

## INFIDELITY (Cheating)

- Infidelity a.k.a. **extramarital sexual relationship**, is considered an unacceptable behaviour in Canadian society
- Being loyal to your spouse is extremely important as it shows commitment
- Infidelity breaks trust and respect and is the major cause of divorce
- Infidelity is selfish and self-gratifying



## NORMS AND ATTITUDES OF INFIDELITY

- Canadian society does not approve of infidelity/affairs and finds it “morally unacceptable”
- The behaviour of men and women differs when it comes to cheating
- Men are more likely to have an extramarital relationship that is sexual
- Women are more likely to have an extramarital relationship that is emotional

## FACTS

- ¾ of men and women consider extramarital affairs wrong under any circumstances
- 23% of men and 12% of women have admitted to having an affair when married (Wiederman, 1999)
- Half of all affairs begin in the work place.
- 65% of infidelities result in divorce.



## THEORIES OF INFIDELITY

### **Why do people cheat?**

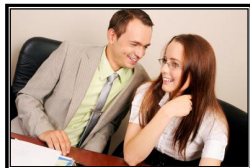
#### Evolutionary Psychology

Historic views which explain that men are motivated by having many sexual partners to enhance their chance of having offspring, and women are selective about their sexual partner to improve chances of a supporting partner

## THEORIES OF INFIDELITY

#### Theory of Propinquity (nearness)

People in relationships can be tempted to be unfaithful by being near someone else they are attracted to on a regular basis, such as at work



## THEORIES OF INFIDELITY

#### Alternate Theory explains...

Infidelity is the cause of unmet needs in a marriage

- The need to feel attractive or to feel young
- Partners must develop effective strategies for meeting their mutual needs to avoid infidelity



## **CONSEQUENCES OF INFIDELITY**

- Infidelity results in divorce 65% of the time
- Counselling is an option that can help couples recover from an affair and helps negotiate a better relationship
- Few marriages recover from infidelity because it destroys trust
- One partner feels betrayed and humiliated
- Very few people actually marry their extramarital lover

## **Activity: Reasons and Theories**

- Create a list of 10 to 15 reasons/examples why people cheat. (3-4 to 5 each)
- Using the theories, create specific strategies to stop cheating for 3 specific reasons in your list.

	Evolutionary Psychology	Theory of Propinquity	Alternate Theory
Reasons			
Strategy			