

Dealing With A CyberAffair

Has the Internet turned your relationship inside-out? Does it seem that your partner's entire personality has changed since discovering the Internet? Does your Internet-obsessed partner suddenly demand privacy when using the Internet, ignore once routinely performed household chores, come late to bed every night and never has time for sex? Is your partner less interested in your relationship? Then Internet addiction has hit your relationship and a possible cyber-affair may be brewing.

When a husband or wife turns to the computer for intimacy and sex - sometimes even ending a long marriage to run off with their Internet lover - the cyberwidow left behind must confront rejection, abandonment, anger, and confusion about what happened and why. For immediate help, you can instantly download Dr. Young's exclusive [Internet Infidelity Workbook: A Guide for Rebuilding your Relationship after a Cyberaffair](#) or contact our office for confidential counseling.

This ebooklet shows couples how easy connections made through the safety of the computer screen undermine intimate relationships at home. The workbook outlines the signs of a cyberaffair and a step-by-step plan to improve communication with a partner who has strayed online. Internet addiction increases the likelihood of virtual adultery, as the table below shows. An addicted loved one is more likely to flirt online, engage in explicit sex talk, masturbate at the computer, or have offline sex with someone met via the Internet, **The Infidelity Online Workbook** shows couples how to confront these issues in a loving, caring manner.

ONLINE BEHAVIOR	NON-ADDICTED	ADDICTED
FLIRTING	20%	57%
EXPLICIT SEX TALK	9%	38%
MASTURBATION	12%	37%
ONLINE AFFAIR	14%	42%

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Sunday, 04 October 2009 18:28 - Last Updated Sunday, 28 November 2010 12:15

PHONE CONTACT	18%	50%
REAL-TIME SEX	13%	31%

Table 1 *data collapsed across males and females of 17,251 respondents.

Be sure to visit our [Cyberwidows Help Center](#) which provides information and resources for spouses and family