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Why Do People Cheat On People They Love?

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Whether it's an emotional affair or a physical one, cheating can be devastating to a relationship. But why do people cheat on their partners even if they love them?

This question has been debated for centuries, and the answers could be complex and varied.

According to experts, here are reasons why people cheat on the people they love:

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It's because of boredom

Though this might sound like a lame excuse for something as shattering as cheating on your partner, this is *often* the simple reason—boredom.

Boredom is the emotion that underlies the cheater who says they slept with someone other than their partner because they:

- *“Want to feel alive again.”*
- *“Need excitement in their life.”*
- *“Want to feel young.”*

Sex is exhilarating. There is no doubt about it. But sex with a new person is *rarely* boring. Even the anticipation is exciting (and is often even better than the actual act). It is like a drug.

If you have no idea what went wrong and why your partner cheated, you might just be dealing with someone *immature* enough to ruin a loving marriage or relationship because things got a little *dull*, and the *mundanity* of life got the best of them.

Because love is not always what they are after— they want lust

Many people love their partners, but they *don't* lust after them. People that have a *strong* desire for lusty, wild sex in their life usually don't find that with their long-term partner.

They need to go *outside* of the marriage or partnership for that. Long-term relationships have many great benefits, but doing it the *first time* or the *thrill* of sneaking around is *not* on that list.

How can these partners engage in such dirty behavior while their partner sits home alone? They justify their cheating by telling themselves that the lusty sexual liaison *didn't* mean anything.

It might be true. Perhaps those rendezvous might *not* mean anything to the cheater. But it always means a lot to the partner who finds out about that transgression and breaks their heart.

In these types of cases, the goal of the cheater is to keep it secret, and **what they don't know won't hurt them.**

They need a deeper emotional connection

Just because you love your partner does not mean that you have a deep emotional connection to that partner.

Sometimes you love your partner because you have a shared past, raised children together, and shared life. However, that does *not* mean that your current partner is anything close to a soulmate.

If a partnered person develops a *deep* emotional connection with a third party, that can be *dangerous*.

If there is any sexual energy between those two people, **cheating is a very common result.** Those two people did not start out looking for an affair, but that is the result.

If a person does *not* have a deep emotional connection with their partner, that relationship is at *risk* of being destroyed or heartbreakingly interrupted by an affair.

People need to feel emotionally connected, and for whatever reason, our emotions seem to be connected to our loins.