's Cheating On You

As a webmaster, protecting yourself from link cheating is very time consuming and frustrating. Of course, you can check every site you linked to and see if your link has been added to that site. This is very time consuming, even with a "link checker" tool, and you may not find your link even if it is there! Or, if you don't find your link you can follow up with a polite email. And, if you don't get a response within a week or two, you can remove their link from your website. Unfortunately, by then you've been promoting the other site(s) for a month or more and getting zero in return. Link cheating.

Link cheating costs trusting webmasters, trying to build their website ranking, a lot of time and a lot of irritation. A lot of time adding links, submitting links, checking links and, ultimately, a lot of irritation removing links which don't reciprocate. One website owner became so fed up with link cheating (20 times in 2 weeks) that he changed his reciprocal link policy.

no longer will add a

link to their site unless their link is added first, and confirmed to them by email. They promise to then add your link provided it is deemed suitable and acceptable. And they will no longer be a victim of link cheating, by avoiding sites who force you to use those automated you-go-first-but-we-don't-have-to-reciprocate link management programs. Many of these are good programs but they are being abused by bad webmasters.

As for the link cheaters, in the interest of internet honesty and fair play, webmasters who offer a reciprocal link exchange should abide by the agreement. If someone links to you you should honor the link exchange and reciprocate. That means adding the other party's link to your site. Or, if you have decided not to reciprocate at least have the professional courtesy to email the other party stating that their link has not been accepted.

Link cheating is reaching epidemic proportions and appears to be on the rise. And there appears to be no easy cure. But here's some good advice for website owners and webmasters who wish to trade links ... beware ... be aware ... and don't cheat.

Maya Pinion is a freelance writer and contributing editor for News4Net.

is credited

with coining the term "link cheating".

Link Cheating On The Rise

Ladies, Is Your Valentine the Cheating Kind?

Is She Cheating? – Many Unsuspecting Husbands Find Out Too Late

CHEATING

Consider Cheating On Your Insurance Company

HIV/Aids Healed by the Power of God

The Wonderful World Of Podcasting

5 Things You Shouldn't Do If He's Cheating On You

Script Jungle – You'll Get 10 Great Scripts With Resell Rights!

Tattoo Secrets

Stretch Assistant Software



This Free E-Book has been brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!