

HOW TO CATCH A CHEATING LOVER

Stealthily catch a cheating lover when they least expect it



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1

OUR CHEATING HEARTS

We prefer honesty in our relationships, but reality doesn't always measure up to our expectations. Cheating is an everyday occurrence.

Some cheating isn't even considered cheating. Football games are won by trick plays and earn quarterbacks the title of hero, along with multimillion-dollar salaries. Other cheating is entertaining, like the magician's repertoire of card tricks, sleight of hand, and beautiful women who disappear or survive being sawed in half. Military strategy often involves camouflage, which throughout history has won wars, going back to the Trojan horse in ancient Greece.

Most cheating however is undesirable, whether it's a gambler trying to beat the casino, the student who cheats on exams, the citizen who fudges numbers on a tax return, or the CEO who pays himself a multimillion-dollar bonus while shareholder profits plummet. But perhaps the most disappointing, and personally painful, cheating is that which occurs among lovers and spouses. An unwritten expectation of fidelity is the core of our sexual relationships.

We expect our partners not to cheat. Sometimes lovers release each other from that expectation, as in the 1960s and '70s when "open" relationships and "free love" were part of a sexual revolution that valued experimentation. The vogue continues to a much lesser degree in the twenty-first century. For the most part, when two people are in a committed relationship, monogamy is not only implied, it's assumed. One mate at a time is the expectation when you've given your heart and soul to another.

Fidelity, unless mutually exempted, rules adult sexual relationships and helps bind two persons together. Infidelity, or cheating, is a serious threat to that bond and when suspected needs to be addressed seriously. Cheating rarely can be ignored. The injured party might try to ignore their suspicion, shove it to the back of their mind through some complicated form of self-preservation coupled with denial. But such a defense mechanism rarely works either short or long-term.

The gnawing reality lurks in the background, only to resurface. Cheating when faithfulness is expected by the partner signals something beyond sexual indiscretion is wrong in the relationship. There's a break in the emotional fabric of the relationship, too. Whatever is wrong will not heal itself.

A cheater lives a life of deception based on tricks that go unnoticed. A cheater's success depends on how well they sustain a hidden life. A victim of cheating only survives to the degree they can discover what is being hidden. Whether surviving ultimately means ending the relationship or healing it, knowing how to catch your cheating lover is the first step. The practical information presented here will help you along your journey.

2

CHEATING IN CYBERVILLE

Technology has changed relationship cheating forever. Mobile phones, PDAs, beepers and computers make it easier than ever before to cheat on a lover or spouse. Email, instant messaging, chat rooms, dating websites, social networking and text messaging mean the cheater doesn't have to leave home and wander bars to meet a potential partner.

Legitimate online dating sites do not allow married people to use their services, but nothing can be done to keep users from lying about their marital status. Other companies specialize in targeting married persons and lure them to their websites with ads that romanticize infidelity and downplay monogamy. Email spam further entices potential cheaters who might never have thought of being unfaithful but are easily tempted to see what's out there on the World Wide Web.

Whether deliberately looking for a fling or innocently surfing the Web's romance filled waters, an endless source of willing partners is instantly available for online cheating. Cyberspace provides a safe, seemingly risk-free atmosphere in which to travel, without worries of being seen together in public. Whether at work or at home, a cyber-affair is always convenient, just a mouse click away, even if your spouse or lover is in the next room. Once cyber cheaters connect, the Internet provides a convenient means for the relationship to continue.

Many people do not consider cyber cheating an actual affair because the participants might never meet face to face or have sex. But a cyber affair, even under those circumstances, is in the least emotional cheating.

Time and energy are spent with another individual outside the main relationship. The cheater is taking something from their loved one and giving it to another, depriving the spouse or lover of their total involvement. Even when there is no sexual contact, there's an emotional attachment to the comfort that is found logging onto the Internet and finding fulfillment of one sort or another. A need is being fulfilled by a third party and the cheater is depriving the partner of that role, not to mention presumed trust. William Shakespeare said, "A rose by any other name would smell as sweet." An affair by any other name still stinks.

It's a widely held belief among relationship experts that cyber affairs result in real-time sex more often than not. According to surveys by WomanSavers.com, of those who've had an online affair, one-third admits that so-called innocent cyber flirting eventually goes from email and chat-room conversation to telephone calls and finally a sexual encounter. Another study by the Fortino Group shows nearly one-third of all divorce litigation results from online affairs. Odds therefore are not good that a committed relationship can survive online infidelity. One out of three cyber relationships is probably going to escalate into much more than an innocent way to spend time online. Cyber cheating is not the same as online solitaire, even when it involves avatars in an alternate reality. Ultimately it's between real people who must face the stark realism of heartbreak and damaged relationships.

Technology indisputably enables a cheating lover. The good news is it's far easier to catch a cheater with today's technology. What previously took months even years to uncover can now be learned in less than a week.

3

CHEATER PROFILE **- TOP TEN TRAITS**

Is everyone a potential cheater? No. But a large number of people think nothing of cheating on their partners. Some are more likely to cheat than others. Psychologists and relationship experts believe that cheaters have certain characteristics in common. Looking at personality traits, family history and past experiences, you help you recognize a cheating heart and mind.

LIKELY CHEATERS HAVE....

SEXUAL-SOPHISTICATION

People with active sex lives prior to a committed relationship have a hard time settling down. They're far more likely to stray outside a relationship than someone who's had little sexual experience.

RISK-ATTRACTION

Some people find cheating a thrill. The excitement, deception and intrigue feeds them. When presented with an opportunity to cheat, they just can't seem to resist. They need constant watching because it's always easy for

them to cheat.

PARENTAL CHEATING

This is not to say cheating is genetic. But it tends to run in families. A child raised in a household where cheating took place often grows up and considers it normal for partners to be unfaithful to one another.

OCCASIONAL CHEATERS HAVE....

BAD MANNERS

When a person is discourteous regarding, say, a simple "thank you" or appropriate "excuse me," it's because they simply are not considerate of others. This includes their attitude toward animals as well as people. A tried-and-true adage is "love me, love my dog." Some cheaters simply don't have regard for anyone's feelings but their own. Someone who always puts themselves first is unlikely to consider how cheating is going to make their partner feel. They're just downright rude.

OPPOSITE-SEX "PALS"

A cheater often has lots of close friendships with members of the opposite sex, including ex-lovers. It only takes one of those best-friend situations to blossom into an affair and destroy an existing relationship. This person feels if you're "just friends," it's safe to cheat and you probably won't get caught.

CHEATING PEERS

'Birds of a feather flock together.' A person who hangs around with people who cheat is soon to be cheating as well. There's a camaraderie among cheaters; they support each other's exploits and often share secrets about their sexual encounters.

SERIAL CHEATERS HAVE....

CHEATING-ITIS

This person cheats at everything in most areas of their life. They lie not only to their lovers, but to their parents and friends as well. When they were students, they probably cheated on tests and stole books from the library. A toxic flaw in this person is the constant white-lie. Someone who tells lots of lies about little things usually lies about big things, too.

PAST CHEATING

'History tends to repeat itself, and tigers don't change their stripes.' Sure, there's such a thing as a reformed cheater, but it's rare, and only after extensive psychotherapy or a life-changing cataclysm. Seldom does someone with years of cheating suddenly become a model partner. This person has an Olympic-gold medal in covering their tracks, and are not ashamed to recount their past cheating to a current lover.

BAD-REPUTE

This serial cheater is terrible at concealing their past and has a

background that would make Casanova blush. The bad-boy/girl reputation follows this cheater wherever they go. Everyone knows about this person, everyone except their current partner. Often people will approach the innocent party and come right out and ask if your lover, or spouse, is cheating on you, too. Usually, when you're being cheated you're the last to know.

ALPHA-CHEATERS HAVE...

(a category all their own)

INFIDELITY-MANIA

This is perhaps the most potentially dangerous partner of all, because cheating is a life-long compulsion....OCI (Obsessive Compulsive Infidelity). There are people, men and women alike, who believe monogamy is an unnatural state and there's nothing morally wrong with being unfaithful to someone who presumes your trust and exclusivity. OCI's truly believe cheating is an antidote to boredom, or any shortcoming, in a relationship. This serial-cheater will have an affair at the drop of a hat and knows how to hide everything. Catching this one is hardest of all.

It's unlikely anyone has all ten traits, but several often occur in combination. Two to four traits are common. Yet even a single trait, when predominant, can indicate that your loved one is cheating. Familiarizing yourself with traits in a cheater's personality can go a long way toward helping you find the truth when you suspect cheating. Forewarned and forearmed, you will be better equipped to catch your cheating lover or spouse.

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INVESTIGATION 101- BASICS & GUIDELINES

If you've ever fantasized about living the life of a sleuth, here's your chance. Investigating a cheating lover is no different than investigating any case you read in newspapers, see on TV or watch on film. Your most fundamental tools are your eyes and ears. You only need to hone your observation, listening and information gathering skills. With the methods and tools suggested here, you'll be using the techniques employed by detectives and private investigators for ages. You don't need to be James Bond or Agatha Christie. All you need is a desire for the truth and the willingness to persevere until you find it.

Catching a sneaky, lying, conniving cheater can be accomplished by anyone with a little determination and effort. A few rules and guidelines used by professional investigators will get you started, and well on your way to uncovering the truth about what's really going on in your relationship.

INVESTIGATOR BASICS

DOS....

- **Trust your intuition**

If you think there's cheating, there's a good chance it's taking place. Have faith in your ability to uncover the truth, dispassionately and thoroughly.

- **Stay calm**

Face reality, and accept that it's possible your partner is cheating.

- **Be observant**

Take off the blinders, and notice all the little signs that are staring right at you. Notice, for example, if your lover is on edge or acting guilty, disconnected, less fun, or telling you how miserable they are. These subtleties are important.

- **Listen to what other people are saying**

If your partner is cheating on you, someone else knows and there's sure to be gossip. Just make sure it's not idle gossip before you act on it.

- **Discuss boundaries**

Know what's important to your partner, what they value. If a person says it's okay that Ryan or Kate is cheating, they probably think it's okay for everyone to cheat.

DON'TS....

- **Don't make accusations without evidence**

If your partner is innocent, you'll only hurt their feelings. If they're guilty, you'll just be warning them to cover their tracks better, and making it harder to catch them. Don't confront your partner until you are 100% positive they're cheating. Confronting a loved one with cheating, whether they're guilty or innocent, has the potential to change your life permanently.

- **Don't monopolize**
Don't think you can limit cheating by monopolizing your partner's time; it will only make them want more time away from you.
- **Don't even consider going after the third party**
It will only make your partner defend them. Cheating is between you and your partner. If something were not wrong in your relationship, there wouldn't be any cheating.
- **Don't ask your friends or relatives to spy for you**
You run the risk of their wanting to spill the beans to the cheater to help save your relationship, or worse yet take sides against you.
- **Don't think this problem will go away on its own**
Face the unpleasant fact this person doesn't mind hurting you....and don't be afraid to consider dumping them.

INVESTIGATOR GUIDELINES

- **Keep a journal or calendar**
Record collected evidence, dates, times, places. Also keep a diary of your partner's activities, people he sees, excuses, etc. A micro-cassette recorder is a professional detective's gadget-of-choice. It can be slipped into a pocket and is easily available for taking notes whenever you find a valuable piece of evidence, and for recording reminders to yourself. This information will be useful to compare against any bills or credit card receipts you find.
- **Study simple techniques of lie detection**
A library book is all you need. Learn how to interpret physical signs like eye contact, vocal tone, facial expression, sweating, twitching, etc. Note speech mannerisms that reveal lying, such as delayed

response to questions, avoidance techniques, excessive speaking, exaggerations, use of humor or sarcasm an evasive ploy when questioned.

- **Learn how to follow someone without their detecting you**

Use a car whenever possible, wear a disguise, take binoculars and a still-camera, preferably with telephoto lens. Never follow a suspected cheater when they're leaving the home you share; if they're guilty, that's when they're most cautious. Always have a back-up story ready in case you're spotted.

- **Make allies**

Stay friendly with your partner's friends and converse with them often to learn if your partner is truthful about how much time is spent with them.

- **Telephone**

Call often, whether your partner says they're at work or "out with friends." Note background noises, or if there's an uncomfortable tone in your partner's voice because someone else is present.

- **Make surprise visits and depart from your usual routine**

Show up at your partner's workplace unannounced, or come home unexpectedly from shopping or work. Make a special announcement that you'll be working late, but come home early.

- **Set a few simple, but tactical traps, to aid your investigation**

Once you've begun uncovering evidence, you'll come up with ways of your own to uncover whatever information you need to prove you're being cheated. Here are a few examples of simple set-ups that help catch a cheater.

- **Send a gift without a card**

If your partner asks you if you're the sender, they're not cheating. If there's no mention, the odds are pretty good they're involved

with someone else.

- **Fake a trip with friends**

Then watch your house from a distance to see who visits when you're not expected, or if your partner doesn't come home at all because you're away. Call the house to see when and if anyone answers.

- **Ask someone to hit on your partner**

Make sure it's only an acquaintance, not a friend who might want to help you by intervening, nor a mutual friend who might be tempted to tell all and warn your partner. If you don't know anyone who can help, you can hire someone for a small price. A local actor or drama student at a nearby college would be good choices.

- **Check the bed**

If you suspect someone's been sleeping in your bed when you're not home, make an identifying fold in the covers, or plant something inside the covers that will fall or become dislodged the next time the bed is used. This is a sure way to catch any dalliance when you're not around.

- **Monitor his monitor**

If you're worried about excessive online activity, mention it to your partner. If they say their activity is harmless, or make light of your concern, ask if you can sit beside them while they're 'innocently' surfing, visiting networking sites or participating in a chat room. If there's no cheating involved, your partner will welcome your involvement and interest. If they're unwilling to let you participate in their online relationships, you can be sure there's cheating involved, either online or in real time.

5

SEARCHING FOR TELL-TALE SIGNS

When the gnawing feeling that your loved one is cheating won't go away, it's time to begin a serious search. By familiarizing yourself with common signs of a cheater's demeanor and lifestyle, you will be better equipped to discover whether your lover in fact is involved in an extracurricular relationship. The characteristics of a cheating lover apply equally to males and female. A cheating boyfriend, cheating girlfriend, or cheating spouse will exhibit the same behavioral signs and patterns.

There are many clues that indicate your twosome has become a threesome. No one sign, or any one area with several signs, indicates there's an affair behind your back. But a combination of signs needs to be taken seriously when looking for evidence that will lead to catching someone who indeed is unfaithful.

PERSONAL INDICATORS

- **Energy**

People who are cheating often exhibit a sudden, unexplainable surge of energy. Actually, it only seems unexplainable. The source of all that newly found vim and vigor is partially endorphin related. Clandestine affairs can be thrilling and exciting, especially to the serial cheater. The mystery, the intrigue, and the risk are intoxicating. Especially in the beginning, it can make someone feel

"alive again," renewed and refreshed. Or, the cheater simply needs to muster more energy to constantly keep covering their trail. Lying and cheating on a daily basis are hard work.

- **Exercise and weight-loss**

Suddenly your partner begins to "get in shape." Maybe they join a gym or health club and never invite you. Either there's an affair already established, or your partner is trolling the treadmills looking for someone. Health-clubs are prime pick-up locations. Or, perhaps your partner has started buying what seems like every piece of exercise equipment, gadget or diet pill sold on late-night TV. People having affairs often start working out at home, or outside the home, and improving their physical appearance and enhancing their attractive factor.

- **Sleep**

New awake or goodnight times usually accompany cheating. Whether it's to accommodate more time away from home, or provide more time alone on the computer, the cheating spouse or lover's sleep schedule changes. Anxiety over an affair also can disturb sleep patterns.

- **Diet**

People having affairs frequently acquire new tastes in food, often influenced by a new lover. Suddenly, a person begins eating differently. Buffalo wings get replaced by escargots. Not only does the usual can of beer become a glass of wine, or vice versa, you might notice a difference in alcohol consumption. Either there's a need to keep pace with a new person, or someone might be using progressively more alcohol to help them deny they're living a lie.

- **Hair/Grooming**

A change in hairstyle and personal grooming often occurs in a person who is cheating on a relationship. Suddenly one's gray hairs begin to matter when there's a new lover. It's not unusual for the

person to change their hair color completely, or go from long to short hair. It's also not uncommon for a slob to become the epitome of neatness. The cheating party no longer enjoys their scruffy, unkempt appearance and has a desire to present themselves in the best light possible.

- **Fashion**

A person having an affair often begins dressing differently, and starts buying new clothes. One's wardrobe goes from "ugh" to stylish. Hipper, trendier or more youthful clothing appears. Either your partner wants a new "look" for a new love life, or your mate is being influenced by someone else's style. If a denim and leather wardrobe morphs into silk and satin, it could be an effort to please a new lover.

- **Fragrance**

If your loved one is using a new cologne, it might be part of an overall makeover to create a new image. Or, it could be a new perfume that was a gift from a lover. When people have a reason to make themselves more attractive, perfume or cologne is one of the first places they start. When a person is making a change in their love life, they tend to change many things; some seem inconsequential, but when added together, they all mean something. The sum often is greater than the parts. It goes without saying when your partner has not changed their fragrance, but smells differently, it's always the residual smell of someone else's cologne or perfume. The nose knows how to sniff out a cheating lover.

- **Jewelry**

If your man or woman is wearing unexplained, new jewelry it can be a dead giveaway they're cheating. Jewelry is one of the first gifts lovers give each other. It doesn't matter if it's expensive, because the sentimental value might be a far more serious threat to your relationship than an 18kt gold watch. Likewise, the absence of

jewelry on your lover or spouse is also notable, especially if it's a piece of jewelry which you had given them and they are no longer wearing. Why? Is it lost? Is your partner not wearing it because they don't want to be reminded of you while they're cheating? When a spouse is cheating, the first thing to go is the wedding ring. In the case of a married woman, she begins wearing her wedding and/or engagement ring on the right hand, and offers no logical explanation for the shift.

- **Lifestyle**

When one's taste in entertainment, say, goes from comedy clubs to ballet...or your partner suggests a night at the opera when movies and pizza are all you've ever done on a Friday night...you might be witnessing the influence of a secret lover. Or, all of a sudden your partner's taste in music goes from Bruce Springsteen to John Mayer, or they suddenly trade in the Volvo for a Corvette, without forewarning or discussing it.

- **Finances**

Cheating costs money, and new charges start appearing on credit card and phone bills. Florists, clothing stores, jewelers, hotels, car rental, and airlines often appear. Additional email accounts, online dating services, pre-paid cellphones, and new electronic gadgets are also expenses which can be related to cheating.

RELATIONSHIP CHANGES

- **Sex**

It's extremely rare for a cheater's sex life not to be changed by a secret dalliance. The cheater's appetite for sex with their old partner can change even before the new affair includes sex. The cheating spouse or lover will either want more or less sex with the regular partner. Often there's a request for experimental sex,

signaling desires that never before needed to be met. Sex might also become mechanical, often accompanied by little cuddling, hugging or hand-holding outside sex.

- **Together-time**

A person who's cheating spends less time with you, and when you're together it's not the same. There's usually a distance between you, with the other person off somewhere daydreaming. They just aren't "there" with you, like it used to be. Either they fail to hear a question, or answer with a grunt. The cheating lover is usually thinking about somewhere else they'd like to be, often with someone other than you.

- **Absence**

Excuses for leaving the house abound. The cheater becomes a master at them. There are sudden or extended trips to the store, often at odd hours. Excessive dog-walking becomes obvious. Any time away from home is a perfect opportunity for a brief meeting or phone call.

- **Friends & Family**

Suddenly the cheating lover prefers the two of you spend more time in groups. Your weekends alone together disappear. Romantic dinners give way to pot-luck suppers with nearly everyone you know, or picnics with three generations of family. On the other hand, when a person is cheating, they might lose complete interest in your relatives, children, or long-time friends. They don't want to be with them any more than with you, preferring to be with someone else. Where children are involved, the cheater often begins to shirk shared responsibilities, like care taking, car pooling and meal times. Worse yet, your partner develops an entirely new set of friends that doesn't include you. They prefer to party without you, promise to be home before midnight, but stagger in at 3 a.m. smelling freshly showered, or of someone else's perfume or cologne. You can be pretty sure this was not a late business

meeting, or an innocent night with old school chums.

- **Gifts**

It's an old cliché, but true. A cheating partner invariably begins buying you gifts for no apparent reason, when the real purpose is to alleviate guilt. Gold jewelry, unexpected flowers, expensive clothing, sentimental cards, favorite food and candy are staples of the unfaithful man or woman.

BEHAVIOR TRAITS

- **Fantasizing**

A cheating lover is living a fantasy. They believe they can be in a committed relationship, have a secret affair, and never get caught. Once the fantasy starts, it spills over into other areas of their life. Grandiose business schemes or serious talk about relocating permanently to Tahiti creep into the conversation. Reality and fantasy morph into one huge blur.

- **Discontent**

The cheating person often displays mood-swings exclusively in your presence, going from overly pleasant and ingratiating to irritable or defensive. It's not unusual for them to complain of boredom with your life together. A cheater will say things like 'I need more space' and 'I feel so trapped,' or vaguely claim 'something's missing in our relationship.' Out of the blue, a cheater will want to "hypothetically" discuss breaking up or a trial separation.

- **Lying**

When you question a cheating partner about specific events, things never really add up, and their answers raise even more questions. Liars often avoid looking you directly in the eye and frequently shift their eyes. They will blush, stutter, stumble over their words,

hesitate in their speech, hold their breath, or twitch. A lying person often fumbles with objects and drops things. They'll over-react and use drama to distract you from your question and avoid telling the truth.

- **Evasiveness/curtness**

When a cheating spouse is living a lie, they become evasive and curt in casual conversation. They want to reveal as little information about themselves as possible, to avoid the risk of letting something slip and inadvertently cause suspicion. They constantly change the subject rather than answer a simple question like "Have you seen so-and-so lately?" Mr. or Ms So-and-so might not be their lover, but might somehow be connected, so they're not safe territory for a person who's unfaithful.

WORK HABITS

- **Schedule**

When someone is cheating on you, their work schedule allegedly changes. They begin leaving the house earlier in the morning, and coming home later at night. The routine changes to accommodate extracurricular activities, whether it's spending time with a new love or just needing more time alone. A nine-to-five desk job suddenly requires long explained absences from the workplace. Or, sometimes a cheater actually will be working more, if only to be anywhere other than home, or to make extra money for wooing a new lover.

- **Access**

All of a sudden, your partner is not reachable at work; either they're not at the workplace or they're in meetings and "can't be disturbed." Your phone calls go unanswered, and so does your email. The mobile phone gets turned off, or is "out of range." No

longer does your partner call you in the middle of the day, just to see how you're doing. In addition, you're specifically asked not to drop by if they're working late.

- **Workload**

There are marked changes in the nature of a cheating person's job description. More travel is required, longer and farther trips are suddenly necessary. Furthermore, you are no longer invited to tag along on a business trip. There also might be an increase in after-work and dinner meetings that used to occur infrequently, if at all.

PHONE SIGNALS

- **Hang-ups**

Everyone gets hang-ups on their home telephone, and everyone always will. Some are innocent wrong numbers placed by people too rude to identify themselves, or apologize. But if there's a noticeable increase in hang-ups, usually around the same time of day, or in the middle of the night, you need to pay attention to them. Anything beyond the normal or usual number of hang-ups could mean there's cheating in your relationship.

- **Answering Machine**

If your answering machine has an increase of calls without a message, is another sign of a cheating situation. If the message on the machine was recorded by the person who's cheating, someone might be calling just to hear their voice. If yours is the voice on the machine, the cheater's lover might be wanting to listen to your voice. Whatever the reason a cheating third party does not leave a message, when you start getting a lot of them, it's another clue for you to consider.

- **Mobile Phone**

A person who's cheating tends to become nervous when their cell phone rings your presence, and they'll try and hide the caller-ID screen. In addition, you'll probably notice an increase in calls that go unanswered when the two of you are together. Text messaging might also increase, because it's a perfect way for cheaters to communicate even when you're around. Take particular note of your partner's face if he reads a text message in front of you. If it brings a warm and fuzzy smile to their face, it's probably not a business-only message. In this case, it's more likely you're witnessing cheating first-hand.

- **Phone cards**

A person who's cheating sometimes purchases a pre-paid, disposable mobile phone or pager which they believe will facilitate private calls and communication. If either of these appear suddenly, and there's no business reason for them, recognize this is typical among people who are hiding an affair.

ONLINE TENDENCIES

- **Password**

Cheaters have their computers password protected, or locked, so you can never use them. If you ask permission to use their computer, they won't give you the password, but insist on logging in for you. If they do give the password, they'll soon change it.

- **Email Accounts**

Several different email accounts on the same computer are common when someone is cheating. This is how they receive emails from the person with whom they're cheating, or from dating websites they're using to meet new people. A separate account might exist solely for chat rooms.

- **Internet Usage**

People who are cheating often spend unusually large amounts of time on the computer, mostly late at night after you've gone to bed, or early in the morning before you awake, or when you're not around. If you're in the house and happen to enter the room, they'll typically switch screens or close browser windows. When you ask a simple question like "Find anything interesting on the 'net?" you'll get an abrupt "No," or they'll change the subject.

- **History**

People who want to hide their internet tracks will continually clear their history and frequently remove cookies. There's never a trace of any sites they've visited, even ones that are not sex or dating related.