

# Celebrity News: Tori Spelling Says It's 'Hard to Be Monogamous' Years After Dean McDermott's Affair



By [Mara Miller](#)

In [celebrity news](#), Tori Spelling dished about her [celebrity marriage](#) with Dean McDermott, according to *UsMagazine.com*. Spelling spoke candidly about staying faithful for the five years after her husband had an affair. "The reality is that you're two people. I feel like humans, instinctively, it's really hard to be monogamous because you're always changing," Spelling said on McDermott's "Daddy Issues" podcast released on Monday, June 17. "And if you're

not on the same page, you have to try to change again, and evolve and be on the same page.”

## In celebrity news, Tori Spelling admits that being monogamous isn't easy. What are some ways to resist the temptation to cheat?

### Cupid's Advice:

Spelling is right—humans find it difficult to stay monogamous because it is in our nature even though we may not want to admit it. It's normal to wonder *what-if...*but isn't worth the heartache that can follow a break-up or divorce because you cheated. Cupid has advice on ways to resist temptation and stay faithful to your partner:

**1. Think about the consequences:** You have to ask yourself if cheating is *worth* the heartache and drama that will follow if your spouse finds out. Do you want to risk ruining a solid relationship because you can't resist that cute coworker? To hurt your kids if your spouse can't forgive you when they find out?

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**2. Refocus on your relationship:** Try putting lusty energy back into your relationship where it belongs rather than focusing on your crush. If you feel like the romance is dying down, talk to your partner about it. Even though it might hurt...think about being honest about your temptation to cheat. An open-honesty policy with your partner will help you work through tough times. Try dating again by experimenting with [date ideas](#) or picking up a new hobby together. You might be surprised by

how much your love with your partner grows after you start putting aside more time to spend with them.

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**3. Take any developing crushes seriously:** We've all done it. A funny ha-ha, "I think that guy from high school is hotter than when we were teens." Today it's much easier to find someone you could have a connection with outside of work or your usual circle of friends. Social media affects 50% of relationships in a negative way. It's easy to hop into someone's DM's for a conversation that can lead to something else. When you start to realize this might be happening, it might be better to end communication so the temptation does not become something more if they ask you out for coffee.

**What are some other ways to resist the temptation of cheating?  
Let us know in the comments below!**