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**Infidelity – Childs Play Or So You Thought!**

**By Terry Ross**

Infidelity is a funny little thing that come and bite you in the bum when you least expect it. Affairs might be fun at the time but infidelity isn't worth destroying your marriage for.

I often liken affairs to an addiction whereby however much you tell yourself you shouldn't be doing something you feel compelled to do the opposite. And of course, while it's sitting there for you on a plate who are you to say no. However, infidelity is like any other addiction, there comes a time when you realise that this isn't what life is all about and decide to let go. Unfortunately, all too often the realisation comes too late!! Just remember, if you want to play such a dangerous game as adultery someone is always going to get hurt.

I personally believe that you shouldn't sleep with someone while you are sleeping in the marital bed. Infidelity can be really cruel on the cheated partner, have you ever thought how you would feel if you knew your partner was behaving the same as you?

Some people do have open relationships and it does work but ground rule number one has to be that your partner is aware and is happy with the situation.

If you are the one committing adultery now is the time to ask yourself is infidelity really worth it. Is your life that bad that you need to shit on your spouse from such a great height? Do you love the person you are having an affair with and if so do you love them enough to destroy the lives of those around you. Is the new relationship strong enough to last and is it truly worth the infidelity?

A slight interlude - I had a mare once who, fell in love with a gelding in another field. She wasn't really allowed to see this horse because where they were kept most of the owners preferred their horses to be in separate paddocks. This didn't make a difference to my mare who, would jump out of her paddock into the next as soon as you put her back in her field (where she had several companions). After a month of messing around, jumping 7ft high hedges and a series of five bar gates just to get to the one she loved she got evicted for bad behaviour. I took her to another yard where she immediately flirted with all the guys and totally forgot the horse that she had got herself (and her mate) evicted over.

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Anyway back to marriages and affairs. The only advice I can give you if you are having an affair is that you have to make a choice, and you have to choose now. It is totally unfair to both your spouse and the person you are having the affair with to continue as you are, you need to choose .

The choice is hard but you have to make it with a clear head and an open mind. Just because you are going through a rough patch now doesn't mean to say that with a little effort you can't save your marriage and become stronger and ultimately be better than it was at the start. Before you destroy what was and could still be a good thing be 100% certain that even with a lot of effort you can't save your marriage and that the person you are committing the infidelity with and destroying your marriage for is someone you want to stay with for the rest of your life.

If your partner is having the affair, or you suspect they are, it doesn't mean that it is the end of your marriage. For one your suspicions might be incorrect and for two if it's true you are now in the driving

seat. The future of your marriage is in your hands. You need to decide whether or not you feel you can and want to save your marriage, is it worth saving and can you forgive your partner for such a stupid mistake. We all make mistakes and some of us make more serious mistakes than others but should infidelity necessarily ruin the rest of our lives?

You need to ask yourself: Do you still love your partner? Do you want to save your marriage? And are you committed to trying to save it?

If you truly want to save your marriage then you will always wonder 'what if?' if you don't make the effort now.

Just because your partner is having an affair it doesn't mean to say that they don't still love you and it doesn't mean to say that they don't want to try to work with you to save your marriage.

Don't just sit back and let infidelity destroy your relationship, say no to affairs and save your marriage before it's too late.

For more information of infidelity please visit:

<http://www.saveyourmarriage.marriagehealth.com>

### **Insights on Infidelity from Hillary Clinton's Book**

**By Ruth Houston**

#### **Insights on Infidelity from Hillary Clinton's Book by Ruth Houston**

Of the various topics discussed in Hillary Clinton's "Living History", the topic that has gained the most attention is the Clinton–Lewinsky affair. Since infidelity now affects 80% of all marriages, it's easy to understand why. The Clinton–Lewinsky affair continues to be a major point of interest because infidelity

has reached epidemic proportions. Women with cheating husbands identify with Mrs. Clinton and feel they can learn from her experience."

As author of an infidelity book and former infidelity victim myself, I can attest to the fact that women struggling with issues of infidelity are eager for information that will shed light on how to cope with an extramarital affair.

There are nuggets of information on surviving infidelity scattered throughout Hillary Clinton's account of the Clinton–Lewinsky affair. I found at least a dozen insights on infidelity that would be of interest to women whose husbands are having an affair - insights such as:

- Infidelity doesn't necessarily have to mean the end of the marriage.
- A cheating husband must come clean and own up to his infidelity before the healing process can begin.
- Together, the couple must address the underlying issues that may have contributed to the affair.
- Both parties must be equally committed to rebuilding the marriage.
- Counseling can help the couple come to terms with the affair.
- The healing process takes time and both parties must be patient.

"Living History" is a surprisingly rich source of information on surviving an affair. Women will find in Hillary Clinton a role model for wives facing similar marital problems. Her candid account of the Clinton–Lewinsky affair answers many of the questions in the public mind, such as : Why didn't Mrs. Clinton leave her husband? What made her decide to stay with him and keep their marriage intact? How did she cope with the emotional trauma? What helped her overcome the pain of betrayal?

"Living History" provides an intensely intimate look at one woman's reaction to her husband's affair. By examining the factors that contributed to the survival of the Clinton marriage, perhaps other marriages can be saved. "Living History" is worthwhile reading for any woman whose husband is engaged in an extramarital affair.

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Ruth Houston is the author of "Is He Cheating on You?–829 Telltale Signs." For more information about her book, cheating husbands or signs of infidelity visit <http://www.IsHeCheatingOnYou.com> To receive a FREE Infidelity Report which includes a list of 29 Telltale Signs, send an e-mail to [CheatingSigns@aol.com](mailto:CheatingSigns@aol.com) with "Infidelity Report" in the subject line.



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