

YOUR TIME

FASHION

FOOD

PARENTING

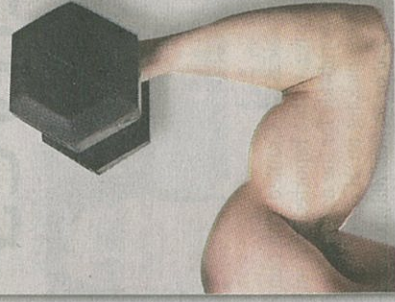
FITNESS



NEWS YOU CAN USE

8 SIGNS TO WATCH FOR

- 1 Unexplained spending
- 2 Claims he's working late or away on business
- 3 Sudden interest in his own appearance
- 4 Changes in intimacy
- 5 Often touchy or moody
- 6 Evasive or defensive when questioned
- 7 Secretive about email and computer use
- 8 Secretive about mobile phone use



IS YOUR MAN HAVING AN AFFAIR?

Women should listen to their instincts, says KAMAHL COGDON

CALL it women's intuition or a gut feeling, but this powerful sense can be a female's best tool for catching out a cheating partner.

Relationship expert Meredith Brown says women should listen to their instincts if they feel something's just not right in their love life.

"At the most basic level, most of us can pick up and sense that something is different within our relationship and with the connection with our partner," the LifeWorks counselling services manager says.

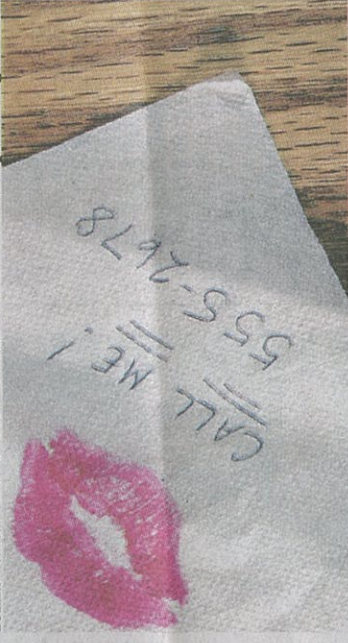
"It is an intangible but usually pretty powerful intuition."

But Relationships Australia psychologist Danielle Ollington says revelations of an affair come as a shock to many women.

"Women often haven't seen any obvious signs and often report feeling stupid for not knowing or suspecting," she says.

Ollington says it is sometimes only on reflection that they see prob-

lems that have left their



relationship vulnerable to infidelity, such as emotional distance and lack of physical intimacy.

The experts agree it is a good idea to talk to your partner if you suspect a dalliance and to seek counselling if your fears are confirmed.

So what are the tell-tale signs your man is having an affair?

HE claims he's working late or going away on business more often. Ollington says he might also stop asking you to accompany him to work functions and try to stop you coming into contact with mates who know about the affair.

HE starts spending more

time and money on his appearance and improves his wardrobe. He might take out a gym membership. HE is less loving towards you. There might be a lack of cuddles or rituals you previously enjoyed as a couple, Ollington says. But Brown says a cheater can often be more interested in sex with his partner. HE becomes moody. "Con-

ducting an affair can be a tumultuous activity," Brown says. The emotional turmoil and fear of being caught out can often result in a detectable change in mood, tiredness, a short temper and sometimes even depression.

HE might be secretive about his email account, eliminate browser histories or use "private browsing" settings on his PC and spend a lot of time online at night.

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