

How to Catch a Cheating Lover

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DISCLAIMER:

I'm not a private detective. I'm not a marriage counselor. I'm not a lawyer. I'm just someone who has acquired some rather useful knowledge through the course of my life as I worked in US military intelligence, as an author, and as an entrepreneur. In no way should this information be used in place of solid legal advice or psychological counseling. Check your local laws before employing any of these tactics.

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Introduction

Before you dive into this book, ask yourself this question: do you really want to know?

You may think you do, but in reality you may not.

If you suspect your lover is cheating on you, it can stimulate a whole “crap house” full of unhealthy behavior and crazy thinking.

Talk this over with some trusted friends and get an outside opinion.

Next, I would not recommend using any of these tactics without getting the advice of a lawyer and a qualified psychological counselor.

Some of what I talk about here could be dangerous or even potentially illegal in your jurisdiction. **You need to take full responsibility for your actions and research your laws.**

Next – let’s have a little talk about “spying.” In case you don’t know, whatever the laws are in your country, spying is just not cool. You don’t have the right to invade someone else’s privacy, whether it’s legal or not. Someone’s business is their business.

However, if you have someone who made a vow to you and your family and their behavior is erratic and indicating they are lying to you, is it wrong to invade their privacy and find out for sure?

If you’re right, you’ll quickly forgive yourself for any snooping – but what if you’re wrong?

It’s a tough question and you should think deeply about these things before you delve into this.

Further, some of the information you uncover could be psychologically damaging. Sometimes it’s better not to know what someone else is thinking. Especially when what people say is sometimes a gross exaggeration of what they actually feel. For example, someone may say in passing to a friend, “Yeah, that guy is a real asshole” when in actuality they don’t think that badly of you. Only in that moment did they have some harsh words to say about you. If you catch only that glimpse you may walk away with a lower opinion of yourself.

Think carefully before you walk down this path. If you don’t feel you can trust your lover, sometimes the best option is just to leave them without putting yourself through all this trouble. I have helped people with these methods and after discovering their lovers were cheating on them they stayed with them and lived a life of paranoia.

I helped a friend of mine in New Zealand catch his lover cheating on him and he realized at the end of it that he simply should have ended it before verifying his suspicions. His lover was a cruel and malicious person and he shouldn't have needed the knowledge of cheating to leave.

You would be wise to consider that yourself now ...

On the other hand, if you have children it may be worth it to patch things up through counseling and keep the family together for the sake of your children. Without the love of both parents children may not get the full benefit of early development. And then ... it may be worse for the child to be around two parents who don't love each other.

It's not easy, is it? This is why I strongly advise you to seek professional advice.

With that said, the following methods are extremely effective at catching a cheating lover. I'm going to outline a combination of methods you can employ as you see fit. A combination of various methods is far more effective than any single one.

Remember that each method will only give you a small snippet of reality and you should be careful about jumping to conclusions before you have full evidence.

The patience required to put together a full body of evidence is Herculean. It's probably the most difficult part of the process, especially when you have to keep your cool in the process.

Phase I – Preparation and Digging

Step 1. Cool Your Head

Read the Introduction to this guide again.

And now read it one more time.

Do you really want to go through with this?

If so, the first thing you need to do is remain calm. Resolve yourself to the fact that this process may take a little time and your heart is going to be ripped to pieces several times during the process whether you catch your lover cheating on you or not.

Make yourself a promise right now:

I will not take any of the information I find personally, no matter how insulting or heart-breaking. If they are cheating on me, it's about them – not me. I am a good person and I determine my self-worth – no one else.

I will not jump to any conclusions until I have irrefutable evidence.

I will not act on any evidence I find until I have sought professional advice from the appropriate legal and psychological professionals.

At no point will I ever inflict any harm on anyone during this process – either physical or mental. I will conduct myself admirably and can take the inevitable emotional abuse that this process will inflict on me (no matter what I find).

Again, I will not harm anyone during this process – even if I find some of the most shocking and disturbing information... If I discover a crime, I will immediately take myself to safety report it to the appropriate authorities.

I will not take justice into my own hands.

I will think before I open my mouth.

I will think before I act.

I will walk away from this without having done anything I will later regret.

Is the above oath necessary? You bet it is. To give you this information without you first taking that oath would be grossly irresponsible.

Remember, if you harm someone in this process, you alone will be accountable for your actions. It's better to endure a little pain now than to explain in front of a judge why you hurt someone. It's better to hold your tongue now than to explain to someone you love later why you flew off the handle and said something you can never take back.

Get yourself under control right now.

Step 2. Warning Signs or Paranoia?

You wouldn't be reading this if you were not already suspicious that your lover is cheating on you.

Sometimes what you think is a sign of infidelity is something harmless that you're misinterpreting.

For example, in some cultures a little peck on the cheek is acceptable among platonic friends. Where I live in Miami almost everyone greets their friends of the opposite sex with a peck on the cheek. If someone did this in Texas it might be seen as a sign of amorous affection.

Take these things into consideration before you jump to conclusions.

Try to think of alternate explanations for what you are seeing as a sign of infidelity and consider it carefully.

It's important now not to tip your hand and indicate to your lover that you are suspicious. If you do and they are in fact cheating on you, you just made it a lot harder to catch them.

Keep your suspicions to yourself and don't alter your outward behavior in any way. This will make your lover feel relaxed and they'll be more likely to slip up.

If you suspect something, ask oblique questions to gather more information, but do not interrogate your partner. That will cause them to shut down faster than anything else.

Here are some techniques for gathering information and detecting lies:

1. Detail Digging

If someone says they were out at an event (say the gym or the movies or whatever) and you suspect they were with a lover, you have a great opportunity here to gather information.

When they say what they were doing, very casually and in a friendly tone ask for a detail they should know.

For example, if they say they were out to dinner very quickly and non-confrontationally ask, “Oh great! What did you have?”

Anyone who just had dinner should know the answer to that question pretty quickly without having to think too much.

If they hesitate, get defensive, avert their eyes downward, get angry, or try to gloss over the details, then you may very well caught them in a lie.

This isn't foolproof, but it's a pretty good indicator. If you get any of these warning signs, be sure not to show any signs of suspicion. Just note in mentally and move on as if nothing happened.

Getting warning signs like this several times in a row is a pretty good indicator of some hidden behavior. However, you should always combine this with other methods and even perhaps some judicious use of the “weapons” I'll teach you about below.

Agitation and defensiveness is probably one of the best indicators around. The truth never needs to be defended, so if someone is angrily defensive when you ask them casually about a minor detail you may have good cause for suspicion.

Other signs of dishonesty might be: tension in the face (especially frowning of the brow), swallowing, averting the eyes, sudden distress when asked certain questions, fidgeting, glossing over of details (especially in women who tend to be meticulous with details when telling stories about what they did – men are likely to gloss over details habitually even when telling the truth), and sudden outbursts of anger.

Ultimately, the devil is in the details. Even good liars can sometimes get themselves caught up in the details. If their version of the story keeps changing it's a good indication of dishonesty. But then again, there could be a good explanation for it, too so just be careful.

If you want to get really good at catching a liar, be sure to study the Facial Action Coding System. It's a rather elaborate and scientific system that helps you to interpret the meaning of facial expressions and can be quite effective at catching a liar.

Just remember to always keep your cool as you make your observations.

2. Behavior Bravado

If your partner begins to exhibit a sudden change in routine or behavior it could be an indicator of “something else” going on in their life. That something else could be cheating – it could be something else entirely.

Dig a bit before you jump to conclusions. Using the Detail Digging technique can reveal more. Just remember to remain a passive observer.

Some indicators that may be stronger than others: a sudden change in musical tastes, a tendency to dress up more when they go out without you, forgetting to do the little things that you love ...

3. The Stank that Wasn't

Everyone knows that sex can leave behind many clues and one of them is odor. Knowing this, a cheating partner will almost always be freshly showered when they return from a rendezvous with their lover. If it's the end of the day and your lover returns home freshly showered, do some Detail Digging to find out if they were involved in any activity that may have warranted a shower (a visit to the sauna or the gym, for example).

Whatever you do, don't point out to them your observation. The stupidest thing to say is, “You're showered ... Why?!”

Keep your cool.

4. Cruel Intentions

If your lover is suddenly acting cruelly, coldly, or dismissive to you, this may be a good indication of something going on. Of course, they could just be having a bad day or month.

As a lover gets more attached to their secret lover, they will tend to lose attachment to you.

Hey, if they are falling out of love, that might be “grounds for dismissal” in any case, so give that a thought. Remember, it might be better to just let them go if it's not working out, regardless of what else is going on.

Believe me, it will be better to end the relationship without knowing. If you're planning on sticking it out no matter what, then knowing is essential for your sanity (not knowing someone is cheating on you while it's happening can really screw up your head), but if you're getting out anyway, just get it over with and get on with your life.

“I break up just like I take off a band-aid. I strip it *right off!*”

Jerry Seinfeld

5. Not Tonight Honey (Or the Next 12 Months)

If the sex drive of your partner suddenly drops, that may be a good indicator. Of course, it may not as well. They could just be over-worked or they could be going through some other trouble.

However, if they seem otherwise healthy and happy and they suddenly stop wanting sex (especially if the suspect is a man), then you may have cause for concern.

Again, just keep your eyes open and look for other indicators. Try to initiate sex more and see how they respond. Try not to get agitated if they turn you down. Act like you're not noticing and dig deeper.

6. Mystery Phone Calls and Text Messages

If your home phone rings often and someone hangs up when you answer ...

If your lover gets text messages from time to time without saying who it was from and seems to want to hide them from you ...

If your lover is one the phone and tries to stay out of earshot so you can't hear what's being said ...

These can all be indicators of your lover trying to hide something. Again, it could also mean nothing, so don't get too paranoid.

Just take notes, Detail Dig, and keep looking calmly and coolly.

7. Monitor Switch

People who cyber-cheat or are involved in communicating with their lovers online will often switch off their monitors or close their browser windows quickly when you walk in the room.

Of course they could just be doing something otherwise embarrassing, so don't freak out and start hurling accusations, slick.

Keep your cool, Detail Dig, takes note and keep your eyes open.

8. Paper Trails

Often infidelity leaves a paper trail. Check credit card statements and phone records for strange activity. If the suspect isn't very smart, they should be very easy to catch this way. You'd be surprised how many people charge a hotel room to a credit card without thinking of the consequence.

Step 3. Escalate or Escape?

After looking at all of the above warning signs and using the above tests, unless you've uncovered some really good evidence it may just come down to trusting your gut.

It is very possible that the above methods will reveal the truth without digging deeper, but if you want hard evidence that can be used in a divorce court, you may need to use some of the more intensive "weapons" listed in the next section.

Again, it may just come down to your gut and it's probably a better judge than you may realize. Malcolm Gladwell in his book "Blink" shows us how sometimes our gut instincts are better than our conscious minds at making decisions. This is because our conscious minds are only tapping into a tiny fraction of our total brain power. It is very possible that after looking at all the evidence your "gut" may have processed all the information more efficiently than you have. The translation of this could result in a "gut feeling." Don't ignore that.

So, if either through logic or gut instinct you've determined that there is probably some cheating going on and you want to dig deeper, then the following weapons will give you some near fool-proof ways of finding out.

However, ask yourself again – do you really want to know? If the relationship is over regardless, now might be another good time to just let things go.

Remember, keep your cool. Never let on that you suspect anything. Never let your anger lead to violence or outbursts – that will only come back to hurt you later on.

Phase II – Hard Evidence

If you haven't read all of my warnings in the Introduction and Phase I, please go back and do so now. The following tools are downright dangerous if used improperly, so if you're not confident about what you're doing think twice.

Further, it may be illegal in certain jurisdictions to use these tools in the way I'm suggesting here, so you should check with a lawyer before proceeding.

Step 1. Check Yourself Again

Go through the Introduction and Phase I again. Do you really want or need to do this? If no, stop now. You're about to enter a world where you will see things you may wish you had never seen.

Step 2. Plan for Stealth

As in Phase I, you need to make sure that you never let on about what you're doing. In this Phase, however, doing so becomes a little trickier.

If you buy any of these tools, the purchase will show up on your credit card if you use a card to do so.

A possible way around this is to open up a PayPal account to which only you have access. Drop some funds in there with a credit and come up with a reason for doing so (it's a business purchase you just made, et.)

Set up a PO Box (use cash) and then request a PayPal credit card for your new account to be sent to your PO Box. Make sure that the address of the credit card you used to open the account will not be used by PayPal to send anything.

Now set up a safe deposit box and put that credit card there. You don't want to carry it around with you. If you can, memorize the credit card numbers so that you never have to use the card again.

Make sure you memorize all pertinent info and destroy all receipts, etc. related to the above purchases.

The ultimate method for stealth would be to have a trusted friend make all these purchases for you. I have helped a friend in this way before and it was a huge help for them. Just be sure that you can really trust this person before asking their assistance. In some cases you may inadvertently ask the person with whom your lover is cheating for assistance. Obviously, that would spoil your plans.

Plan to deploy these tactics when you know your lover is away and very unlikely to catch you. If you are caught, you may very well blow any chance you have of catching them, and any chance at your final peace of mind. If you've come this far, you're probably quite determined and it may just take this process to clear your mind (again, seek some professional psychological counseling – be cautious if they prescribe you any drugs, though – some of the so-called “depression drugs” are quite dangerous and damaging to your body and mind).

Always be cautious about leaving clues. Clues come in the form of purchase receipts, packaging, credit card statements, and phone calls.

Step 3. Weapons

Based on your situation, one of these weapons, or any combination thereof, may be appropriate. Based on what you found in Phase I, it should be clear to you how to proceed.

Let me just state again – use caution. These weapons can be downright dangerous and it may be illegal in your jurisdiction to use them in the way described, so **check with a lawyer** before proceeding.

OK, here we go ...

Ultraviolet “Black” Light

If you have a fish tank, a swimming pool, or if you lived in the 1970's, you may have one of these lying around the house and not even know it. If you don't, you can find one easily at fish supply stores and some hardware stores.

These lights have many uses. Some use them in fish tanks and ponds to destroy any harmful germs. Some use them as “black lights” to create “glow in the dark” effects.

And ...

They are also used by forensic detectives to detect the presence of semen. Under UV, semen glows in the dark.

So, if you suspect your lover has just come back from a rendezvous, or if you see a stain that looks a little odd, you can use your UV light to check it out.

Now, if the suspect is a man, a certain amount of semen may be normal to find on the inside of his underpants. If the suspect is a woman, of course it's not.

Use your head and consider the scenarios.

However, just be sure that the semen is not your own. Semen can remain inside a woman after sex for several days. If you're checking the inside of a woman's underwear, you

This method is best for large obvious stains.

Take the suspected item into a pitch dark room along with the blacklight. Shine the blacklight on the area you suspect and look for anything glowing. If it's glowing it is likely to be semen. Saliva and urine can also be detected in this way, but they won't glow nearly as brightly as semen.

With some common sense this tool can be used to give you some really solid evidence. If your partner is a woman, for example, and there is a glowing stain on her shirt and you know very well that you didn't put it there – well, you've most likely got yourself a cheater there.

However, I would still recommend using some of the other tools here to get even firmer evidence before you jump to a firm conclusion – especially if this could potentially break up a family or make you leave someone you otherwise love and trust.

The name of the game here is to combine evidence. As you go further along, you'll get better and better evidence.

Semen Detection Kits

These kits are easy to use, and are that much more certain than UV light. UV light can give you a false positive in some cases, but the semen detection kits are near fool-proof.

If you have a UV detected stain and you want to make even more certain, you can grab a kit at any of the following sites (or just do a search for “semen detection kit”).

<http://www.getcheckmate.com/>

<http://www.dnatestingcentre.com/InfidelityKit.htm>

<http://www.houstonpi.com/sementest.html>

http://www.crimescene.com/store/product_info.php?products_id=67

DNA Testing

OK, now you know for sure that you have a sample of semen – are you sure it's not yours?

DNA testing can be purchased for a reasonable fee over the Internet today:

<http://www.dnatestingcentre.com/infidelity.htm>
http://www.getcheckmate.com/dna_test.html
<http://www.dna-bioscience.co.uk/glossary/Semen-test.shtml>
<http://www.worldwidepaternity.com/dna-infidelity-testing.html>

For Paternity DNA Testing:

<http://www.paternityweb.com/>

I'm not a lawyer, but I imagine evidence gathered in this way may be used in divorce proceedings – check with your lawyer ... Proving infidelity could be vitally important in a divorce proceeding depending on where you live. If you live in a “no fault” state it won't matter. If you live in a state where infidelity determines how the assets are divided or children are granted custody ... Well, this little report you're reading could be worth a serious chunk of money to you.

Location Tracing

If you aren't seeing any obvious stains or if you feel your lover is too careful to leave this kind of evidence, you have a hard case on your hands – but there are still many options.

One of the best ways to catch a cheater is to track their location. Back before the days of GPS, if you wanted to track someone's whereabouts you needed a private detective or a whole lot of time on your hands.

You can now get some very small and relatively inexpensive (compared to the cost of a PI) devices that you can plant on your car and get live updates of your car's whereabouts 24 hours a day via the Internet.

If your lover tells you they are at location A but your GPS tells you location B, well ... Why are they lying to you? If location B is a hotel or a person's residence then you have some genuine cause for concern.

Remember, even if you have this much evidence, don't lose your cool. Catch them in the lie several times before you jump to conclusions.

Also, if there is a pattern and they end up in the same location several times, you could go get some “eyes on” confirmation for yourself, but I don't recommend this unless you're absolutely certain you can keep your cool.

Many murders have been committed by an enraged lover catching a cheater. There is something primal and deep at work here, and I wouldn't recommend testing yourself.

Here are some places where you can get GPS transmitters:

<http://www.advancedgpsstore.com/store/category.asp?CategoryID=6>
<http://www.covert-gps-vehicle-tracking-systems.com/>
<http://www.teletype.com/pages/tracking.html>
<http://www.teletype.com/pages/tracking.html>
<http://www.pimall.com/nais/tracking.html>

There are various types of technologies available and if you're reading this report a year or so after it was written, it's very possible that my suggestions are out of date. Do a search for "gps vehicle tracking" to learn about the latest in technology.

Keep in mind that some of these devices will allow you to track the location via the Internet and some will require you to download data. If you have to download the data your time gets consumed in the process of trying to gain quiet access to the transmitter to get your download. I'd go with an Internet enabled transmitter ...

Spy Software

One of the most effective and inexpensive ways to catch a cheater is through the use of spy software. It's also one of the most ethically shady, so think twice before you do this. I wouldn't go this far unless you have other evidence and a strong reason to suspect.

Again, this is an invasion of someone's privacy and it may be illegal in your jurisdiction to use spyware on someone's computer without their permission. Getting permission in this case obviously isn't an option.

Use caution and consult with a lawyer.

With that said, a good spy program will create screen shots of the suspect's activity, log keystrokes, and more ... While they're typing in an email password it will be recorded and you can even log in to their email account and check that to see if something is going on.

This is a scary world we're living in, but this technology exists.

I know of a friend who suspected her husband cheating and after talking with her at length (and being personally convinced that he was in fact cheating on her), I helped her install this software on his computer.

One day later she had solid evidence of the cheating (IM messages with the lover, emails, the works ...) and left him that day to start her life anew.

Yes, the ethics of this are questionable, but it can also be one of the fastest paths to freedom if you've been living through the hell of suspicion.

There are hundreds of companies offering spyware on the Internet. The vast majority of this software is junkware or will be easily detected by spyware detectors (like ad-aware, SpyBot S&D, and Webroot Spy Sweeper).

There is only one spy software I know of that is not detectable by any anti-spy software:

eBlaster and Spector

<http://www.eblaster.com/>

These are both made by the same company and are both superb tools. eBlaster will send you reports via the email, but does not include screen shots. Spector does not send email reports, so you'll have to get access to the computer every time you want to see what's happening – however, it will give you clear screen shots of all activity every time you log in.

As I write this, neither of these tools are detectable by any known anti-spy tools.

The fact is, most computer users are not even aware of spyware, so it may not matter much, but I do recommend these tools for other reasons. The company who makes them is reputable and the software will not harm the target computer. Other spyware tools can wreak havoc on the suspect's machine.

What if they are innocent? Be courteous while you go through this process ...

Guilty Hand Staining

I'll leave it up to your imagination, but you can use the following tools to determine for a fact if someone has touched something of yours.

The following tools can be dusted on items and will stain the hands of the person who touches them.

The first is a UV detection powder. The suspect's hands will be stained with an invisible film that glows in UV light.

http://spysupplystore.com/Merchant2/merchant.mvc?Screen=PROD&Product_Code=uvdp-101&Category_Code=lp sg-101

The next leaves a visible stain:

http://spysupplystore.com/Merchant2/merchant.mvc?Screen=PROD&Product_Code=vstdp-101&Category_Code=lp sg-101

... you obviously want to use caution here.

Stain detection kit

http://www.tritechusa.com/theft/master_vis.htm

UV detection powder

http://spysupplystore.com/Merchant2/merchant.mvc?Screen=PROD&Product_Code=uvdp-101&Category_Code=lpsg-101

Phase III – Aftermath

If you have determined that your lover is cheating, you need to think carefully about how to proceed.

It will be very difficult to stay with this person after you discover what's going on, but surprisingly some people do. That's your choice, but in my experience I'd say the odds are against the relationship working out after such a discovery.

Seek professional psychological assistance.

Now, if there is a pending divorce trial, go take your evidence to a good divorce lawyer before you spring it on your spouse. They will advise you of how to break the news to your spouse and will prevent you from spoiling your trial. It's vital that you handle the aftermath steps just as carefully as the previous steps.

If you want my personal advice – I would just go to the person, break the news, and move on as quickly as you can.

If you think your life depends on someone else, you're wrong. I don't care how ugly or socially inept you may think you are –there is someone else for you. One of the great things about the Internet today is that you can advertise yourself to potential lovers with all of your flaws. If someone still wants to meet you even after you've disclosed all of your “undesirable” traits, you have a pretty good potential mate on your hands.

There is no reason why you should let someone else have control over your life and there is no reason why you should have to suffer psychological abuse (and that's exactly what infidelity is).

If your lover lies to you about that – what else will they lie about?

Look at this as an opportunity to start a brand new life. How many people get that chance? Very few, so rather than drown your fears in a tub of Ben and Jerry's use this as an opportunity to better yourself.

Get involved in a fitness program. Buy new clothes. Set a new career goal ... Create a new you that is better than the one who suffered the abuse.

Don't be afraid to seek the support of family, friends, and your church.

People want to help you, but don't load them down too heavily with your problems.

Make the choice now to move on.

Make the choice to live a better life.

I wish you the best of luck.

All the best,

Mark

Mark Joyner

#1 Best-Selling Author of “Mind Control Marketing” and other books

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