

8 Relationship Rules to Prevent Cheating

Create clear and practical guidelines for engaging with potential romantic interests. These guidelines will naturally prevent emotional or physical infidelity and ensure that appropriate boundaries are maintained, safeguarding your relationship with your spouse or common-law partner. Ideally, you should develop these guidelines in alignment with your partner's feelings, in addition to establishing obvious safeguards.

1. Write your relationship rule for contact with a former boyfriend or girlfriend?

2. Write your relationship rule for having a meal in a restaurant or similar meeting place alone with someone of the opposite sex. Consider both 'social' and "business" get-togethers.

3. Write your relationship rule for informing your partner when you are going to have or have had a social or business meeting with someone of the opposite sex.

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4. Write your relationship rule for helping a business associate of the opposite sex with a personal problem.

5. Write your relationship rule for what constitutes contact (in person, phone, email, text, etc).

6. Write your relationship rule for how to proceed should someone of the opposite sex initiate contact for a social purpose.

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7. Write your relationship rule for the person who betrayed, how he or she should proceed should the former outside person (the person involved in the affair) initiate contact.

8. Write your relationship rule for how to proceed when having contact with someone of the opposite sex that has not been discussed or covered in these affair prevention guidelines.

Together with your partner, you can revisit these affair prevention guidelines at any time and modify them as desired.