

# Dating Advice: 7 Signs of Cheating You Need to Know



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Being cheated on is like having your heart ripped to shreds, and it's nowhere near enjoyable. In order to know your partner is cheating, you don't need to catch them red-handed. There are signs you can look for that are very telling. Most people tend to ignore these signs, as well as other [dating advice](#) that could actually help. We don't agree that's the best way to handle things.

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# signs of cheating you should be aware of:

**1. He suddenly needs privacy:** If you've been with someone long enough, you pretty much know that person's behavior and habits. One sign your partner could be cheating is a sudden need for privacy (hiding out in the bathroom with their phone, always staying late at work, going into another room when the phone rings, etc.). If you see any of that happening, it's time to look into things.

**2. Loss of interest:** Another sign of cheating is his loss of interest in you. His quality time with you has lessened, and he often seems pretty bored or distracted when he's around you. Plus, he's not paying attention to you from a conversational or physical perspective.

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**3. He's secretive with his phone:** Now, this may not exactly be a sign, but it can bring suspicion, especially if he didn't used to act this way. If your partner always shields his phone from your view, or he always positions his body to where you can't see the screen, then he may be cheating.

**4. Picks fights for no reason:** This can also be a reason for thinking your partner may be cheating. If your partner is always on edge and starting fights with you for no reason, they may be taking their guilt about the situation out on you.

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**5. Accusations:** The main sign of a cheater is when your partner constantly accuses you of cheating, when you haven't changed how you're acting at all. This is because they have

guilt built up inside of them, and they'd rather you take the blame than having you catching them for whatever they're doing.

**6. Transformation:** Another sign is if your partner has developed a new "interest" in how he looks. If he changes his entire appearance from the way he dresses to the way he smells, he may be cheating. This is because he could be shaping his image to fit someone else's.

**7. Trust your gut:** Just because you *feel* that someone is cheating on you doesn't mean you should accuse them right away. It is a good idea to trust your gut instinct, though, as most times it's right. Proceed with caution.

**What are other ways to know if someone may be cheating on you? Share your thoughts below!**