

## **Cheating: How to prevent it**

Relationships play a significant role in enriching people's lives and adding to their enjoyment. Couples develop a connection based on good communication, support and equality while keeping their own separate and unique identity. People in a committed relationship expect from their partner trust, respect, honesty and faithfulness. Relationships zest people's lives with happiness, health and comfort.

Nonetheless, these relationships can cause discomfort and harm especially when infidelity is present. Infidelity, or cheating, can be either physical or emotional. However, the definition of what constitutes cheating differs from one person to another. For example, one partner could consider an action or thought as harmless fooling around, yet for the other partner it could be seen as grounds for a break-up.

Each perception of cheating depends on a person's self-confidence, tolerance level and security within the relationship. As a result, discussing the subject of cheating between partners should not be considered a taboo because it helps prevent the unexpected emotional destruction of infidelity later on. Couples should share what they can and can't tolerate concerning each other's behaviors. Moreover, they should both discuss their own definition of cheating in order to reach mutually agreed-on rules and boundaries for their relationship. After discussing the boundaries of the relationship, they could agree on the consequences of cheating behavior. Highlighting the seriousness of these consequences can help each party make the right choice that ensures the other person's happiness.

In addition, simply sharing and talking things out can also decrease the conflicts which could lead to cheating. Couples are unable to read each other's minds, thus conversations are important in order to know each other's feelings and catch problems while they are small. Sharing dreams, ambitions and ideas are significant because they add life to a relationship which automatically decreases the chances of infidelity.

One of the reasons that lead a man or woman to cheat on their partner is the lack of attention. Couples should give their partners time that makes them feel special and loved. Not giving the partner the time and attention they need, will surely push them to search for someone else that can help fill the gap they are experiencing. Thus, couples should always fix up one-to-one dates which can ensure that they spend precious time together.

In addition to spending time together, being unpredictable and changing things up can also help couples prevent cheating. Even though a couple might love each other deeply, however the lack of change and excitement in the relationship can lead to boredom. This boredom eventually will lead either of the partners to search for their excitement in someone else that can provide it. Hence, doing enjoyable and unpredictable activities together can help reinforce happiness into a relationship.

Mutual trust is one of the most essential elements of a relationship; it is the basic component of sex and commitment. If one is to treasure and keep the trust of their partner, then they must automatically avoid cheating. As a result, partners should trust each other equally and without any signs of doubt in order to ensure fidelity.

Trust in a relationship should be accompanied by maintaining independence. Women and men should not be over protective and abusive of their authority over each other. On the other hand, they should respect each other's independence and give each other space to do what they enjoy. If either of the partners feels strangled by the other's demands and authority, they will search for someone that can grant them the freedom they long for.

One of the most significant element that brings forth cheating is being sexually unsatisfied. Couples should make each other's pleasures and needs a priority. Practicing, learning and discussing sexual issues within the relationship can help keep the spark alive. This aliveness ensures that both parties are of no need to search for their sexual satisfaction in another person other than their partner.

When true love is found, the biggest fear is losing it, because a betrayal of the heart is simply devastating. Cheating usually breaks the trust in a loving relationship. Once the trust between two partners is broken, it is extremely hard to get the feeling back. Thus, fidelity is an essential entity that avoids driving away the persons that one loves the most and fears losing.

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