



BACK BY POPULAR DEMAND! WHY PEOPLE CHEAT IN RELATIONSHIPS

By Charles E. Winburn, M.Ed.



LEARN WHY YOU ARE CHEATING IN YOUR RELATIONSHIP!

By Charles E. Winburn, M.Ed.



WHY DO SO MANY WOMEN CHEAT IN THEIR RELATIONSHIP?

LEARN
WHY THIS
SUNDAY!

By Charles E. Winburn, M.Ed.



WHY DO SO MANY MEN CHEAT IN THEIR RELATIONSHIP?

LEARN
WHY THIS
SUNDAY!

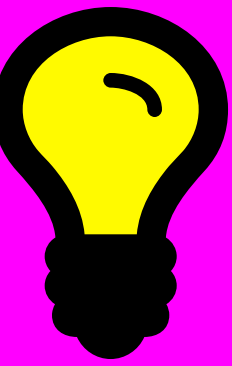
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WHY DO SO MANY PEOPLE CHEAT IN THEIR MARRIAGE?

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SHOULD A SPOUSE CAUGHT CHEATING DIVORCE?

LEARN THE
ANSWER IN
THIS SUNDAY'S
MASTERMIND
CLASS AND
CLINIC

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SHOULD A SPOUSE DIVORCE IF THEIR PARTNER REFUSES TO HAVE SEX?

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LEARN THE
ANSWER IN
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MASTERMIND
CLASS AND
CLINIC

CHEATING!

PART 2

By Charles E. Winburn, M.Ed.

Disclaimer: This teaching is for religious and educational purposes only and is not designed to diagnose or give medical or psychological advice whatsoever. Please seek the advice of your medical doctor, psychologist, or counselor.

Resources

We do not have any ownership stakes or financial investment in these businesses. They are wonderful services that could potentially benefit you.

Aim for Wellbeing
The Christ Hospital
513-791-5521

***AIM for Wellbeing: Integrative
and Functional Medicine***

Life Extension

**Research-based vitamins
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855-874-9087

John H. Thomas, Ed.D.
Clinical psychologist
513-961-5682
(24-hour answering service)

Amen Clinics
Brain SPECT Imaging
877-311-2828

Natural ways to heal your body

Clifton Natural Foods

336 Ludlow Avenue

Cincinnati, OH 45220

513-961-6111

**Ohio Domestic Violence
Network (ODVN) Helpline**

1-800-934-9840

www.odvn.org

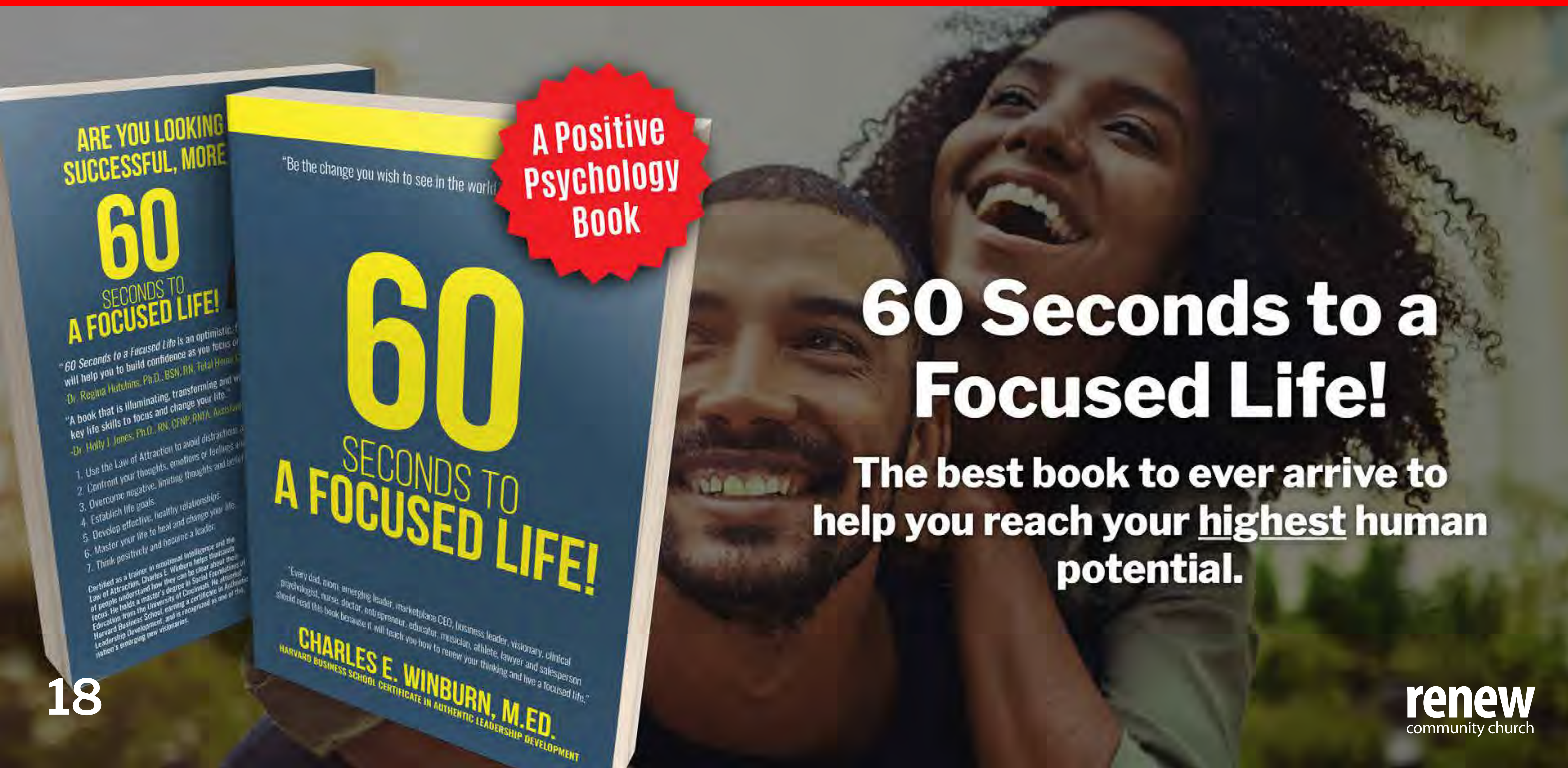
National Domestic Violence Hotline

1-800-799-SAFE (7233)

1-800-787-3224 (TTY)

www.thehotline.org

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A Positive
Psychology
Book

60 Seconds to a Focused Life!

The best book to ever arrive to
help you reach your highest human
potential.

ARE YOU LOOKING
SUCCESSFUL, MORE

60

SECONDS TO
A FOCUSED LIFE!

"60 Seconds to a Focused Life is an optimistic...
will help you to build confidence as you focus on...
-Dr. Regina Hutcheson, Ph.D., BSN, RN, Total Home Care

"A book that is illuminating, transforming and will
key life skills to focus and change your life."
-Dr. Holly J. Jones, Ph.D., RN, CFNP, ANFA, Assistant

1. Use the Law of Attraction to avoid distractions and
2. Confront your thoughts, emotions or feelings and
3. Overcome negative, limiting thoughts and beliefs
4. Establish life goals.
5. Develop effective, healthy relationships.
6. Master your life to heal and change your life.
7. Think positively and become a leader.

Certified as a trainer in emotional intelligence and the
Law of Attraction, Charles E. Winburn helps thousands
of people understand how they can be clear about their
focus. He holds a master's degree in Social Foundations of
Education from the University of Cincinnati. He attended
Harvard Business School, earning a certificate in Authentic
Leadership Development, and is recognized as one of the
nation's emerging new visionaries.

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SECONDS TO
A FOCUSED LIFE!

CHARLES E. WINBURN, M.ED.
HARVARD BUSINESS SCHOOL CERTIFICATE IN AUTHENTIC LEADERSHIP DEVELOPMENT

Let the husband render unto the wife due benevolence: and likewise also the wife unto the husband. The wife hath not power of her own body, but the husband: and likewise also the husband hath not power of his own body, but the wife. Defraud ye not one the other, except

**it be with consent for a time,
that ye may give yourselves to
fasting and prayer; and come
together again, that Satan
tempt you not for
your incontinency.**

1 Corinthians 7:3-5

**Husbands, love your wives,
even as Christ also loved the
church, and gave himself for
it; That he might sanctify and
cleanse it with the washing
of water by the word, That he
might present it to himself a
glorious church, not having**

spot, or wrinkle, or any such thing; but that it should be holy and without blemish. So ought men to love their wives as their own bodies. He that loveth his wife loveth himself.

Ephesians 5:25-28

**Nevertheless, to avoid
fornication, let every man have
his own wife, and let every
woman have her own husband.
Let the husband render unto
the wife due benevolence: and
likewise also the wife unto the
husband. The wife hath not**

power of her own body, but the husband: and likewise also the husband hath not power of his own body, but the wife.

1 Corinthians 7:2-4

**Likewise, ye husbands,
dwell with them according to
knowledge, giving honour unto
the wife, as unto the weaker
vessel, and as being heirs
together of the grace of life;
that your prayers be
not hindered.**

1 Peter 3:7

**Husbands, love your wives, and
be not bitter against them.**

Colossians 3:19

**I will therefore that the
younger women marry, bear
children, guide the house, give
none occasion to the adversary
to speak reproachfully.**

1 Timothy 5:14

**Marriage is honourable in all,
and the bed undefiled: but
whoremongers and adulterers
God will judge.**

Hebrews 13:4

**Nevertheless let every one of
you in particular so love his wife
even as himself; and the wife
see that she reverence
her husband.**

Ephesians 5:33

**Love worketh no ill to his
neighbour: therefore love is
the fulfilling of the law.**

Romans 13:10

**Wherefore they are no more
twain, but one flesh: therefore
they are no more twain, but one
flesh. What therefore God hath
joined together, let not man
put asunder.**

Matthew 19:6

20 root causes of cheating: sexual idolatry

AI Research

- 1. Excessive Adoration of Sexuality:** Prioritizing sexual desires and gratification above all else, treating sexuality as the ultimate value. This involves elevating sex to a status akin to worship, often neglecting other aspects of life and values.

2. Objectification of Others for Sexual Gain: Viewing and treating others solely as objects for sexual pleasure. Reducing individuals to mere instruments for sexual fulfillment, disregarding their dignity and personhood.

3. Idolatry of Erotic Fantasies:
Worshipping or obsessing over sexual fantasies as if they are sacred or more important than reality. Giving undue importance to imagined sexual scenarios, which can distort perceptions of intimacy and relationships.

- 4. Overdependence on Sexual Validation:** Seeking constant affirmation of worth through sexual encounters or attention. Using sex as a primary means of self-esteem, which can lead to addictive behaviors and emotional dependency.

5. Prioritizing Sex Over Spiritual or Moral Values: Choosing sexual gratification over spiritual commitments or moral principles. Allowing sexual desires to override ethical considerations and spiritual growth.

6. Using Sexuality as a Source of Power: Exploiting sexuality to manipulate or control others. Leveraging sexual attractiveness or acts to dominate or influence others, often disregarding consent.

7. Addiction to Pornography:
Compulsive consumption
of sexually explicit material
as an obsession. Viewing
pornography as an idol—an
all-consuming focus that can
distort healthy sexuality.

8. Idolatry of Physical Appearance: Worshipping physical beauty as the ultimate standard of worth, often linked to sexual desirability. Valuing appearance over inner qualities, leading to superficial judgments and objectification.

- 9. Disregarding Boundaries for Sexual Pleasure:** Ignoring moral or relational boundaries in pursuit of sexual satisfaction. Engaging in behaviors that violate personal or societal standards, often as a form of worshiping personal desires.

10. Sexual Ritualism: Engaging in specific sexual acts or routines as if they are sacred rituals. Treating sexual acts as sacred ceremonies, emphasizing form over authentic connection.

11. Symbolic Idolatry in Sexual Symbols: Placing ultimate trust or meaning in sexual symbols (e.g., certain images, objects). Elevating objects or symbols associated with sexuality to a divine status, replacing genuine spiritual focus.

12. Moral Relativism and Sexual Idolatry: Justifying any sexual behavior as acceptable, elevating personal desire over moral standards. Allowing personal sexual preferences to override societal or spiritual norms, idolizing personal freedom.

13. Sexual Performance as Worship: Viewing sexual performance or prowess as a measure of worth or divine favor. Relying on sexual ability as a source of identity, leading to performance anxiety or obsession.

14. Idolatry of Sexual Experiences:
Chasing after intense or novel sexual experiences as if they are ultimate truths. Pursuing sensationalism to the point of neglecting genuine intimacy or meaningful relationships.

15. Sexual Manipulation as a Spiritual Tool: Using sexual manipulation to achieve personal or spiritual goals. Employing sexuality as a means of control, which devalues authentic connection and respect.

16. Sacrificing Relationships for Sexual Gratification:
Prioritizing sexual pursuits over long-term relationships or commitments. Viewing sex as an idol that supersedes the importance of emotional bonds and fidelity.

17. Sexual Self-Idolatry:
Obsessively focusing on one's own sexuality and desires as central to identity. Self-worship centered on sexual identity, which can lead to narcissism and disconnect from others.

18. Using Sexuality to Escape Reality: Engaging in sexual activities as a way to avoid emotional or spiritual issues. Turning to sex as a refuge, idolizing it as a solution to life's problems.

19. Sexual Power Dynamics as Idolatry: Viewing dominance or submission in sexual contexts as ultimate goals. Elevating power and control in sexual relationships above mutual respect and love.

20. The Cult of Sexual Liberation:
Believing that complete sexual freedom is the highest good, idolizing liberation from moral constraints. Embracing unchecked sexual expression as a form of worship, often neglecting responsibility and consequence.

10 reasons why engaging in sexual idolatry or worshiping sex, free sex, or free-spirited sex, can erode a person's self-esteem

AI Research

- 1. Objectification of Self and Others:** When sex becomes an idol, individuals may view themselves and others merely as objects for gratification rather than as whole persons with intrinsic worth. This reduces self-respect and diminishes the recognition of personal dignity.

2. Loss of Personal Identity:
Prioritizing sex over other aspects of life can lead to a fragmented sense of self, where one's identity is primarily defined by sexual experiences or desirability, resulting in a diminished sense of purpose and self-worth.

3. Dependence on External Validation: Sexual pursuits often rely on external approval or validation. When self-esteem hinges on such validation, it becomes fragile and unstable, making individuals vulnerable to feelings of inadequacy when validation is absent.

4. Guilt and Shame: Engaging in sexual behaviors driven by idolatry can lead to feelings of guilt or shame, especially if such behaviors conflict with personal, cultural, or moral values. These negative emotions can damage self-esteem over time.

5. Erosion of Emotional Intimacy: Sexual idolatry frequently emphasizes superficial or physical aspects at the expense of genuine emotional connection. This superficiality can lead to feelings of emptiness and inadequacy, undermining self-worth.

6. Compulsive Behavior and Loss of Control: When sex becomes an idol, it can turn into compulsive behavior, leading to feelings of helplessness or loss of control. Such feelings diminish confidence and self-respect.

7. Neglect of Personal Growth:
Focusing excessively on sex can divert attention from personal development, talents, and meaningful relationships. This neglect can create feelings of stagnation and diminish self-esteem.

8. Potential for Exploitation and Abuse: Sexual idolatry may increase vulnerability to exploitation or abusive relationships, which can severely damage a person's sense of safety, value, and self-esteem.

- 9. Disconnection from Authentic Self:** Worshiping sex can cause individuals to disconnect from their true selves, leading to feelings of inauthenticity and self-alienation, which erodes confidence and self-respect.

10. Increased Self-Criticism and Comparison: Constant pursuit of sexual validation can lead to harsh self-criticism and unhealthy comparisons with others, fostering insecurities and lowering self-esteem.

20 common signs that might indicate someone is cheating in their relationship

AI Research

- 1. Sudden Changes in Appearance or Hygiene:**
They may start paying extra attention to their looks or suddenly change their grooming habits, possibly to impress someone new.

2. Increased Secrecy with Devices: Putting passwords on phones, deleting messages, or being secretive about online activity can indicate they are hiding something.

3. Unexplained Absences or Time Away: Frequently being unavailable or having secretive outings without clear explanations may raise suspicion.

- 4. Altered Sexual Behavior:**
A sudden increase or decrease in sexual activity, or new behaviors in intimacy, could suggest external influences.

5. Lack of Interest in the Partner:
Losing interest or seeming emotionally distant might be a sign of emotional or physical infidelity.

6. Changes in Routine: Unexpected changes in daily routines or habits without a reasonable explanation can be a red flag.

7. Unusual Phone or Computer Activity: Frequent clearing of browsing history, new or hidden apps, or unusual online behavior could indicate secret communications.

8. Decreased Intimacy or Affection: A noticeable decline in physical closeness or affection might be due to emotional or physical distraction elsewhere.

9. Sudden Financial Changes:
Unexplained expenses, new credit card charges, or financial secrecy can sometimes be linked to infidelity or secret meetings.

10. Overly Defensive or Evasive Behavior: When questioned about whereabouts or activities, they become defensive or evasive.

11. Secretive Social Media Behavior: Creating new accounts, hiding their activity, or being overly protective of their online presence.

12. Unusual Smell or Personal Items: Scent of perfume, cologne, or unfamiliar items in their belongings might suggest they've been with someone else.

13. Inconsistent Stories:
**Providing conflicting or
vague explanations for their
whereabouts or activities.**

14. Increased or Decreased Communication:
Uncharacteristic secrecy or abrupt changes in communication patterns can be suspicious.

15. Loss of Interest in Shared Activities: No longer engaging in activities you used to enjoy together, possibly due to emotional distraction.

16. Overcompensation or Guilt:
**Excessive affection, apologies,
or overcompensating to hide
guilt.**

17. Unexplained Gifts or Items:
**Receiving or giving gifts that
seem out of character or are
unexplained.**

18. Noticeable Emotional Detachment: Feeling a lack of emotional connection or intimacy, possibly due to someone else occupying their thoughts.

19. Increased Criticism or Argumentative Behavior:
Becoming more critical or argumentative as a form of deflecting suspicion or guilt.

20. Physical Evidence: Finding lipstick marks, signs of physical contact, or other tangible clues indicating infidelity.

10 common reasons why many people cheat in their marriages

AI Research

- 1. Lack of Emotional Satisfaction:**
When individuals feel emotionally neglected or unfulfilled in their marriage, they may seek companionship or validation elsewhere to meet their emotional needs.

2. Desire for Variety or Novelty:
Some people crave excitement and new experiences, leading them to cheat as a way to escape routine and experience something different.

3. Dissatisfaction with the Relationship: Ongoing conflicts, unresolved issues, or unmet expectations can push someone to seek comfort or happiness outside their marriage.

4. Low Self-Esteem: Individuals with low self-esteem or insecurity might cheat to boost their confidence, seek validation, or feel desirable again.

- 5. Opportunity and Temptation:**
Situations where opportunities arise—such as frequent travel, workplace affairs, or social gatherings—can increase the temptation to cheat.

6. Poor Communication: When couples fail to communicate effectively about their needs, desires, or grievances, misunderstandings and frustrations can lead to infidelity as a form of expression or escape.

7. Revenge or Retaliation: Some cheat to punish their partner for perceived wrongs, betrayals, or dissatisfaction, seeking to regain power or balance in the relationship.

8. Lack of Commitment or Investment: Individuals who are emotionally distant or not fully committed to their marriage may be more prone to cheating, viewing the relationship as less important.

- 9. Cultural or Social Influences:**
Societal norms, peer pressure, or cultural attitudes toward infidelity can influence individuals to cheat, especially if such behavior is normalized or overlooked.

**10. Personal or Sexual
Dissatisfaction:** Frustration
with the sexual aspect of the
marriage or differences in
sexual needs can lead some to
seek fulfillment outside!

25 practical approaches to help individuals struggling with cheating in their relationships

AI Research

- 1. Encourage Open Communication:** Foster honest dialogue about feelings, needs, and boundaries to prevent misunderstandings and build trust.

2. Promote Couples Therapy:
Professional counseling can address underlying issues, improve communication, and rebuild trust.

3. Implement Individual Therapy:
Helps the individual explore reasons behind infidelity, such as emotional dissatisfaction or self-esteem issues.

- 4. Focus on Emotional Regulation Skills:** Teaching techniques like mindfulness can help individuals manage impulses and reduce reckless behavior.

5. Address Underlying Insecurity or Low Self-Esteem: Building self-confidence can decrease the need for external validation through cheating

6. Develop Healthy Boundaries:
Establish clear expectations
about fidelity and acceptable
behaviors within the
relationship.

7. Promote Empathy and Perspective-Taking:
Understanding the partner's feelings can foster remorse and motivate change.

8. Implement Trust-Building Exercises: Activities like shared goals or honest check-ins can rebuild trust after breaches.

9. Use Cognitive-Behavioral Techniques: Helps individuals identify and change thought patterns that lead to infidelity.

10. Address Sexual Satisfaction and Needs: Improving intimacy and communication about sexual desires can reduce temptation.

11. Encourage Transparency:
**Practices like sharing
passwords or open
conversations about
whereabouts build trust.**

12. Explore Underlying Psychological Issues:
Conditions like attachment insecurity or impulse control disorders may need targeted treatment.

13. Promote Self-Reflection:
**Encourages individuals to
examine their motivations and
consequences of their actions.**

14. Foster Personal Growth and Self-Improvement: Engaging in hobbies or education can boost self-esteem and reduce reliance on external validation.

15. Address Relationship Power Dynamics: Ensuring equality and mutual respect can reduce resentment that may lead to infidelity.

16. Implement Accountability Measures: Having structures like regular check-ins or accountability partners can deter dishonest behavior.

**17. Educate About the
Consequences of Infidelity:
Raising awareness about
emotional pain and relationship
breakdowns can motivate
change.**

18. Use Medication When Appropriate: For underlying mental health issues (e.g., depression, anxiety), medications can stabilize mood and reduce impulsivity.

19. Promote Social Support Networks: Support from friends, family, or peer groups can provide emotional stability and guidance.

20. Address Substance Abuse if Present: Substance misuse can impair judgment; treatment can reduce risky behaviors.

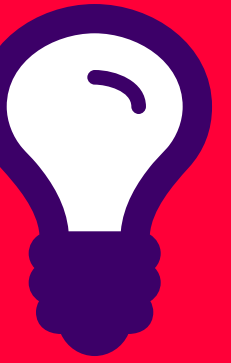
21. Develop Stress Management Techniques: Stress can impair judgment; relaxation methods can help individuals make better choices.

22. Encourage Forgiveness and Reconciliation: Healing from infidelity involves forgiving oneself and the partner, fostering emotional recovery.

23. Create Future-Oriented Goals:
**Focusing on shared goals can
strengthen commitment and
reduce temptations.**

24. Address Cultural or Religious Beliefs: Exploring values around fidelity can reinforce commitment and moral reasoning.

25. Implement Practical Boundaries and Agreements



LEARN THE SIGNS OF CHEATING IN A RELATIONSHIP!

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