

An Excuse For Infidelity?

I don't feel that there is an acceptable excuse for infidelity. However, cheaters will still give you many excuses as to why they have cheated, and will often try to shift the blame onto you. When your unfaithful partner gives you an excuse for infidelity, what they are trying to do is justify their behavior. They want to feel better about what they have done. They want to put what they have done in a positive light, put a positive spin on it. They want you to share in the blame, and

From Dr. Rivest: In our counseling sessions we will ask and learn even more deeply the why of the affair by focusing on the marriage such as its deterioration and communication difficulties. Additionally the use of the Arno Profile System will give us a focused insight into both the individuals and the couple. It will be extremely important to look at the marriage as a whole and how both individuals contributed to the betrayal not just put the adulterer on trial.

Having said that it is also important to determine whether the betrayer has any character or psychological problems that have led to the affair.

Here Are Some Of The Excuses We Hear.

- We had a boring marriage.
- I never really wanted to get married.
- We're not right for each other.
- You deserve better than me.
- It's not you, it's me.
- I'm having a mid-life crisis.
- I just want to stand on my own two feet.
- You don't listen to me.
- I just needed some space.
- I was curious what sex with someone else was like.
- Sex with you was never as good as this.

- It just happened, It's not like I planned it.
- It's only sex, it doesn't mean anything.
- I love you, I'm just not in love with you.
- I never meant to hurt you.
- It was the peer pressure that made me do it.
- It's just in my nature I guess.
- I told you I wasn't happy and you did nothing.
- You didn't give me any attention.
- You worked too much.
- You just aren't good in bed.
- Our marriage was over way before I cheated.
- I thought you didn't love me.
- I love you like a friend/sister/brother.
- You don't turn me on anymore.
- I feel trapped.
- I don't know what I was thinking.
- I was just too drunk.
- It's all just a misunderstanding.