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**SIGNS OF INFIDELITY – 21 Categories of Telltale Signs**

**By Ruth Houston**

**SIGNS OF INFIDELITY – 21 Categories of Telltale Signs by Ruth Houston**

With infidelity reaching epidemic proportions, every woman should learn how to recognize the telltale signs of infidelity. The future of her relationship could depend on her ability to spot the telltale signs in time. In view of the rapidly rising divorce rates, and current statistics showing that 50% to 70% of men cheat on their mates, a wife can no longer afford to be the "last one to know."

Every woman's personal library should contain a reference book on how to recognize the warning signs of infidelity. "Is He Cheating On You? – 829 Telltale Signs" is a comprehensive guide which lists practically every known cheating sign. The 800+ signs of infidelity in this book are divided into 21 categories so a woman can easily locate the signs that apply to her mate. What's unique about the warning signs listed here is that once a woman knows what to look for, any of these signs can be easily found using only her eyes and ears, her personal knowledge of her husband, and the information provided in the book. No special skills or equipment are required.

Each of the 21 categories is explained below along with the number of telltale signs listed under that category. While some women make it a point to check each of the 21 categories, others will only check the particular categories that seem to apply to their marriage or their mate. To insure that no one overlooks an important telltale sign, some of the signs (about a dozen) are listed under more than one category.

For example:

"He always calls a certain female to share the special events in his life."

This sign is listed under Telephone Tip-Offs and again under His Behavior Around Other Women.

"He starts showering you with gifts or buying you flowers for no special reason"

This sign is listed under How He Relates to You and also under Gifts.

"You find deposit slips in his possession for someone else's bank account."

This sign is listed under Financial Affairs as well as under Physical Evidence.

## SIGNS OF INFIDELITY – 21 Categories of Telltale Signs

Despite the title, "Is He Cheating On You? – 829 Telltale Signs". actually contains 950 telltale signs. Additional signs were added before the final version of this infidelity book was printed. Readers continue to send in telltale signs they have personally discovered which did not appear in the book.

Continue reading for details on the 21 major categories of telltale signs. When you finish, be sure to visit <http://www.IsHeCheatingOnYou.com> for more information on cheating husbands and signs of infidelity. Remember you can't afford to be the last one to know.

### 1. PHYSICAL APPEARANCE – 76 telltale signs

A man having an affair (or even thinking about having one) will want to make himself more attractive.

He will begin to enhance his appearance in some way. Be alert for changes in his wardrobe, his grooming, his body, and his personal hygiene. These are usually the most visible signs of infidelity. If he embarks on a drastic self-induced makeover, it's probably not for you. More than likely he's trying to attract or impress someone else.

### 2. HOW HE RELATES TO YOU – 70 telltale signs

The way your husband relates to you can provide many telltale signs. His involvement with another woman will cause him to treat you differently — even on a subconscious level. This is one of those areas where a wife can pick up signs of infidelity that a private investigator might otherwise overlook.

### 3. CONVERSATIONAL CLUES – 70 telltale signs

What your husband chooses or refuses to talk about can alert you to his involvement in an extramarital affair. He may mention new people, places and things, while the people, places and things he normally talks about are no longer a part of his conversation. Even his tone of voice can be an important telltale sign.

### 4. WORK HABITS – 39 telltale signs

Work is commonly used as an excuse to account for large blocks of time away from home. Men often use their jobs as a cover for their extramarital affairs. Your husband's work habits will undoubtedly change as his affair unfolds. Be on the lookout work-related telltale signs.

### 5. DAY-TO-DAY BEHAVIOR – 92 telltale signs

We are all creatures of habit. We all have a routine that we usually follow each day. A man who is cheating will display changes of some kind in his normal patterns of behavior. Pay close attention to any deviations in your husband's daily routine. These deviations are telltale signs.

### 6. FINANCIAL AFFAIRS – 52 telltale signs

Affairs cost money. If your husband has a lover, he'll want to wine her, dine her, entertain her and buy her occasional gifts. No matter how carefully he tries to cover his tracks, sooner or later this will be reflected in the family finances. Stay alert for financial signs of infidelity.

### 7. TRAVEL – 27 telltale signs

Your husband may not always be traveling for legitimate reasons. Even if he is, he may decide to combine business with a little pleasure. Travel affords a cheating unfaithful husband a unique

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opportunity to cheat away from prying eyes.

### 8. PERSONALITY OR BEHAVIORAL CHANGES – 36 telltale signs

Be alert for changes in your husband's attitude, personality or behavior. Whether they are drastic or subtle, changes of this type are often an indication of infidelity.

### 9. ABSENCES – 39 telltale signs

Affairs generally require a considerable amount of time. Since there are only 24 hours in a day, your husband's absences will become increasingly more frequent as he tries to steal time from other activities so he can be with his lover.

### 10. TELEPHONE TIP-OFFS – 76 telltale signs

Illicit affairs depend on repeated contact; many of which take place by phone. These telltale signs of infidelity are relatively easy to find. Many men take the risk of calling their lovers from home or having their lovers call them at home. Many wives (like me) discover their husband's infidelity either directly or

indirectly by the telephone.

### 11. CAR CLUES – 40 telltale signs

Your husband's (or the family) car can be a rich source of telltale signs. The glove compartment, car seats (underneath and between), the tire well, the underside of the visor, the ashtray, the side pockets or compartments, under the floor mats and other nooks and crannies can reveal a wealth of information.

### 12. SEX – 37 telltale signs

Be alert for any type of changes in the frequency or the quality of your sex life together. Most important of all: If you suspect your husband of having an affair, take steps to protect yourself. Do not put yourself at risk for HIV/AIDS, herpes or other sexually transmitted diseases.

### 13. EATING HABITS – 31 telltale signs

This is an area that wives usually overlook when checking for telltale signs. But your husband's eating habits can be influenced or affected by his lover. Without even realizing it, he may develop a preference for the type of food she eats, the way she likes her food prepared or the kind of restaurants in which she likes to eat. These are the types of telltale signs it would never occur to him to conceal.

### 14. SMELLS AND TASTES – 21 telltale signs

Each person has his or her own unique smell or taste. You may be oblivious to it until it becomes replaced with something else. Pay close attention if your husband smells or tastes "different," or if something in your home or car just doesn't smell "right." It may warrant closer investigation.

### 15. INVASION OF YOUR HOME – 22 telltale signs

It's not uncommon for a man who's cheating to invite his lover to his home. When this happens, it's not unheard of for lovers to leave personal items behind—sometimes deliberately, for an unsuspecting wife to find. You will usually find evidence in your bedroom or bathroom if another woman has been in your home while you were away. But telltale signs of infidelity may turn up in other areas of your home, as

well.

16. GIFTS – 19 telltale signs

Be especially vigilant around the times of the year when gifts are usually exchanged. During the holidays and various other times throughout the year, you may find gifts or cards hidden around your home or in the car. Receipts or credit card bills for gifts may turn up shortly before or after Christmas and Valentine's Day.

17. COMPUTER USE – 30 telltale signs

It's common these days for a cheating husband to use e-mail to communicate with his lover. Some of the telltale signs in this category may also be an indication of his involvement in an online or cyber affair. Don't take this lightly. These affairs can be as harmful to your marriage as the real thing. Though they may not involve sexual contact, the emotional attachment can be extremely strong, and can quickly progress from cyberspace to physical reality.

18. CELL PHONES AND PAGERS/BEEPERS – 28 telltale signs

Today's technological advances make it easier for a husband to cheat on his wife. But it's also easier for a husband to get caught while trying to make contact or stay in touch with his lover.

19. PHYSICAL EVIDENCE – 32 telltale signs

Many times there's physical evidence just waiting to be found. Check your husband's wallet, his pants or jacket pockets, his desk or dresser drawers, the wastepaper basket, his closet shelves, the floor in the back of his closet, the garage, his study, filing cabinets, his workshop, his toolbox or any place else you can think of. Keep your eyes open. You'll be surprised at the kinds of physical evidence of infidelity you can find.

20. HIS BEHAVIOR AROUND OTHER WOMEN – 71 telltale signs

Studies show that a man is most likely to have an affair with someone he already knows—a woman he comes in contact with on a regular basis - a neighbor, a coworker, a family friend or business associate. If you're observant, you may be able to determine the identity of your husband's lover by the way he behaves in her presence, or by how she behaves around him.

21. ACCIDENTAL SLIPS–UPS OR DISCLOSURES – 57 telltale signs

Sometimes you get lucky and find out what your husband has been up to by accident, or through some strange quirk of fate. An accidental slip-up on his part or on the part of someone else can clue you in to what's been happening behind your back.

Excerpts taken from "Is He Cheating on You? – 829 Telltale Signs"  
For more information visit [www.IsHeCheatingOnYou.com](http://www.IsHeCheatingOnYou.com)

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

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

**By Ruth Houston**

Couples therapists report a 50% increase in female infidelity. The cover story in the current issue of Newsweek magazine is all about cheating wives: "The New Infidelity - From Office Affairs to Internet Hook-Ups, More Wives Are Cheating Too." Yet, as widespread as female infidelity has become, many unsuspecting husbands have no idea their wives are having an affair. They often find themselves in a situation like David in the Newsweek article, who found out his wife was cheating the day she told him she wanted a divorce. Unsuspecting husbands are often surprised when they learn about a cheating wife's extramarital affair. But, the stark reality is that if a husband isn't familiar with the signs of infidelity, by the time he finds out his wife is cheating, it's usually too late.

### **Women Don't Become Cheaters Overnight**

Yet many of the signs may have been there all along. A woman doesn't become a cheating wife overnight. Infidelity develops in stages. In almost every case, there are numerous telltale signs along the way. In fact, many of the warning signs of impending infidelity are evident long before the physical act of infidelity actually takes place.

### **Know How to Spot the Telltale Signs**

The husband who knows how to spot the signs of infidelity has a fighting chance to save his marriage. He won't end up like John LeSage in the Newsweek article who was devastated when he came home one day and found that his wife of 24 years had disappeared. John said, "I would have done a lot things differently, but I never got the chance." This loving, but unsuspecting husband never knew his marriage was in jeopardy because he was unfamiliar with the warning signs.

### **Identifying the Problem**

The first step in solving a problem is knowing that the problem exists. There are certain telltale signs that serve as a wake-up call that a marriage is in trouble. A husband doesn't need to hire a private detective or invest in sophisticated surveillance equipment to find out if his wife is having an affair. If he knows what to look for, all he needs are his eyes, his ears and his personal knowledge of his wife. Knowing what to look for is the key.

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### 21 Categories of Telltale Signs

There are 21 categories of telltale signs, with numerous signs in each category. Of course, no one can be expected to know them all. That's why it makes sense to invest in a relationship reference book like *Is He Cheating on You?* in order to become more knowledgeable about the warning signs. After all, most families have a medical reference book in their home to alert them to the signs and symptoms of health and medical problems. The same thing applies to marital problems like infidelity.

### Universal Telltale Signs

Some of the signs of infidelity documented in *Is He Cheating on You? - 829 Telltale Signs* apply exclusively to cheating men. But many of the signs are universal and apply to both cheating husbands and cheating wives. Additional information about infidelity can be found at

. Although the website is primarily directed to women, about a third of the e-mails received come from men seeking advice about various telltale signs.

### So What Should a Husband Do?

With infidelity affecting 80% of all marriages, the husband who values his marriage would do well to become familiar with the warning signs. He should always strive to be aware of his wife's feelings and keep abreast of the things that are going on in her life. It's not about being overly suspicious. It's about keeping a finger on the pulse of his marriage. Forewarned is forearmed. This way, he'll be equipped to recognize even the most subtle telltale signs. The future of his marriage may well depend on his ability to spot those telltale signs in time.

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Ruth Houston is the author of *"Is He Cheating on You? - 829 Telltale Signs"*. Her lifestyle and relationship articles have appeared in major magazines for the past 20 years. For more information about the book, infidelity or cheating spouses, visit

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