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## Busted: Confidential Investigations

by Jeanene Weiner

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"Happily ever after" is a myth in many marriages. And, unfortunately, taking marriage vows does not always put an end to temptation for some spouses. When a person has an affair, the marriage becomes mired in lies and deception. Secrets replace communication. It is very difficult to hide an affair and if you look closely enough you can usually uncover a trail of evidence that will lead you to the truth. Based on the hundreds of cases of infidelity I have seen, I have compiled a list of some of the most common signs of infidelity.

There are three categories cheating typically falls into: physical, emotional and intimate.

### Physical:

Technology is great, but it can be a cheater's worst nightmare. In almost every case, unusual habits with the cell phone are the first indicator that there might be an affair in the works.

? Unusual cell phone activity. The signs can include deleting phone numbers, being protective of cell phone bills, being protective of the phone itself (the cheating spouse won't leave it while they go to the bathroom or shower), putting the phone on vibrate or silent, and not answering some incoming calls. Often calls show up as "private number" or "unknown," and a password protects access to the phone or text messages.

? When you try to call your spouse they are not available. They don't answer the phone, or give you an excuse such as they "have a dead battery," "in a bad area with no cell service," the phone is "not working properly," etc., to try and explain why they did not get your call or message. Another tactic is they won't answer the phone right away, but will call you a few minutes later with an excuse as to why they did not answer the first time.

? Your spouse suddenly becomes interested in self-improvement. Look for changes in appearance: updated image, new clothing, tanning, whitening their teeth, etc. The former couch potato is now concerned with his body image and may begin working out or dieting.

? Sudden change in daily activity. It takes time to have an affair and it is sometimes hard to work in a new partner. Many times a change in work hours – going in early or working late - can be an indicator of an affair. We had a client whose husband suddenly began working out at 5 a.m. He would leave for work and say he was going to the gym and would take his shower after his workout. What he was actually doing was leaving his home, going to his girlfriend's house, showering and getting dressed for work. He never went to the gym at all. His wife became suspicious because he was spending a lot of time at the gym, but he was gaining weight and NOT gaining muscle. I am sure the nice lunches with his girlfriend added to his waistline. There was also no increase in his pay and he was not able to account for the extra money he was spending. Also look for frequent "client" meetings, an increase in out of town business trips and being unavailable at the office. These signs are also indicators of an affair.

### Emotional:

If you have lived with your spouse for years, you know them and their moods very well. When a person is having an affair, they are often preoccupied with thoughts of the other person.

? Emotionally unavailable. Your spouse is not excited to see you when they come home from work, and is restless during the evening or weekend. They aren't interested in making plans for the future (ie. family vacations, weekend get-aways, or even commitments in the evening). They become vague about time spent away from



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home, or doesn't make an effort to spend time with the family.

? Moodiness. They begin to provoke fights, arguments or conflicts. They are hostile and critical. They seem distracted, detached and express a desire for more autonomy. When you try to start a conversation, they seem frustrated, bored or indifferent. They are unwilling to share information regarding their feelings, and become easily annoyed with simple questions.

Intimate:

? Sexual changes. Your partner may begin changing the frequency of his sexual relations with you, may desire a new sexual technique, or show concern with personal hygiene.

? Missing medication. Many of our clients discovered an affair when they began counting their husbands erectile dysfunction medication. One woman became concerned when her husband no longer seemed interested in having sex with her. She began counting her husband's little blue pills and noticed that every Friday one was missing. He claimed that he was taking it so he could be "ready" for her over the weekend. The problem was they didn't have sex on the weekends. We discovered that he was actually meeting his girlfriend every Friday and Saturday at the apartment they shared.

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