

## Confronting Cheating Spouses: 14 Excuses Never To Fall For and Why

by Dr. Denise Wood, M. A., Psy. D.

When you confront your cheating spouse, you will hear every excuse in the book. Read on to learn which excuses from your cheating woman or man are totally bogus and why your cheating spouse's excuses just don't cut it.

### Excuse Type #1 - The Denials

"You are just being suspicious. It's all in your head."

"Not him/her. She's just like a brother/sister to me."

"It's only harmless flirting."

Why The Denials don't work:

The Denials are all about denying any evidence you might have of their infidelity. The problem with their argument? It's their word versus yours, and they are hoping that you love them enough, or are vulnerable enough to fall for it. Don't get played. Have the discernment to trust your own eyes and what you have the evidence to know is true, not the lies coming out of your cheating man/woman's mouth.

### Excuse Type #2 - "The Blame Games"

"You always try to control my life. I just needed some space."

"I did it because you never show me that you love me anymore."

"You drove me to him/her."

"If you were a better spouse to me I never would have had to do it."

Why The Blame Games don't work:

The Blame Games are all about giving the cheater justification to cheat. They have convinced themselves that they were completely justified in cheating on you because of one of your actions. Now they just have to convince you that it is all your fault as well. Don't let them. Your spouse had hundreds of respectful and mature options for working out any problems he/she could have had with you, or your marriage. It was his/her choice to be sneaky and deceptive, and that is *not your fault*.

### Excuse Type #3 - "The Helpless Victims"

"I don't know how he/she got my phone number."

"It's a fatal attraction. I couldn't say no."

"He/She started the whole thing. I never wanted to hurt you."

“He/She took advantage of me.”

Why The Helpless Victim Acts don't work:

The Helpless Victims will want to act like they've been hurt just as much as you have by the whole situation. They will try to draw pity from you by playing the role of the victim. Don't fall for it. The cheater is never as much of a victim as the ones they cheat on. They were not powerless to resist the temptation of the other woman/man. Your cheating spouse had the power to say yes or no, and they said yes.

Excuse Type #4 - “The Table Turner”

“What were you doing spying on me in the first place?”

“Are you cheating?”

“What aren't you telling me?”

Why The Table Turners don't work:

The Table Turner is all about distracting you long enough to take the focus off of themselves and their mistakes. They think that if they can somehow turn the tables on you, they will be off the hook. Don't let them. This conversation isn't about you, your personal problems, or that argument you had last Tuesday. It is about one simple fact. Are they cheating, or are they not cheating? Don't let Table Turners hijack the conversation or distract you from getting to the truth.

*©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](http://www.drdenisewood.com) and she is currently taking new patients through the privacy of Skype therapy.*