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Title: Check your vows-- cheating isn't in there
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Despite the night of overcooked steak, house wine and supposed lifetime vows, you're not acting married. The Other you've been sleeping with for quite some time would probably agree. The new china is about the only thing you're not destroying inside your new home. The marriage vows don't seem to matter to you. You've been cheating with the same person for awhile now. You know it's wrong, but you can't seem to shake your need. What now?

Like anyone cheating on a partner, you've got to take a step back and figure out what's up with the situation. Get couched with a therapist and meet your demons by name. Whatever chaos is in your past, acknowledge it. This is bigger than the stale "my partner isn't satisfying me," "marriage isn't what I expected" or "it just happened" excuses you're swinging. Weak. Weak. And weak. Step up. You made this ugly baby.

Take responsibility for it. No need to make believe you're faithful, everybody knows better. Your actions make your gig obvious--an increased work out, whispers on the cell, new threads, late night text messaging, or lessened desire for sex with your real partner. You're exposed.

Every time you slide into someone else's bed and then make up when's, where's and with whom's, it's your decision. And stealing the space beside your spouse that could be filled by someone who actually cares is your decision, too.

There's even more to the destruction than that. You're putting your Spouse's health at risk by bringing the Other into the mix. And even if you're using precautionary measures, there's still no protection from the insult of it all. You made a commitment you refuse to respect. That's not OK. It has to be wearing you down making love to one while screwing over the other.

This can't be all you expect from yourself. Cheater couldn't have trumped your childhood aspirations of President. You're better than this. Demand more. Live the life you want. Spare your Spouse the agony of being half loved, half paid attention to.

If what you want is this Other, go. It might not be the healthiest choice, but at least it's honest. You just can't go on living between two people. Find the love you think you deserve. If your Spouse isn't where your heart is, do both of you a favor and leave. You can't keep someone around for the mere safety of having a home base; it's cruel. Leaving will allow your Spouse to heal and find someone who will invest in a true relationship.

Be gracious enough to your Spouse to let go. The conversation will be tough. But get over yourself; your Spouse will move on. To help the process along, be open. Answer questions thoughtfully and honestly. Just avoid explicit details. It's unhealthy for either of

you to linger on the gore. Your Spouse doesn't need to picture the details.

Now, if you choose to stay, get out your knee pads. There will be a whole lot of explaining going on. Don't complain; this is the house you built. And if you're fortunate enough that your Spouse allows your cheating butt back, behave. That affair best be dead and floating. This is your opportunity to show your honor. Give yourself and your Spouse the respect to do it.

Live a life greater than this. Behave as the person you hope to be. Act as though the world is watching you.

Check your marriage vows. "I do" never meant "I do other people."

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