



Vol. 8, Issue 3, 110-121, 2019

## Academic Journal of Psychological Studies

ISSN: 2333-0821

ajps.worldofresearches.com

# Psychological Perspectives on Female Infidelity in Marital Relationships

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### A B S T R A C T

From the old days, people believe that men have less non-commitment in their relationship with the opposite sex, while according to new research women can betray and not be in a relationship with men! Therefore, the ultimate goal of the studies was to identify the main cause and the main pattern of this non-commitment, and to continue to refine and provide solutions to this problem. The fact is that some women in the long-standing relationship and finally commitment in all years will eventually betray their Infidelity and commit themselves. Of course, men may also be betrayed after having had a long relationship with one person. At the same time, none of the parties, ultimately lethargy, refuse to accept their own indignation and Infidelity! With the difference that the method of Infidelity and its causes are different in both sexes, they are completely different. Men, while committing to their own people, if they are fascinated, emotionally or sexually abusive others, on the contrary, women, until they are fully satisfied by their man, Committed to their commitment. But as soon as a person creates and continues to experience the emotions, sexual relations, finances and ... on the part of the man, with the onset of problems between the two, the woman is also drawn to Infidelity and inertia. Most women cannot easily engage in sexually abusive relationships and intimacy with another man, because unlike men, the creation of a new sexual relationship on the part of the woman is quite apparent in the state of affection and self-expression in relation to the previous man. For women: "If men learn to respect their own person, emotionally, financially, and financially, there is no reason for a woman to betray her.

**Keywords:** Women's Infidelity-Emotional Need-Non-Commitment-Emotional Infidelity.

### INTRODUCTION

Insolvency and Infidelity of a spouse appear to be a person at first sight, but given the adverse consequences and the adverse consequences that the organization of family and child rearing, as well as the health and safety of the society, is to be disturbed by this problem. We consider the hidden and very serious social injuries. The lack of accurate statistics in Iran is not due to the absence of this dilemma and social problem, but to our lack of attention to this social impairment(Ahmadi, 2005). Also, the inclusion of a lot of information in the case, the statistics of contacts with the counselor's voice, the increase in the number of clients involved with marital distress in family courts and counseling centers, the increase in the number of films and series with marital distress, and also knowing this As one of the main reasons for divorce and familial and honor killings, it is a bitter fact that this social problem is hidden in our society.

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DOI: **In pressing**

To cite this article: Rahimi, Z., Sorouri, A., Daeichini, F. (2019). Psychological Perspectives on Female Infidelity in Marital Relationships. *Academic Journal of Psychological Studies*, 8 (3), 110-121.

Emotional Infidelity is an Infidelity in which one of the couples is emotionally interested in someone other than his / her spouse. The person enjoys speaking with a second person and is willing to spend his time with him. An out-of-wedlock relationship is a situation in which a married person has sex with a person other than his wife. From another point of view, it is a relationship that a person makes with a married person. In 2005, in the Durks Global Research, 22 percent of all studying people worldwide admitted having sex outside marriage. Sex in marriage is not forbidden in many countries and is not illegal. But there may be legal consequences, including in divorce cases, where there is no legal prohibition, and there is the possibility of sealing individuals(Adamczyk & Hayes, 2012).

Sex in marriage is illegal in most Muslim countries. Such as Saudi Arabia, Pakistan, Iran, Afghanistan, Kuwait, Maldives, Morocco, Oman, Mauritania, United Arab Emirates, Qatar, Sudan, Yemen.

In some societies, an out-of-wedlock relationship can be a sexual norm, while in other societies, marital and adultery are inflicted and punishable. These denominations have moral, civil and religious rights. There may also be legal grounds, including in divorce cases, where there is no legal prohibition.

### **Excuses for affected people**

Most people with emotional Infidelities call home and family escape due to lack of emotional affection, permanent custody, or quarrels and controversy.

### **Causes and Inclinations**

Achieving higher social status, diversity in gaining sexual attractiveness, weak moral principles, heterogeneous and compulsory marriages, and healthy satisfaction of the sexual needs of the family are some of the factors of Infidelity.

## **WHAT IS SEVEN-YEAR MARITAL AROUSAL?**

Seventy-year marital anxiety syndrome is a theory, a belief, and a term in the relationship psychology that says that after about seven years of sexual desire and satisfaction with marital affection gradually decreases(Bazargan, 2008). This theory tends to Marriage contracting and Infidelity are about the seventh year of marriage(Jafari, Janamian, & Taghavi, 2015). The desire to divorce is another claim of this theory(Li & Zheng, 2017). This psychology also explains the married person's desire to re-evaluate his marital relationship. Of course this period is based on probable evidence and possibly less than seven years, but given the fact that, according to some statistics in the United States, the average lifespan of each seven-year marriage is seven years into the theory(Allen & Atkins, 2005).

Seventy-year married temptation and arousal are not bad, but what's important is that you should not pay much attention to it because life is the main priority of marriage and relationships with a spouse(Allen & Atkins, 2005).

Feeling distressed, unwillingness to solve problems, frustration from solving problems, depression, feeling emptiness and meaninglessness, and lack of emotional support are the emotional symptoms of sexually abusive people(Amato & Rogers, 1997).

In countries where remarriage is customary, some men find a second or third marriage after a marriage. The issue of secret relationships and the causes and factors of men's tendency toward second wife is one of the most controversial issues of modern families, especially among women. The reason for most referrals to counseling centers is related to this issue(Atkins,

Baucom, & Jacobson, 2001).

The following reasons may be involved in this phenomenon (Allen & Atkins, 2005):

- ✓  Economic problems
- ✓  Too much work and fatigue
- ✓  Bills
- ✓  Accommodation and apartment costs
- ✓  Children and young children
- ✓  Not having enough time to talk with your spouse
- ✓  Stress and everyday anxiety of life

In Western societies, 66% of marriages are a phenomenon of Infidelity.

In marriages where one of the couples has been betrayed, the probability of divorce has increased.

75% of Infidelity is divorced.

The nature of love Infidelities is different from sexual Infidelity.

Men and women have the same reasons for betraying their own love but have different reasons for their sexual Infidelity.

15% of women and 25% of men in Western societies have more than 4 illegitimate sex during their marriage and their common life.

15% of those who commit sexual immorality divorce their former spouses and marry their loved ones.

80% of people who have divorced their former spouse for the purpose of marrying are regretted.

Most secret relationships usually last 2-3 years, but some may be lifelong.

The factor of happiness in marital life does not exclude the possibility of Infidelity.

Being busy is a disabling agent for not having her secret relationship.

### **IN GENERAL THERE ARE 3 TYPES OF INFIDELITY OR SECRET RELATIONSHIP**

- ✓ Love relationship
- ✓ Sex relationship
- ✓ Internet relationship

**Definition love Infidelity:** The definition of love Infidelity is a secret relationship in which an emotional and sexual bondage between a married person and another person who is not his legal wife is established (de Almeida & Schlösser, 2014; Leeker & Carlozzi, 2014; Rodrigues, Lopes, & Pereira, 2017).

**Definition of sexual Infidelity:** A secret relationship in which a married person has sex with another person who is not his legal spouse. In this type of relationship there is no element of interest or emotional attachment(Rodrigues et al., 2017; Whisman & Snyder, 2007).

**Definition of Internet (Abbasi, Tabatabaei, Sharbaf, & Karshki, 2016):** Includes dialogue and exchange of images and specifications of a married person with someone other than his legal wife via the Internet and chat. The content of conversations and the exchange of images and profiles is generally related to sexual and sincere issues(Hertlein & Piercy, 2006, 2012; Vossler, 2016).

The major needs that an individual attempts to provide in an illegitimate relationship is:

The need to be - to understand(Lewandowski & Ackerman, 2006), to be loved by a person(Mitchell, 2000), a delightful and pleasurable risk(Mileham, 2007), the feeling of freedom(Hunyady, Josephs, & Jost, 2008), independence-entertainment(Lewandowski & Ackerman, 2006), the fulfillment of sexual needs(Hertlein & Piercy, 2006), the strengthening of self-confidence, domination(Boekhout, Hendrick, & Hendrick, 2000), the new experience(Hunyady et al., 2008), the adventure, inducing the desirability And merit(Mileham, 2007), competition, naughtiness, filling the vacuum of loneliness, supremacy, revenge, addiction, feeling of security, enacted, excitement(Hertlein & Piercy, 2012), pleasure, joy, feeling of youthfulness, diversity, self-knowledge(Vossler, 2016).

**Love Infidelities:** This kind of secret relationship initially begins with a short talk and gradually becomes a deep and intense relationship(de Almeida & Schlösser, 2014). In the end, nothing but a remorse and disintegration of a person's life does not result in any result. Its main motive is to increase individual confidence, but it is false(Rodrigues et al., 2017). Notice the types of Infidelity love relationships:

**Blind love relationship:** In this kind of secret relationship, someone is addicted to love somehow. She adds to the emotion she gives up when she falls in love with her, which is the same as increasing the release of amphipharmin in her body(Swami et al., 2012). Which usually makes someone irrational and intrusive. A lust is blinded to one person, in which love becomes obsessive, unrealistic, fiery, and reckless. A person in this kind of love endangers himself and he throws himself into the water and the fire to reach his beloved joins(Ciarocco, Echevarria, & Lewandowski Jr, 2012; de Almeida & Schlösser, 2014). When a lover does not fall in love with a person, he feels sorry and feels excited when the lover is present. This kind of love relationship can last from a few weeks to several years. But over time, both individuals realize that they do not know each other and do not have the same consistency. In this type of relationship, a person is usually separated from his or her former spouse or partner.

**Fascinating love:** This kind of secret relationship is formed on the basis of friendship, understanding and mutual care of each other. This type of relationship is a kind of escape from the duties, responsibilities and pressures of everyday life and sheltering a new person. In this type of relationship, the two individuals are considerably passionate and may have sex with each other or have no sex with each other. In this type of relationship, two individuals believe that they provide an opportunity for self-knowledge, sex, experimentation, counseling and acceptance. The two individuals in this type of relationship are very confidant and secretive. It can last for many years or even lasting forever(Whisman & Snyder, 2007). A person may not be separated from his or her former spouse or partner, and even believe that his secret relationship and meeting his needs will strengthen his life(Rodrigues et al., 2017).

**Cross-sectional love affair:** This kind of secret relationship occurs during the period of change and passing through a section to another part of the life of the individual. Between the two who want to experience immensely, entertaining and self-esteem enhancement. Most often

happens during positive events such as promotions, promotions, rewards, finding new jobs by a spouse, having a child or moving to a new home(Shafiabadi & Naseri, 2007). At the time of success in a person, a sense of competence and adequacy arises that expects a person to expect a special reward. It's like having a relationship with a new person who is both fun and hard-working. This mode can also occur in unpleasant times(Valbuena, 2015). When a person wants a person who is capable of understanding his failures, discomfort and consolation and support. This kind of relationship is almost overnight and its life is short. Perhaps less than a year, and rarely, the common life of a person fails. This relationship provides the person with the security, possession, attachment, love and affection, acceptance and trustworthiness requirements.

**Love relationship on the basis of Revenge:** Some women hate women from men and some men. They see pleasure in harassing, deceiving and playing others. They are also skilled liars. They identify and choose their victims from among vulnerable, sane and innocent people. They initially offer pleasant appearances to the opposite party, but at the end they will leave nothing but disaster, annoyance and humiliation for the victim(Jafari et al., 2015; Mitchell, 2000). A person of the beginning of acquaintance is very close to the victim with cunning and elegance. He may present himself as a very successful or prominent person, or who puts himself at the mercy of victim and pervades the victim's mercy(Mileham, 2007). But over time, the victim gradually becomes disappointed, humiliated, and submissive. Money, time, energy, and self-confidence will be sacrificed. In such individuals, a person's sense of security arises through the domination and control of another person. The individual does not detach from his spouse or past partner(Abbasi et al., 2016; Janjani, Momeni, Rai, & Saidi, 2017).

## **SEXUAL INFIDELITY**

**Comradeship sex:** In this kind of secret relationship, two people have sex with each other and they care about one another like two friends. However, they do not talk much about each other. They are happy with each other and enjoy each other. They believe that this kind of secret relationship does not only have no harm in living with their spouse but also has a positive impact on it. This kind of relationship may take years. This relationship meets the self-esteem, sense of acceptance, excitement, fantasy, pleasure, naughtiness, desire for sexual orientation(Rodrigues et al., 2017).

**Adventurous sex:** There is also sex in this secret relationship. It's a funny relationship. Two people sometimes imagine being a child and their opponent is a toy belonging to another person. Both individuals are self-centered in their quest for pleasure. Usually they also have a lot of sexual partners. For a person sex is a competitive game and a means of control and domination. This type of relationship gives a person self-esteem, sense of competence, competition, excitement, naughtiness and cleverness, but ultimately leads to the disruption of life and his embarrassment(Skakke & Giles, 2019; Vossler, 2016).

**Sexual Disease:** Some hidden sex life lasts only one night. Even the person does not remember his mistress's name. Such people just want to prove something and their only motive is sexual satisfaction. In their search for repeated sexual relations, they reveal a sense of self-doubt, anger, revenge and excessive retaliation(Denes & Speer, 2018). In this type of relationship, the individual does not separate from his wife because he does not need to do this. This type of relationship gives the person a sense of self-esteem and power with pride, relief, hostility, loneliness, superiority, and revenge(Kruger, Fisher, & Fitzgerald, 2015; Skakke & Giles, 2019).

On the other hand, so far, people believe that men have less non-commitment in their relationship with the opposite sex, while according to new research women can betray and not be in a relationship with men! Therefore, the ultimate goal of the studies was to identify the main cause and the main pattern of this non-commitment, and to continue to refine and provide solutions to this problem. The fact is that some women in the long-standing relationship and finally commitment in all years will eventually betray their Infidelity and commit themselves. Of course, men may also be betrayed after having had a long relationship with one person(Rodrigues et al., 2017). At the same time, none of the parties, ultimately lethargy, refuse to accept their own indignation and Infidelity! With the difference that the method of Infidelity and its causes are different in both sexes, they are completely different(Mitchell, 2000). Men, while committing to their own people, if they are fascinated, emotionally or sexually abusive others, on the contrary, women, until they are fully satisfied by their man, Committed to their commitment. But as soon as a person creates and continues to experience the emotions, sexual relations, finances and ... on the part of the man, with the onset of problems between the two, the woman is also drawn to Infidelity and inertia. Most women cannot easily engage in sexually abusive relationships and intimacy with another man, because unlike men, the creation of a new sexual relationship on the part of the woman is quite apparent in the state of affection and self-expression in relation to the previous man. For women: "If men learn to respect their own person, emotionally, financially, and financially, there is no reason for a woman to betray her(Leeker & Carlozzi, 2014).

Another reason for not betraying a woman is that women are seeking more emotional needs in their relationship. Every woman, having begun a committed relationship with a man, in marital and sexual relations, has grown up and relied on all his physical organs for a long time, and unconsciously does not want to betray all this inner and physical peace Self-terminated or defective. Do not confuse the woman's feelings with pessimism, because this feeling never tells him falsehood. If a man is betraying and creating many relationships and getting involved with other women, he surely understands the relationships because of the lack of emotional needs heavily before. That guy will be with others(Jafari et al., 2015; Rodrigues et al., 2017; Utley, 2019).

From the point of view of psychology, the image of women has always been that in the face of betraying and having sex with another, all the spirituality, credibility, originality of her as a "worthy girl" disappears. Usually, women who come to the community with nasty dresses and strange dresses, with unpleasant behaviors and the attraction of men, are a threat to committed women. But well, a man always chooses a woman to live in a way that is loyal to his wife and his life, because it's unthinkable for every man to have a child of his wife not married to his wife! Additionally, men must know that emotionally and spiritually, a woman always adheres to her marital relationship, fearing her husband's Infidelity and sacrifice, and always cares about her husband's continuity and supply(Kruger et al., 2015). On the other hand, if a man cares about the lack of Infidelity by his wife and adheres to his commitment, they unconsciously create a romantic and healthy relationship in their common life. In this case, even a man with this mindset, as much as he continues to live, seeks to blame him for seeing another man who deceives. A man who believes in the loyalty and commitment of his wife and, in this regard, is comfortable with his imagination, emotionally and spiritually, will not betray and communicate with another woman(Abbasi et al., 2016; van Hooff, 2017).

### **HERE ARE THE REASONS WHY A WOMAN IS DRAWN TO INFIDELITY**

1. Having financial problems.
2. For some reason, the lack of talk and time spent by his wife for him, ignores his

emotional needs from the eyes of his men.

3. His relationship with him is not intimate.
4. Not to be satisfied with marriage and sex.
5. Absolute loneliness and a sense of being at home.
6. The lack of man's feelings about the benefits of his wife, such as, beauty, apparent changes, etc., while the woman feels worthless.
7. In the case of male addiction to alcohol or violence and rape.
8. If you are sure of an Infidelity man.
9. Failure to understand women's emotions and aspirations.
10. If a man dies, he or she will ban his wife from being a home or from a company.
11. Addiction or gambling and ...
12. Violation of the organ or disorder of sexual intercourse or other organs of the body.

Of course, women are betrayed for three main reasons, otherwise they will surely adhere to their commitment. First, dissatisfaction or lack of sense of happiness in the first life caused by the lack or presence of the above factors, then they seek their needs in another man. Second, the wrong opinion of the community towards women who have a lot of sexual and lust power, as a result, has to control the feeling in relationships with his wife that he would be charged and always have a good social appearance for his wife. This control of lust entails physical and psychological stresses. Third, some women always believe that a relationship finally ends, so by creating sexual relations and treason with someone else (during a committed relationship), they try to end their relationship with the main person and the emotional impact. Eat, replace them (van Hooff, 2017).

If your spouse and your fiancé betrayed you, you do not have a good mental health; you are angry and confused and you just want to be alone. In this situation, a person who is betrayed may seek the cause of his wife's Infidelity and react negatively to his inappropriate mental state (Jafari et al., 2015; Skakke & Giles, 2019).

If one fails to deal with this, he will suffer a lot of physical and mental damage, the consequences of which may remain for a long time. Some people are angry, depressed and shocked, and they may be thinking of revenge. The best person to help in this situation is to own a betrayed person; therefore, it is best to deal with this calmly and calmly. In this case, you are not to blame and life is not over.

## **THE PHYSICAL AND PSYCHOLOGICAL EFFECTS OF INFIDELITY**

Of course, the traumatic consequences of betraying are not limited to one person; it affects both the Infidelity and the betrayed individual and will cause serious damage to both. One of the biggest damage is the disappearance of families that have lived together for years and have been experiencing love with each other (de Almeida & Schlösser, 2014; Utley, 2019).

## THE PSYCHOLOGICAL COMPLICATIONS OF INFIDELITY VARY BETWEEN MEN AND WOMEN

Infidelity is one of the worst events that occur in marital life. A person who has betrayed his wife is severely damaged emotionally and emotionally, and in some cases this emotional shock is so much that someone takes drugs, alcohol, hunger strikes or excessive overeating and other things. If the betrayer also regrets this and has betrayed for the first time, he may have psychological problems and feelings of regret (Skakke & Giles, 2019; Utley, 2019).

Physical and psychological effects are different after treason in different types of Infidelity and in the sex of men and women. First we talk about the differences in the psychological effects of Infidelity in women and men:

Women are more likely to become anxious after the Infidelity of their husbands, so women are more likely to be traumatized by psychological and psychological harm, and more likely to develop unhealthy and harmful behaviors (van Hooff, 2017).

## THE PSYCHOLOGICAL EFFECTS OF INFIDELITY

**Shock:** At this stage, the person who is betrayed denies the issue after knowing the subject of Infidelity; no one can accept the Infidelity of his wife and, for many reasons, tries to believe it (de Almeida & Schlösser, 2014; Mitchell, 2000).

**Anger:** After the denial phase, when a betrayed person believes that his wife has betrayed him, he gets angry and angry. As a result, he tries to drain this anger and, in some cases, silence. As noted, some people may be blamed and blamed for treason (Skakke & Giles, 2019).

**Depression:** After a person gets angry, he gets depressed, he loses his sense of self-confidence and feels that he has no charm and value. These signs will also appear physically; a betrayed person may not have the desire to eat or so overeat that he will hurt himself. In some cases, people are so incapacitated that they are thinking of suicide and death. They limit their social relationships, lose their trust in others, and they cannot (Abbasi et al., 2016) trust a woman and a man until the end of their lives. In the face of a betrayed person, he also experiences psychological problems; according to research and surveys, women feel more guilty after emotional Infidelity, while men regard this Infidelity as normal and only suffer a conscience after sex trafficking.

## TYPES OF INFIDELITY AND EMOTIONAL COMPLICATIONS AFTER THEM

All Infidelities have devastating effects on the individual and his wife, but sexual Infidelity is the worst kind of Infidelity between husbands and husbands, which causes a person to have irreparable mental and psychological harm. For example, if you enter into the sex of your spouse's closest friend, this relationship will do much more harm than the relationship with a stranger. If in the common life the person has committed the Infidelity for the first time, his wife may forgive him for his love and fortune; however, if a person has been lying and betraying in the relationship for many times, there is no way forgiveness for him, and this relationship Has come to a halt. So, as you can see, there are many factors that can make sexual Infidelity "worse."

Researchers from the University of Nevada looked at 232 students who had been betrayed during the past three months. The average life expectancy of these people was 1.76 years; in this study, the behavior and mental health of these individuals after the treason were examined. The



average age group was 20 years old, and the results of the research may differ in older people. In some cases, these people suffered from self-blame and spouse, and attempted to find the cause of Infidelity of psychological complications such as depression and anxiety. Those who blamed themselves for the Infidelity of their spouse, committed high-risk behaviors (Jafari et al., 2015).

### **Restoration of the relationship after infidelity**

There is a false belief that, after discovering the Infidelity of the spouse, it can no longer be continued, because the lost trust does not return and the relationship does not improve. While studies show that if both sides of the relationship have a relationship of restoration, betraying can make couples eliminate the problems they already had in their relationship, and according to Ashtor Perl, a couple of therapists and those years old He has researched a lot about the causes and motives of Infidelity, their second life begins. Life will surely have a lot to do with their first life and will require a lot of effort.

Therefore, Infidelity is not necessarily the end of a relationship, and these beliefs and cognitions of the two sides determine whether Infidelity involves either the end of a relationship or the beginning of an end, or whether this is a means to improve life or, in other words, Start the second stage of growth. Life has come to an end as they know. Marriage can endanger an Infidelity, but the following points should always be remembered:

1. Infidelity involves a lot of pain and damage, and it's not easy to cross it.
2. Infidelity raises anger, sadness and depression.
3. Improving the relationship requires a lot of time and effort.
4. If life goes on to survive, the treacherous person accepts responsibility and does not answer the other party (I did not love you, I did not have good sex, you always used to wear bad clothes at home and ...). Accepting the responsibility for the behavior means the following activities and behaviors:

A) Cut off any contact with the mistress. If that person is a fellow person, then you have to think to minimize the relationship. It cannot be upset by various excuses, such as ... if I lose my job and ... want to keep the situation as before. You must understand that the conditions have changed.

B) Do not justify your Infidelity. Accept that you have made a mistake and there is no justification for it. You are the owner of the will.

C) Tell all the lies you had to cover your relationship clearly and clearly.

D) Explain your motivations for an out-of-wedlock relationship. Explain your reasons, but do not tell details about your relationship. Do not explain how to kiss her, how to have sex with her, and so on. Your wife will ask a lot, because the story of the life that he believes in and the trust has vanished and a new story must be made based on his own realities. He is like the lost man who is following, because the way he has always traveled is no longer trusted. So he is full of questions. You must answer his questions with calm and patience.

If you face Infidelity of a spouse, do not ask him questions in part, because you will not be able to hear their answers, and you will be more likely to fall into negative traps each time. Questions like how many times, how often, how often, how often, whether he was better than me, was he more beautiful, did you have sex with him, did he sleep better in bed? These are all questions that you should not ask your spouse, although we know how much curiosity pushes

you to know your answer. Your questions should be in relation to yourself and your relationship and not the other person. Ask questions instead:

1. What was the motive for creating this relationship for you?
2. Why it did happen and why happened at this time?
3. What did this relationship mean for you?
4. Do not you think you might understand me?
5. Did you think about your family and children at that time?
6. How did you feel when you came home after the relationship?
7. For what do you continue to interact with us, is it because I am or the children?
8. What do you value in our relationship?
9. What do you understand after treason and what should I understand?

D) Always be available for one year. You must be responsive whenever your wife is called. If you are in a meeting, make a call without having to make a conversation and let your spouse hear the sound of the environment. If you are going to go somewhere, go to the place and tell them who you are supposed to be and if your schedule changes, inform your spouse about changing your schedule. Your mobile device should not be encrypted so that your spouse can access it at any time.

And, maybe even after your relationship has returned to normal, feelings of anger and sorrow come upon your spouse and suddenly you will encounter a violent anger and agony of your spouse. This is normal. Give your spouse space and time to cope with your emotions.

E) Spend more time with your spouse. Plan schedules for co-scheduling and do not assign it coincidentally.

H) Talk about your relationship out of wedlock from time to time, and do not attempt to forget it, because then your spouse will not realize the amount of pain he has suffered, and he only endures this pain. You must always have a hearing to hear the words of your spouse about the subject of Infidelity.

5. Restoration of the relationship requires determination and determination to re-trust. In other words, the person betraying him must decide to reassert another, and this requires courage and courage, because a person overwhelms the innate experience that has harmed him. The feeling of rejection due to the Infidelity of a spouse is one of the greatest psychological harm that a person can experience during his lifetime, so although a couple betrayed him may rationally decide to repair, but emotionally and emotionally. It takes a lot of time and courage to fix your mental emotions.

6. A person who betrays him should not be considered a victim. He must accept responsibility for the problems of marriage in his own right.

7. The salvation of marriage requires that both parties be seriously committed to saving their relationship. Marriage survives only if both parties decide to use and use the skills needed to make a successful life. Salvation of a relationship requires couples to master the skill of interacting with each other effectively. Among these skills are:

- A. Have a deep and meaningful conversation with each other.

- B. Talk about your emotions, emotions, and vulnerabilities.
- C. Control the feelings and attitudes of blame and denial, and do not intend to defend yourself during the conversation.
- D. Be completely honest.
- E. Look at the feelings that brought you to this point.

8. Couples need professional help to understand the process of marriage and the problems in it and what has happened. Get help from a pseudo-therapist.

## CONCLUSION

Women are betraying for three main reasons, otherwise they will surely adhere to their commitment. First, dissatisfaction or lack of sense of happiness in the first life caused by the lack or presence of the above factors, then they seek their needs in another man. Second, the wrong opinion of the community towards women who have a lot of sexual and lust power, as a result, has to control the feeling in relationships with his wife that he would be charged and always have a good social appearance for his wife. This control of lust entails physical and psychological stresses. Third, some women always believe that a relationship finally ends, so by creating sexual relations and treason with someone else (during a committed relationship), they try to end their relationship with the main person and the emotional impact Eat, replace them.

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