

# Why Women Cheat

Have you asked yourself why women cheat? If you are a victim of infidelity or you feel as if you have been cheated on, then this question can plague your thoughts. The reasons for female infidelity vary considerably. There are several reasons why women cheat on men, and not all women cheat for the same reasons.

While giving the reasons why females cheat I will try and offer some tips to help you avoid pitfalls that can lead to adulterous behavior. I am in no way condoning this behavior, and even though I offer tips on “prevention,” I am not saying that it is your fault. Infidelity is a choice someone makes, and I don’t feel the victim is responsible. You may however be responsible for the feelings leading to infidelity. I believe that infidelity is always the wrong choice to make. I think that it simply makes more sense to leave someone than it does to cheat on them.

There are an infinite number of reasons why women cheat, or men for that matter. All the same we have compiled a list of some of the more common reasons. It is by no means comprehensive. Hopefully you can find something which will be of help to you and your relationship be it current or future.

***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 is my list of reasons why women cheat on men,

Loneliness - A top reason why women cheat. Women don’t like to feel lonely and if neglected, they may look outside their current relationship to get the attention that they desire. Their partner may be physically present, yet emotionally absent. Obviously you can’t just quit your job and spend every spare moment catering to your partner. However, using every spare moment you have to golf, fish, bowl, play poker, etc., without your wife will give her the message that you don’t care whether or not she is lonely, or even in your life at all.

Boredom - Another popular reason why women cheat. The relationship is in a rut, it has become predictable, and lost the excitement that it once had. Affairs require a great deal of sneaking around, lying, and covering of tracks. Basically what it offers to the cheater is a second life, one filled with excitement. Kiss her passionately for no-good reason at all, take her on a surprise outing. Money is tight more often than not, and weekend getaways can be impossible for the

average Joe. A picnic for two in the park, lying on a blanket watching clouds? That is within most every budget. The goal here is spontaneity, do something nice that she didn't see coming. Her response may well surprise you.

Lack of emotional intimacy - This can be a tough one for some guys, men are encouraged from an early age to control their emotions. Women are highly emotional and sensitive beings and require an emotional connection to you. It's not easy, but it's important. Listening to her and being supportive of her desires and dreams will give her a sense of security, and will let her know she is cared for. Give her a massage, just the two of you go out on a date, take her out for a romantic dinner or better yet, make her a romantic dinner for two yourself. Anything really that will allow her to feel closer to you.

Revenge - Infidelity can bring out the worst in a woman especially if she feels that she has been a devoted partner. An eye for an eye, a woman who is cheated on may lash out and have revenge affairs to allow you to experience the pain which you caused her to feel, and will likely feel justified in doing so. Perhaps you didn't even have an affair, maybe you blew your life savings, or were caught in a huge lie. If you broke her trust for whatever reason, and she is feeling hurt and betrayed she may seek payback in the form of infidelity.

Self-esteem - A woman who feels she is unattractive to her mate may seek sex outside the relationship to confirm that she is beautiful, sexy, interesting, smart, desirable etc. Sex can be quick pick me up for ones esteem. If you show little or no interest in your partner, or are constantly critical of her you are putting your relationship at risk.

Excitement - Affairs can be thrilling, the reason why women cheat is that they simply want more than their mate can or is willing to offer. Relationships easily fizzle over time especially when children are thrown into the mix. Make an effort to keep some excitement in your relationship, do something spontaneous with her or for her.

Sexual starvation - Contrary to what you may believe some women will have an affair simply for the sex. Whether you are purposely depriving your mate of sex, or you simply aren't giving her the amount of sex she needs, you may be asking for trouble. You may not be able to perform as well as you did in youth, or you are just too stressed to perform. Obviously there are things you have little or no control over. What you need to do is let your partner know that you are having problems. Don't allow your ego to get in the way. Many men shy away from sex rather than to risk embarrassment. Chances are good that if you can't perform and give her no reason as to why then she will feel as if the problem lies with her. Don't make your loved one lose sex because of your pride.

Constant fighting - Self explanatory I suppose. Who wants to be in a place where there is never any peace? If you are serious about your relationship, you will address the reasons for your fighting, and try to come up with some solutions. Don't be ashamed to seek out advice from others, even when differences between you seem insurmountable. Therapy or professional counseling can save relationships which seemed beyond hope.

The trade up - This is a cruel reason why women cheat, or men for that matter. She has lost weight, got in shape, had cosmetic surgery, finished schooling, acquired money, however it may be, she now feels she is simply too good to be with you any longer. Perhaps your looks have fallen under the bar she has set for herself. Perhaps you no longer have the high paying job, or the nice car. How pathetic, whatever happened to richer or poorer, good times and bad. Be grateful if you aren't one of the poor souls who married this type of person. You are better off without this shallow individual in my opinion. I wouldn't give chase brother, you never really had her.

Dissatisfaction with her mate - Listening is key here, women will usually express their dissatisfaction with men, men just often will not pick up on it. Consider changing some of your behavior or activities which she has a problem with. Communication is important here also. It wouldn't be a bad idea to just ask your woman if she has some dissatisfaction with you. Your partner may not be as vocal as others, and prefers rather to bottle it up inside.

Romance - You remember how you were back when you tried to court your partner? Yeah, women like that and need a certain degree of it, she wants to be seduced and romanced. You don't have to do this all the time, but when she tries to be romantic, put forth an effort.

Lack of attention - A popular reason why women cheat. Women typically love and need attention. If they feel that you are ignoring them they may look elsewhere. This doesn't necessarily mean give her constant attention, and you don't want to be overbearing, or suffocating. You just don't want her to feel unappreciated or neglected. Pay her compliments, tell her how much you appreciate the things she does. Don't stay glued to that television when she wants to talk. Pay attention, and learn to notice even the small things.

Dissimilar interests - She feels that she just doesn't have anything in common with you anymore. She finds what appears to be the perfect partner/soul-mate. You must have had something in common in the beginning. Try to show interest in the things which matter to your partner. Find a pastime or a cause which you both enjoy.

Easy way out - She may feel that having an affair is an easier way out than to put the effort into a relationship that she feels is broken. Express to your partner that she can come to you with problems, or concerns that she has. If she feels as if she cannot communicate with you, or feels it's difficult to, she may choose to self-destruct the relationship.

Unhappiness - This kind of sums up why women cheat I suppose, but it's probably one of the top reasons why women cheat. The grass is always greener on the other side of the street, and it seems easier to throw it away than to put the effort into fixing it. If she is truly unhappy being with you the relationship may be beyond hope, as this may well be a deep-rooted feeling. This may even have nothing whatsoever to do with you. Professional help may be the only hope for your relationship.