## The Infidelity Formula

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## Vulnerability 🕂 opportunity 🕂

- Dissatisfaction in marriage
- · Addictions of any kind
- Financial pressures
- Stress
- Depression/mental health issues
- · Low self-worth
- Lack of mental/emotional/ physical boundaries
- Keeping secrets from spouse
- Drug/alcohol use

- The workplace
- Traveling for work/conventions
- Facebook/social media
- The Internet
- Gyms/health clubs
- etc.

## **PREVENTATIVE MEASURES**

- 1. Reduce your vulnerability
- 2. Set healthy mental, emotional and physical boundaries to avoid the first dumb decision!



- Flirting/innuendos
- Touching
- Texting
- Lingering
- Fantasizing
- Eye contact/"the look"
- Dressing provocatively
- Sharing too much information
- Taking off wedding ring
- Being alone with someone you feel attracted to
- Seeking/creating opportunities to be together

## **DEFINITION OF INFIDELITY**

Infidelity is a relationship between a person and someone other than his/her spouse that has an impact on the level of intimacy, trust, emotional distance and overall dynamic balance in the marriage.

(D. J. Moultrup, Husbands, Wives & Lovers)