

Chapter 1 : What is an emotional affair? 20 Sure signs you are in one.

I have read that when a wife has an affair, the man is more concerned about the sex (was he better in bed, have a bigger penis?) but when a husband has an affair, the wife fears that he fell in love with another woman.

What is an emotional affair? An emotional affair is a deep and passionate relationship with someone of the opposite sex other than your spouse without any physical intimacy. It involves sharing your secrets, feelings and becoming extremely affectionate with the other person. To make a long story short, emotional intimacy is adultery without physical intimacy. Emotional affair is very much considered as cheating, just as physical affair is. Emotional affairs usually start as normal friendships. However they quickly fall into an emotional affair before they realize. Emotional affairs sometimes turn into physical affairs too. How much does it hurt to have an emotional affair? An emotional affair hurts as much as a physical affair does, if not more. While many people are under the idea that emotional affairs do not hurt their marriages, they could not be more wrong. Trust is an important factor in any relationship. By having an emotional affair, they are simply showing unfaithfulness to their partner. Just imagine if your partner is too close to someone else of the opposite sex. Emotional affairs are as bad as physical affairs. How to end an emotional affair? Is your marriage safe? The place of a spouse in your life is quite a privileged and valuable one. Emotional connection with anyone else other than your spouse always hurts your spouse. A couple can rebuild trust and romance in their relationship with some effort. The sooner one recognises the damage an emotional affair does the better. Workplaces and offices are flooded with both the genders equally. One of the places where an emotional affair starts can be in an office. The chances of an emotional affair with a co-worker are high, because they spend many hours together working as a team. Sometimes, these innocent friendships turn into emotional affairs. If you are in touch with an ex-lover, chances of an emotional affair are much more likely than a being in touch with a new friend. Since both of you have past experiences of sharing an emotional bond, it becomes much likely to be tempted to go back to your ex-lover. Remember the rule of thumb: Neglect and indifference are very dangerous. An emotionally deserted person may even go looking for an extra marital affair, just to take revenge on her spouse or overcome her bitterness. Too much pressure at home: Getting exhausted at work, extremely naughty kids, family members pouring in and out, lot of household work can put quite a pressure on a person. Amidst all of these, a married couple hardly has any time to have romance happening in their lives. If your partner is an attention-seeking person, or starving for a bit of love and tenderness, make sure you give it in plenty. Otherwise, their innocent friendship turns into emotional affairs without their knowledge. Of course, this is an obvious case. With all those arguments every day, bitter fights, your marriage gets terrible. And a place where you vent out your feelings is with a friend. An emotional affair is most easy to begin if your friend is of the opposite sex. What starts as a casual friendship can turn into sexual conversations online, thanks to our technological advancements. Dating sites are the place where thousands of emotional affairs happen every day. Go here if you want to know whether your spouse is cheating on you. Being honest with yourself is one of the first steps in spotting an emotional affair you might be having. The line that separates friendship and emotional affair is quite thin. Crossing the line can often happen without your notice. Here are some sure signs that you have crossed the line of friendship and entered the domain of an emotional affair. You love to keep re-calling those moments you and the other person spent together. You unexpectedly become like a teenager attracted to someone. You start comparing your spouse to the other person. If you start thinking on those lines, then you are clearly in an emotional affair. However, if you miss the other person too much, or if you want to spend hours talking, then you have crossed the line. Sharing your marital problems: Sharing your dreams and goals: This is not a direct sign that you are in an emotional affair. But these things often help you gain a good friendship, which, in turn helps in creating a great foundation for your emotional affair. While an occasional hug with a friend is alright, a three minute long hug is definitely not a way to behave with a friend or a colleague. Do you kiss the other person often? Is there some excitement and passion when both of you kiss and hug? Then, it takes no time for both of you to enter a physical affair. But would you hug or kiss the same way if your spouse was with you? If not, then your friendship is navigating its way to an affair.

Making the other one feel special: You joke with her, laugh, talk and eat together. You try to your fullest to impress the other person. While you are the charming fellow here, your marriage suffers because your spouse is no longer special to you. Caring for the other person: Some people show responsibility to anyone they are fond of – Spouse, kids, siblings, parents or friends. Try to see it with other points. If you are doing some of the above mentioned things while taking care of this friend, it may indicate the trigger of an affair. Exposing your secrets to her: Another sign that you are in an emotional affair is that you share your innermost feelings and secrets to the other person. This is a way of getting closer to the significant other. Do you keep thinking how lucky you would be if the other person met you before you got married? Are you daydreaming about a life with the other person as your spouse? Do you imagine having a life together and forever with the other person? Do you love an idea of having sex with the other? If yes, then case closed. You have crossed the line ages ago. Are you sending the other person dirty jokes and messages? Are you trying to flirt with the other person? Are you trying to make your sexual fantasies a reality? You may be sending the erotic messages to see how she reacts. Or you may be trying to find out if the other person is interested in a sexual intimacy with you. You make a mental note to share them the news, leaving your spouse apart. Yearning for the other: Some other good warnings that you are emotionally getting over-attached to them: Remember those days back in your teens when you were in love? You could never fall asleep until early hours of morning. You used to roll in your bed recalling some moment, or texting the other person, smiling to yourself, looking silly and stupid. If the same pattern repeats now, then you can be sure of something fishy in your life. Getting beauty and fashion conscious: Suddenly, if you start hitting the gym to get a good body shape, going to the salon to try out a new hair style and taking great skin care and following a great health regime, then be honest with yourself. Are you doing it to impress the other person? If you are motivated to start a healthy lifestyle, then great. If not, your spouse is bound to suspect you. Generally, the point when you wish to have a physical intimacy with the other person, is where you get obsessed with how you look. You have gone too far. Losing interest in your spouse: So, once your best friend became your emotional darling, you naturally start to lose interest in your spouse.

Chapter 2 : Start Your Own Daycare

Most of the well known bookmaker websites in the UK have new member offers, to lure you in to spending your hard earned cash. But you are going to be making guaranteed money! When you take part in matched betting you use these bookmaker offers to your own advantage.

Is your relationship suffering from boredom, stagnation or just a case of the blahs? Do you feel like you have fallen out of love with your spouse or life partner? While women tend to wait for the man to initiate romance, men often feel like it is all on them and they like their spouse to initiate. It makes them feel loved, desired, and special just like it does for women. Jump start fun and romance with these tips. Let them inspire your own creative ideas! Pick up flowers or dinner on the way home and surprise your partner. Call your partner at work. Write a note and put it where your partner will find it during the day. Tell the person loving things. When you go to bed, sleep naked together without sex. Try a new way to make your love-making more sensual and prolonged. Make a list of 5 things you love about your partner or your life together and leave it where they will find it or mail it. Bring home balloons or hide them and put them out at night after your partner goes to bed with a note or sign with something like "I celebrate YOU! Pamper your partner one evening. If cooking dinner, volunteer to clean up, do dishes while partner just relaxes. Put on soothing music. Embrace your partner and gently kiss them fully, letting your lips part, and enjoy every second of it. After the kissing is finished, just hold each other a few moments longer. Good to do this one once a week or at least every two weeks! Do some old favorites, but also try new experiences or places. Enjoy your partner enjoying it and do it simply for love. Make a list of 10 romantic things to say to your partner and say them from time to time throughout the next month or two. Create a romantic dinner at home or out somewhere. Take a bath together with bath oils, or bubbles, and candles. Do what you would do for an anniversary on a regular day--just because. Plan a picnic in the park or your own yard, or living room. Even when you still have chores to do, take the day off, do something else fun. Plan a surprise getaway weekend for just the two of you--arranging for baby-sitters, dogsitters, etc. Take your partner someplace you think your spouse will love. You can even go to a nice hotel in your own city! Make sure your partner can sleep in one weekend morning. Take care of telephone, kids, dogs, etc. Sit and talk about fun and romantic times in your relationship--when you were dating, first married, etc. Enjoy the memories and think about how to bring some of that into the present. You can start with lines like, "Like the light of a harvest moon. Lip sync a romantic song for your partner after dinner one night. Leave a flower on the pillow before your partner goes to bed--even if it is one you pick from your own yard. Take the afternoon off and just go someplace with your partner -- ice cream shop, stroll around a lake, a place to explore. Write a love letter as if you were just falling in love with this person. Tell your partner you that instead of watching TV tonight or doing work, or fussing with the kids, etc. Write "I love You! Go skinny dipping in pool or hot tub or at the beach. If you want to kiss, pull over!!! When your partner is coming home late in the evening after meeting, etc. Rent a video you know your spouse would like or liked in the past, make popcorn and have an evening together like teenagers. Drive to the beach or spend the night and go for walks on the beach holding hands. When you have to go out of town on business, add an extra day and invite your spouse to join you for all or part of your trip. Undress your partner as if it were the first time--slowly, touching their body as you go. Make seductive comments to your partner throughout the evening. You might want to include something about your partner that turns you on or one of the things you love when making love. Use your imagination this is a person you are just falling in love with again! For more Romantic Ideas visit Romance for ideas, poetry, and more. Here are a couple of books with even more ideas! Photos courtesy of FreeDigitalPhotos. Her goal is to help you take the relationship you have and make it much more of the one you both truly want -- and in so doing, make the world a better place.

Chapter 3 : Having Emotional Affair

If they are unhappy in their own situations, the formula for an affair is there. One thing which might be going on in your home is your children internalizing your marriage as a blueprint for.

Those times can include the aftermath of an affair. An affair that is suddenly exposed or ends poses a particular risk situation for a vulnerable marriage with an unfaithful spouse. Feelings of loss, conflict and pressure can make it difficult to let go of the illicit relationship, compounding the lure that led to the affair in the first place. Effectively establishing closure with the affair partner – including ceasing all contact – helps guard against relapse and is an important beginning gesture toward restoring trust in the marriage. This is not the time to rely on good intentions and discipline alone. Affairs happen in up to 45 percent of marriages. Although often overlooked and underestimated, opportunity is a primary risk factor. Opportunity poses the most danger when people: Taking steps to remove temptation and close the door securely protects the unfaithful spouse from continued secret contact during the chaotic transition out of the affair relationship. The unfaithful spouse not only feels guilty about having the affair, but often feels torn and guilty about ending the affair relationship. During the goodbye process, he or she is prone to give the affair partner mixed signals, even if unconsciously. See if you can find the problems in this goodbye email intended to finalize the affair. The worst has happened. My wife found out about us and forbids me to have any more contact with you. I wish things could be different and that you and I could be together. I hope you can understand that I have to try to see if my marriage can work for my kids. I will always love you and will hold you in my heart. If you want to talk, I can try to make that happen so we can say goodbye in person. Love always, Michael Michael fell into all the common traps: Jane predictably read between the lines, searching for hope and encouragement – and affirmation that this farewell message was for not for real. Jane identified the following traps: These feelings may need to be processed in the context of therapy where the function and meaning of the affair can be understood, rather than acted upon. Successful endings of affairs typically do not involve processing feelings with the affair partner because the likelihood of doing so will further intensify the attachment and lead to re-engagement. People who have difficulty emotionally letting go of the affair partner even after having cut off contact usually are continuing the relationship in their minds through remembering and fantasizing. Fantasy provides the fuel for affairs – leading up to them, perpetuating them, and then making it difficult to back away or let go. The failure to believe that one is caught in a fantasy drives the process, leading to the false belief that this feeling is sustainable and a rigged comparison with a marital relationship. The essential message should be that the affair partner is unwelcome now and that any future attempts to communicate will not get a response. Since this is the point of the email, there is no way to spare Jane from feeling rejected without sabotaging the purpose of the email. Dear Jane, I have made a decision. I want to be with my wife and family. I no longer want to continue our relationship or keep any secrets from my wife. Everything is out in the open. I realize now that I used poor judgment in getting involved in this in the first place and am sorry for that. I plan to get help to understand how I could betray my own values as well as my family. I know this is abrupt but that is the only way. We both knew the risks we were taking. Please respect my decision to no longer have any contact. I will no longer respond to any email, text, calls or other attempts to communicate with me. He discourages further reconnection, and sets a firm boundary to pave the way for a clearing for him and his wife. Many marriages shattered by affairs can be repaired and come out stronger, but they only have a chance once the unfaithful spouse has let go of his attachment to the affair partner. Predicting and planning for risky situations reduces opportunity and temptation, and is a good way to protect oneself from becoming overtaken by feelings and out of control. Defensive strategizing involves being onto oneself, making intentional decisions to set clear boundaries and limits on ourselves, and distancing from behaviors and situations that increase risk. Lynn Margolies is a psychologist and former Harvard Medical School faculty and fellow, and has completed her internship and post-doc at McLean Hospital. She has helped people from all walks of life with relationship, family, life problems, trauma, and psychological symptoms including depression, anxiety, and chronic conditions. Margolies has worked in inpatient, outpatient, residential and

private practice settings. She has supervised others, and consulted to clinics, hospitals, universities, newspapers. Margolies has appeared in media -- on news and talk shows, and written columns for various publications. Margolies is currently in private practice in Newton Centre, MA. Visit her website at drlynnmargolies.com.

Chapter 4 : How to Start a Transitional Housing Program for Veterans

The result is a hand-held morsel which will arouse your palate and fulfill your senses with every bite. We recommend trying each waffle without toppings, but do not be bashful to request our Callebaut chocolate sauce, seasonal berries or homemade creams to enhance your love affair.

Chapter 5 : Affairs at work | Relate

Plan a 'secret rendezvous' in your own town, in the city where your partner is on business, etc. Send your partner a postcard when you are out of town saying you were thinking of him/her and love him/her.

Chapter 6 : The Waffle Affair

So, once your best friend became your emotional darling, you naturally start to lose interest in your spouse. Don't get confused, though. Marriages do start to go downhill after a couple of years when especially when kids enter.

Chapter 7 : How to Close the Door After an Affair

Building your own business from the ground up is an exciting opportunity, but it can also be challenging. Follow these 10 steps to starting a business. You'll learn about writing a business plan, determining the legal structure of your business, and more.

Chapter 8 : 60 Ways to Bring Romance Back Into Your Marriage

The CRO hadn't said it outright, but the message was clear: Start your own business or you will likely be let go. Should I start scouring Indeed, or searching for a domain name for a company I.