

10 Mistakes People Make In Their Relationships And How You Can Avoid Them!

Cheat Proof



Single Mama Diva

“Reconstruct the world by reconstructing your mind”.

Cutting edge information for the 21st century single parent.

How to Cheat Proof Your Relationship

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10 Mistakes People Make In Their Relationships And How You Can Avoid Them!

Essays of a Single Mama By Candi Taylor-Jeter

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There are millions of books, eBooks, tapes and CDs that will reveal secrets of one thing or another. In this information age our senses are literally overloaded with so much information that to be honest it makes it more difficult to know what to do in any given situation.

Before we get into the meat of this valuable material I want you to know that there are *NO* secrets.

According to Webster's Dictionary secret means: kept from knowledge or view; working with hidden aims or methods. **First**, remember that there is nothing new under the sun. **Second**, everyone one on this earth has seen something that others may have overlooked. **Third**, your creator wants you to *know* what the universe has for you.

My goal you *know*, but you have just overlooked. As a human, you have an instinct that you were born with. As you get older, depending on your life experiences your instincts will either get stronger or weaker. Unfortunately the invasion of many inventions, although they have made life easier for us have also dulled our senses.

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Many people think that one of the main reasons we experience failure, lack and setbacks is due to a lack of knowledge and I will agree, but what type of knowledge are we lacking? Well, before the information age bombarded us with a boat load of stuff we were lacking cerebral knowledge, but we were abundant in spiritual and experiential knowledge.

Today, we are at a place where balance is strongly needed. For the most part I rarely search the World Wide Web for information without consulting my *personal experiences, spirit* and *1-3 top experts* in the field or issue that I am curious about.

I have said all this to say that there are many components to *knowing*, which is another subject altogether, however the basic form of knowing is your instinct and then outside influences.

When we are babies we experience self in the womb before we even see the world. By the time we are born the world instantly begins to deconstruct our knowledge of self, which produces doubt.

Now I think you are getting it. Your doubt is a reflection of how you have internalized what others have done to you, said to you, thought of you...get the picture?

This internalization effects how you see all aspects of life. If people had a positive self image of you when you were young, then you will feel positively about yourself. The younger you've experienced these positive vibes the easier it is for you to reflect this in adulthood. However, if as a young child you were more influenced by negative energy the more uncomfortable you will be by the presence of positive energy.

For example, have you ever tried to give someone a compliment that was uncomfortable with positive energy? They almost make you feel as if you have said something wrong.

The way you handle your relationships have everything to do with your perceptions of yourself.

As a lover whatever you perceptions were

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before you got involved in intimate relationships have become magnified by what your lovers think of you at one point or another.

I would like for you to take a moment before reading any further, take 3 deep breaths and say “As Is”. Internalizing this short phrase at its deepest level will put you in a state of neutralness. If you can at least get to a neutral place it will be easier to absorb the positive energy that’s contained in this material.

Ready?

**Keep scrolling for the 10 mistakes people
make in relationships and how you can
avoid them.**

How to Cheat-Proof Your Relationship

Why do people cheat?

Many people ask this question, but the foundation of this question is simple. Monogamy is not natural. Monogamy is an act that requires a higher functioning purpose. That function is a cognitive choice and the purpose is relative to the individual's goals and perceptions of life.

Although infidelity is as old as this world the reasons for infidelity can vary according to social environment, childhood experiences, religious views, and many other factors come into play when it comes to being monogamous.

Before we get too far into this valuable information, let's first define what monogamy means. **Monogamy** is defined as having a single *sexual* partner for a period of time. Many use the term faithful interchangeably with the word monogamy, but **faithfulness** is defined as being devoted to a person, cause or obligation. Well, let's see...what about loyalty? **Loyal** is defined as being closely tied to another by affection or faith. The one word that ties loyal and faithfulness together

is dependability. **Dependability** is defined as to be confident in or to rely on something or someone. Now that we have the definitions to the basic words used when discussing infidelity, what does the word cheat mean? **Cheat** means to deceive by trickery, mislead, fool or violate rules deliberately.

I have said all of this to say, cheating is not about monogamy at all. Cheating is about deceiving and deliberately violating the rules of a relationship. The biggest complaint with cheating is that people often feel let down; insecure, fearful, and unsafe when the one they put all of their trust in deliberately violates the rules of the relationship. But wait! How many of us actually have rules and contracts in a relationship?

This book is NOT about catching your spouse cheating. It is NOT about how to get back at your lover for cheating. This book IS about providing you with tools to help prevent or lower the risk of cheating or being cheated on in your relationship. Nothing can keep your lover from cheating on you if they want to, but you do not have to contribute to the problem. By doing what you can on your end you can be proactive instead of reactive when such an unfortunate incident occurs.

One-third of divorce litigation is caused by online affairs.

Mistake #1

Never assume that everyone values monogamy in a relationship even if they say they do.

When it comes to having sex men will say anything to get a female to participate with them. When it comes to having a relationship women will pretend to agree with anything to get what they want. In rare cases you will see the flip side of this, but for general purposes we will discuss this issue from this angle. Bottom line, both parties are being deceitful. Too many times it is assumed that everybody believes that having more than one partner is wrong. This is simply **NOT** true.

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There are many who believe that being open and honest is most important, however our society simply will not support someone saying, “Hey look, I just wanna sleep around and if you want to participate then I am interested in you.” For the most part people are going to be offended, but in reality this approach saves a lot of heartbreak. Monogamy is one of the hardest things to master over a life span, simply because we learn a lot about ourselves through other people. Just as many people walk away from an affair regretful, many walk away more enlightened about what they want and who they are. It is not always possible to look down the line and say, “I will never be with anyone else but you.” As romantic as this may sound, it is not always realistic. Fully accepting this fact and understanding that monogamy is not for everyone will help to cheat-proof your relationship by pairing yourself with someone who values monogamy the same as you do. If monogamy is number one to you don't commit to someone who has monogamy as number five on their list. You will know only by their actions where they place the value of monogamy in their relationship. If you and your lover are constantly arguing about the issue, then that means that your value and definitions of monogamy are not the same. This book is not about beating up those who cheat. This book addresses the fact that cheating is a co-created situation and both parties have to take some responsibility if they want to reduce the chances of participating in cheating behaviors.

About 60 percent of men and 40 percent of women will have an affair at some point in some marriage

Mistake #2

Never lie or hide who you are to get the object of your affection.

Both men and women have been taught to keep parts of themselves from each other to ensure that neither will be rejected. Women are taught to harness their power and men are taught to falsely assert power they don't have. Women are taught not to overly engage in sexual activity and men are taught to be a "ladies man". Trying to fit into a prescribed social category can be detrimental to a relationship over the long haul. The only way to avoid deception is by being completely honest with each other. Honesty will filter out those that do not match what you are looking for. If you are truly looking for a long-term partner honesty can be your best friend. Many are discouraged from being honest, because they are focused on what they will lose or they try to avoid confrontations and conflict. However, what is gained from

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being honest is the perfect relationship for you rather than the figment of your imagination that was created out of dishonesty.

Make it very clear about what you want in a relationship, even if it sounds ridiculous. You can always talk about what makes more sense later. Sometimes we hold back what we really want to keep from scaring the other person off. What I have found is that the most ridiculous requests on the surface leads to the most deep and soulful conversations. Most of the time the authenticity of who we are is so irresistible that many are willing to comply. NEVER pretend to be someone or something you are not.

Pretending to make more money than you do or acting as if you don't talk to your exes when you know you do can produce real problems later in the relationship. I have an amicable relationship with all of my exes; therefore conversations with them are going to take place. Some of them I speak to on a regular basis and some of them can be a year or more in between conversations. For me when I break up with someone it is usually due to changes in circumstances or personality differences. Even when someone has cheated on me I am still able to remain friends. That is just my personality. For me, it is easy for me to separate the pain of

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the lovership from the friendship. I am upfront with my partners about this and so far only one could not deal with it. Ironically we are not friends to this day. Even though I was honest with them they had a hard time and therefore did not feel comfortable in the relationship. As a result, I made the mistake of hiding my conversations with my exes to keep down confusion. I then got the title of a “liar”. So why didn’t I just give up my friendship with my exes for them? Simple, they were still talking to their exes, but wanted me to give up my friendships. Needless to say, this process became a very childish power struggle, which eventually ate up the integrity of the relationship. Remain honest even in the face of threats, manipulation, and blackmail. In the end you will be free one way or the other and you will eventually find someone who values your honesty, even if it hurts.

Mistake #3

Never overlook the power of negotiation.

Everyone has their own value system they feel they must live by, but truth be told, it is a bunch of crap to believe that you will not have to give a little to get a little. This is not the same as lying and manipulating to get your way. In fact this is just the opposite. For example, if you believe that it is absolutely wrong to chat with other people on the internet, but your partner thinks it is okay you both may be able to negotiate this issue.

Let's say you like to go out dancing with your friends once a week, but when you two met your partner felt that this was inappropriate once you were in a relationship. Being the accommodating partner you are, you decided it wasn't worth risking the stability of the relationship. However, your partner is online almost everyday chatting with whomever, but this makes you feel uncomfortable. Instead of whining about it, you may want to just simply ask them not to do that. If you can come to an honest agreement about your partner not talking to interested parties on the internet then the conversation is over. However, if the problem persists then obviously this is a time for a negotiation. Do not get this

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confused with a tick-for-tack act. A tick-for-tack is when you just pull something out of the blue that you know your partner hates and you chose to do it for revenge.

Negotiation is when there is something you really want to do for you, not to hurt your partner. If you were willing to give up something that you really enjoyed and your partner is not then you must compensate by taking care of yourself by doing the things that make you feel complete. Simply let your partner know that it is okay if they talk on the net if they will be willing to renegotiate and allow you to go dancing with your friends. If your partner says okay, then you have a deal. If your partner says no, but agrees to stop talking on the net you have a deal. If your partner says no and keeps doing what they want to do then you must ask yourself if you are willing to have unequal rights in the relationship.

Only 46% of men believe that online affairs are adultery.

Whatever you decided to do, you must at all times remain open and honest about it. Do **NOT** sneak to go out dancing, because you are mad at your partner for talking on the internet. Just go dancing. It is very tempting to slip into passive aggressive behavior when we feel threatened, trapped

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or ignored. However, knowing that you are doing what you are doing, because you just want to not to get back at your partner will keep your decisions pure.

It's funny how this works, because once your partner realizes that you also have things that you like to do that he/she may not be comfortable with they will usually concede if they really love you one way or the other.

Mistake #4

Never whine or demand anything

This one is hard, because it is natural to become whiny or demanding when we feel threatened. One of the main reasons for whiny or demanding behavior is powerlessness. You must always have a backup plan prepared. Being prepared to negotiate is a good start, but also being prepared to take a loss is the most powerful tool you can have in your arsenal to help guard against being cheated on. Most people, men in particular cheat, because they know they can. They know they have the pick of the litter and that the woman will be more likely to hang in there.

To keep from sounding like a broken record and wearing yourself out, you must set up clear rules and boundaries from the beginning that you both agree upon. You must be prepared to follow through and you have to be prepared to let go if you are unable to depend on your partner to abide by the rules of your relationship. Note: Women respond to words, but men respond to action. Ladies, remove the main reason men use for cheating, nagging. Do not nag him; however make him accountable for the words that he says to you. If

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you meet a man and he is quick propose his love for you, make him prove himself. Don't use your standards, but use the standards he set for himself when he was trying to convince you he was the one. Men will say many things to get what they want, and I'm not telling you not to believe him, because in some cases he may be telling the truth. But you will never know if you don't call him on it.

For example, if he tells you that he lives on five acres and has a house in the country do not continue further in the relationship until you know all that he is saying is true. If your partner tells you that you are the "only" one, then you should be able to reach your partner as if you are the only one. You should be able to go anywhere and feel secure with your partner. Not as if you are in the way. Do not keep begging him/her to show you what they have told you, just keep the relationship stagnate until it is proven that what you are being told is true. Don't give more of yourself hoping your efforts will be rewarded. This will only lead to the "it's not fair" talk, which can be such a turn off. Do not call your partner a liar and belittle them, simply continue to take care of yourself, date other people and let them know by your actions that you have better things to do than to try and figure them out. This will help you resist the temptation to nag, cry and beg.

14 percent of married women have had affairs at least once during their married lives.

Mistake #5

Never use sex or other means of bribery to get what you want.

Many commitments have been made in the throws of passion or shortly before or after. Cheating is rarely about sex, but always involves sex. Using sex to get what you want is tempting, because it is quick, convenient and most everyone likes it. The down side is that sex produces extremely high levels of emotion in most people, it distorts judgment and using it to get people to commit to something is WRONG.

For the most part guys are pretty obvious about what they want. Yeah, they may dress it up a bit, but usually you can see right through it. Women on the other hand can be pretty tricky. Many women think that having sex with a guy will force him to commit and some will take it a step further and try to get pregnant. This is a guaranteed set up for a cheating relationship. Men are pretty simple creatures. If they want to marry you they will do anything to make it happen, if they

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don't want to marry you they will do anything to keep it from happening. Because most men hate confrontation, they will agree to most things on the surface and find ways around it underneath. Women always act so shocked when the man they have been chasing relentlessly (while he's cheating), finally says yes to marriage only to cheat through out the entire relationship.

Most cheating relationships are co-created. Both parties have to participate at some point. One partner has to at some point look the other way, while the other engages in the activity. If all the steps in this book are followed it may not stop the partner from cheating initially, but it will break the cycle for you.

It is estimated that 53% of all people will have one or more affairs during their lifetime.

People who have sex simply because they like it as opposed to trying to get or keep someone is less likely to be deeply hurt or distraught when things don't turn out the way they want. Boosting your self image is the best defense against using sex to seal a relationship deal. If you go into any relationship with a low self-image your chances of being

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cheated on are much higher than someone with a high self-esteem. People with high self esteem are simply sexier and they are not afraid to lose. People love to be around people with a winning attitude. If you are desperate and willing to settle for anything that is what you will get.

Bottom line...

Do not do anything that you don't really want to do. An equal partnership does not mean that you both have to do the same things for each other or that it has to be 50/50 all the time. However, an equal partnership means that over a reasonable period of time you should start to see some return on your investment. If you are constantly giving of your time, money, body and soul and get absolutely nothing in return then either you have failed to negotiate, you are afraid to lose or you have lied about who you are and what you want.

Mistake #6

Never pattern your relationship after someone else's.

This is a very common mistake. When we see a good relationship it is very tempting to try and imitate it. However, the reality of it is, all people are different; therefore all relationships should be different. Yes, overall there may tend to be similar qualities that run through all of our encounters. But when it comes to specifics all relationships are not the same. Each relationship should be like a finger print. Each relationship should inspire you to grow in a different way and do things better each time. Relationships are here to teach us lessons and if you are learning then each relationship should be different. I am very different in relationships now than I was 15 years ago. Knowing who you are and what you want is key to producing your very own formula for your successful relationship.

Everyone says never go to bed angry, but some people may have the type of relationship where they may need to go to bed angry and pray they wake up, so they can start anew. Some people believe that monogamy is the key to their success, while some couples have to have variety.

I happen to believe that honesty is the best policy. However, I have talked to some people who say they don't want to know everything about their partner. I can't imagine this, but if this is you then you may want to disregard mistake #2 of this book.

22 percent of married men have strayed at least once during their married lives.

As with boxing, it's the punch you don't see that knocks you out. I like to see what is coming in my relationships, but some people do not want to have to think about things until they happen. This would drive me crazy, but whatever your preference as a couple, it must be honored.

I have found that couples who have their own way of dealing with things, rather than worrying about what other couples are doing have a higher sense of who they are as a couple and a higher sense of satisfaction. It never hurts to try something that may be working for other couples, but if it doesn't work for your relationship don't be afraid to explore what does.

Mistake #7

Never create double standards.

When we create double standards in a relationship we are telling our partners that our needs are more important than theirs. If you tell your partner that they can not talk and flirt with strangers in your presence, yet every time you are together you are shamelessly hitting on others then you are telling your partner they don't matter. Also, you will most likely to be cheated on by an angry partner.

One of the many reasons people cheat is because they feel worthless in their present relationship. Double standards are the most overlooked cause of feelings of worthlessness in a relationship. A double standard is similar to a type of betrayal, because it is assumed that if you don't want something done to you then of course you would never do that same thing to someone else. Most often when people are in divorce court or at the end of a relationship the issue of double standards are often brought up.

It can be most frustrating when rules and request are made that are not honored by the one who made them. It feels like a set up and more than likely the other partner is going to act out by cheating, withdrawing or nagging. However the negative feelings present themselves it will not be good for the relationship. On the other hand, if you like to have friends of the opposite/same sex and you open that invitation up to

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your partner and they say they prefer not to, because they feel that they can't handle that type of freedom, that is a perfect opportunity to negotiate a contract.

It is important to be clear that there is no double standard in a case in which the partner declines to engage in an activity that their partner engages in. This is important for two reasons. First of all, outsiders will be quick to point out that one partner gets to do something while the other partner can not. This is crucial, because if both partners are not completely secure and clear about the standards they set for the relationship, outside criticism can plant doubt and insecurity in that relationship. The second reason clarity of standards is important is because if one partner decides to change their mind and start to do something they said they would never do, then the relationship is due for a renegotiation. If outsiders are not controlled and renegotiation is not done when changes occur double standards can really hurt your relationship.

2 out of 3 women and 3 out of 4 men admit they have sexual thoughts about co-workers.

Mistake #8

Never deviate from the contract without renegotiation.

Every relationship should have a contract, preferably one in writing. All relationships have unwritten contracts, which is the perfect breeding ground for confusion. This may seem impersonal, but actually it can be very intimate and reassuring that all parties involved are clear about what they have discussed and agreed upon. The contract is not to be used to argue about something, but it is used to resolve misunderstandings. Every contract should be dated and signed by both parties and if the contract changes then the old contracts should be kept and filed in a safe, private place. This is not to bring up old dirt, however, previous contracts could be used as a measuring tool to show if there is growth or retardation in the relationship.

Remember, no one relationship should be like another. If your relationship requires something different, no matter how crazy it may sound to others, you owe it to yourself and your partner to try what works for you. If it doesn't work you have not failed, but you are still learning. If you agree to something that you find really hurts you and make you feel unloved, then you both must renegotiate. During the renegotiation phase a partner may feel reluctant to compromise, because he/she may have to give up something to make the other partner happy. Go back to mistake #2 and

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remind yourself to be honest. DO NOT give up something that will cause you to feel resentful, which may cause you to cheat. Be honest about not wanting to give up what you previously negotiated and if you don't sincerely love your partner enough to give up with is hurting them, let them go. This sounds really harsh, but the other harsh reality is that cheating will most likely occur if you harbor any feelings of resentment.

This contract is designed to bring up and address resentments so they don't build up and hurt the relationship. The contract should not be signed if all resentment has not been addressed and resolved. It may take an hour or it may take a month to sign the contract, but remember whatever you have to do to save and create a cheat-free relationship must be done.

The contract and questionnaire is at the end of this e-book.

75% of men and 65% of women admit to having sex with people they work with.

Mistake #9

Never try to keep the other person from cheating.

As crazy as it sounds cheating is a good barometer to gauge the value of your relationship. It is important to see what your partner will do if left to their own devices. You don't want your relationship to be a product of your constant monitoring and interfering. Step back and observe what you have. Don't comment on every little thing that makes you feel insecure. If you have valid information that your partner is engaging in questionable behavior, hold on to your information, because you never know. Your partner may be going through a transition. It takes some people a while to understand the magnitude of commitment. Some people need time to break old ties or to feel comfortable being exclusive. Whatever the issue may be it helps to make sure you have tried the steps before jumping to conclusions.

The purpose for having a plan for how you will handle potential cheating situations is to empower you. Once you feel empowered you will feel less compelled to falsely accuse, act insecure or jump to conclusions. It is always portrayed that women are the only ones who act this way, but trust me, when men find that one true love they too can panic in potential cheating situations.

Do not:

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- Constantly hover over your lover
- Manipulate your love into abandoning planned activities that do not include you
- Show those who are a threat to your relationship how insecure you are
- Allow your insecurities in your relationship keep you from doing the things you love
- Create scenarios that have not happened yet
- Start arguments about one thing when you really are upset about something else
- Complain to everyone about your fears
- Nag, beg and sulk
- Withhold sex

Do:

- Laugh and have fun
- Continue to do what makes you happy
- Make people aware of the good things in your relationship
- Stay close to your true friends even when things are going well between you and your lover
- Understand that the possibility of cheating is always there, but you can't control that
- Talk openly and honestly about what is really bothering you

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- Focus on solutions rather than problems
- Be pleasant
- Make love often

There are many other things people do to try and distract their lovers from cheating, but most of the time they are the very things that will drive them to cheat. Removing as many reasons as possible for your lover to cheat gives you much more control and resolve if your partner decides to cheat anyway.

Experts say that a gut instinct is the most powerful indicator of a cheating lover. Adultery statistics state that 85% of woman who feel their lover is cheating are correct. 50% of men who feel their lover is cheating are right. The first clue is seldom obvious. Typically, it's a "feeling" that something is different.

Mistake #10

Never reject truth.

Where there is no truth there is no life. When people can't handle the truth they are asking for a lie. Rejecting truth is the worst thing one can do to kill a relationship. Rejecting truth is the ultimate sign of self-hate. All of us are worthy of the truth, therefore; when someone tells the truth they should be rewarded and not punished. We punish one another for telling the truth. Even in non-intimate relationships anger arises when someone expresses their honest opinion. Truth is the elixir of ALL relationships. The truth hurts, but not simply because it's the truth. The truth hurts because we are not used to it. It's like going on an all natural diet. The body goes through a very uncomfortable stage when impurities are coming out and purity is going in. Just because something is pure doesn't always mean it feels good. However, over time when the body is no longer addicted to the impure products, the pure products begin to feel better and the body no longer rejects it. So it is with truth.

Truth in love is only painful, because we have been fed the fantasy of love, rather than the reality. Many of us find it hard to accept honesty from our partners, because we have not been honest with ourselves about who we are and what we want. When one is used to hiding behind the shadow of lies truth hurts like the sun on a hot desert day. When

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someone brings us truth it's as though they are removing our protective shield and attacking us.

The truth hurts because we have been conditioned to keep secrets, manipulate and pretend we are okay when we are not. We are taught to like something we don't and we are taught to protect those who hurt us. The very acts that have been taught to us as children that are supposed to produce peace are actually killing our relationships.

Many families have secrets and it is at the expense of the children that these secrets are kept. Society has taught us that when we keep these secrets we are keeping peace and those that chose to tell the secrets are starting trouble. This philosophy is very dangerous to all relationships and has no place in a couple's relationship. Keeping a family secret for the greater good of all may be necessary for some, but when it comes to an intimate relationship between two people all secrets must be banished. Some exceptions are:

- If the secret is totally irrelevant to the relationship
- If your partner says they honestly don't want to know

If you don't trust your partner to keep your deepest secrets then what you have is a casual relationship in which case will not be necessary to cheat-proof it.

When you are confronted with the truth:

Do Not:

- Scream and scold your partner.
- Try to physically hurt your partner.
- Try to do the same to your partner what they have confessed to you.
- Stalk your partner.
- Force, beg or manipulate your partner to change their truth.
- Bad mouth your partner to others for telling the truth.
- Try to destroy your partner's job, other relationships or possessions.

Do:

- Calmly thank your partner for telling the truth.
- Try to continue the truth conversation while your partner is comfortable opening up.
- Say to yourself constantly, "The truth is healing. The truth is freedom. The truth is love."
- Depending on your personality you can go out and celebrate the truth or you can walk away with the truth. Either way do it with peace and self-love.
- Use the truth to help you do what you need to do for you, not to manipulate your partner.
- Reward your truth moment with either an invitation to

start the relationship over or to part as friends.

- Go on to your next relationship practicing, loving and sharing truth.

38% of people have engaged in explicit online sexual conversation and

50% of people have made phone contact with someone they chatted with online.

In conclusion...

Cheating is not about monogamy. Cheating is about lying, deceit, breach of contract, inconsistency, and unreliability, irresponsible and passive aggressive behavior. Causes of cheating can include miscommunication, mismatched ideals about relationships, childhood abuse, family dysfunction, selfishness, character flaws and lack of consideration for all parties involved in the relationship.

To those who have been cheated on.

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Some people are just NOT going to be monogamous. You can not control or manipulate people into being with just you, but using these tools will help you decide what you really want and find others that want and value the same things you do. The moment you begin to use games to try and trick the cheater into being truthful you are now becoming a participant in the art of cheating. Cheaters thrive off of the excitement and pain they produce in others. It makes them feel loved and desired. You must stop entertaining them with your insecurities, low-self esteem and warped desires to trap them.

Making a cheater accountable for their actions and being willing to lose what you THINK is most important to you is the only way to remove the high that a cheater gets from their hurtful actions. Dealing with a cheater is not for the faint of heart. You must be strong within yourself, by yourself and have a sense of resolve when you are in love with a cheating partner. If you play meaningless games without a serious objective you will lose a part of yourself that you may never get back. These steps are designed to help you go toe to toe with your cheating partner while maintaining your sense of self and dignity.

Very Important!

Always accept the truth from your cheating lover. The truth is an act of humanity, which is very hard for a cheater to do. When your cheating lover finally musters up the courage to tell you the truth DO NOT punish them. It will be very tempting, because the truth is going to hurt. If you lash out at your lover for telling you the truth you will then become a participant to helping them lie, which in turn makes you partly responsible for the lying and deceitfulness in the relationship.

To those who cheat.

If you are a cheater at heart and want to stop hurting others following these suggestions will help you get to the root of your deceitfulness. Most cheaters are driven by a deep seeded fear and cheating makes them feel safe and in control. Cheating is rarely ever about sex, however cheating is used as a weapon to regain something that has been lost within the soul. If you know for a fact that being with one person is not for you that is fine. All you have to do is look for others who share your view. The main problem with you doing this is that

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you are a coward. Most cheaters can not handle the idea of their partners being okay with an open relationship as long as it works both ways. This is what drives you to lie.

Over coming your cowardly ways through using these suggestions will help you gain the self confidence you need to be honest with your monogamous partners. If being honest with your partners brings about the results of ending the relationship(s), you too must be willing to lose and find those that share you same beliefs about having multiple partners.

If you want to change your cheating ways share this information with the partner of your choice and ask them to work with you. As a cheater you have developed the gift of getting what you want. Your lover just wants to know that you are willing to try. Renegotiate with your lover and assure them that you are ready to be brave enough to have a monogamous relationship.

Remember:

It is not the fact that you choose to have multiple partners that makes you a cheater, it's the fact that you are not informing those that you choose to be with that you are not being monogamous. This book is not pushing monogamy, marriage or religious beliefs. This book is not about reforming the cheater. This book is about how to produce equal, fair, and

harmonious relationships.

Do Not:

- Be afraid of an honest relationship.
- Believe that what your partners don't know won't hurt them.
- Use sex to cover up your fears.
- Use people to soothe your sadness.
- Think your partners can't handle the truth.

Do:

- Embrace the penalties as well as the rewards of truth.
- Look for others who live, think and believe as you do.
- Reward yourself with meaningful connections.
- Practice humanity by walking away rather than choosing to hurt others.
- Make commitments only when you are ready to love with truth.

Renegotiation Check Point Questions

1. Do you want to save the relationship?
2. Do you feel that you are in an overall unequal partnership?
3. Do you feel as if your needs are not being met?
4. Do you feel that this relationship is turning you into someone you don't like?
5. Do you feel that your partner is being distant?
6. Do you feel lonely even while with your partner?
7. Have you caught your partner in a lie?
8. Is there an untruth that started out small now eating away at your relationship?
9. Do you feel that you or your partner are confiding too much in others rather than each other?
10. Have you or your partner been caught cheating?
11. Is it hard for you to hear the truth?
12. Do you feel that your childhood issues are interfering with your ability to love fully and honestly?
13. Have you ever been sexually abused as a child?
14. Are you close to your family members?
15. Do you feel that this relationship is helping you or hindering you?
16. Do you keep going over the same problem or are there new problems that need to be discussed?
17. When you two talk do you feel all is resolved or do

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- you still feel there is much more work to be done?
18. Do you still want to have sex often with your partner or has there been a significant drop off in activity?
 19. Do you and your partner fight physically or verbally abuse each other?
 20. Do you want to end this relationship?
 21. Did you and your partner have clear rules about how you would run your relationship?
 22. Have you learned things about your partner after you committed to them that have now changed how you feel about them?
 23. Do you feel you love your partner more or less as time has gone by?
 24. If you could do things over would you choose your present partner again or choose someone else?
 25. Are you and your partner practicing total honesty?
 26. Do you both need to spend more or less time together?
 27. Do you both need to talk more to each other about everything?
 28. What is the one main thing you like about each other?
 29. What is the one main thing you dislike about each other?
 30. Do you put each other first?

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31. Are you financially strained?
32. What can both of you do to help meet one another's main needs?
33. Do your friends and family approve of your partner?
34. Are you proud of your partner?

Love Partnership Contract

Based on our answers to the check point questions we will agree to do the following together.

We will agree to:

I will agree to:

You will agree to:

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We will agree not to:

The rewards of keeping this contract will be:

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The consequences of breaching this contract will be:

Signature of first party

Date: / /

Signature of second party

Date: / /

Trusted witness (not needed, but recommended)

Date: / /

Disclaimer

This ebook is not a total solution to every relationship. For some it will be a start of a wonderful relationship and for some it will be the end of a bad relationship. Some of you may need to use this information in conjunction with professional counseling and there will be those of you who will only need this book to get through the rough patches of your relationship. Mistake # 6 reminds you to never pattern your relationship after someone else's. Therefore, you both need to concentrate on what works for both **ONLY** as a couple. Do not try and duplicate what worked your friends, family members or some television show. This is a serious matter, which will involve the effort of both parties, but there are also things included that will help you individually as well.

Just as you can't stop the rain from falling, you can't stop a partner from cheating, but you can keep from getting wet with pain. Use this e-book as a raincoat for the rainy days of a troubled relationship.

Thank you for your efforts to make this world a more humane place.

Love,
Truth

Reference for statistics

<http://www.menstuff.org/issues/byissue/infidelitystats.html>

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How To Win An Argument

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We have had many requests to write more topics concerning relationships. If you have a particular topic that you would like addressed please send your requests to:

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We have many relationship books already written, however the ones in most demand will be released first.