

Infidelity and Cheating: 25 Signs To Look For

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Please circle all items that apply to your situation and total them at the bottom.

1. Previous rituals of affection before saying “goodbye” end.
2. The cell phone is hidden or kept on their person at all times.
3. Preoccupation with the phone occurs.
4. Texts are received at all times of the day or night.
5. You don’t know the passwords to their electronic accounts any longer.
6. A sudden tendency to be secretive occurs.
7. They complain often about everything and become negative.
8. A sudden change in attention to looks, clothes, weight and working out occurs.
9. May not seem to be as “into you” as before.
10. Cannot look you directly in the eyes easily.
11. Sex drops off or increases suddenly.
12. Guilt purchases or offerings occur.
13. Trips are taken with friends, coworkers or others and you are not invited.
14. Your fidelity or trustworthiness is questioned.
15. Fights and arguments about insignificant things seem to occur more often.
16. Routines or schedule changes to working later begin.
17. Inconsistencies, white lies and vague explanations become more frequent.
18. He or she hangs out with single and divorces friends or others who have a history of infidelity or cheating.
19. You rarely do anything alone together anymore.
20. There may be a change in sexual routines or practices.
21. He or she may have more friends of the opposite sex.
22. Someone’s name keeps coming up at work in their conversation.
23. You have that “gut feeling” that something is not right despite assurances that things are fine.
24. They have cheated before on someone else or earlier in the relationship with you.
25. They deny everything even if you can document it, have proof or saw the evidence yourself.

Total _____

(A score of 10 or more could indicate a cause for significant concern and may warrant further inquiry.)