



## **Roots of Affairs**

### **Marital Problems**

- Spouses avoid conflict, making it difficult for needs to be expressed.
- Intimacy is frightening to one or both partners of the relationship. An affair provides a “safety valve” for reducing intimacy.
- The marriage is in trouble. One person refuses to look at their role in the problematic relationship. Infidelity is a last ditch effort to get the spouse’s attention.
- Revenge affairs occur when the betrayed partner pays back the partner with their own infidelity.
- The infidelity is used as a means of exiting the relationship.

### **Individual Problems**

- Depression, bipolar disorder, anxiety, inner emptiness, personality problems, middle-age crises, and empty nest, etc. may all contribute to a person breaking their marital vows. An affair helps a person distract themselves from inner feelings that seem too difficult to face.

### **Sexual Addiction**

- Like all addicts, these individuals crave the excitement of the chase, conquest and are addicted to the highs achieved by the sexual act. These highs may be followed with feelings of shame and worthlessness.

### **Accidental Infidelity**

- These affairs occur accidentally. Perhaps an opportunity arises unexpectedly, and sometimes an altered state (drunkenness or being high) may be involved. These are usually brief and are not likely to be repeated.

### **Affairs associated with power and status**

Research supports the idea that as men and women become more powerful, the lure of affairs becomes greater, as opportunities for infidelities increase.

- Power and status may lead to long term affairs where the marriage is preserved, while a second, long term relationship is also maintained, but not discussed.

## **Emotional Affairs**

These affairs of the heart may have no actual physical contact. They may be “deep” friendships or online relationships. These undermine marriages in much the same way as actual physical infidelities.

As we have accomplished with many couples and individuals, we help you thrive following infidelity.

## **We will help you:**

- Identify the type and meaning of the affair;
- Determine whether the relationship has a solid future;
- Focus on healing and moving forwards.

## **Other Betrayals**

- Betrayals also occur around addictions (e.g., gambling, drugs, etc.) as well as illegal/criminal behavior. Thus, many individuals find themselves traumatized as they learn that their partner may have spent entire savings on gambling, drugs, etc. Or, partners may be shocked to learn that their spouse was engaged in illegal activities involving white collar crime. All of these betrayals are extremely damaging to a relationship, and to your life. All of a sudden, you may find out that you need to pay for legal representation, and your entire life changes. While no two cases are alike, we help you heal and support you as you make important decisions and move forwards in the most positive way possible.

Call us today to schedule a consultation.

### **West Orange Office**

395 PLEASANT VALLEY WAY

WEST ORANGE, NJ 07052

**PHONE 973-669-3333**

### **Lawrenceville Office**

2737 PRINCETON PIKE  
LAWRENCEVILLE, NJ 08648

**PHONE 609-883-2577**

Visit us online at [www.RelationshipSolutionsNJ.com](http://www.RelationshipSolutionsNJ.com)