

How To Tell If Your Spouse Is Cheating

It is easy to get mixed signals from your spouse when you think they are cheating. On the one hand your mind is alert for any changes in their schedule that may signal an affair, but on the other hand you know you need to have sufficient proof to make any accusations. This is why it is important to go through some tests to determine if your partner may actually be cheating. There are plenty of subtle indicators to look for, and here are some of the more obvious ones.

Emotional Swings

The pressure of an affair weighs just as heavily on your spouse as it does you. They are essentially leading a double life, and this creates the stress of having to keep their stories straight. For this reason you may notice some wild mood swings in with them. One moment they may be a loving partner, but it can only take one small thing to set them off into a heated argument. These are the ups and downs of living a life full of lies, and they are a good indicator that an affair may be taking place.

Last Minute Changes

Since your spouse now has obligations to two partners as well as their career and social life, you will find they have trouble balancing everything. While in the past they may have been reliable and timely, their new life is probably filled with constant rescheduling and sudden appointments. Typically it is their home life that suffers most as this is the one they are running from. They will literally drop everything to be in the arms of their new lover, which means you end up getting only what is left of their personal time.

Sudden Confidence

One of the strangest behavior patterns that cheating spouses display is an overwhelming sense of confidence. The excitement of "sneaking around", combined with their new romantic interests, makes them feel alive and invincible. For this reason you might notice your spouse is more sexually interested in you or even more demanding in their needs and requests. This comes from the power they feel by balancing their multiple lives. Sadly, most observers confuse this attitude with a good thing, instead of the black cloud that it actually represents.

Secret Calls

Obviously your spouse's affair would not be very successful if they couldn't communicate with their love interest. Thus, you will probably notice a significant increase in cell phone use and email messaging. The difference between these secret communications and normal calls is that they will make the extra effort to keep you from listening in on them. He or she will run into another room or simply ignore the call if it comes in your presence. All of these are signs that something strange is going on.

Learning how to tell if your spouse is cheating is the first step to putting an end to the affair. Too many people ignore their suspicions and attribute their partner's strange behavior to the stresses of work or family finances. While in some cases this may indeed be the problem, you need to find out the truth before you can rest your mind. The only real way to stop an affair is by proving to your spouse that you know what is going on.

About the Author

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