

The Infidelity Formula

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Vulnerability + **OPPORTUNITY** + **One Dumb Decision** = **The Slippery Slope to DISASTER**

- 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

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

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!"

- Flirting/ innuendos
- Touching
- Texting
- Lingered
- 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

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

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*)