

Physical Infidelity

Allowing someone else to meet your physical needs is a breach of trust in the same way that allowing someone to meet your emotional needs is. Your marriage is between the two of you.

Adulterous affairs don't begin with sleeping together; they begin with inappropriate friendships. Therefore protect your marriage by avoiding private communications and intimate conversations with people of the opposite sex.

~Isaac Kubvoruno

Most people don't wake up one day and say, "You know today would be a great day to go and sleep with someone else. I'd like to complicate my life, start living a lie and bring about a lot of pain."

In our work with couples around the world the scenario looks more like:

My spouse NEVER touches me

I cannot remember the last time that we had sex

We NEVER talk anymore

There's no connection

Needs not being met inside the marriage often create a situation where someone will look outside the marriage to have those needs met.

Physical infidelity like emotional infidelity is a symptom that something is not right in your marriage. So much blame is put on the action and not enough attention is given to what brought a person to make that decision.

Physical infidelity is never a lasting solution to what is going on in your marriage. It doesn't make things better. It's not something that you can hide indefinitely. Secrets always come out ESPECIALLY in our digital age.

The following questions are to be answered if you have considered or engaged in physical infidelity in the past.

1. As it became harder to talk to my husband/wife, I found myself turning to _____ for support, connection or comfort.
2. Taking responsibility for your own actions, what were the circumstances in your marriage that had you looking elsewhere for a physical connection?

3. This person provided/provides me with:

4. I realize that this has been/is detrimental to my marriage because:

5. In order to focus on my marriage, I need to set up the following guardrails around the relationship:

The following questions are to be answered if you have considered or engaged in physical infidelity in the past.

6. How has your spouse choosing to go outside of the marriage for their physical needs impacted you?

7. What was the dynamic like in your marriage before the infidelity?

8. What is like now?

9. What guardrails do you need to have in place to feel safe and to see that trust is being rebuilt?
