

Section III emotional Cheating

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Many marriages nowadays break up over emotional cheating. Couples usually emotionally check out of the marriage before they actually get divorced.

The younger generations are not getting married or even have a desire to be married because of emotional cheating.

It is always more expensive to repair a relationship than to maintain one.

The problem with this generation is that they don't value relationships.

They value views, they value TikTok, they value likes but they don't value people.

Everyone already has their own social media identity and they don't want to change it for one person.

Emotional cheating is a real thing and sometimes it can be more hurtful and harmful and cause more damage than physical cheating.

Social media makes it easy to flirt and entertain people outside of your relationship without leaving home.

Just pick up your phone.

You can be right next to your partner and dare ask them what you are doing in secret on your phone?

In the age of social media and virtual reality people can get their emotions tied up into pictures and words on a screen and be absent from the spouse and their own room.

Emotional cheating can happen outside the home. Like at a grocery store or even at work.

Have you heard the term work wife or work husband.

You can't wait to get to work to see that person and then go home sad and depressed.

There may not be any physical cheating but the heart/emotions or somewhere else.

Couples need to have a discussion on what they see as disrespectful or cheating in their eyes in the relationship.

Example: A married woman or man should not have 90% Facebook "friends" or Instagram followers of the opposite sex, they should not wake up in the morning checking their phone for direct messages and/or post from these random friends, loving all their pictures, telling them how handsome and sexy or how beautiful they are.

While their spouse gets no attention what kind words and they are emotionally starving.

Couples should be able to have discussions about these things without belittling the spouses feelings by telling them things like you're not my mama or you're just insecure it's just Facebook/Instagram/TikTok it doesn't mean anything.

This type of response tells your spouse that their feelings don't matter. That you are going to continue to do this no matter what they say or how you feel about it.

Have you ever heard old America for saying that we just stay married for the kids. Most of the time the wife because she wanted her kids to have a dad or a father in the house. Then they wanted to get divorced and live separately because they felt they needed to recover all the years that they wasted unhappy.

When physical or emotional cheating has happened or is happening be honest and talk about it so that both of you can heal and recover.

Those moments when you turn to someone else other than your spouse to give emotional support or what make up the core of emotional and infidelity.

If the behavior does not change you cannot expect the same level of trust to be restored in a relationship. You can never reveal your trust and marriage if you pretend like nothing happened and you never talk about it.

An emotional affair is a big deal, and shouldn't be brushed under the rug.

Confirm that the affair is over. ask your spouse to delete the other persons contact information from your phone and email and block them on Twitter, Facebook, and other social media.

Ask your spouse to explain why the affair happened.

For instance why did you feel the need to talk with someone else? Or is there something else going on that you want to talk about?

Forgiveness takes time and is an ongoing process, so give yourself time to process your feelings and give yourself time to heal.