

HOW TO HAVE AN AFFAIR AND NOT GET CAUGHT

1 Assemble an array of convincing alibis and witnesses to explain your frequent disappearances.

Telling your partner “I have to work late” will only get you so far. Enlist the help of a friend or colleague, and have them “invite” you to a reception or sports event, or call with an “emergency.” Create a false trail of evidence by having them leave messages on your answering machine that your partner will hear.

2 Do not make multiple, obvious changes to your lifestyle.

Do not alter the way you dress or the foods you eat all at once. This will tip off your partner that something has changed.

3 Do not discuss topics you previously knew nothing about.

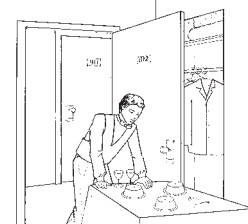
If your lover has encouraged you to become interested in sports or cooking or opera or other topics you never cared about, do not suddenly start talking about them with your partner, who may wonder—or ask—how you knew that.



Always pay cash. Avoid credit cards.



Use cell phones. Never use the hotel phone.



Use room service. Avoid popular restaurants.



Always drive separately. Never drive together.

- 4 Do not change all your sexual habits at once.**
An affair might make you more sexually adventurous, but do not try too many new things at once with your partner.
- 5 Never leave for work wearing one outfit and return wearing another.**
Keep a change of clothing in your car or at your office and wear that outfit with your lover. Afterward, change back into the clothing you wore when you left home. This will help avoid evidence of your indiscretion (e.g., lipstick, cologne or perfume, or inappropriate wrinkles). Make sure that you do the laundry that contains your “affair” clothing.
- 6 Take a shower to remove the scent of the affair.**
Bathing is especially necessary if you have been in a smoky bar, if your lover wears strong aftershave or perfume, or if you have a dog waiting at home.
- 7 Never call your partner from a hotel or motel phone, or from a restaurant.**
Use your cell phone only—caller ID may reveal your whereabouts.
- 8 Pay bills in cash only.**
Never use a credit card to charge meals, hotels, or day trips. Your partner will probably notice the increase in spending or find the charge slip. Make sure you have enough cash before you head off to your rendezvous; cash machine usage is traceable as well.

- 9 Drive in a separate car from your lover.**
Should there be an accident or a police incident, there will not be any official record of another passenger in the car with you. There will also be no unintentional physical traces—adjusted seat, forgotten scarf—of the passenger.
- 10 Do not go to fancy or popular restaurants with your lover.**
Out-of-the-way places are best; you are less likely to be spotted by friends of your partner. Places just out of town are even better. Room service in a hotel is very private.

IF YOU ARE CAUGHT

- 1 Do not deny your guilt.**
Admit your indiscretion immediately. Dissembling only makes matters worse.
- 2 Decide immediately whether or not you want to continue the affair.**
You will have to be clear about your choice. Ask yourself if you would rather continue with the lover or with your partner. Be honest with yourself and act accordingly.
- 3 If you want out of your relationship, cut the cord immediately and be ruthless.**
Do not try to be nice or understanding—it will only make things more difficult for your soon-to-be-ex-partner. Be a jerk—it will make it easier for them to

move on. Explain that you have simply fallen for someone else, that you can't help it, and that you realize that your relationship must end.

4 If you want to continue your relationship, be prepared to work hard.

Regaining trust will be a long haul. Proceed to steps 5 through 7.

5 Be completely honest with your partner.

Answer all questions and admit your wrongdoing fully. Constantly reiterate how much you care for your partner. Your steadfastness and honesty is your only hope. Gifts can be an essential part of making up, but mostly you will have to put in a lot of time and energy to make amends.

6 Do not give up on the relationship.

Prepare yourself for many difficult conversations and arguments. You will have to explain your true intentions time and time again, and it may be a struggle even to begin a conversation at times. Do not take the easy way out. If kicked out of the house, do not leave easily; make it clear that you are willing to struggle through whatever you are faced with to make the relationship work.

7 Avoid all contact with your former lover and potential lovers.

Never look at or discuss someone of the opposite sex unless specifically asked to do so by your partner—and even then, be cautious.

