

Relationship Rehab Show

Episode 45: The Many Faces of Infidelity

Adultery is not the only way to be unfaithful to your partner. It is certainly one of the most devastating ways to betray your relationship, but there are several other ways that can damage or destroy the love between you and your partner.

How do you feel when you and your partner work out a solution to a nagging problem. A week or two later she brings it up again as though you hadn't already agreed on a solution. Or, he breaks his agreement, destroying the solution agreement. Do you feel hurt? Resentful? Betrayed? Frustrated? Those feelings are the natural result of unfaithfulness toward an agreement.

Being able to trust each other's word is a foundational tenet of a healthy marriage.

What are the feelings if your partner teases you in public, but there's a bite behind the teasing. It's not purely humorous. Hurt? Betrayed? Embarrassed? Want to emotionally retreat from your partner? That's because hurtful humor is a form of infidelity to you and your relationship.

One client recently called his Ex financially unfaithful. This was a new thought to me but makes perfect sense. They had money saved for a down payment on a home and she gambled it away. He was devastated. The marriage was a casualty of financial infidelity.

What if your parents dislike your partner? They talk bad about him, criticizing him to his face, to you, to others. If you allow this to continue, you are being relationally unfaithful. One of the foundational rules of marriage is that each person deals with any issues from their respective families. So, if your parents are talking trash about your partner, it's your job to go to them to set a firm boundary. "This person is my choice. You don't have to like him, but I expect you to treat him with courtesy and respect *because* he's my choice. If you can't do that, you'll see a lot less of me." One client had to have that particular conversation with his father who was being insufferably rude to his wife. The rude behavior stopped.

One husband promised repeatedly to stop drinking...even went through a few recovery programs...but didn't, or couldn't stop. She divorced him in order to have a more peaceful order in her life because she'd no longer have to worry about how his drinking was jeopardizing their future.

You have my love and support as you consider the need to be more faithful.

Nancy Landrum