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Five Stars for the Second Edition of *Your Affair***

“...extremely helpful...I would highly recommend this book!”

–*Ginger*

“I loved this book!...anyone with an open mind will appreciate it.”

–*Nicole*

“...a very well thought out reference....Cameron maps out the details about the smart way to have an affair.”

–*Gerd*

“Very honest...reading the book will probably make you a better partner, parent and friend ....if you pursue an affair after reading it, you will be making an informed decision. That's important.”

–*Gigi*



# **Your *Affair***



# **Your Affair**

**How to Manage Every Aspect of Your  
Extramarital Relationship with Passion,  
Discretion and Dignity  
(3rd Edition)**

**H. Cameron Barnes**



*Universal-Publishers*  
Boca Raton

*Your Affair: How to Manage Every Aspect of Your Extramarital  
Relationship with Passion, Discretion and Dignity*

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*“I am having an affair. No, I never thought I would or even could. But here I am in a 4+year long affair with a man who is 12 years my senior. It started out innocently enough. Just friends. Our children are the same age; we talked a lot about them. Both our marriages were unhappy at the time; we talked about that. One thing led to another and here we are. It’s not a matter of “love,” although we are extremely fond of one another and love one another as friends. It’s not a matter of not loving our spouses; it’s more of a matter of there being something between us that could never be between either of us and anyone else. I have a husband who I greatly admire, but there is something my lover has that my husband doesn’t; it’s not his fault. My lover’s wife, from what I can tell, seems to be a sensual woman who loved her husband very much at one time. But all marriages change and sometimes you can’t make things better again.*

*“We have dealt with a lot of things over the past few years, and it’s not all about sex....sick kids, sick spouses, changing jobs...tons of everyday things we share. But when we are with one another, it’s like raw, animal chemistry mixed with a genuine affection for one another that neither of us can fight; believe me, I’ve tried. Our spouses don’t know and never will; we agreed to that years ago. We have and will hurt no one. We would never interfere with or hurt each other’s lives; there are boundaries we do not cross (getting too close to the other’s family, for example) and we have an agreement that no one will ever know about us. We have the best of all worlds: happy home lives and wonderful little interludes with one another.”*

—Leigh, married 15 years, 1 child





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President Bill Clinton's mind-boggling obtuseness, observed by the nation as he negotiated the Monica Lewinsky scandal, provided the original inspiration for this book.

My sincere gratitude and appreciation go to the hundreds of kind, thoughtful, brave and articulate people who shared their personal stories with me and made this book possible.

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But the true and tender dedication of this book is to R. I will always have a grateful heart.



## FOREWORD

*ARE YOU OUT OF YOUR MIND?* Here you are, standing alone in the Psychology aisle of your local bookstore, obviously reading this with great interest. What are you going to say when your neighbor, kid in tow, ambles over from the Children's Book Section? Nothing comes to mind, does it? How long would it be before word got back to your spouse that you were thumbing through this? Three days? One day? As soon as your neighbor can get to the cell phone? Face it: We're talking dangerous stuff here.

Walk this over to History or, better yet, Computers. If you see someone out of the corner of your eye, shake your head slightly in bewilderment, shelve this book and pick up another.

Okay. Have you thought of how you're going to pay for this book? Unless you buy at least half a dozen books a month from this particular store, a credit card is out of the question.

*Spouse: I see you were at Barnes & Noble last month. Did you get that new John Grisham novel and hide it from me so that you could read it yourself first?*

*You: Duh.*

You should probably purchase this from a store that isn't someplace where you know the salespeople or where anyone in your community would normally go. Pay cash. And while you're at it, buy a copy of a book of approximately the same size, so that you can put on a different book jacket. Choose a book that everyone, including you, has already read, so it will look like you're behind the times and no one will ask what you're reading, if it's good, etc.; something like *I'm OK, You're OK*. Don't just steal a book cover off another book. It's criminal, and you're going to have more than your share of moral and ethical issues to face without considering your relationship to the bookstore or the local magistrate. Furthermore, since you're thinking of taking a dangerous voyage, this is not, psychologically, a good time to cut corners.

Oh, you're not *in* a bookstore right now? Think you're safely cruising the Internet? Do you know how to dump your browser

cache? Block cookies? You don't want to be leaving footprints all over cyberspace, do you? Obviously, once you've keyed the "purchase" icon, and checked out, you're also not going to be able to physically pick up this book, go to the register and pay cash, either.

*Spouse: You got a package from Amazon.com, today. Mind if I open it?*

*You: Duh.*

If you lack a safe delivery address, you'll need to have either a USPS or commercial mailbox. You'll also need an alternative path for financial transactions. You can use money orders—a payment method which is unfamiliar to most middle-class Americans—or a PayPal account. I know you've got free checking in your bank account, but fork over the extra few cents to Uncle Sam or set up an account with the PayPal billionaires and be grateful they perform these little services. You're going to need a good place to hide this book. Someplace neither your spouse nor the most curious of children will find.

If you have downloaded this book, (and I suspect that you will be the majority of my readers), much of what I have just described will not matter and you can breathe a *little* easier. Nevertheless, you will have to be mindful of where you place your Kindle, Nook or other eReader or tablet. You may also want to put the download in a library or subfolder that is not an obvious location and remember to take two steps: file it away *every* time you take a break from reading *and* remove it from your current reading file list.

You will need a quiet place to read without interruption. This book does not lend itself to being pulled out of your desk drawer at lunch time and read with one hand while you hold a dill pickle with the other.

We are going to be talking seriously from now on, because this is serious business.

Let's go.

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SKEEL





# Introduction

## *You Are Not Alone.*

I don't need to tell you that extramarital sex is pretty much universally condemned. I fully expect that the mere publication of this book will be considered by many to be morally reprehensible. No one in their right mind tries to seek public approval by telling people that they are contemplating, are in, or have had a clandestine extramarital affair. Extramarital affairs can be physically dangerous, financially ruinous and emotionally disastrous.

Yet in the face of this, in 2001, *The Journal of Family Psychology*, when summarizing earlier research, found that infidelity occurs in a reliable minority of American marriages and states that “estimates that between 20 and 25 percent of all Americans will have sex with someone other than their spouse while married” are *conservative*.<sup>1</sup> Marriage and family therapists consulted in the preparation of this book believe, without exception, that the actual numbers are *far* higher. They generally concur with the results of the Kinsey Report<sup>2</sup> which found far higher infidelity rates: 50-60% of middle and upper income males below the age of 60 admitted to having had an extramarital affair; the rate for women in the same group was 40-50%. Other studies provide statistics falling somewhere between these two sets of data. But no matter which numbers you accept as being the most accurate, we are talking in the tens of millions of people here. And extramarital affairs have *always* been with us in significant numbers.

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<sup>1</sup>Married with Infidelities, *New York Times*, June 30, 2011.

<sup>2</sup>Reinisch, June M., PhD., *Kinsey Institute New Report on Sex*, St. Martin's Press, 1991.

Such being the case, it is hard to accept that such a large part of our population are moral monsters. We all know of good friends, decent people, who suddenly separate and are soon seen in the company of someone whom we can obviously tell they did not just meet last week. Assuming that they haven't used their affair as a tool to publicly humiliate their spouse (a truly creepy act), our friends remain our friends.<sup>3</sup>

When it comes to the Rich and Famous, we have a *real* double standard. We participate vicariously in the peccadilloes of movie stars via tabloid newspapers and television shows. Elizabeth Taylor's notorious affair with the very married Richard Burton while she was married to Eddie Fisher (not to mention that she stole Fisher from his first wife, actress Debbie Reynolds) didn't hurt her appeal at the box office, her ability to market fragrances in later life or the star power she exerted on behalf of numerous charities. She is still remembered fondly, as is Ingrid Bergman, who returned triumphantly to Hollywood after being hounded out of the country for her adulterous affair with Roberto Rossellini. Without extramarital sex, most novelists and truckloads of screenwriters would be out of business and there would be no soap operas, period.

But when it comes to dealing with our own selves and our struggles with our own desires and needs, the seers of the Legitimate World turn their backs to us. The psychology sections of book stores are filled with titles that deal with how to save, revive, reinvigorate, maintain the romance and passion in and otherwise strengthen marriage. A very large subset of these discusses how to prevent affairs from happening or repair a marriage after their revelation. (If you want to become an armchair therapist and expert on the subject, I've included an Appendix which contains an extensive but not exhaustive list. We'll have more than a few things to say about them later). Right along side of those books, albeit substantially fewer in number, are others on how to have a successful,

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<sup>3</sup>Incidentally, a TIME/CNN poll which came out in August of 1998, indicated that women were more forgiving of their women friends who cheat than they were of men, based on the principle that "they wouldn't have done it unless they were provoked." Hmmm.

prosperous, healing, liberating, ennobling and happiness-producing divorce. It is a rare book indeed that deals with an extramarital affair as anything other than a dangerous animal to be hunted down and destroyed as a threat to the institution of marriage, a failure of character, or a bad way of acting out some difficulty that could be better handled by therapy or litigation (which most of these authors, incidentally, dispense for a living).

No one is going to say publicly that they make money off of the more generous and festive aspects of other people's extramarital affairs. Yet they do and we respect and patronize these most glamorous of names: Cartier, Tiffany, Chanel, Dom Perignon, etc. Contrary to the images that jewelers, perfumers and furriers like to project about being there so that you can give your spouse a special anniversary gift, most would go bankrupt if the entire population became suddenly faithful.

What's going on? Why is there such a large gap between what we say and what we do? Why are such great risks being taken? Although it would be a little precious to say that there is a unique reason for each person, it would also be in error to claim that, at bottom, it is purely psychopathology. Extramarital affairs are *not* aberrations; they are part and parcel of our evolutionary biology, the development of our civilization and the most noble and beautiful creations of human thought.<sup>4</sup>

Extramarital affairs often fulfill real emotional needs; needs that are universal and of such strength and durability as to make millions of married people willing to put their reputations, relationships and personal fortunes at risk. When properly managed, an extramarital affair can be one of the keys that unlock the door to personal discovery, spiritual enrichment and a happier and more fulfilling life. Handled improperly, it can be the destructive, ugly disaster for which it is far better known. The path *you* follow is up to you.

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<sup>4</sup>Although there are many aspects of this book that are almost universal in their applicability, we won't be addressing GLBT relationships here. They are beyond the scope of this book and my expertise.

# A short note to the wife who has picked up this book because she suspects that her husband may be contemplating or has already entered into an extramarital affair

The vast majority of self-help books, with the exception of those related to careers, computers, investing or improving your golf swing, are purchased by women. So, although I expect that a fair proportion of those expecting to use this book for its intended purpose may be women, I would not be surprised if a large percentage of those reading this book (and maybe even purchasing it) fall into your category. The title alone may fill you with trepidation. As discussed elsewhere in this book, men and women often approach affairs very differently: for men, the affair is often *predominantly* about the physical aspects of sex; for women, it is *primarily* the emotional intimacy that provides the satisfaction and exhilaration that come from an affair. The betrayal that you probably fear most is an emotional one; you would likely more easily forgive an anonymous, drunken hour with a prostitute than you would a dozen intimate dinners with an attractive, articulate woman with whom your husband only held hands and nuzzled.

But let's start off with two very basic questions: a. *Why do you want to know?* and b. *What difference will it make to you*

*if you do know?* I realize these questions sound amazingly stupid. I assure you that they are not.

Let's say, for a moment, that you no longer love your husband. If knowing will determine whether or not you wish to divorce your spouse, it is information you don't need; the application of "no-fault" in most jurisdictions makes it unnecessary to allege a particular violation of the marital vows in order to have standing to obtain a divorce. You may have already decided to divorce your spouse and believe that "getting the goods" on him may get you a fatter settlement? Be careful. To the extent that you humiliate him publicly, it may negatively impact his ability to continue to earn a living at the same level or advance his career and thereby deprive you of the opportunity to collect a bigger property settlement now or greater alimony in the future. Do you want to know because you are jealous of him and want to tell your children, family, friends, etc. who seem to have an inordinate amount of love and respect for him that he doesn't deserve it? Who do you think will be harmed more by this mean-spirited act?

Okay. That exercise is over. You love your husband dearly; you are afraid that, even though he loves you, his passion for you has faded and that he is on the verge of looking for another woman to satisfy his desires. Do you crave reassurance of his fidelity? It can never be satisfied, because although he may be faithful today, tomorrow will have its own dynamic. And you will have established a pattern of secretly investigating your spouse—behavior that is not conducive to generating emotional intimacy on the part of either partner. If your fear is confirmed, notwithstanding your belief that it is "better to know," it will only make you more miserable than you feel right now.

*Most hurt partners...have a knack of going after information that will make them suffer. "Do you still think about her?" "Did you enjoy sex with her more than me?..."—these are the sorts of self-destructive questions that only drive the knife in deeper. What's the point?*<sup>5</sup>

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<sup>5</sup>Spring, Janice Abrahms, Ph.D., *After the Affair*, HarperCollins, 1996, p.179.

The other side of the coin of uncertain fear is hope. The other side of the coin of hard knowledge is dread. If you did learn about an affair, how do you think you would react? Would it crush your spirit irremediably? Would you be so obsessed with the affair and your husband's lover that you would be unable to focus on what went wrong in your relationship and the steps you would need to take to fix it?<sup>6</sup> Be honest. If you feel yourself nodding "yes," do your best to just let go.

There's another, equally important factor to consider. You don't know the status of the affair. It might well be winding down or falling apart for reasons completely unrelated to you. If you confront your spouse, he may feel cornered and defensive. Suddenly, he is put into the position of having to choose between you and his lover and your intrusive behavior will not make you seem a more attractive choice. You may well snatch defeat from the jaws of victory.

The controversial and recently-abandoned policy relating to service of gays in the military, regardless of what you think of it, provides the best advice for those wondering about a straying partner: 1. Don't investigate. 2. Don't ask. and 3. (for the possibly straying spouse) Don't tell. This advice notwithstanding, you may still want to look at what will happen to you, your husband and your marriage when you confront your spouse with your concerns, suspicions or accusations. All right, then. We discuss the whole issue of disclosure in Chapter 24, *Dealing With Discovery*. Still, I would hope that you can see this issue for what it is: a futile exercise that will only help you make yourself feel more miserable than you already do.

It is true that *some* men crave and are fascinated by variety and there isn't a heck of a lot that you can do about that. This does not mean, however, that you are condemned to sit idly, worrying and waiting with the extramarital Sword of Damocles hanging over your head. Most men, though filled with sexual longings, are not born womanizers. Unlike the vast majority of women who have affairs and are emotionally torn, a significant percentage of men who have affairs are really satisfied with and *don't* want to leave their wives (as

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<sup>6</sup>*Ibid.*, p. 250.

their angst-ridden, unmarried girlfriends will attest). Let's assume that your marriage is, as far as you can tell, generally *not* a basket case: you and he work as a team; your home doesn't seethe with hostility; you have a few laughs or share a conspiratorial smile in public now and then. With only a little self-discipline, you can greatly reduce the odds of an affair's destructive force. You only need the will to do it.

What will help? The rise of TV shows like Oprah and Dr. Phil, blunt discussions in women's magazines, reality programming and the internet have all made such topics somewhat easier to talk about. So you probably already know that a commitment to becoming an adept and enthusiastic practitioner of oral sex and to gaining or regaining tone and control over your P-C muscles is a great way to start. There are lots of books and almost every issue of *Redbook* or *Cosmo* to tell you how to perform these two tasks admirably. If it's that simple, why is it so difficult? The problem is that, like weight loss, most people are more comfortable ruminating and making only half-hearted attempts than in really taking action. You may also feel that, since it's not your "fault" that your husband may be tempted to find sexual gratification elsewhere, it's not your obligation to make it right. If you just want to feel justified for fretting that your groom is or may become a lying weasel, that is up to you. If you really want to try to reduce the odds of an affair, undertake action cheerfully and without martyrdom. Remember, you are working for *your* health, happiness and peace of mind and not just what you think is best for him. You will feel better about your husband, your relationship *and* yourself. Good luck to you.





**PART I**

# **Putting Affairs in Their Proper Perspective**