

## An Explosive Foreword by Zelda West-Meads For The Book “Caught In The Act”

This book is about the world’s most dangerous activity: affairs. Affairs can be passionate, heady, exciting and romantic. They can make you feel on top of the world, but one thing is certain in that eternal triangle, somebody, somewhere, somehow, is going to get hurt.

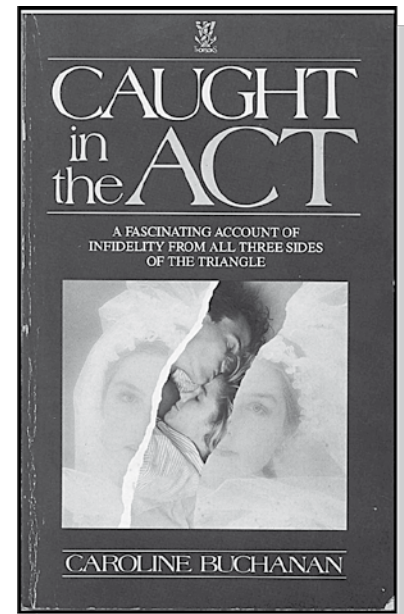
In Caroline Buchanan’s fascinating interviews with 200 husbands, wives, lovers and mistresses, one thing that emerges again and again alongside the ecstasy, is the pain. The agony of discovering that your husband or wife has been unfaithful or that your lover or mistress has abandoned you and returned to their spouse is a recurrent theme.

The people I see in counselling are just like the people in this book who ask: ‘Why did he have an affair?’ ‘How could she betray me?’ ‘How can I bear the thought that he has touched/caressed/kissed/made love with someone else?’ ‘How could she share with someone else something that I thought was personal to our marriage?’ ‘Was she better in bed than me?’ ‘Can I ever trust him again?’ ‘How could she do this if she really loved me?’ Or: ‘How can he stay with his wife when he promised me she meant nothing to him and he would leave her?’ All these thoughts and many more cause deep pain and hurt.

More women than ever are now having affairs. Research shows that at least 60 per cent of men and 40 per cent of women are cheating on their partners, yet most people go into marriage expecting faithfulness.

Why are women encroaching more and more on what has traditionally been seen as a male prerogative? I think it is because women’s expectations of men have never been higher. They want a man who is a good husband, lover, father and best friend, and, if their partner does not fulfill these requirements many women seek alternatives. Contraception has given women more freedom; and with more equality and more women working, the opportunities to be unfaithful are greatly increased. But somehow men often think it is other people’s wives who have affairs and not their own!

As long as there is marriage, there will be affairs. What this book shows so clearly is that, while an affair may be initially exciting, people should not underestimate the risk they are taking. There are many people who thought they could handle both an affair and a marriage, only to find they got badly burnt, as Caroline Buchanan’s book reveals only too well.



*Zelda West-Meads has been a marriage counsellor and sex therapist for 15 years. She has run counselling programmes and phone-ins on LBC and Radio Oxford, and is currently in charge of Public Relations for RELATE National Marriage Guidance.*

*(Sourced by S. Balarajah)*

