

The Infidelity Formula

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Vulnerability

- Dissatisfaction in marriage
- Not putting each other first
- Not meeting each other's needs
- Addictions of any kind
- Financial pressures
- Stress/ anxiety
- Depression/ mental health issues
- Low self-worth
- Lack of mental/ emotional/ physical boundaries
- Thinking you're above the need for boundaries/ false sense of security
- Drug/ alcohol use



OPPORTUNITY

- The workplace/ church
- Close friendships with other couples
- Traveling for work/ conventions
- Facebook/ social media
- The Internet
- Gyms/ health clubs
- etc.



One Dumb Decision

- Flirting with friends
- Touching
- Texting
- Lingerin
- Fantasizing
- Eye contact/ "the look"
- Dressing provocatively
- Sharing too much information
- Taking off wedding ring
- Being alone with someone you feel attracted to
- Seeking/creating opportunities to be together
- Keeping secrets from spouse



The Slippery Slope to

DISASTER

- One dumb decision leads to a critical point of no return!

PREVENTATIVE MEASURES

1. Reduce your vulnerability and opportunity
2. Set healthy mental, emotional and physical boundaries to avoid the first dumb decision!
3. Stop any behaviors under "One Dumb Decision!"

DEFINITION OF INFIDELITY

Infidelity is a relationship between a person and someone other than his/her spouse that has an impact on the level of intimacy, trust, emotional closeness/distance and overall dynamic balance in the marriage.

(D. J. Moultrup, *Husbands, Wives & Lovers*)