

23 Ways to Cheat-Proof Your Relationship

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Worried about your partner cheating? Not anymore! Learn what you can do to prevent cheating partners and make your relationship indestructible! Here are 23 things you can do to cheat-proof your romance and they are easier than you think!

- 1) Make time for one another, no matter how busy your schedules get.
- 2) Respond to your mate with positivity even if you have caught your partner cheating.
- 3) Treat your partner with the utmost respect.
- 4) Focus on the good qualities that your partner has not the bad qualities.
- 5) Be present with your partner; really focus on him/her when they are talking to you.
- 6) Take care of yourself emotionally and physically for yourself and your partner.
- 7) Don't let negative topics like housework or your lack of finances dominate all of your conversations with your partner.
- 8.) Don't let your relationship get boring. Keep it interesting. Men, you can prevent cheating women by making them feel beautiful and appreciated. Take her on a date.
- 9) Avoid turning towards others for all your comfort and entertainment. Make sure your partner is the major provider of these two things.
- 10) Do favors for your partner with a smile. You will be surprised by the favors you get back.
- 11) Learn the right way to deal with conflict. A therapist or marriage counselor can help you acquire this knowledge.
- 12) Be active with your partner.
- 13) Go to sleep at the same time as your significant other.
- 14) Think of five qualities that your partner has that you are grateful for on a daily basis and share them with your spouse every day!
- 15) Never make hurtful comments to your partner on purpose.
- 16) Plan romantic outings with your partner. Go stargazing or spend the day at the beach together.
- 17) Focus on the relationship that you want for you and your partner, avoid focusing on the relationship that you do not want.
- 18) Visualize good things happening for you and your partner.

- 19) Remember to take time-out to just play with your partner.
- 20) Make sure you focus on sex, affection, and physical contact with your partner.
- 21) Fake it until you can't make it. You may be surprised at how positive you feel about your partner if you keep thinking positive thoughts about them.
- 22) Never be verbally or physically abusive to your mate.
- 23) Tell your mate on a daily basis how much you love them and how much they mean to you!

©2010 Dr. Denise Wood M.A., Psy.D. Dr. Denise Wood is a doctor of clinical psychology and the author of Inside the Cheater's Mind: Why He Cheats & Why She Cheats. Her website is www.drdenisewood.com and she is currently taking new patients through the privacy of Skype therapy.