

Issue Highlight: Cheating - Why people cheat?

This seems to be a "hot topic" as I discuss it with friends of mine. It doesn't necessarily stop as you enter adulthood. I am sure many of you know this. Affairs happen every day. Relationships end every day because of cheating.

What can you do to prevent your significant other from cheating? What can prevent you from cheating?

Here are some basic rules to follow in every relationship:

- Communicate when you don't feel your needs being met. Don't look for someone else of the opposite sex to comfort you about a relationship issue that you should talk to your significant other about.
- Remind the other person of your commitment and faithfulness to them. Don't ever threaten your significant other about being with another person or cheating. It's important that he/she knows that you will always be faithful to him/her even through the challenging times.
- Take time to connect or reconnect. It's important that each of you feel appreciated. It's nice to do special things for each other, especially when you have been dating for awhile. Things can get boring so spice it up!
- Always be honest. You may find your feelings changing and want to break up but fear hurting the other person's feelings. If you are no longer happy or just want to date others, then tell him/her. I can promise you that they would rather you be honest then have you cheat on them later because you feel "stuck."
- Cheat proof your relationship by following these basic guidelines. Don't do to someone else what you would not want done to you.
- Building trust in every relationship is the foundation for a strong and healthy one!

Dr. Nina