

Discover the **REAL REASONS**
why people cheat!



This e-book
will blow apart a
number of **myths**
about affairs...

*like affairs are not just
about SEX or being
with a younger and
more attractive person!*

The
ANATOMY
OF AN
AFFAIR

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PREFACE

“The Anatomy of An Affair” addresses the age-old phenomenon of people seeking intimacy outside of their primary relationships. For as long as people have existed and will continue to exist, there will be those among us who will stray from one relationship to another. The question is always, “WHY??”

Because we humans are “social beings”, having a relationship is an important part of our existence. More to the point, it is our need to have human contact physically, emotionally and sexually that drives us and sustains us. Just as we crave food and water, we also crave human contact physically, emotionally and spiritually. If that is lacking in our relationships, the reality is... we will seek it elsewhere.

This e-Book is about extramarital affairs and the “real” reasons spouses and partners stray.... You need to know that this e-Book doesn’t speak for all cases of infidelity, but it does “hit the nail on the head” for most.

Since my core article, “The Anatomy of an Affair” was first published in 2000, it has touched thousands of people. The feedback on that one article was overwhelming and it is what prompted me to write this e-Book.

This e-Book is “a little bit of this and a little bit of that”. Much of it is drawn from the lessons I have learned from my clients whom I have to say are the best teachers.

I hope you enjoy my e-Book. And please, I welcome your feedback – both positive and negative, So, sit back and read on...

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THE ANATOMY OF AN AFFAIR

by

Reena Sommer, Ph.D.

What is it about finding out that your partner is having an affair that unlocks the floodgates of emotion; emotions so strong and intense that they seem foreign and often disturbing even to those who experience them? Most would say it's the betrayal, the deception and the humiliation that catapults them into an emotional abyss where feelings of despair and sadness alternate with feelings of anger and rage. And even when the shock subsides, the focus of people's thoughts remains on the sexual act mainly

because it exemplifies the violation of a sacred trust between two people who have made a commitment to each other.

Is it an uncontrollable sex drive, weak mindedness or too much to drink that leads a person into the arms of another? This question is asked many times by those who struggle to make sense of "why did he (or she) do it?" And while it is deserving of an answer, it behoves the person asking the question to consider that extramarital affairs have less to do with sex and more to do with unmet needs. This is not to minimize the gravity of what



has occurred or down playing the pain caused by the partner who has gone outside the relationship. Instead, it is meant to point out that the dynamics of an affair, especially those with a history, are complex and go far beyond the sexual act.

To understand what has happened, to be able to assess the viability of a relationship (if that is still an option), and do what it takes to move on in life, a good place to begin is in understanding the notion of intimacy and how it plays out in relationships.

Intimacy is the unique bond between two people that links them together emotionally, spiritually and sexually. The meshing of these elements forms the cornerstone of a monogamous relationship and explains in part, its distinctiveness to the human species. It also explains why its absence foretells non-exclusivity, suggesting that successful and healthy relationships require more than sex to function. It is the feeling of connectedness that forms the basis of intimacy making it possible for relationships to grow and sustain the challenges that are often brought on by stress, illness, and work and family problems. Intimacy is the glue that holds relationships together taking over when the intense passion of a new relationship transforms into a more enduring union based on common values, love and commitment.

For intimacy to develop and be sustained, a person must feel valued, cherished and respected by their partner. These feelings signify equity and balance in a relationship and secure the bond between the partners. Equally important is the need for effective communication of these feelings because without it, a rift can develop. If not reversed, the link between partners is at risk of being lost. Thus the greatest threat to intimacy is not exposure to attractive people of the opposite sex, but the inability of a couple to feel and communicate their connectedness to each other.

The circumstances that contribute to the fracturing of the intimate bond are diverse but most often involve transferring emotional energy that was once directed toward the relationship to other sources such as career, children, outside interests and friends. While good relationships can weather temporary emotional absences, if they go on indefinitely, they too will suffer. Under these conditions people may reconnect emotionally and spiritually

with someone outside of their relationship by once again fulfilling their needs for acceptance and understanding. Relationships such as these often begin benignly but may later evolve by becoming sexual. This pattern is most typical of "affairs of the heart", affairs that pose the greatest threat to the primary relationship.

So while sex may be the object of a partner's scorn, it is really the breakdown of communication and the ultimate severing of a bond that once existed that is really at stake. In essence, the betrayal that is attached to sexual infidelity may have already occurred long before on an emotional and spiritual level. Thus, while it may be one partner who strays outside the relationship, the responsibility for making it work remains the responsibility of both. And while a person may claim that he or she was blind to anything in his or her partner's behaviour that may have signalled a breach in intimacy, this in itself suggests that he or she is out of touch with the respective needs of each other.

The effects of affairs can be devastating and there are no quick and easy fixes to repair the damage. However, if both partners are motivated, then patience, honesty and the skills of a professional can help the couple explore whether it is possible to reconstruct the once existed.



DID YOU LIKE WHAT YOU JUST READ???

This is just a **taste** of what you will find in my complete e-Book, *“The Anatomy of an Affair”!*

In the full version of the *“The Anatomy of an Affair”!* you will read about:

- A case study detailing how an affair developed between real people – so real it probably could be you!
- Five different types of affairs
- Important aspects of intimacy that have little to do with sex
- A quiz that will help you determine what type of an affair you or your spouse might be having
- How to determine if you can save your relationship
- Flags that your relationship may be in trouble, and
- How to “affair-proof” your relationship

Also as a purchase **BONUS** you will receive the following:

- A copy of my e-Report, *“How to Tell When Your Relationship is Heading for the Skids...”*
- A private 15-minute consultation with me – Dr. Reena Sommer

Now for the really big bonus...
All of this will cost you only **\$19.99!**

Don't wait another second. Order now by clicking on the link below and you will be on your way to downloading my amazing e-Book, ***The Anatomy of An Affair!***

<http://hop.clickbank.net/?stayorgo/drreena>

Feel free to send this version of *“The Anatomy of an Affair”!* to anyone you think will benefit from it!