

## Signs Of A Cheating Spouse

No one likes to feel like they are being lied to, especially when their spouse is involved. The foundation of trust and honesty is such an important part of marriage, and without it the relationship will never succeed. This is why even the smallest suspicions of an affair needs to be investigated. Of course you have to be careful not to wrongly accuse your spouse, and this is why you should approach the matter as "innocent until proven guilty". That being said, there are some signs of a cheating spouse you can look for without jeopardizing your relationship.

### Behavior Changes

It is usually pretty easy to identify changes in your spouse's behavior pattern since you have been together for so long. They may appear nervous or anxious when the phone rings or when they are using the family computer. You might also notice them paying more attention to their appearance and clothing. These are just some of the things that can indicate a new love interest.

### Sudden Schedule Changes

If your partner used to be reliable in the times that they came home from work but suddenly have become late there may be cause for concern. They may also have excuses for going out to social events or needing to travel more. While this is certainly acceptable once in a while, a consistent pattern of these events is unnatural. Always ask for the complete details behind a schedule change and follow up with a call to their cell phone just to make sure they are telling the truth.

### Mood Swings

Even though you may feel most of the emotional burden when your spouse is cheating; the fact is that the pressure of dishonest behavior will get to them as well. Because of this, you may notice sudden changes in their mood. Small arguments can turn into huge conflicts, and may even be followed by overwhelming apologies. Your spouse may even create a heated argument just as an excuse to leave the house and visit their lover. These types of unstable swings may be an indicator of something else going on behind closed doors.

### Disconnection

One of the most common responses to any marriage problem is withdrawal. Your partner may begin to ignore you or seem distant with their responses. They might answer all of your questions with one-word replies, or just by nodding their head. By giving you the cold shoulder they avoid having to discuss their day or answer any questions related to their behavior. This is where you have to become creative with your conversation to break through the walls they have put up.

These are just a few of the signs of a cheating spouse. While there are many more, your focus should be on recognizing broad behavior changes that tell you something is different. Remember that you can't accuse your spouse of anything until you have adequate evidence, and this may require some digging on your part. Just be careful not to be caught unless you are sure you can find proof. You don't want to risk your marriage on pure speculation.

## About the Author

Is your partner having an affair behind closed doors? Find sure-fire ways to [catch a cheating spouse](#) at CheatingSpouseFix.com

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