



# Is He Straying?

Here's how to tell if  
you're worrying over nothing  
or if there really is  
cause for concern.

BY AMY LEVIN-EPSTEIN

When your significant other starts showing signs of emotional distance—shrugging off usually welcome advances or rarely initiating them—it's easy to suspect infidelity. The same goes for physical distance—working later at the office or traveling more for business. But his change in behavior is what's key.

“Everyone has certain habits,” says Marcella Bakur Weiner, coauthor of *180 Telltale Signs Mates are Cheating and How to Catch Them*. Changes to those habits should raise a red flag: As soon as you notice that he’s not as affectionate, he’s more affectionate or he smells different, there is cause for concern, Weiner says. Don’t jump to conclusions, but signs can indicate he may be unfaithful.

### ❗ **SHOWERING MORE**

Unless he’s starting a new workout regimen, an increase in showers could mean he’s trying to wash something—or someone—off.

### ❗ **DOING DOUBLE-SPEAK**

This may be a decoy method. “If his partner thinks he’s having an affair with a blonde, he might say, ‘I don’t really like blondes; I’m attracted to brunettes,’” says Philadelphia-based sex therapist Debra Laino.

### ❗ **CLAIMING ERECTILE DYSFUNCTION**

ED is a sensitive topic, so don’t jump to a conclusion

of cheating if your partner claims to have it. But if several other facts hint that he may be hiding something, dig deeper. “They’ll say they have ED with their partner, but they’re emotionally with someone else,” Laino says.

### ❗ **BEING EXTRA NICE**

While shying away from affection can be a sign, so can barraging you with it. “When someone is guilty, they have a tendency to portray extreme niceness,” Laino says.

### ❗ **DRESSING DIFFERENTLY**

“If he’s combing his hair differently, or if he used to go to work in a suit and tie, and he’s suddenly wearing younger men’s sweaters and jackets... there is something going on,” Weiner says.

“It may not be an affair,” Weiner adds, “but it may be something else with him. His business may be failing, or he may be sick.”

Regardless of whether the strain is in fact infidelity, clear the air. Worry is detrimental to your health and relationship. “The important thing is to talk about it,” Weiner says. ☺

## 4 Signs That You Can Ignore

These common signals may not be worth fretting about.

### **HAVING FEMALE FRIENDS**

If you’ve ever seen *I Love You, Man*, you know that some guys just prefer gal pals. “If guys have female friends, it doesn’t necessarily mean that they are cheating,” says Philadelphia-based sex therapist Debra Laino. Then again, your radar should sound if he’s suddenly hanging out with dames rather than dudes. This also goes for meeting new friends online or a drastic change in his usual gang.

### **LOOKING AT OTHER WOMEN**

“Guys that look at other females may seem (disrespectful), but it doesn’t mean that he is straying,” Laino says. The key here, she says, is what works for you and your relationship, and that what is deemed acceptable behavior is approved for and by both partners.

### **TALKING TO WOMEN ON THE PHONE**

Your man will most likely interact with members of the opposite sex on a daily basis. “An affair has a different feel to it,” says Marcella Bakur Weiner, coauthor of *180 Telltale Signs Mates are Cheating and How to Catch Them*. She suggests gently inquiring after who called and what it was about.

### **ACCUSING YOU OF CHEATING**

While Laino admits that this may seem like a deflection technique, she warns against automatically assuming the worst. “It used to be a sign if he accused you, but I tend to disagree,” she says. “That doesn’t mean it doesn’t happen that way.” Of course, if accusations are flying, your relationship needs some careful reflection, regardless of infidelity on either side.

## Confront Him Without Cornering Him

When you do find yourself initiating a conversation about your concerns, remain calm, Weiner says. “Say, ‘I see you bought three new suits. Is there something at work or something else going on?’”

Whatever you do, don’t attack. “Once you’re accusatory, you lose him,” she says. But if you remain neutral and he blows up, “that shows he’s hiding something,” Laino says.