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I CHEATED ON MY BOYFRIEND

**The Comprehensive Guide
On What To Do Next**



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Chapter One: How Did I Get Here?

It's no accident that you have this book in your hands. In fact, you're reading this, at this very moment, for a very specific reason. That reason is cheating.

Cheating. Infidelity. Unfaithfulness. Whatever you call it, it's an act that's threatening to turn the world, as you know it, upside down and inside out. It's a stage of physical, emotional and mental upheaval, and what you need most is **unclouded information**. That's why you're here.

Equally important, know that you are not alone. Cheating occurs in over fifty percent of relationships; so don't think that you or your relationship is particularly flawed. Pardon if this sounds too *cavalier*, but we're all human. Everyone makes mistakes. Whether you are a girl who cheated on your boyfriend with another girl or guy (or both), or a guy who cheated on your boyfriend with another guy and/or girl, this book is for you.

Know that no one has the right to condemn you for your actions, and you will feel none of that here—no name calling, judgments, or sanctimonious rhetoric. Having a space to be understood and supported is essential. Therefore, this guide serves as your source of comfort, support and solutions.

You'll learn the importance of self-inquiry and how to acquire the tools for it, in addition to attaining immediate help and advice on what to do next. Acknowledging the "why," in addition to the "how-to" is important. Did you cheat on purpose? Was it accidental? Or, were you captivated by the thrill of it all? Perhaps you have another reason.

These answers empower you to get down to the bottom of it, so that you are liberated to consciously choose whether it's in your best interest to correct the behavior, move on from the relationship, or embrace your free spirit.

So How Do You Know If This Book Is For You?

1. **You've already cheated.**

You had one drunken night when you somehow found yourself in the wrong bed. Or, that time when you said you were meeting your mother when, in reality, you were meeting with your ex who was in town for the day. Especially those times when you snuck around, saying you were going to pottery class, but instead you were really spending an hour or two with that guy you met on Tinder.

2. **You're considering it.**

You're searching for your lost *joie de vivre*, and you think that a night with that hot guy from the I.T. department just might be your sexual Independence Day. Considering that you've never cheated before, you're curious. Or, you're absolutely dying to find out how well your gym buddy...or boyfriend's best friend...can kiss. Or, you just really want to know what it would feel like to sleep with someone other than the same guy that you've been with for half your life; your best friend's boyfriend, perhaps? Whatever it is, you're already in dangerous territory.

3. **You're troubled with someone else's secret.**

It could be a sister, a close friend, or even a co-worker who trusts you. It's a heavy burden, and you want to help them through it.

Whatever the case, your mind is doing backflips, desperately trying to determine which route you should take. Fortunately, as previously stated, understanding the "why," having a *now-what* protocol in place, as well as learning how to manage your emotions throughout this process will help you breathe easier. This, in turn, allows you to think more clearly, so that you can make a decision that is best for you, in addition to everyone else involved.

But First Thing's First: How Do You Know If You've Actually Cheated?

Cheating is not a simple concept, and therefore cannot be limited to a plain-vanilla definition. In fact, it's actually a lot more complex than most people think. There are as many different kinds

of cheating as there are types of cheaters. And one's cultural background greatly influences how you define cheating.

Not long ago, women who showed their ankles in public were dubbed scandalous or promiscuous. In the 1920s, for example, women wore swimwear made from burlap that covered the entire body. *Can you imagine?* Today, it's totally acceptable for women to wear bikinis, or in some places, to go completely bare. The Muslim tradition of Hijab is another example of this. In the presence of a man that is neither a woman's husband nor blood-relative, she is expected to wear full-body garments that only expose her face, hands and feet. In some cases, only her eyes.

Given this info, it's easier to understand how one person could view cheating as privately staring at another man (or woman) for too long. While someone else may not see this as a form of cheating, that person may consider a five-minute session of messaging an ex on Facebook as cheating, believing cheating to be anything that you wouldn't do in front of your boyfriend.

Then again, there are some who believe that the line has not been crossed until an actual physical act of sex takes place.

Let's look into this matter a bit deeper, starting with the obvious: **PHYSICAL** cheating. It's all about lust, baby! It's wild. It's raw. It's primitive. It comes from that place in our psyche that has not forgotten that, scientifically speaking, we are indeed...*animals*, and animals have tendencies, an uninhibited nature, and a desire to satiate their wants and needs unapologetically.

Getting physical is seductively gyrating against a hot stranger on the dance floor and random hookups in the alleyway behind the club after it closes. It's that hot and steamy make-out session you had with the lifeguard during your last vacation. It's that time you groped the go-go boy at your best friend's bachelorette party? That, too.

Suffice it to say, physical cheating is all about sex. You probably don't even give a fig about what the object of your carnal desires has to say, but you want what lies behind their zipper

anyway. And oddly enough, this is the simplest and, dare I say, purest form of cheating.

Next, we've got **EMOTIONAL** cheating. This often starts innocuously enough as—*brace yourself!*—friendship. Many people who have cheated this way would insist on having a “real connection” with the third party. This person, who could very well be your best friend, “gets” you like no other person can. They know exactly what to say, as well as when and how to say it. They finish your sentences and give you a space to comfortably be you.

Indeed, it's very easy to develop strong, warm, and fuzzy feelings of infatuation with someone who has become your confidant. Once your crush has crossed from emotional to physical, you then have a situation on your hands.

You'll start spending more time with this person. And if you're not together, then you're texting each other. Consequently, you'll find yourself thinking about that person often and mentioning his name, perhaps a little more than you should. You'll end up confiding in this person more than your own boyfriend. Eventually, you'll start alienating your partner, comparing his flaws to that of the other person's virtues. Secrets will become your new norm. And somewhere down the line, you're going to act on the sexual attraction. You'll find that all of those daydreams, lies, and sneaky escapades were laying the foundation of one gigantic affair.

Emotional affairs—many of which begin as co-workers, best friends, associates, social media acquaintances, fitness partners, or the clerk behind the Starbucks counter who always gets your order right—occur a lot more often than you think. By the time you realize that your supposedly “healthy” friendship has progressed into something more, you've already become so emotionally invested in the other person that extricating yourself from the situation is nearly impossible.

And then we have **MENTAL** cheating. Though closely related, there is a difference between mental and emotional cheating. The best and easiest way to make a distinction between the two is to associate the mental with the mind and the emotional with the heart. It is possible to mentally lust for someone while having absolutely no emotional connection to

her at all.

Mental cheating is a gray area, depending on whom you're talking to. This kind of cheating is, quite simply, all in your head. It may be something that you're planning to act on in the future, or not.

Simply put, mental cheating is when you fantasize about somebody other than your boyfriend. This could be anyone, really. A popular actor. Your cute professor. Your boyfriend's brother.

This person is better known as your crush. You find yourself daydreaming about this person, or even see him in your mind's eye while you make love to your boyfriend.

As I said earlier, this is a gray area. Some people think it's perfectly harmless to have fantasies or crushes, as long as you do not act on them. After all, everyone has fantasies, right? If that's cheating, then that makes every person in the whole wide world a cheater. Why, we can just end this book right here!

Others, however, believe it's already cheating when your heart and mind aren't wholly devoted to your significant other. After all, that's what relationships are primarily for—knowing that there's somebody who loves and desires you . . . and *only* you!

It all depends on what *you* believe, really. How you handle your thoughts and how you *feel* about those thoughts are parts of the equation, as well.

And then there's the ubiquitous **ONLINE** cheating. In the age of Facebook and Tinder and other such social media platforms, cheating has, indeed, become easier and a lot more prevalent.

Do you find yourself getting off on chatting and sexting—anonously or otherwise—with crushes you met on the Internet? Do you enjoy secretly sending and receiving provocative photos on Snapchat (and the like) from people other than your boyfriend? Do you have an entire online life that you're painstakingly concealing from your significant other?

If you answered 'yes' to any of these questions, then you're already there. You're already cheating online. Of course, there are those who believe that the absence of physical contact makes online cheating perfectly acceptable. But do you really believe that? Even more importantly, does your boyfriend accept this belief?

The truth is, not all cheaters are created equal.

When it comes to cheating, there's no real stereotype. Cheaters come in all shapes, forms, and sizes. In reality, just because a girl dresses like a go-go dancer, does not mean she is a cheater. Nor is a prim and proper persona indicative of one's faithfulness. The same principle applies to a drop dead gorgeous person and a not so attractive one, a Christian and an atheist, and a devoted father and a dead-beat dad. Simply put, a person is not a cheater . . . until she is.

There are different types of cheaters, as well. Possibly the most common of which are the **ACCIDENTAL** ones. Accidental cheaters somehow lost their inhibitions and sense of morality when they got drunk, high, or both. They somehow found themselves in situations that they could not get out of, especially in the heat of the moment. For the most part, the betrayal was not intentional at all. As clichéd as it may sound, it really *just happened*. No premeditation, no cruel intentions.

And then there are cheaters who *did* have every intention to be unfaithful. These are the **CALCULATING** cheaters, because that's what they do: They calculate. They know all the risks involved, and have done enough planning to circumvent each one. They have planned every aspect of their cheating down to the smallest detail, and under no circumstances will they be denied the pleasure of their clandestine romance, whether it's a one-time tryst, or something ongoing. Basically, these people cheat because they want to.

Which brings us to the next type of cheater: the **SERIAL** cheater. Serial cheaters cheat, and they cheat often. In fact, this kind of cheater is almost compulsive in his/her cheating. It doesn't have to be with just one third-party, either. The serial cheater could be cheating

with multiple

persons at the same time. This is usually a form of sexual addiction, or even personal validation. Suffice it to say, they can't help it.

There are **PREDATORY** cheaters as well. These are the ones who want to have everything. Or more accurately, *everyone*. What distinguishes the predatory cheater from the serial cheater is that with the predatory cheater, there is malintent behind the behavior. The predatory cheater gets off on hurting others, and will cheat whenever he or she gets the opportunity. These cheaters frequently get involved in short-term dalliances, while still being romantically involved with their partners. They may even be in perfectly healthy relationships, and view the cheating as something completely separate that it has nothing to do with their primary relationship.

Last, but definitely not least, we have the **ROMANTIC** cheaters. These are the ones who actually fall in love with whom they're cheating. They may just be staying in their current relationship out of obligation, or because they are still truly in love with that person. Romantic cheaters are perfectly capable of living dual lives for as long as they need to, and this kind of cheating often leads to long-term affairs that could last for months—or even years—before they're found out. It's the typical “torn between two lovers” kind of scenario.

The logic behind the romantic cheater could very well be the absence of the soul mate theory. Instead of believing that there is one perfect person out there everyone, some believe that it's perfect normal, acceptable and even beautiful to be compatible with, as well as romantically involved with, multiple persons.

It is safe to conclude that cheaters are not at all alike. It is, therefore, so much more important to look beyond the labels and focus on the reasons behind the cheating, which we will be discussing further in the coming chapters.

How Are You Feeling After Cheating?

You're probably swimming in a sea of emotions right now, most of them conflicting, pulling

you this way and that way. That can't be pleasant. But the truth is, cheating usually isn't. Note: The keyword there is "usually," considering that some enjoy the post-romantic feelings. And unfortunately, there's no escaping your feelings. You *will* feel what you feel. You simply have to make sure that neither your physical nor emotional environment becomes negative as a result.

You might feel **GUILT**. Although guilt is rooted in regret, you won't necessarily regret your behavior. You may regret hurting (or betraying) your boyfriend, instead. If left unmanaged, guilt can make you feel like the worst, most deplorable creature that has ever walked the earth.

Or, you might be **CONFUSED**. Confusion will depend on whether the act counts as cheating or not, if you're meant to be in a relationship, if you're deserving of your boyfriend's love and/or forgiveness, and if you had a right to do it. One minute you'll want to go one way, and another minute, the complete opposite.

There may even be **EMBARRASSMENT**. You might feel shame at the brazenness of the deed, and perhaps even of your behavior during the act. Another reason that many people feel shame afterwards is because the infidelity has gone public. Perhaps your boyfriend confided in a friend or family member, leaving you embarrassed. Even worse, he may have sought revenge by telling everyone; maybe even by posting your naked pics on the web.

DISAPPOINTMENT is another common reaction. This usually stems from the belief that you're supposedly a better person than this. Has your boyfriend been cheated on in the past? If so, then this new reality has the potential to double your feelings of disappointment. And then there's **FEAR**. You may fear the consequences of your actions. Fear delivers a series of "what if" scenarios. *What if he finds out? Will he break up with me? What if this gets out? What if I have jeopardized my health? What if our relationship never gets back to where it was?*

Feeling **LONELY** is also a common response. In feeling lonely, your boyfriend may or may not know that you've cheated. Perhaps you'd prefer to keep the incident to yourself, not

even telling your best friend. Consequently, you may be left to deal with your conflicting thoughts and emotions alone. Then there is the possibility that you already suspect that once your boyfriend finds out, he's going to leave you. In many ways, you may be subconsciously preparing yourself for being single, thereby pushing yourself into a mental and/or physical state of loneliness.

INDIFFERENCE, PRIDE and/or **SATISFACTION** are also feelings you might explore. You feel this way for a reason, and in protecting yourself, your boyfriend, and your future partners, it's important to know why you feel this way. In doing so, you may discover that you're better off single, with another mate, or in an open relationship.

Whether you experience any one or more of the above-mentioned reactions, understand that you're feeling exactly what any normal, red-blooded person possibly would—and more importantly, *should*—be feeling under the circumstances. You are only human, after all. There is a science behind the physiological and psychological knee-jerk responses of your body that induce these emotions, and we will be exploring some of them further in the next chapter.

What Now?

In the course of this book, we will help you try to make sense of why you cheated, as well as explore how cheating affects you as a person, both in the short and long term.

Right now, you may be wondering if you should continue cheating; if you should end the relationship; or, if he doesn't already know, whether or not you should tell him. If so, how do you ask for forgiveness?

In no way will we presume to tell you what to do. However, we will help you go through all your possible options in carefully curated sections that will hopefully make your journey a tad easier. Somewhere along the way, you're going to make a lot of decisions, and, with your permission, we intend to be there to help you with each step.

It's our goal that, by the time you reach the conclusion of this book, you'll emerge a stronger and wiser person, able to authentically embrace your entire being, regardless of how you decide to move forward.

What We've Covered So Far In Chapter One:

1. **You have just cheated.** The deed is done and now you need assistance on what to do next.
2. **You are thinking about cheating.** You haven't made a move just yet, but you're strongly considering it.
3. **You know someone who has cheated.** Technically speaking, this isn't even your problem. You're just the friend who wants to give the best advice possible.

Did you really cheat?

Identified the different kinds of cheating:

1. **Physical** – It's all about sex!
2. **Emotional** – There are some really strong feelings involved.
3. **Mental** – It's all in your head. Literally.
4. **Online** – You're not just catching up with old friends on Facebook, are you?

Identified the different kinds of cheaters:

1. **Accidental** – *"It just happened!"*
2. **Calculating** – *"There's no stopping me!"*

3. **Predatory** – “You know what they say: When the cat is away . . .”
4. **Romantic** – “*I love him. And I love you. I’m so confused.*”

Identified the possible post-cheating feelings involved:

1. **Guilt** – “*I am the worst person ever!*”
2. **Confusion** – “*Should I stay in the relationship? Should I tell my boyfriend what happened?*”
3. **Embarrassment** – “*I totally knew better. What if our friends find out?*”
4. **Disappointment** – “*It wasn’t even worth it.*”
5. **Fear** – “*What will happen now?*”
6. **Remorse** – “*Why did I do that?*”
7. **Lonely** – “*It would be nice to have someone to vent to.*”
8. **Indifference** – “*Who cares?*”
9. **Pride** – “*It’s part of who I am.*”
10. **Satisfaction** – “*The deed is done and I loved every second of it.*”