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What happened to the SBA? Over the past several years, the SBA's budget, staff and employee morale have been cut in half. Investigations by the SBA's Office of Advocacy and the Office of Government Accountability found that billions in federal contracts awarded to some of the largest corporations in the world were reported as small-business awards. A report by the Office of Advocacy found that the SBA had completely failed to ensure that bundled contracts were broken up to give legitimate small businesses their fair share. How did an agency established to assist small businesses come to this? Somewhere along the way, the true mission of the SBA was hijacked by bureaucrats and politicians. Now the future of the SBA is in jeopardy, as more information comes out that major defense contractors like Northrop-Grumman and General Dynamics are the actual recipients of billions in federal small-business contracts. More people cheat than you might imagine. Here are the numbers. Share on Pinterest HOWLStocky United Cheating in relationships is common in the United States among all age groups. The internet makes this phenomenon easier than ever, expanding opportunities for different types of cheating. And getting caught. If you've cheated on your partner or been cheated on, you're not alone. It's a tale as old as time and you can take heart: folks on both sides of infidelity can heal. A 2010 research article suggests that finding accurate statistics on infidelity may be problematic for several reasons, including: Not everyone defines cheating in the same way. Does flirting count? What about virtual affairs? Infidelity in LGBTQ+ communities has not been well-studied or reported. Here's what we do know about the prevalence of cheating. A 2021 survey by Health Testing Centers polled 441 people and reported: a little over 46% of respondents in a monogamous relationship said they had affairs; nearly 24% of marriages affected by infidelity reported staying together; 47.5% of relationships affected by cheating said they established and enforced new relationship rules, such as sharing phone passwords, to minimize the likelihood of more affairs. Research in 2020 analyzed data on infidelity in marriage from 1991 to 2018 by the General Social Survey (GSS). The most recent data on extramarital sex within demographic groups was unpacked, and the numbers are interesting. It's possible that the pandemic may have influenced an increase in virtual or online infidelity. A 2020 research article reports that a dating site for married people had an increase in 1,500 new members per day compared to 2019. Researchers speculate that increased internet use and marital tensions under lockdown might account for this statistic. As common as infidelity is, it often feels personal. What actually is an affair? Infidelity is sexual or emotional activity outside agreed-upon relationship boundaries. An affair can be a sexual activity but isn't necessarily. Sometimes it's hugging and kissing. Sometimes it's not even that. According to LuAnn Oliver, a couples therapist licensed in Virginia, affairs can include: a one-night stand; compulsive sexual behavior; emotional infidelity; strongly desiring a particular someone else (coveting); desiring your existing mate or someone else; online flirtation or sexting. Why do people cheat? A 2021 study used machine learning algorithms to find factors predicting infidelity. Some top predictors in cheating were: Online cheating; interest in trying specific sexual activities never achieved with their partner (anal sex); longer relationship length; solitary desire (personal sexual desire); in-person cheating; low relationship satisfaction; low romantic love; solitary desire (personal sexual desire). Sometimes people cheat for revenge or attention. Other times, folks cheat when their inhibitions are lowered while under the influence of a substance. Relationship expert Esther Perel believes people cheat to transform regret, or to express a new identity, according to this Atlantic article she penned. Romantic ideals and the concept of self-fulfillment can also affect modern infidelity. Oliver, a certified emotionally focused therapist (EFT) has seen "people underestimate what it takes to have a stable, meaningful, connected, long-term relationship." It's easy for folks to avoid talking with their partner about what they really need for intimacy. Oliver describes this common pattern: "You begin chatting with a colleague; the reward center in the brain lights up. One thing leads to another." How likely is someone to get away with it? Of the participants reporting infidelity to Health Testing Centers, about 22% never communicated the relationship to their partners. Still, an affair can be discovered. In the 50s, this involved searching coat pockets for romantic restaurant matchboxes or receipts for gifts. Today, phones can be treasure troves of easy access and sometimes graphic information. Another way people get caught is by contracting an STI — 53% of those who get a sexually transmitted infection by cheating communicated their infidelity. Oliver says couples tend to visit her in therapy once the affair is over. She adds that cheating affects both partners negatively, creating stress and upheaval, but at different times. For the one being cheated on: If you feel betrayed, the period post-affair can be a low point — particularly if you discover the cheating after a long period of lying. Oliver says, if the partner who cheated discloses the infidelity by choice, sharing it honestly, Oliver says she's seen couples recover much faster. You may find yourself questioning your identity, even if the affair wasn't about you. For the one cheating: If you've cheated and talked to your partner about it, you may feel more relief. You may feel more atonement than regret. But this could be salt in a wound to your partner. You might find it beneficial to the relationship to stay open to questions and concerns, even after you've ended the affair and moved on emotionally. Moving forward, it may be good to set expectations of what infidelity means for you both. Whether you've had an affair yourself, or have been cheated on, you're not alone. And healing is possible. "Couples can and do recover from affairs," says Oliver. "Many, many have, and many, many will. Once the affair is over, they can dig into what they've been neglecting. It's important not to feel shame for staying in a relationship after an affair." While consciously rebuilding trust works for some married couples, "divorce, also, isn't the end of the world," Oliver says. "For some, it can be a doorway into new opportunities." A lot of relationships are haunted by the fact that their partners could be cheating on them. Some of them may purely rely on suspicions while some are simply paranoid. Some may trust their partners so much that they only leave the idea at the back of their heads and not entertain the situation. Even if we are in a very happy relationship, we must not deny that having a cheating partner is still a possibility. In case your suspicions start to grow then the following tips can be helpful for you. Here are a few tips on how to tell if someone is cheating on you. Scroll down to continue reading article. Scroll down to continue reading article. Scroll down to continue reading article. Scroll down to continue reading article. Also, you might want to consider the following points: Scroll down to continue reading article. Scroll down to continue reading article. Trust your instincts. If you have a history of being paranoid all the time or are dealing with a lot of insecurities then this advice isn't for you. But in any other case, your suspicion will not just fall on your lap unless your partner shows signs or suggests being unfaithful on his/her part. Listen deep inside your heart and start looking for evidences to prove your suspicion. If you can tell that there is already an emotional distance between you two then it can be possible that your boyfriend or girlfriend is cheating on you. An emotional distance is when things are no longer the same as they used to be, when you both started dating. For example, if your husband always expects you to massage him before going to sleep or he asks you to cook him his favorite meal on Friday dinners but lately he no longer asks for it then that could be something suspicious. When your partner no longer has enough time for you despite not being promoted at work or no new avenues such as a new business or a new hobby then that could be another sign that he/she could be cheating on you. Keep in mind that when this relationship started, both of you were around each other all the time and changing that part means something has changed. When your partner no longer wants to experience a special moment in his life with you then that means something fishy. For example, if it is your couple's dream to travel in Europe but when your partner finally got the chance to do so yet is not considering having you but instead travels with friends then that might mean that your growing suspicions are indeed true. If your partner ditches you or avoids spending time with you but instead lets you spend your free time with other people is another sign that he or she could be cheating on you. The rationalization of this scenario is that "if you can get to spend time with other people then it would be okay for me to hang around with other people as well". It is a play-safe strategy to cover up for infidelity in case he or she gets caught hanging around with the person they're cheating with. People who are constantly checking on their phones or someone who panics whenever someone calls them or receive a text message when their partner is around is most likely cheating on their partner. If you have nothing to worry about then you should feel secure if your partner checks on your phone. You should never be afraid to let your partner scroll through your inbox or phonebook if you aren't doing anything that could upset him or her. If he or she used to be a mushy person who used to constantly remind you of their love for you but all of a sudden stopped being cheesy with you anymore, it's also another sign of infidelity. Even if this could fall under the 2nd tip mentioned, it is specified because not all people have this aspect of their personality and this could make a partner easily detect cheating. Cheating can drain your partner's emotional and physical energy because they spend a lot of time dealing with fear of being caught and clearing evidences that can prove their infidelity. If you can notice that your partner is frequently tired and exhausted even if all he/she did is a regular day's work then that could possibly be because he or she has been cheating on you. Knowing that your partner has been going out a lot lately and having fun with a new found friend that hasn't been introduced to you yet is also another sign. Once that newfound friend has been confirmed to be someone of the opposite sex then it is time to keep a watchful eye on your partner. Another tip in order to tell if someone is cheating on you is when they turn the tables on you accusing you of infidelity even if you are doing nothing and are totally innocent. This is a defensive mechanism for a cheater so that the spotlight will be taken away from him or her and the focus will be on the partner. If that person will be very hysterical even with just a very small yet unreliable evidence for his or her suspicion then that could mean the other way around. Infidelity is one of the biggest reasons out there why relationships fail. However, if you are just relying on suspicion towards your partner, then you might as well get some evidence before you accuse him of cheating. Trust is a major factor in a relationship and if you mistakenly accused him or her of something that he or she didn't commit, then that goes to show that you do not fully trust your partner, yet. Gather concrete evidence or witness the act of infidelity yourself. The tips mentioned above will only support your suspicions but they do not do anything towards getting above any evidence or proof of your partner's cheating ways. Do not get carried away by your suspicions. Evidence and proof will further cement a conclusion and not suspicions. Do not stain your relationship by putting down judgment based on an unproven suspicion. Scroll down to continue reading article. Scroll down to continue reading article.

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