INFIDELITY

Definition: Extra-relational sex; Extradyadic Sex
Extra relational romantic emotional involvement without sex

Affairs and “One Night” stands

97% American believes infidelity is unacceptable

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 pages 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

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Different Reasons for Infidelity

Schwartz & Rutter (1998) identified seven factors:

1. Emotional Incompatibility with spouse
2. Bordom
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
Secrecy is not the same thing as privacy

Secrets are very powerful if found out
Avoiding paper trails
Avoiding social media and spouse finding out that one has been texting and calling
Not bumping into someone
Having cover stories

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
More often than not devastating

SURVIVING AN AFFAIR

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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