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Why Men Cheat

By Gregory Lions

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by: **Gregory Lions**

"Big, little or short or tall,
Wish I could have kept 'em all,
I loved 'em every one"
– T.G. Sheperd, I Loved 'Em Every One

I thumbed through the New York City Yellow pages under "Escort Services". There were twenty-five pages! "Escort" is just the way businesses get around saying "prostitutes". Clearly, the world's oldest profession is alive and well here in the Big Apple. I even feel I can safely say that not all the men who patronize these services are single.

Cheat is a silly word It's culturally centered. It implies that we've violated the rules of the game of fidelity. First off, take a look at the current divorce rate: 1 out of every 2 marriages fails. Why? Marital infidelity is the biggest reason. There are other cultures that openly allow a man to have more than one wife; the Muslims. One of the richest men on the planet today, The Sultan of Brunei has 100 wives! Right here in the United States, polygamy is openly practiced in Utah.

We exist as human beings on two levels; with bodies and minds. We attempt to enforce a set of Puritanical moral codes that contradict our physical desires. This is just another of the many ridiculous hypocrisies people try to impose upon themselves and others.

If we would only be honest with ourselves, then we'd acknowledge the fact that we are sexually attracted to more than one individual. This is not a violation of any love promise made to one woman, it's just instinct, that pre-loaded software package in our brains. On the purely physical plane, we have instinct and hormones constantly influencing our thoughts. This combination comes into play when a man sees an attractive woman walking by. She stimulates his senses. He doesn't know what she's thinking he only sees her physical attributes. They make him feel good.

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He has fantasies of what it would be like to kiss her, to feel her body against his; to make love to her. Seconds after, a second thought, guilt, may come barging in. "I'm a married man" or "I've got a girlfriend" or "How could I betray her like that?" It's absurd that a man should feel guilt for something over which he has no control.

Let's not forget movies, television and printed media. James Bond, the ultimate womanizer, immediately comes to mind. What about these soap operas that millions of women sit glued to their televisions watching? The appeal of most of them is in watching the main characters have affairs. Now there's a show on Fox called "Temptation Island"(which should really be called "Sexual Survivor") where young couples are placed on an island. The men and women are separated to opposite sides inhabited by horny singles whose sole mission is to seduce these committed people. The ratings for this show have been phenomenal! And how about that riveting drama in the tabloids as well as mainstream newspapers that unfolded in the White House a few years ago? You remember, Bill Clinton and "I did not have sexual relations with that woman, Ms. Lewinsky" Monica Lewinsky?

With the advent of the Internet, a whole new definition of cheating exists: Computer love affairs, the infidelity of your text. Men can cyber with women and vice versa.

Here is where the distinction must be drawn. Physical performance vs. emotional betrayal. Which do you think is more important? A man can patronize a hooker, and once he's completed the sexual act she becomes just a vague memory. He doesn't want to grow old with her. This is a very important point since men and women have fought, marriages have crumbled, and so much emotional agony are left in its wake.

The bottom line, is that men are and will continue to be attracted to other women and yes, women have and will continue to be attracted to other men too. When we can accept the reality, then maybe we'll have become more mature as a society.

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Why Do Men Cheat?

By Steve Roberts

The reasons why men cheat in a relationship are often different than the reasons why women cheat. A man's reason for cheating can include genetics, a sense of challenge, self-esteem and a lack of interest in their current relationship. None of these reasons are justifiable but it is very helpful to understand them.

Genetics may play a factor. There is a theory that some men are more susceptible because of high testosterone levels and high sex drive. The theory suggests that men are programmed from prehistoric times to ensure the survival of the species by being sexual with as many women as possible.

Certainly some men have very high sex drives, but this is no reason for unfaithfulness to a partner in

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today's world of overpopulation and rampant divorce. Just like any other health issue, there are better ways available than giving in to the urges.

Another reason men cheat is the sense of challenge. They enjoy getting away with the affair, as well as the challenge of finding other women with whom to cheat. They enjoy the conquest more than anything.

Sure they enjoy the sexuality of the affair, but the pursuit, sneaking around, and the orchestration of the affair give the adrenaline rush that is more important than either the affair or the current relationship.

Men also cheat because of competition with other men. If their friends are single or cheating on their partners the man may feel he has to keep up with his friends.

This competition also fits in with the ego boost men will usually feel when in an affair. They feel desirable, powerful, and like a winner. They take pride in their ability to attract women and don't care that doing so may destroy their relationship. Often the excitement of the chase is more important than the conquest.

Sometimes, just knowing that other women find them desirable is enough of a stroke that an actual affair is not even necessary. In general, it is a lack of self-esteem that drives them to reaffirm their attractiveness and desirability.

There usually is some difference between men who repeatedly cheat and those who have a single affair and then are rather surprised to find themselves in such a situation. The last reason for cheating is more likely to apply to this second group.

A man who is in an undesirable relationship is an affair waiting to happen. If the relationship has begun to wane and the man no longer feels the same attraction, he may find himself moving from boredom toward the excitement of another woman. It often starts as an innocent friendship that goes too far.

While the wise thing for such a man to do would be to either end the deteriorating relationship or go to work on making it better, many men hold on to it for safety while becoming involved with someone else.

All these reasons contribute to why men cheat: genetics, competition, self-esteem, and boredom. None justify the breaking of faith with a partner and the resulting loss of true emotional intimacy. However, understanding the problem helps us move toward the solutions in future articles.

Steve Roberts is an experienced Marriage and Family Therapist who shares tips and real life relationship secrets from over 20 years of practice. Married 27 years, he has personally known the peaks and valleys of the couple experience.

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