

## ARE YOU AN EMOTIONAL CHEAT?

There has a lot of talk about extramarital friendships that are sensual, even intimate, yet don't cross the line to actual sex. This dilemma, which dates back to movie folklore, psychologists studying this area have finally identified some signs. According to them, you may be unfaithful if

- ❑ You have a special confidante at work, someone that is receptive to your feelings, fears and other issues you may not be able to discuss with your partner or spouse;
- ❑ You share private information and negative feelings about your relationship with a 'special friend';
- ❑ You meet a special friend of the opposite sex (same sex in a committed gay relationship) for dinner and then go back to his/her place for a wine to discuss your 'relationship' never calling your partner and finally returning home in the wee hours of the morning;
- ❑ You humiliate your partner in front of guests and others suggesting that they are inadequate sexually;
- ❑ You have the energy to tell the most exciting and funniest stories about events in your life and decide to save the stories for an internet friend or people at the office;
- ❑ You hook with an old girlfriend or boyfriend at a high school reunion or some other reunion and recapturing the old spark to the point that you begin to communicate through email without telling your partner or spouse;
- ❑ You keep secret internet accounts if the present relationship ever goes bad, 'just in case' and/ or you become very upset and annoyed with your partner if s/he may look at your private personal things;
- ❑ You are invited to dinner and parties through your work and you don't tell your partner indicating that 'it is only for office staff'. As well, you don't make your partner aware that there are parties and you don't invite her/him.
- ❑ You fail to be honest about even simple things. Sometimes even white lies add up to a flurry of stories that don't add up and, you fail to explain to your partner the true reasons.