

# Counseling Solutions at St. Matthew's Institute for Healing and Intentional Growth

Winston Salem, NC 336 760 1780 MarriageCounseling.org

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Impression: Cause of Marital Infidelity

Client \_\_\_\_\_ Date \_\_\_\_\_

The question of why men cheat can be difficult to answer but cheating ultimately comes back to free will, a choice has to be made. A man who cheats on his partner has made a choice. It's a choice he knows is wrong. It all comes down to a decision he has made about how committed he is to the relationship and how much he values the marriage commitment.

He may have been looking for something that he is not getting at home such as attention, love, support, friendship, the need to feel wanted, or it may be purely sex.

This information is intended to provide some answers. Sometimes it can be a single simple reason, other times a complex combination of reasons which may date back to early childhood development or a variety of traumatic life events. Additionally there may be character or psychological problems that have led to the affair.

In our counseling sessions we will learn even more deeply the "why" of the affair by focusing on the marriage such as the marital history, its deterioration, and communication difficulties. Additionally the use of the Arno Profile System will give us a focused insight into the couples strengths, weakness, and needs.

**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.**

From my interviews with your husband to date we can safely say that he has been unfaithful because:

It's cheaper to keep her - In many cases it's just less expensive to coexist with a despised spouse than it is to get a divorce. Fear of monetary loss is a big reason why men cheat and just hope they don't get caught with their hand in the cookie jar. In his mind this may be as close to a win-win situation as he can get.

Sex - Plain and simple, why men cheat may be purely for sex. Whether you are giving it to them constantly or rarely, whether you give them wild and kinky fantasy sex or plain and ordinary missionary sex. A man is able to have sex with another woman without having feelings for her, and without affecting how he feels toward his partner.

Incompatibility - Perhaps you didn't have as much in common with him as you thought, at least he doesn't think so. Sometimes two people can grow apart without even realizing it. Maybe he has met someone whom he feels shares his common interest.

Internet safety - Even though it is one of the easier ways to get caught, guys feel safe flirting from their own keyboards. An untraditional affair such as a [cyber](#) affair does not require the advance preparation that a traditional affair does and seems easier to conceal. While it may seem harmless, it can easily spin out of control. A website catering to married individuals seeking an [online affair](#) is just a click away.

Instant gratification - Why men cheat can be tied to impulsive behavior. He gives no thought to the repercussions of his actions, he sees someone he wants and just goes for it with no heed to his current relationship.

Too much arguing - Men may cheat if a woman is overly critical of them, or gets into a confrontational mode to resolve every problem. Who wants to be around someone who is constantly on them about one thing or another?

Not enough attention - Contrary to what you may believe male infidelity doesn't just have to be about the sex. The truth of the matter is that many men are getting regular sex from their partner and are also having sex with someone else. A man may cheat because he no longer gets the attention he needs at home.

Fallen out of love - Some men need to feel that "in love" feeling. Once the marriage becomes comfortable, they go looking for the excitement of new love, rather than put their energies into the current relationship.

Revenge - He believes in an eye for an eye. A man may cheat as a means of punishing his partner for hurting him in some way, or as payback for being cheated on.

Not enough sex - If he isn't getting enough sex to fulfill him, a man may have an affair.

Boring sex - Sometimes why men cheat is because they want to try new things that their partner won't try.

He has been forgiven in the past - Since you have allowed it in the past and have forgiven him for it, he is much more likely to do it again. He knows that if he pleads with you enough that you will forgive him of cheating.

Low self esteem - Men who have a low self esteem may lack a solid identity and are unsure of what they want in life. They begin looking for validation of worth outside of their relationship and have an affair with the intention of building self esteem. Seeking peer approval is why men cheat in some cases, having one woman simply is not enough for them.

Lack of willpower - Some women will seek out married men, and one of the tactics she will use is to attack his manhood to get what she wants. She may say "he is kept on a leash" or "he is "whipped" etc. A man will often go along with her advances for fear of being ridiculed if he doesn't.

Conflict of perception - What a woman perceives her man wanting or needing may be quite different from what he wants or needs. This is due to dishonesty and/or lack of communication. He may have inaccurate perceptions of his mate, perhaps he perceives that she is bored with him.

The thrill of an affair - Some men are drawn to the challenge and excitement of having an affair. The risk of getting caught can cause some men to cheat.

Trophy hunting - In youth, some men are all about trophy hunting. Whether it is a check mark in an address book, notches on a bedpost, photos, etc. They are more interested in the number of girls they have bedded as a means to prove their manhood to themselves and others. Some men will never move out of this phase, and will continue to acquire trophies.

Fear of commitment - They want a secure home and all things that come with it, but are afraid of being tied down to one person.

The "accidental" affair - They don't go out looking for an affair but get caught up in the moment and before they know it they are in over their heads.

Boredom - He may be bored with his routine lifestyle, and seeking to add the excitement of an affair.

Peer pressure - Although it may seem silly, if his friends are cheating he may well follow.

Fear of getting old - Men may cheat to prove to themselves or to their partners that they still have "it." They see their sexual encounters as proof of their virility, and manhood.

An ego boost - Most any man likes to have his ego boosted every now and then. Sometimes men no longer feel attractive to the opposite sex, and when a woman does show some interest, his hormones can skyrocket causing a rise in his ego. This can of course lead to the ultimate ego boost for him by having sex with her.

Poor role models - Many men grew up watching their father's and various authority figures cheat and they have an ingrained belief that cheating is just something men do.

To get out - Some guys are just too afraid to face their problems, and they cheat when their marriages are in trouble. If they aren't getting what they want and need from their wife they find someone else. They know that cheating can be the ultimate relationship killer, and perceive it as a much easier way out than fixing the problems in their marriage.