

Paper: Chicago Tribune RedEye Edition (IL)
Title: Hey, cheater: It's time to come clean
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Date: September 23, 2004

Your Real Partner is out of town. So you go out with your friends, get your cocktails shaken and sip small talk with some Randoms. One seemingly innocent "Hey, how are you?" slips into a "HOW DID YOU GET SO HOT ... IS THAT A DOG OR IS THAT YOU ON MY LEG ... YOUR PLACE OR MINE?" After a quick session of impersonal mmm's and ahhh's, you've officially cheated. Lovely. Now what?

Well, was the night of "oh baby, oh baby" worth giving up your entire relationship? Yeah, thought not. It never is. A breakfast story for friends can hardly compare to the emotion of someone who actually cares about you standing up as well as lying down. So why did you do it? Engine needed a jump? Bored at home? Sex isn't right?

If the relationship leaves you so unsatisfied and you've strayed, get out. You've probably been absent for quite some time anyway. Turning to a Random is elementary and plain insulting. Just break up and end the sad tale already. You'd be doing a favor to your Real Partner and yourself. Everyone deserves an honest relationship.

Now, on the other hand, if it's just frustration, there are options.

Saying "No thank you" to an advance is often a great start. Though seemingly simple, this masterful statement can help dampen the advance. Then, especially if you're feeling juiced, step away. Far away. Remember your Real Partner, who trusts you are the real thing too.

Still feeling frisky? Call your out-of-town Honey and give good phone. From birth, you were given your own weapons of mass destruction to annihilate this exact situation. Relieve yourself. It might not be what those backroom movies are made of, but hey, you're a sure thing. ... Besides, you're not going to harass yourself, tell on yourself or give yourself a sexually transmitted disease you don't have. And hey, no guilt.

Now, when you go and sleep with a Random, all bets are off. There are no rules in the land of cheating except, of course, that there are no rules. Don't expect any loyalty there. Who is this Random character anyway?

If this Newbie is willing to cheat with you, most likely that Random is also cheating on you. No options here. You breached confidence, you broke trust. You're an Adult, start acting the role. You have to tell your Real Partner. It's the right thing to do. It's the decent thing to do.

This also could be a matter of your Honey's health. The body on the fresh face you slept with very well may be attached to an STD. And even if you're both spared from becoming a health statistic, there is no chance your Honey will be spared the devastation

of the loss of trust.

Yes, the conversation is going to bite. But, it's the least you can do. It's just not simple. It'll take time. Get used to it. It'll cool down, until, of course, it all blows up again.

Remember, this was your choice, your doing. You dismissed your Real Partner's feelings once, do not dismiss them altogether.

If you're intending to come clean in order to start over, get ready to start scrubbing. Your work is cut out for you.

Once past the initial shock, your Real Partner may need details to regain trust.

Allow your Real Partner to respond. You're in different places. You've come home to the relationship for comfort, your Honey sees the same home torched. Give it time. You might get booted; you might be given the gift to stay. Either way, at least be honest.

Easy is never easy. Time to pony up and share what matters most--the truth.

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