

INFIDELITY

Definition: Extra-relational sex; Extradyadic Sex

The general presumption in all human societies is that once an individual is romantically committed to another, he or she will confine sexual activities to that relationship (Fisher, 1992; Frayser, 1989)

According the National Health and Social Life Survey (1994) one quarter of the men and 15% of the women between ages 18 - 59 have engaged in extra marital sex in the United States.

**Percentage Who Admitted Having
An Extradyadic Relations in the Last 10 Months**

7% between 18-29

3% those in their 30's

4% those in their 40's

3% those in their 50's

1% those in their 60's and older

Different Reasons for Infidelity

Schwartz & Rutter (1998) identified seven factors:

- 1. Emotional Incompatibility with spouse**
- 2. Boredom**
- 3. Sexual Incompatibility**
- 4. Anger - Harder to love your partner; get even**
- 5. Flattery**
- 6. Desire to end the marriage or relationship**
- 7. Love**

Schwartz 1983 men tend to look for sexual variety whereas women look for more of an emotional connection

OTHER POSSIBLE REASONS

Revenge or Retaliation

Conformity

Cultural

Infertility

“Accident”

Peer Pressure

The Secondary Relationship

Secrecy

There are different forms of extramarital/extradyadic relationships. . . .These forms vary along an emotional continuum (ranging from a strong emotional commitment to sex as a game with little or no emotional feeling and a physical continuum (ranging from simply fantasizing about sex with someone else, minor sexual activity such as kissing, to actual intercourse). . . . It is unknown what percent of individuals have engaged in extramarital/extradyadic sex within an emotionally bonded relationships

Willetts, Sprecher, Beck, 2004

Prostitution

Sex exchange Theory (Baumeister & Vohs) proposes that sex is a female resource that is given and received. Sex is something women gives to a man for something in exchange: commitment, affection, material possession, attention, or money.

Sexually Transmitted Diseases (STD's)

HIV (AIDS)

Gonorrhea

Syphilis

Genital Warts

Herpes

Chlamydia

Hepatitis

Discovery of Infidelity

SURVIVING AN AFFAIR

Many in the field agree that a couple's ability to discuss the affair and its antecedents together openly is a good prognostic indicator of recovery and a healthy continuation of the relationship.

Remorse

The first and often most salient goal when a couple begins treatment is clarifying whether the partners plan to continue the relationship, terminate it, or are uncertain regarding the future.

Three Stages of Therapy for The Treatment of an Affair (Coop-Gordon, et al.)

Stage 1 Dealing With the Impact of the Affair

Stage 2 Finding Meaning

Empathy

Stage 3 Moving On

Forgiveness