

Love and Infidelity: Causes and Consequences

<https://pmc.ncbi.nlm.nih.gov/articles/PMC10002055/> summary

- infidelity: any type of secret emotional, sexual or romantic behavior that violates the exclusivity that romantic relationships have
- Subtypes :sexual, emotional, combined (sexual and emotional) and internet infidelity
- Sexual infidelity :kissing, fondling, oral sex, vaginal sex, anal sex
- Emotional infidelity :trusting another, sharing your deepest thoughts with another, falling in love in another, being vulnerable with another, being more committed to another, spending more money on another
- men :more distressed by sexual infidelity,
- women: more upset by emotional infidelity

Causes and motivations

- Relationship with low satisfaction, high conflict and a lack of good communication
- feeling angry at a partner's behavior
- wanting more sex than is available in the primary relationship
- wanting more intimacy and love than is available to them
- having low commitment to the relationship
- wanting greater autonomy
- clouded judgement due to situational factors, such as stress; feeling mistreated or neglected
- wanting a greater number of sexual partners
- become involved in affairs to hurt their partner.
- experience a lack of love in their relationship.
- non-religious people
- higher education
- men are more likely to commit infidelity than women

- higher incomes
- chronic tendency to experience negative emotions, such as anxiety, depression, anger, and emotional instability
- prior history of infidelity
- number of sex partners before marriage
- psychological distress and an insecure attachment orientation
- permissive attitudes toward sex,
- coming from a family where infidelity was present
- one spouse works out of the home and the other stays at home
- Up to 30% of internet users go online for sexual purposes

Result

- leading to separation or divorce
- Leading to depression, anxiety and PTSD
- risk of turning towards excessive drinking, drug use, unprotected sex, and suicidal behavior in response to their emotional pain
- the emotional pain by victims of infidelity :the same attachment injuries as an infant separated from their mother.
- Developing lower self-esteem, self-confidence, a lack of trust in others and a strong fear of abandonment in future romantic relationships
- emotional trauma :feelings of extreme anger, betrayal, insecurity, rage, shame, guilt, jealousy and sadness
- Jealousy is the most frequent emotion in discovering spousal infidelity.
- this is the leading cause of homicide in the United States
- infidelity victims met all the criteria for PTSD