

Thinking About Catching Your Spouse Cheating? The Pros and Cons of Spying

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

If you are suspicious that you have a cheating spouse, it is completely normal for you to want to spy on him or her. Before you do think carefully about the possible outcomes. Sure there are many reasons that you may want to investigate your cheating spouse, but there are also a number of reasons why you shouldn't spy on your spouse; and some of them might surprise you.

Here are the pros and cons of spying on your cheating spouse:

Pro: You can learn the truth.

Con: You might wish you hadn't learned the truth.

Pro: You can catch them cheating.

Con: They can catch you spying.

Pro: You'll find out if you can trust them.

Con: They'll find out you don't trust them.

Pro: They might leave their cheating partner.

Con: They might leave you.

Pro: Not knowing is emotionally draining.

Con: Spying can drain your bank account.

Now that you know some of the surprising outcomes of spying on your cheating spouse, you will be able to effectively decide if snooping around is the best decision for you and your relationship. Good Luck!

©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.