

Why men cheat (M. Gary Neuman)

For 92 percent of the men living in the United States, cheating is not primarily about sex.

The feeling of under-appreciation and lack of thoughtfulness far outweighed any other choice on the list

Cheating Men Confess: What Sort of Marital Dissatisfaction Contributed to My Infidelity?

48%—Primarily emotional dissatisfaction

32%—Equal emotional and sexual dissatisfaction

12%—Other/no dissatisfaction

8%—Primarily sexual dissatisfaction

Overall:

59%—Dissatisfaction in marriage was emotional

29%—Dissatisfaction in marriage was sexual

12%—Other.

While cultural stereotypes inform us that it's mostly men who cheat on their wives or girlfriends and not the other way around, clinical research concretely details that *nearly as many women cheat as men*.

Why Women Cheat: (Robert Weiss)

Women who step out on a husband or significant other do so for any number of reasons, the most common of which are listed below:

- . **She feels underappreciated, neglected, or ignored.**
- . **She craves intimacy.**
- . **She is bored and/or lonely.**
- . **She never feels fully loved and appreciated.**
- . **She has an intimacy disorder.** (Such women repeatedly seek emotional intensity rather than relational intimacy).