

TOP 100 SIGNS

Your Spouse May
Be **Cheating**



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Amie
Justice
Val
Emma
Melissa
Helen
Claire
Elizabeth ✓

TOP 10 ELECTRONIC SIGNS THAT YOUR SPOUSE MAY BE CHEATING

- 1** **EXCESSIVE USE OF THE INTERNET.** When your spouse begins using the computer later and later into the night, particular after you go to bed
- 2** **PASSWORD PROTECTIONS.** When open access computers and laptops are suddenly password protected by your spouse.
- 3** **QUICK SHUT-DOWNS.** When you observe computer screens minimized or shut down swiftly whenever you walk into the room.
- 4** **BROWSER HISTORY.** When your spouse's browser history shows that he visited certain dating sites or other curious locations.
- 5** **NEW EMAIL ACCOUNT.** When your spouse sets up a new email account and doesn't tell you about it.
- 6** **FREQUENT EMAIL CHECKS.** When your spouse spends an inordinate amount of time checking emails.
- 7** **SUDDEN, UNCHARACTERISTIC DELETIONS.** When your spouse suddenly deletes his email history after living his life as an email hoarder.
- 8** **INSTANT EMAIL DELETER.** When your spouse begins uncharacteristically deleting emails and Facebook messages immediately after reading them, and then deleting his trash file so that no evidence of the emails remain anywhere on his computer.
- 9** **ACTIVE ON SOCIAL MEDIA.** Your spouse is active, or actively flirting, on Facebook and other social media sites, perhaps even forgetting that you're still his "friend" on those sites.
- 10** **DUPLICATE SOCIAL MEDIA ACCOUNTS.** Your spouse opens or maintains more than one Facebook, Instagram or Twitter account, or he maintains multiple Skype, Viber or WhatsApp Accounts, some of which are public and some of which are private.

TOP 10 BEHAVIORAL SIGNS THAT YOUR SPOUSE MAY BE CHEATING

1

ENCOURAGING YOU TO TAKE TRIPS. When your spouse actively or openly accepts your desire to take trips without him, or seems to encourage you to travel alone or with others in order to leave him alone, or in an empty house.

EASILY PRONE TO ARGUMENTS. When your spouse starts arguing over seemingly innocuous events; when he or she storms out of the room or turns a cold shoulder toward you, over a relatively minor matter.

2

3

NEW INTEREST IN EXERCISE. When your spouse is suddenly obsessed with the gym, or suddenly starts working out, attending kick-boxing, or other fitness programs after a lifetime of being a couch potato.

STRANGE SCHEDULE QUESTIONS. When your spouse asks you to confirm your schedule on particular date or times, such as, "Did you say you're working next Friday?"

5

FRIENDS AND CO-WORKER REACTIONS. When others begin to act weird in your presence, it may be a sign that they know that your spouse is having an affair. Mutual friends and co-workers are often uneasy when placed in the position of maintaining confidences about marital infidelity. Similarly, if you stop hearing from your spouse's family as often as in the past, it may be a signal that something's wrong.

4

7

SUDDENLY ARTSY. When your spouse adopts a sudden new interest in a different kind of music, or begins talking about art museums, galleries or other cultural events that were never of interest to her in the past.

6

JEWELRY MISTAKES. When your spouse turns up without his wedding ring or the engraved anniversary bracelet or locket she always wears.

LACK OF EYE CONTACT. When your spouse has difficulty making eye contact, particularly during face-to-face communications or intimate moments.

8

10

9

UNUSUAL REFERENCE TO CO-WORKER. When your spouse refers to a new co-worker in an unusual way, it may be suspect.

(The three most suspicious tactics are (a) not mentioning a new co-worker at all, who your spouse is working directly with on a day-to-day basis; (b) over-mentioning a new co-worker and saturating a conversation with discussions about the new co-worker; and (c) strategically trying to cover up one's attraction to the new co-worker by calling her "fat" or "ugly" or other derogatory terms.)

GUARDING PHONES, PURSES AND WALLETS. When your spouse never leaves his or her cell phone alone; when he always keeps his wallet with him; when she always sleeps with her purse by her bedside.

TOP 10 SEXUAL SIGNS THAT YOUR SPOUSE MAY BE CHEATING

SEX NOT NECESSARY. When your spouse seems ambivalent about rejection. In the past, he may have insisted on sex, but now he's less interested or quick to cave in when you're not in the mood.

1

NO LONGER IN THE MOOD. When your spouse begins to continuously lack interest in sex, and has poor excuses for his or her continuous disinterest.

2

INTIMATE TOUCHING HAS STOPPED. When your spouse has stopped giving you those little rubs, pats, caresses, and other intimate touches that existed in the past. Small displays of physical touching, or affectional, personal, or even silly acts of tickling, once terminated, may be signs of trouble.

3

NEW EROTIC MOVES. When your spouse suddenly becomes aggressive, creative or kinky in the bedroom. Of course, not every attempt to "revitalize" the bedroom means somebody's cheating, but in some cases, it could mean the aggressor-spouse is getting trained by a paramour.

4

NEW GROOMING, DRESSING HABITS. When your spouse suddenly deviates from his personal hygienic, grooming and dressing styles—for example, body waxing, new hair styles, wearing colognes, changing wardrobes, body makeovers.

(A)

NEW UNDERWEAR. Buying new sexy, slinky, kinky or simply well-fitting underwear could be a sign of a spouse having an affair, or getting ready to have one.

(B)

5

BIRTH CONTROL EVIDENCE. When you find condoms and you are on the pill, or you find birth control pills, and you've had a vasectomy.

6

UNEXPLAINED INJURIES. When your spouse has unexplained scratches, cuts, or bruises on her neck or back, or reports or demonstrates any soreness or other symptoms in any intimate areas.

7

SWIFT SHOWERING HABITS. When your spouse heads into the shower or bath quickly after entering the home (as if to wash off a smell), particularly if this habit is different than in the past.

8

EXTERNAL SIGNS OF AFFECTION. When your spouse stops buying you flowers or cooking your dinner, it may indicate that he or she is showing these outward signs of affection to other partners.

9

IMPERMISSIBLE SOCIAL MEDIA ETIQUETTE. When your spouse visits inappropriate chat rooms, posts inappropriate messages, or makes sexually provocative statements on social media sites that he or she regards as acceptable.

10

TOP 10 CELL PHONE SIGNS OF A CHEATING SPOUSE

- 1** **SECRET CELL PHONE PURCHASE.** When your spouse buys a new cell phone unnecessarily or without telling you about it.
- 2** **SUDDENLY HIGHLY POSSESSIVE.** When your spouse becomes suddenly highly possessive of his or her phone and won't let anybody else use it, touch it, hold it or answer it. When they seem very much in a rush to answer it before anybody else gets to it.
- 3** **NEW DELETION HABITS.** When your spouse suddenly begins deleting voicemails immediately instead of allowing them to accumulate as usual; when he or she deletes contact names from phone numbers or removes caller IDs from the phone.
- 4** **UNKNOWN SENDERS.** When your spouse suddenly begins receiving a flurry of messages from people you've never heard of, such as "Bill the IT Guy," when he never communicated with a "Bill" or an "IT Guy" in the past. Cheaters frequently give their paramours a fake name for emailing and texting purposes.
- 5** **TAKING CALLS IN PRIVATE.** When your spouse always walks away as soon as he begins making or taking a call.
- 6** **GETTING A SECOND NUMBER.** When your spouse has a second phone number (a second SIM card), particularly if this information was not shared with you promptly.
- 7** **CELL PHONE BILL RE-ROUTED.** When your spouse sets up a new cell phone account and has it billed to his or her office, or has the existing account re-routed to a new email address for online payment only so that only he or she can access it.
- 8** **CODED MESSAGES.** When your spouse begins receiving text messages "in code" such as "090316.515"
- 9** **PURCHASING iMESSAGING APPS.** When your spouse buys Snap-Chat, Glich, or other specialty apps that allow users to send iMessages anonymously or to transmit messages that disappear after they're received and read by the other party, without leaving a trail.
- 10** **TURNS OFF OR DISABLES PHONE.** When your spouse turns off his phone or disables it whenever he's inaccessible (such as while taking a shower or sleeping) so that there is no chance that you can get to it.





TOP 10 AUTOMOBILE-RELATED SIGNS THAT YOUR SPOUSE IS CHEATING

1

NEEDING GAS MORE OFTEN. The primary driver of the vehicle seems to be pumping gas much more often than usual because he or she is running out of gas (or consuming gas) much faster.

2

ODOMETER HAS JUMPED FORWARD. The amount of mileage on the car has suddenly increased significantly in a short period of time, or the increases from day to day, or from week to week are more much significant than one would expect, given the travel that your spouse is supposed to be making to and from work and other predictable places.

3

PASSENGER SEAT OUT OF POSITION. The passenger seat has been re-adjusted to another position with no plausible or credible explanation.



- ④ **GPS SHOWS UNKNOWN DESTINATIONS.** When the history on the GPS device in the vehicle shows unfamiliar residential destinations, or restaurants or other public facilities (or worse yet, reveals searches for flower shops, candy stores, jewelers or gift shops).
- ⑤ **CHANGING DRIVE TIMES.** When your spouse leaves for work or returns from work at different times, or in patterns that are inconsistent with his or her prior departure and arrival times on various days of the week.
- ⑥ **CHILD SEAT MOVED.** When a child seat, or children's toys, have been moved, re-arranged, or removed from the vehicle, without any plausible or credible explanation.
- ⑦ **PHYSICAL EVIDENCE IN CAR.** Any unexplained document, receipt, grooming, cosmetic, sexual or contraceptive item may be incriminating evidence, such as a condom, a hairbrush, lipstick, a phone number scratched on a slip of paper, a receipt from a restaurant. Hair samples left behind can also spell trouble.
- ⑧ **CHANGE OF CLOTHING.** When your spouse leaves a change of clothing in the car, or you discover duplicate combs, toothpaste or other grooming items in the glovebox.
- ⑨ **DISAPPEARING ACT.** When your spouse takes the car "for a spin" for no particular reason, or runs errands without explanation; or when he or she takes the car to the bank, the supermarket, the post office or other destinations, but fails to return for several hours, without explanation (or without groceries, as the case may be).
- ⑩ **STAINS, DAMAGE, DEVIATIONS.** When you detect damage to your vehicle, no matter how small, such as stains on the upholstery; scuff marks; scratches, and other deviations, particularly occurring on the passenger side or in the back seat.



TOP **10** PHYSICAL EVIDENCE SIGNS THAT YOUR SPOUSE IS CHEATING

①

CREDIT CARD RECEIPTS. Perhaps the most notorious evidence are credit card statements and receipts revealing dinners, taxis, travel, flowers, gifts, or purchases that did not involve the other spouse.

②

BANK STATEMENTS. Monthly statements from banks provide detailed accounting of purchases on bank-issued debit and credit cards. Unusual withdrawals or changes in bank balances may also point to suspicious activity.

③

ATM WITHDRAWAL SLIPS. Cash withdrawals made at automatic teller machines will be date-and-time stamped, revealing the bank name and location. This may help to pinpoint where a spouse was at a particular point in time and raise questions about why (or how much money) he/she was spending at that time.

④

PHONE BILLS. Most spouses share access to the same phone account and can jointly access the same phone bills. Statements of account not only reveal the cost for phone service, but may also provide a breakdown of all of the numbers dialed, or calls received; the time and duration of the calls; and the frequency of calls from the same number.

⑤

HAIR & LIPSTICK. Needless to say, any foreign body matter such as hair, and any cosmetic embellishments, such as lipstick, which do not belong to you, should immediately raise a red flag. The same goes for unusual cologne or perfume smells, and unusual secretions on underwear.

⑥

RENDEZVOUS EVIDENCE. Paper evidence of meetings between your spouse and her paramour are often left behind by accident in wastepaper baskets, filing cabinets, handbags, notepads, and other places around the house or the office. Even after people read emails and text messages, they often scribble a name, a phone number, or a meeting place on a post-it note, or a notepad, on a file page, or elsewhere. Sometimes, they crumble a reminder note and toss it in a nearby trashcan, but fail to throw out the trash.

⑦

JEWELRY, HAIRBANDS, ETC. In the most obvious cheating cases, a woman leaves behind her earrings, or her hairbands. Yet any kind of jewelry or accessories that are commonly detached during an affair could immediately incriminate the cheating spouse.

⑧

INCOME TAX RETURNS. Unexplained travel expense or business expense deductions reported on state or federal income tax returns may disclose the presence of an extra-marital affair.

⑨

PRESCRIPTION RECORDS. Health insurance records show that your spouse has made an unexpected prescription or unusual change to, or renewal of, a prescription for Viagra or similar such drugs, or for birth control pills or devices.

⑩

SUSPECT PURCHASES. When the grocery bill reveals that your spouse has purchased a duplicate toothbrush or miniature portable-sized toothpaste and other grooming supplies without any evidence that they are being used in your home or for immediate travel purposes, they may suggest inappropriate activity.

TOP 10 VERBAL SIGNS THAT YOUR SPOUSE IS CHEATING

VOCABULARY CHANGES. If your husband or wife suddenly starts using different words, slang expressions or adopting an unusual manner of speech with no other plausible explanation. **1**

PET NAMES. If your spouse suddenly starts calling you by pet names he or she has never used before. **2**

DREDGING UP PAST. When your spouse begins digging up events from your past and casting blame for a failed relationship. **4**

HYPOTHETICAL QUESTIONS. When your spouse begins to pose strange hypothetical questions out of the blue, such as: "Do you think married couples should ever take separate vacations?" **3**

SUDDENLY JEALOUS. When your spouse becomes verbally resentful or envious of relationships which you have with your friends and co-workers, suggesting improper or dishonest conduct on your part. **5**

NAME SLIP-UP. If your husband or wife accidentally speaks another person's name in his or her sleep, or inadvertently slips a name into conversation, it may be a tell-tale sign of misconduct. **6**

MOCKING AND ACCUSATORY TACTICS. When your spouse begins covering up his or her misdeeds by mistreating you verbally, mocking you, accusing you of misbehavior, and otherwise criticizing you. **9**

CURSING OR YELLING. Any sudden increase in cursing or yelling could be a sign of cheater's stress or distress, or a reflection of nervous energy being relieved. **7**

DEFENSE OF CHEATERS. When your spouse unexpectedly defends other cheaters, such as taking the side of unfaithful spouses while watching television programs or in reacting to news of a friend's recent breakup. **8**

SUDDENLY VOCAL ON RELIGION AND POLITICS. When your spouse has suddenly changed his or her position on God, abortion, religion, politics or other major cultural or social issues, or when he or she has become suddenly vocal about any of these issues after having never voiced an opinion in the past. **10**

TOP 10 FINANCIAL SIGNS THAT YOUR SPOUSE IS CHEATING

1

UNEXPLAINED ATM TRANSACTIONS. When you suddenly discover a series or a pattern of unexplained withdrawals or other transactions at bank ATM machines, or when the ATMs being used are at unusual locations, or are being tapped at unusual times of day.

2

PROTECTIVE OF WALLET, CREDIT CARDS, ETC. When your spouse becomes suddenly protective or secretive about his wallet, his credit cards, his briefcase, her purse, his/her financial records, or any other place where he or she keeps financial information.

3

NEW BANK ACCOUNTS. When your spouse opens a new bank account and fails to tell you about it.

4

RECENT PASSWORD CHANGES. When your spouse has changed the password to one or more online bank accounts, limiting or preventing your access to accounts where joint access had previously been allowed.

5

MORE RECEIPTS, FEWER RECEIPTS. When your spouse suddenly has more receipts for "business expenses" or fewer receipts. More receipts may reflect the obvious; fewer receipts than usual may indicate that your spouse has begun covering up an affair by paying in cash, and is steering clear of credit card usage altogether.

6

PURCHASES THAT NEVER MATERIALIZE. When bank statements, credit card bills, and receipts show that your spouse made a purchase of some sort, but the item purchased never materializes (that is, it never arrives at your home).

7

INCREASE IN SOLICITATIONS. If you suddenly begin receiving an influx of credit card offers and solicitations from banks and other financial institutions, your spouse may have recently opened an account at another bank, or applied for credit on line, or made a purchase using a credit account unknown to you.

8


NO PAYCHECK CHANGES. When your spouse claims to be working longer and longer hours and yet he or she is unable to show any meaningful increase in his/her earnings from week to week. Or, when the paystub does not even reflect that the overtime hours were reported.

9

SENSITIVE ABOUT HOUSEHOLD EXPENSES. When your spouse becomes unusually or suddenly concerned about household expenses for day-to-day upkeep, food, maintenance and other carrying charges, or when he or she suddenly wants to become more involved in controlling such expenses.


10

CONVERSION TO CASH. The extent to which your spouse begins conducting business in cash, after previously paying by check or credit card, or via online payments, is another telltale sign of potential misconduct. Frequent bank withdrawals in cash, cashing paychecks instead of depositing them, asking business clients to "sign over" payments and cashing them at other banks or asking for payments in cash instead --- these are all signs of a spouse attempting to generate a "cash flow" without a paper trail.



TOP **10** HOUSEHOLD SIGNS THAT YOUR SPOUSE IS CHEATING

- ① **INTEREST IN LAUNDRY.** When your spouse suddenly wants to do his own laundry, or wants to help you with the laundry (after never having done so in the past).
- ② **SUDDENLY POSSESSIVE.** When your spouse is suddenly protective and possessive of his or her personal belongings and becomes irritated if you touch them.
- ③ **UNUSUAL PURCHASES.** When your spouse orders items for the house, or to the house, which are inconsistent with prior practice.
- ④ **OBSESSIVE GROOMING.** When your spouse spends an inordinate amount of time in front of the mirror, fretting over hair, skin, teeth, etc. When your spouse changes his or her showering habits.
- ⑤ **SEPARATE SPACE.** When your spouse suddenly needs a separate space, or a new space in the home to “do his thing” or to “do her thing,” or when he or she talks of needing more privacy or “me time.”

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- ⑥ **DISTRACTED WITH CHILDREN.** When your spouse starts missing play dates with the children or otherwise distracted in his commitments with the children; when he or she appears to be less committed to routine obligations involving the livelihood of the children in the home.
 - ⑦ **REPAIRS AND MAINTENANCE.** When routine household maintenance, repairs and upkeep begin to fall behind and lapse for no apparent reason, attributable to a change in work flow, illness or other credible explanations.
 - ⑧ **HOUSEHOLD ROUTINES.** When at-home routines shift inexplicably, such as regular TV time or relaxation time, or when meal times start beginning later or ending quicker (all potentially signaling a breakdown in one-on-one communications).
 - ⑨ **FOOD CHANGES.** Your spouse stops packing a lunch to work. Your spouse suddenly breaks a routine and begins trying out new recipes with no explanation. Food seems to have been consumed or replaced faster than usual, or dishes seem to have been cleaned and re-stocked faster than usual.
 - ⑩ **TOO BUSY TO INTERACT.** When your spouse is too busy cleaning the household, making repairs, caring for the children, or tending to some other ongoing “emergency” or continuing project to interact with you on personal level, avoiding intimate interaction.



TOP 10 WORK-RELATED SIGNS THAT YOUR SPOUSE IS CHEATING

- 1** **ATTENDING WORK FUNCTIONS ALONE.** When your spouse begins attending work-related conferences and social events alone, in contrast to prior practice. Or when he or she tries to discourage you from attending.
- 2** **UNDISCLOSED VACATION DAY.** When you discover your spouse took a vacation day or personal day off of work, without telling you otherwise leading you to believe he or she was working that day.
- 3** **WEEKEND WORK.** When your spouse suddenly has assignments on weekends in a job that never previously involved weekend work. Or when he or she is required to dedicate other unusual hours to the job, after years of standard working hours.
- 4** **REFUSING TO TAKE CALLS.** When your spouse refuses to take your calls at work, becomes frequently "unavailable" or suddenly chastises you for making those calls.
- 5** **FAILURE TO RESPOND TO MESSAGES.** When your spouse ignores your messages completely, or responds very slowly to calls, text messages or emails which you send him at work.



- 6** **UNUSUAL UPTICK IN BUSINESS TRIPS.** When your spouse suddenly has an unusual and inexplicable increase in the number of business trips he or she is taking.
- 7** **PATTERN OF DISSOCIATION.** When your spouse suddenly declines to have you around at any business gathering, or in any place where business associates may be assembling. For example, declining to ask you to join an after-work “happy hour” or declining to ask you to drive him to the airport where associates are gathering to leave for a business trip.
- 8** **ANGRY ABOUT SURPRISE VISITS.** When your spouse is irked about unannounced visits to his office, such as popping in to have lunch without calling first.
- 9** **ATTITUDE CHANGE WHEN DISCUSSING CO-WORKERS.** When your spouse responds in an usually fashion when asked about or referring to a particular co-worker, either by saying too much about the person, or ignoring the person altogether, or by any other strange or bizarre reaction to the person’s name.
- 10** **SUDDEN INTEREST IN WORK.** When your spouse unexpectedly becomes excited about work or a work-related project, striving to arrive on time or to dress nicer, after a history of disliking the job and feeling apathetic about the work.

