

Relationship Advice: Signs Your Partner May Be Cheating

By Paige Jirsa

As painful as the truth may be, there are clear signs of infidelity that shouldn't be ignored. You may have noticed some different behaviors or strange changes in your partner lately; at first, you may have chalked it up to them having a bad day at work, but now their actions are really starting to affect you and your relationship.

If you notice any of these cheating signs, it may be time to investigate further.

1. Suddenly Secret

If your partner suddenly changes the passwords on their devices, doesn't let you use their phone, and seems jumpy when you ask them about their day and whereabouts, this could be a sign that they are cheating. Your partner may be trying to hide text messages and probably feels nervous when you ask about their day because they don't want to get caught in a lie.

2. Changes in Intimacy

One night of not being in the mood isn't a red flag, but weeks of receiving the cold shoulder in bed is cause for concern. Your partner may be too occupied with their cheating partner that they don't want sex when they come home, or they may have contracted an STD and don't want to pass it on to you. If you have recently contracted an STD, this is a very obvious sign that your partner was unfaithful; you should get [checked](#)

immediately.

3. They Start Mistreating You

If your partner suddenly becomes more critical and negative towards you, this may be a sign that they are cheating. They are subconsciously trying to justify their bad behavior, so they point the finger at you to make it your fault in their mind. They may also seem more distant or act withdrawn from the relationship.

4. Missing Money

If there are unexplained withdrawals or expenses coming out of your account, or your partner comes up short on bills and asks you for money, this may be a sign that they are splurging on another person. They may be spending money to take the other person on dates or to go see them far away. This also ties in to unexplained, out of the blue “business trips” that your partner may have started going on. Most companies pay for employees to travel, so excessive expenses while your partner is away may indicate that they are having a long-distance affair.

5. Improved Appearance

If your partner goes from sweatpants to snappy suits, you may want to start asking questions. While this may not seem like a red flag, most people don't drastically change their appearance unless they are trying to impress someone. If your partner starts dressing up and going to the gym along with any of these other signs, take it as a clear indication that something is off. If they dress up and take you on a date, they may truly be trying to impress you to liven up the relationship. If they change their appearance and start going out without you, it's time to investigate!

Paige Jirsa work with [STD Testing Facilities](#), which provides users same-day STD testing in a discrete and proficient

manner.