
RELATIONSHIPS

Reasoning it out

The feeling of betrayal is painful. SAVIA RAJAGOPAL tells you how to overcome the torment of being cheated upon if you want to save the relationship

Whether it's just a case of succumbing to desire in a moment of weakness, or a serious affair on the side, cheating can be a devastating experience, especially for women. Dr. Sharita Shah, consultant woman and child psychiatrist, explains, "The more a woman is emotionally involved, the more intense are the reactions on finding out that she has been cheated upon." Overcoming cheating is an arduous task for any woman, especially if she's interested in continuing a relationship with her wandering minstrel.

THE BIG CONFESSION...

You could view this as complete honesty or the fear of being found out, on the part of your man. Dr. Shah states, "If a man confesses, then his partner may find it as a rude shock. How and when he tells her also makes a difference." Jahnvi Krishnan, journalist, shares her experience. "Initially I was in a state of complete disbelief, followed by blinding rage! I think it's better to find out. When a man confesses, you find excuses, thinking he was at least honest about it." Providing a different perspective, Seema Hingorrany, clinical psychologist and psychotherapist explains, "When a man confesses, he can offer an explanation and the woman feels psychologically better and more in control, as opposed to when she finds out from a third party."

FINDING OUT...

No woman likes to find out that her man has been painting the town red especially when she's been dreaming about a house with white picket fence, kids and a dog! Dr. Shah elaborates, "Probing and finding concrete evidence of cheating is very painful. Confronting her partner can be very difficult and enraging." Sangamitra Gupta, 25, confides, "If he confesses, that shows some honesty and leaves a window for trusting that person again. I felt completely numb when I found that my boyfriend was cheating on me. Even though we are back together now, I still break down at the thought."

OVERCOMING CHEATING...

There are no miraculous cures to overcome being cheated upon. However, here are some suggestions that might help...

Avoid the blame game:

Pointing fingers at each other doesn't help. Nor does selfblame. Explains Hingorrany, "The most common reaction is self-blame. The woman often feels that she has not been able to fulfill the emotional and physical needs of her partner, which may be untrue." You should also know that some men just cheat!

Details:

How much is too much? Do you really want to know the torrid details of your partner's fling?

Some women want to know all the details, whereas others would rather not know the intricacies. Whatever your choice, be prepared to deal with consequences either way.

Deal with underlying issues:

Talking openly about both your concerns and expectations can clear the air. One also needs to examine whether the relationship is incomplete in any way. '

Her':

Many women inadvertently compare themselves to the outsider in the relationship. 'Is she prettier than me? Is she sexy?' are often asked questions. Many men complain that their partners don't really 'listen' to them.

Be cautious:

Hingorrany advises that all women should be mentally prepared about the possibility of her partner cheating. Dr. Shah however, warns against the tendency to constantly nag. She reiterates that being over suspicious can only be detrimental to the relationship.

Rebuild trust:

The toughest of challenges. It doesn't happen overnight and you need tons of patience. It's important to set ground rules as to what each partner expects from the relationship.

GUY TALK

' It depends on how serious I am about the girl. If I really care about her and am in a serious 'relationship, then I would definitely own up, as the guilt would be overwhelming. If it's just casual, I don't think I would let her know.

Apurva Shah, 23, Management student

