[Relationship Rehab Show](http://www.relationshiprehabshow.com)

**Episode 47: Why People Cheat**

These reasons may shed some light on what creates the vulnerability to the temptation to cheat on a partner.

**One**: The Cheater may come from a family where a parent cheated and got away with it. The other parent may have felt trapped or was just very codependent. A model like that can make a person think that everyone cheats and the everyone gets away with it. So, why not? This has been true for a few of my clients. They followed the model they were given growing up.

**Two**: A person’s insecurity along with inattention from their spouse may make them susceptible to the romantic attentions of another. When the marriage relationship isn’t being nurtured with regular affection and caring attention, it leaves the boundaries of the marriage weak and vulnerable. This was true for a friend of mine. She succumbed to the flirtatious attentions from men at her job.

**Three:** One may just be addicted to the thrill of a new conquest or addicted to sex itself. This cause of cheating needs to be treated as an addiction combined with serious help for the marriage couple to learn and practice healthy communication and conflict management skills. This was true of one of my client-couples. He began attending sex addicts anonymous meetings to stop the behavior, but he and his wife needed to learn some better skills in order to develop and sustain the emotional connection that had been missing from their marriage in the past.

**Four**: Some have been so disappointed by their parents’ poor or broken relationship that they doubt that forever happiness is even possible in a romantic relationship. That skepticism leaves them open to the “attraction of the day” syndrome. They fall in love with falling in love, rather than looking for and cultivating a lifetime partner. Bad and broken relationships run in families just like healthy, committed, happy relationships tend to run in families. Patterns get repeated because they are familiar and embed beliefs that sustain that pattern. The largest percentage of couples who come to me for help have broken or poor family patterns in their backgrounds.

**Solution:** Marriage must be treated as a live entity that has certain needs that must be met regularly in order for it to be strong, healthy and remain thriving. A few of those needs are total transparency, respectful communication and management of conflict and commitment to fidelity. The practice of ongoing fun dates to keep courting alive provides frequent reminders that this person is the one I love and want to spend the rest of my life with.

The couples who are willing to do the work of exchanging the bad habits they’ve inherited for much healthier habits that become their new normal are not only giving themselves the gift of the in-love, happy marriage they dreamed of, but are changing the legacy they hand down to their children. The reports I get back from these parents are that their children are happier, communication is more open, and school performance improves.

If you want to improve the level of happiness for yourself and your children, go to my website below to book a complimentary first appointment with me to learn how!

You have my love and support,



[www.RelationshipRehabCoach.com](http://www.relationshiprehabcoach.com)