
BODY LANGUAGE CUES OF A CHEATING PARTNER

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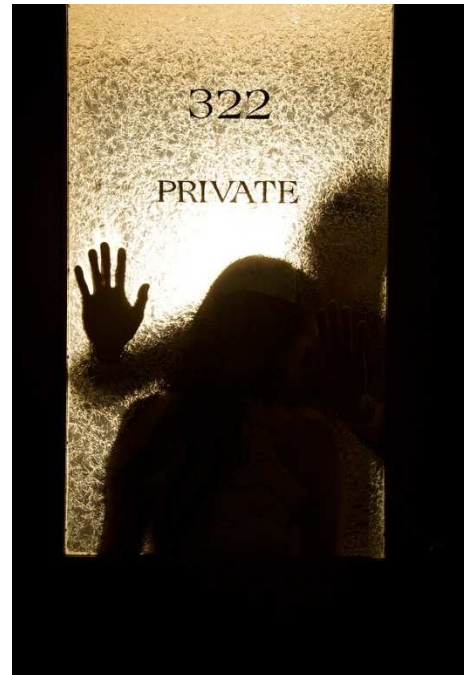
In poker, being able to read your fellow player's body language cues (or, "tells") is an important part of the game and becoming successful at it. It is one of the three essential skills needed if you want to be successful at what the legendary poker pro, Doyle Brunson, calls, "the Cadillac of card games."

Understanding body language, especially cues that may indicate if your partner is cheating, is simpler and easier than facing eight other players around the poker table. For one, the milieu is different; poker is played for money or fun, while in cheating, you're always the one on the losing end.

While deception, deceit and lying are deliberate and heavily involved in both cases, things will never go your way when you do find out your partner is cheating on you.

To understand the psychology of cheating, you don't need to be an academic, or train to be a private investigator. All you need for now is patience, enhance your observation skills, understanding your partner's habits and behavior, and learning to spot clues in your partner's behavior that could mean something out of the ordinary.

With these skills, you may be able to confirm for yourself if your partner is really cheating, and have more to go on than just a "feeling" of dread.



Why Cheating Happens

To understand why cheating happens, you need to understand the reasons behind why people break their commitments and selfishly commit such acts. And it's not just the typical argument that only men do it – more and more studies show that when it comes to cheating, men and women are on an even par.

To put things in perspective, here are the top reasons that men and women give to justify their cheating behavior. Some of these reasons may surprise you (or not), and others may hit close to home.

5 Reasons Why Men Cheat

Some men can be mean. Just downright mean and selfish. But what takes the cake is often the way they understand and rationalize their actions, especially when it comes to cheating on their girlfriends, lovers or wives. Presented here are the top 5 reasons men use when they cheat. These reasons may sound out of this world, but there is a bitter, if unfair, reality to them.

1. *Guys cheat because they can and feel entitled to.*

Here's an example of what a sense of entitlement and superiority can do to a man. Any man who feels that he's accomplished his goals begins to develop a sense of arrogance and the ambitious desire to acquire (more).

This sense entitlement leads to trouble, which he may not see as danger to his current relationship (with you). "*I deserve a reward for all the hard work I've put in!*" is what he'll say, and that kind of attitude can only lead to heartbreak in the end.

2. *Guys cheat because of their birth and upbringing.*

Science has made modern discoveries, and in the area of social relationships, they've found that genes and background can play a huge role in influencing guys' perspectives about cheating. Many men who come from macho or chauvinistic family backgrounds and upbringing are more likely to cheat and become unfaithful.

Another psychological push is when your guy has trust issues rooted in his childhood. This can lead to chronic cheating and difficulties in handling themselves when involved in long-term committed relationships.

A family background that looks the other way when it comes to cheating only will only drive your guy to cheat. Like they say, "evil has won the day if good men turn and look the other way."

3. *"If they're getting away with it, why can't I?"*

This is an extension of Reason #2, in that, your man's circle of friends have become the culture that allows him to get away with cheating. Jumping on



the bandwagon isn't typically a trait for men with strong character and sense of self-worth. But there are just so few men like that around!

Your average male is a pack animal, a fellow wolf among peers. If your man sees that one of his friends has

been cheating on their partner without getting caught, he will start seeing cheating in a different way.

It's the rule of the mob – they're doing stupid stuff and acting like idiots because everyone else is doing – what makes that so wrong? So if his pals tell or show him that there are no consequences, he may forget all of the other reasons there are not to cheat.

4. Guys cheat to prove they are still attractive and desirable.

Men being men, are competitive and always conscious of their own prowess and abilities. And this isn't limited to older men – every man has a hidden insecurity that one day, they'll wake up with a beer gut, no zest for social contact, and lose, well, their manhood.

The need to constantly prove his masculinity and attractiveness, coupled with the ardent and wonderful feeling of being desired by other women are two volatile ingredients to cheating.



5. Hate the game, not the player.

Any man will tell you that something's not worth doing if it doesn't involve a little risk – that's why there are so many successful poker pros in Vegas! But chips are not what are at stake when your partner cheats.

Men love to play games, flirt with risk, and show no hesitation to throw everything on a gamble. This competitive nature is what urges guys on to

take risks, and when needed, bend rules to win. Even if it means breaking their ladies' hearts.

5 Reasons Why Women Cheat

Men can be wonderful, but they can be cruel when they want to be. And women are no slouches either. They may be the fairer sex, but when it comes to cheating, they're up there, toe to toe with the best of them.

Here are the top five reasons women cheat on their partners:

1. *Women cheat because of the need to feel desirable.*

Note: Feeling desirable and confidence are two totally different and exclusive things. A confident woman in a long-term relationship may still find some stirrings of insecurity if her partner doesn't seem to be smoldering with desire whenever they are together.

To be truly desired is something every woman wants. A tip to your partner: Being desired is also different from affection and adoration. It's about lust; about raw animal magnetism that draws two people together. The sensual and romantic overtures of an affair are potent mixes of desire and being desired.

2. *Women cheat when the passion and fire is gone.*

Similar to Reason #1, when passion is gone in a relationship and her partner doesn't seem to be doing anything about it – despite her best efforts – don't expect the girl to stay focused.



Passion and excitement are important in a relationship for persons, but especially for women.

And men often don't understand the difference between being there, and sparking the fire in the relationship. Women need more than physical intimacy to get their "juices" going. Sure, your guy is nice, compassionate, caring – but so is your 4-year old pet Labrador! If there's no passion, there's no relationship.

3. *Revenge; sweet, sweet revenge.*

"My last boyfriend was a total player before we got together. I thought I could change him, but I was wrong. I always heard rumors that he was hooking up with other girls while we were dating, but he always denied it. One night, I got a call from a girl he had been seeing, and she detailed their three-month-long relationship to me and told me about another girl she had discovered he was seeing as well.

I was so mad that I went out with my friends that night, dressed to kill, and went home with the hottest guy I could find; I felt like it was the least he deserved! I loved seeing the look on his face when I told him about what I did and that I knew about the other girls. And then I dumped him!"

4. *Women cheat when they feel being controlled by their partners.*

Certain men (and women) feel the need to continue being a domineering, overbearing controlling presence in their partners. So much so that they control every aspect of their relationship and their lives. So much so that

women engaged in such a relationship are at a loss, feeling like second-class citizens stripped of their all their rights.

If you think a woman will simply take all the abuse, you're in for a surprise – whether you like it or not, you're pushing her away, and into another man's arms.

5. *Women cheat when their partners no longer make a difference in their relationships and their lives.*

If all of a sudden, she doesn't care. Don't like the movie she's suggested? No problem. She'll go watch it anyway. When your partner seems like she no longer cares about what you think and do, watch out – you no longer have a place in her life.

If she doesn't place the same importance on what you feel, think and do about your relationship as she used to, chances are she's moved on. Doing things together is important, and if you've noticed that she doesn't seem to mind if you'd rather finish the game than have dinner at your favorite bistro, then it's too late – you're in a dead-end relationship.

Better to make a clean break than suffer the phlegmatic and tepid responses and reactions.

If you're the type of person who can't believe women cheat – you're way behind the times. Men and women are equally capable of ruining relationships and having affairs outside your relationship.



Recognizing the varying body language clues is the next logical step to take in finding out if your partner is cheating on you.

Compiled here are the top facial and body movements that signify that your relationship has just been compromised by

your partner's illicit activities.

The Body Language of Cheating

Body language is a reliable clue to finding out if your partner is cheating on you. It is a physical, unconscious and automatic human behavior. And it's one of the most reliable ways for you to find out the truth.

Body language, particularly cheating cues are habit patterns found in nearly 9 out of 10 people all over the world!

They are universal, much like laughing, crying or expressions of surprise or anger.

But remember: Facial and body language can often be misinterpreted as anticipatory. Finding hard evidence and facts are still the best ways to combat cheating.

Cheating cues can be divided into two general body language types – facial and bodily cues. Below are the most known cheating cues that may be exhibited by



the widest range of persons within the country and all over the world.

Based on unconscious and habitual actions, each of these cues can mean many things, depending on the situation and circumstance and the context. That's

what makes reading body language so tricky: You may misinterpret things to mean what you want or think they mean.

Cheating cues, however, fall under a broad number of cues that cover lying, deception, and deceit, and may be some of the most recognized body language actions. It's important to remember that each person has his or her unique mannerisms and idiosyncrasies.

And knowing your partner's particular character traits and habits very well will help interpret his actions. This is vital because some of the cues you'll find below that seem to contradict and clash with each other.

Here are the three types of facial and body languages cues to look out for.

A. Facial language cues:

1) Significant changes in the face and hands (particularly the palms).

There are three key changes to look out for, and either of the three will indicate that your partner is trying to control his or her guilt and keeping it in. He or she may either have:

- A more pronounced coloration on her face and hands. Your partner may be paler or whiter than usual, or conversely, redder in the face and hands.
- Carrying on a deception is about balance and control, and most people don't have the cold-hearted guts to pull it off. Watch for sweaty foreheads or palms. This is a big change, especially if your partner doesn't sweat a lot.
- Your partner's facial expressions may not match his or her eyes. This is difficult because if your partner often squints his or her eyes when they laugh, you may not see the big difference between the lower part of his or her face – the mouth, the lips, and cheeks), with the expression in their eyes. What they may say at a particular conversation may seem funny, or sad or serious, but their eyes are guilty of a dark secret.

2) Facial expressions that are tightly and mutely controlled.

Holding emotions or secrets inadvertently has some external effects like tightened lips, and lesser facial expressions. What once was a jovial laugh may now be short and clipped.

As your partner tries to reign or bite back things so he or she won't say something by mistake, notice how thin his or her lips have become, and how his or her facial expressions and even words, will come out shorter and quicker.

3) Tightening of facial muscles.

Because cheating is a conscious act, it requires total control and concentration. Look for the tightening of the forehead, as well as noticeable wrinkles or crows' feet around the eyebrows and corners of the eyes.

4) Conversation and speech are measured and calculated.

Notice how your partner has started speaking in a monotonous tone, with an occasional hesitation or break in the conversation. Notice how, when answering questions, he or she will take more time than usual.

Even with the simplest questions, there is a pregnant pause (pun unintended). Clearly, there is something beneath the surface that your partner doesn't want to reveal by mistake.



Conversely, your partner may want to distract him or herself by talking a little faster, in a distracted manner that's filled with a lot of topic-changing and a slightly higher voice pitch.

Your partner may answer questions indirectly, beating around the bush, as it were, and using humor and sarcasm to avoid any sensitive questions while he or she tries to gather his or her wits.

5) Significant loss of eye contact during conversations with you.

Notice that your partner may no longer be looking into your eyes when you talk. He or she may be looking off into space at a spot over your

shoulder, squint or try to make their eyes look smaller. Look for a frenzy of eye movements that seem to wander all over the face – except at you.

B. Body language cues:

1) Your partner takes on a defensive stance.

Your partner's body movements become tight, with his or her shoulders pulled back, elbows closer to the body and palms outward but closed. This is a defensive position that is instinctive and often uncontrollable.

When your partner's body language becomes defensive even when his or her conversation remains light and easy, beware. This stance is by far, the first and most obvious cue that your partner's keeping something from you.

2) Heavy breathing and long deep sighs.

The body is affected by the emotions stored up within which can be very stressful. To alleviate this stress, the body automatically tries to compensate – a faster heart rate to bring oxygen into the brain, resulting in faster heavy breathing, with the occasional long sigh.

3) Your partner touches his or her own face more often.

Your partner won't notice but he or she has started touching his or her face more frequently. If he doesn't have this idiosyncrasy, beware – there's more to his "nervous energy after three cups of black coffee. The chin, ears, mouth and nose are the most likely to be touched frequently, as if to cover his or her face.

4) Turning the body away and avoiding aligning his or her body to yours.

This is a classic cheater's stance, especially when an uncomfortable topic comes up around the family dinner get-together.

5) Awkward silences and pregnant pauses.

Your partner won't be able to resist him or herself. He or she has to keep up the façade until the very end. This discomfort with silence begs the question: "Have you found out about my affair and are only keeping the peace, or what?" This why waiting in silence is such an exhaustive ordeal.

C. It's all in the eyes.

Always, it will be the eyes that give your cheating partner away. Eye contact is one of the most prominent non-verbal communication devices people use, and the most dynamic. When you hold a steady eye contact while expressing yourself, it shows an openness and sincerity that people respond positively to.

Breaking eye contact, on the other hand, or speaking to a person or a group of people without looking them in the eyes marks you as unreliable and open to doubt. That's why politicians and sales people will always look you in the eye when pitching to you. They are asking you to take them and what they are saying seriously.

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When you fail to make eye contact, this is often taken to be a tell-tale sign that you may not be sincere in what you're saying, or you may be concealing something from them. This is the final clue. When your partner does not make eye contact with you during conversations, or turns away when you ask questions that touch on infidelity or on the status of your relationship, that's the final confirmation that you need.

But remember: Eye contact and, in fact, most body language clues, require close and patient observation. They require interpretation based on your analysis of



your partner's idiosyncrasies and habit patterns.

Not everyone has the same actions as everyone else and these differences may be minute and intricate. Also, never assume that habits and non-verbal communication patterns are the same.

But once you've gotten the patterns right, they will be consistent and regular and will never deviate unless they are hiding their guilt from you.

Knowing the reasons why men and women cheat, and being able to identify the clues to cheating behavior may be the best way for you to assess your relationship. This may be an opportunity for you to be honest and share your thoughts and opinions about your relationship.

If there is something wrong with the relationship, don't be rash. Try to be mature and approach it in a way that does not antagonize you, nor alienates your partner. He or she may feel guilty about the deception and deceit, and it's best for both of

you to recognize that the next step is finding out whether your relationship can be rebuilt, or not.

If you feel that you've misread your partner and jumped to conclusions about his or her perceived infidelity, open up. Now may be the right time to express your feelings and to really get to know him or her as a person, as your lover and partner.

If what you've read in this report confirms your worst fears, then it is time for you to act now.

If you are looking for help and guidance on knowing whether your partner is cheating on you or want to catch your partner cheating with evidence, then visit www.BustACheatingPartner.com.

In this website, you can get immediate access to a book titled [Bust A Cheating Partner](#), that will literally hold by hand and walk you step-by-step to confirm if your partner is cheating on you and how to catch them in the act.

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