

## Writing the Wave

Cheaters, and what to do if you've been cheated on...

This segment appeared on Tuesday, July 14th, 2009, on Currents, a broadcast program of NET NY, a Brooklyn, NY based television program.



Wow, this story hit close to home. Cheaters: why people go outside of a marriage to seek emotional or physical intimacy. I'd had my own experience with this once: someone I was dating lied to me and said he wasn't married, when he actually was! I ended it immediately when I found out, of course, but I was left with such emotional pain-and felt so morally challenged, having been part of an affair, when I wasn't even aware. That situation opens up a lot of the same questions that we face in infidelity, and why Currents did this story.

Recently, we've seen Mark Sanford the South Carolina Governor, in the news, confessing his affair with a woman from Argentina. Steve McNair, the NFL MVP had his affair end when his girlfriend killed him and herself. And the list goes on... So why do people cheat? Turns out a host of factors and stressors can set up a bad situation that make people feel so desperate, according to President-elect of the American Group Psychotherapy Association Dr. Jeffrey Kleinberg, that they go outside their marriage. Kids, financial problems, even other family members, he says, can make people so stressed out they have trouble with fidelity.

Rebuilding trust is tough after an affair is revealed. But there are things you can do: talk to your family physician, your priest or pastoral/religious counselor, or seek professional therapy or counseling. If kids are involved, family therapy could be an option. And couples therapy can often help two people who want to work to rebuild their relationship.

For more information and how to get help, you can head [here](#).

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