

Learn The Truth About Your Relationship

**A guide to finding the truth when cheating and infidelity are
suspected in your relationship**

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Am I Crazy?

It is called a sneaking suspicion because it sneaks up on you constantly. You are never completely at ease. Every time your significant other gets a text, you wonder who it's from. What about that other guy or girl you've seen them with? Are they really "just friends?" You can't get a hold of your fiancé at certain times of the day. What is she or he up to? Why do you get hang up calls? You are up all night, and you can't sleep. Your thoughts are running wild. You can't stop thinking about all these disturbing circumstances. You're not crazy, just human. When we have doubts, we just want to hear the news. Tell it to me straight, we say. But no matter what response we get, we still wonder if we really know the truth. When you suspect infidelity, it is only natural that your head and your heart will give you mixed signals. The evidence you have may seem convincing, yet may turn out to be circumstantial. You may have no hard evidence, but a strong gut feeling that something is wrong. Add to this the confusing responses that you get from your partner, who may involve turning the tables on you and characterizing you as paranoid, and you are thoroughly stressed out. Some couples have turned to polygraph testing to help sort out the nagging questions they have. Polygraph testing bridges the gap between suspicion and certainty.

It's Human Nature

People have been seeking confirmation throughout history. When Ancient Hindus believed that someone was not being honest, they required the accused to chew a mouthful of rice and spit it out on a sacred leaf. If the rice became stuck in the person's mouth, he or she was branded a liar, as a dry mouth was thought to be a sign of dishonesty. Ancient people were on the right track, no matter how ridiculous their methods might appear. Primitive lie detection was faulty, but most techniques were founded on the valid assumption that lies can be detected via some sort of physiological reaction. Over time, equipment has been developed that can accurately assess whether or not a subject is being truthful. The polygraph, also known as the lie detector, has been in use since 1921. In its relatively short lifetime, the polygraph has garnered the respect of the law enforcement and intelligence agencies that routinely use the device to screen potential employees.

The Need to Know

In the public sector, polygraphs are frequently used to sort out relationship issues. A 2002 study indicated that 40% of married women and 60% of married men will be unfaithful at one point during their marriages. Many couples have turned to polygraph testing to answer lingering questions about infidelity. Howard Temple has been helping couples answer these questions for over 35 years and has many stories of polygraph testing allowing couples to get to the truth about suspected cheating. The following true stories, as told by Mr. Temple, will give you a perspective on how polygraph testing clarified highly-charged, confusing trust issues for three

different couples. There is a lesson in each story, if you make comparisons to your own situation and what action you may take.

Real Stories of Suspected Cheating and Polygraph Testing's Role in Resolving Doubts

The stories you are about to read are true; however, the names have been changed to protect the privacy of those involved.

She Must Have Done It

Take the case of Robert, who had a sneaking suspicion about his fiancée Shelly. The two had broken up at one stormy point in their relationship. During that break, Robert began dating another woman and was intimate with her. He had heard through the grapevine that Shelly had begun seeing someone new also. Fast forward a few months. Robert and Shelly had gotten back together and were just one month away from the altar. Robert began to feel that Shelly was not being totally honest with him.

You see, Robert admitted to Shelly that he had had sexual relations with the woman he dated while he and Shelly were on the outs. Shelly contended that while she dated another man during their time apart, she was not sexually involved with him. Despite Shelly's protests, Robert's gut told him that she was withholding the whole truth. If he had had a sexual relationship during their break, then hadn't Shelly probably engaged in some sexual contact as well? They had been apart for awhile; it was unlikely that Shelly hadn't had relations with her short-term boyfriend.

No matter how much she denied this suggestion, Robert remained convinced that Shelly was lying. Robert was in agony. "It's not the just the fact that she was with someone else. After all, we were apart for quite a while. It's not as if she were cheating. I think I could handle hearing that she slept with him. What I can't handle is that the woman I want to spend the rest of my life with can't just be honest with me. If she'd admit it, I could get over it. But the fact that she can't tell me the truth really has me distraught. What kind of marriage will we have if we can't go into it at least being honest with one another? I don't think I can go through with the marriage if I feel I'm being lied to," Robert told me when we first spoke.

It had taken him about 30 minutes to spill his guts. He started out the call speaking in riddles, when I finally asked him to level with me. "What is it you need to know, Robert?" I asked, knowing before he told me, that he wanted what we all want: peace of mind. My next question to him was very simple, "What are you going to do if she is telling you the truth and she didn't have a sexual relation during the breakup?"

Robert said, "I will never ever doubt her again. I will ask her to forgive me for the distrust I had in her. I will do whatever she wants me to do to make it up to her. However, if she is lying about it, I will forgive her anyway. I just need to know the truth."

“Have you asked her to take a polygraph test? Do you think she would agree to take one?” I asked.

“Yes, and she said she would do it any time that I wanted. She was a little angry with the idea, but she kind of understood that I needed this for closure,” Robert replied. He made an appointment for later in the week.

The appointment date came, and Robert and Shelly showed up a little early. I could hear them in the waiting room talking. Robert was begging Shelly, “Shelly, just tell me the truth. Tell me you slept with the guy. Come on, you can tell me. I promise not to be angry.”

Shelly replied, “You will see. I didn’t do anything with that guy.”

I brought them in, and we sat and talked. Robert kept insisting that Shelly must have had sex with that guy during the breakup. Shelly kept telling Robert she didn’t sleep with him. Shelly then turned to Robert and asked, “Should I tell you I slept with the guy just to get you to stop asking me the same questions over and over? Will that make you happy? Then I really will be lying to you.”

After about an hour or so of discussing the issues, I then began to develop a series of polygraph questions that were then reviewed with both Robert and Shelly. The purpose of the reviewing of the questions was to make sure that Robert was satisfied with the questions that were going to be asked of Shelly and that they covered his issues. For Shelly, the review of the questions was done to make sure that she understood the meaning of each question. At this point, both Robert and Shelly agreed that the questions that were formulated covered all of Robert’s issues completely. I asked Robert to step out and have a seat in the waiting room, where he could hear the entire process, but be out of Shelly’s sight. I explained that he needed to leave the room so as to not to be a distraction to Shelly during the test. Robert gave Shelly a kiss on the cheek and left to take a seat in the waiting room.

We were now ready for Shelly to submit to her polygraph test. Shelly was attached to the equipment, and she was given instructions on how to answer the questions, asked to breathe normally, and told to sit as still as possible during the procedure. I asked her if she had any questions before we began. She commented that she was very nervous and was afraid that because of her nervousness she would be called deceptive. I assured her she should not be concerned and that her nervousness would not be interpreted as deception. It took several minutes to complete Shelly’s polygraph test. As soon as I told Shelly that we were done, she breathed a sigh of relief.

Shelly turned to me and said, “Okay, let’s get Robert in here and tell him how I did.”

I detached the equipment from Shelly and asked Robert to come back into the room. The first thing he said was, “Sitting in the waiting room seemed like an eternity.” Then he quickly asked, “Well how did she do?”

Without a hesitation, Shelly turned to me and said, “Well, tell him before he explodes.” I turned to Shelly and Robert, who were now seated together in the office, and explained that Shelly’s test showed no indications of deception and that, in my opinion, Shelly had not been with any other man sexually during their breakup.

Robert went crazy with excitement. After a few moments, Robert turned to Shelly and said, “I am so sorry that I mistrusted you. Can you ever forgive me?”

Shelly replied, “You have a lot of groveling to do over dinner tonight. I hope you believe in me now.” She then gave Robert a kiss and commented to me, “I do understand his doubts. I know he really needed this because of what *he* did during the breakup.”

The pressure was over. Robert’s issues were settled. They could now build a better and stronger relationship. Robert turned to me and said, “That was the best money I ever spent. It saved my life.”

Telling Texts

I recently received a phone call from Barry, who was interested in having his wife Tonya polygraphed. He was sure that after 15 years of marriage, she was having some sort of an affair. Barry stated that Tonya had received strange text messages in the middle of the night. He had checked Tonya’s cell phone and found some seemingly sexual text messages from an unknown phone number. He wasn’t sure, but the messages seemed to be more sexual than casual. He also saw some text messages being sent back to this mysterious number.

Barry thought about what he had read and went back the next day to double check Tonya’s messages. He was shocked to find nothing. All of the other messages were still in her phone, but the messages to and from the stranger were all gone. Barry told me he went online to check the phone bill and found the number that was being texted. He also then found cell phone calls to and from the same number made during the day when Tonya was at work. No such calls were ever made after work or in the evening. This made Barry even more curious, and he decided to find out who the mysterious phone number belonged to. Barry then told me that he had subscribed to some internet program that would trace down a cell phone number and report to him the name of its owner. Upon receiving this information, Barry was even more convinced that something was going on. It was a man’s cell phone. He decided to investigate a little deeper. He went back online and paid to have this man’s background investigated. He found out that the man, James, worked at the same place as Tonya. This aroused Barry’s suspicion even more.

Barry’s next move was to casually confront Tonya. He mentioned to her that he had picked up her phone when a text message arrived. Thinking it was his phone, he read the text message. “Who is sending you sexual text messages?” Barry asked.

“It’s just some girlfriend at work being funny,” Tonya replied.

Barry knew this wasn’t true, but didn’t say anything. He let it go for a while. The very next week Tonya had a doctor’s appointment and took the morning off from work. Tonya’s phone was sitting on the kitchen table and the phone started buzzing, signaling that a new text message had arrived. Barry quickly picked up the phone and saw the message: “Meet me at the usual place at lunch time.” By now, Barry was sure that Tonya was involved with someone at work. That night, Barry asked Tonya about the text message. He told her he had that he had grabbed her phone by mistake, thinking it was his, and read the text message. Tonya again contended that it was just from one of the girls at work.

Barry then told Tonya that he had read some text messages from the week before and had then had the number traced. It didn’t belong to a woman. It belonged to a man named James. Tonya hesitated a moment and replied, “James is Felicia’s brother. Felicia’s cell phone broke, and she was using her brother’s.”

It was a good reply, but it didn’t satisfy Barry. Barry told Tonya that he thought she was cheating on him. Tonya apologized and admitted she had told a lie. “James is really a friend from work and we just kid around. It isn’t anything. We are just friends,” she said.

She explained that she didn’t want Barry to know the texts were from a man because she was afraid that Barry would think something was going on. She didn’t want to make Barry upset over a platonic male friend she had at work.

Barry had caught Tonya in a couple of lies that she sort of explained away. They started to argue. Tonya eventually said, “If you don’t believe me, I’ll take a lie detector test to prove it to you.”

Barry agreed that that was the only way for Tonya to prove she didn’t cheat. How else could Tonya prove that she didn’t do what Barry thought she might have been doing?

The very next morning, I got a phone call from Barry. He told me the story and made an appointment for his wife to come to my office and take a polygraph test later in the week. Barry asked me if he could bring his sister for moral support. I explained how the polygraph process would be conducted and made sure he understood.

A couple of days later, Barry and Tonya came to my office. Barry’s sister came also. We sat and talked about the issues that were bothering Barry. Tonya kept insisting that she and James were just friends and coworkers. Barry’s sister just sat quietly and listened. I told Barry and Tonya that I needed to structure a polygraph test based on the information we had discussed. I still had a few questions of my own to ask Tonya while I developed her test questions. I asked Tonya if she had thought that she had acted inappropriately in any way with James. Tonya replied that she and James were just friends.

“Has anything gone on between you and James that you think would make Barry feel the way he does?” I inquired.

“We are just friends,” Tonya repeated.

When I had completed formulating the test questions, I told Barry and Tonya and that I needed to review the questions with Tonya. I asked Barry not to answer any of the questions. They were for Tonya only. I told him that he could comment after I had reviewed all of the questions with Tonya.

I then began to review the questions with Tonya, while Barry listened without saying a word. Halfway through the review, Tonya said, “I know I am going to fail this test.”

I asked her why, and she responded that she was very nervous about the questions. I assured her that she had nothing to worry about and that her nervousness would not be mistaken for a lie. I explained that nervousness will show up on the charts as nervousness, not as a lie. As long as she was being truthful, she had nothing to worry about.

After I had finished reviewing the questions with Tonya, I asked both Tonya and Barry if they agreed that these questions covered Barry’s issues. I asked them if they both understood all of the questions, and they confirmed that the questions were exactly on point.

I asked Barry and his sister to have a seat in the waiting room, from which they could hear everything that was being said during Tonya’s polygraph exam. Barry said he would rather wait in the car and that his sister would wait in the waiting room. Barry told me that he didn’t want to know the results of the test. He asked me to give the results to his sister and she would tell him. He said he was afraid of what the results would be and decided that he needed to just sit in the car and smoke cigarettes. Barry and his sister gave Tonya a kiss, and then they left.

As soon as the door closed behind Barry and his sister, Tonya said again, “I am going to fail this test. I know it.”

I again explained that she had nothing to be concerned about as long as she was telling the truth. Tonya began to whimper. I asked her, “What is the problem?”

“I don’t want my husband to know that James and I have been meeting almost every day at lunch time. We would sit in my car and talk. Sometimes we kissed.”

I asked her if that was all that went on. Tonya turned white as she said, “I don’t get any love at home, so I found some love at work. “

I asked her what she meant by that. She quietly stated, “I have been performing oral sex on James almost every day at lunch time.”

She then stated she also met James at the bowling alley on Wednesday nights when she went bowling with her group from work. She and James would sneak out to the parking lot, where she would again perform oral sex on James. I asked her if that was everything she had done with James, and she replied, "Yes, but please don't tell my husband."

I explained to her that we still needed to conduct the polygraph test to confirm the limit of her infidelities with James. I again asked her if there was anything else she needed to tell me before we started. She replied in a soft voice, "No, that was it."

After concluding Tonya's series of polygraph examinations, I told Tonya that the test indicated that she was being honest in regards to the infidelity with James and that there wasn't anyone else involved. Tonya again started whimpering, "Please don't tell my husband." I told her it wasn't necessary for me to tell Barry anything. I reminded Tonya that Barry's sister had been listening to the entire session.

We then called Barry's sister into the room. I asked her if she overheard everything, and she confirmed what was said. I asked Barry's sister if she had any questions, and she said that she did not. I told her that if Barry had any questions he could come in and talk, or he could call me in the morning.

I Swear

Jill called in a panic. Her live-in fiancé had cancelled their wedding plans and wasn't talking to her. She told me she has been calling him for a few days, and he wouldn't pick up his phone. She didn't know what to do. She had been thinking about what had happened, and she finally came up with the idea of a polygraph test. I told her she needed to calm down and tell me what was going on. Jill started to tell me her story.

She had come home late one night from going out to dinner with her girlfriends. Her fiancé David was home watching a basket ball game on television. David had asked Jill if her car was in the driveway behind his. Jill nodded yes. He then said he would move her car since he had to leave for work earlier than she did. He told he would move her car after the game was over. Jill threw David her keys. She went into the kitchen to have a cup of tea. Soon after the final buzzer, David headed out to Jill's car to move it out of the driveway.

A few minutes later, David came storming into the house and went upstairs, where Jill was getting ready for bed. He walked over to her and held out his hand. In it was a condom.

"Whose is this?" he asked. Jill told him she had no idea and asked him where he had found it. David told her it was in on the front seat of her car.

"I don't know where it came from," Jill replied, her mind racing.

David again asked her where she had gone earlier that evening and who she was with. Jill kept insisting she went to dinner with her girlfriends. He asked her if anyone was in her car. She told David that her girlfriends were in her car and that the condom must have fallen out of one of their pocketbooks. David didn't have any reason to question Jill's explanation of the issue. Both went to bed without further discussion.

Everything seemed to be okay for the rest of the week, until Saturday afternoon. David received a blocked phone call at the house. He had answered the call and the male voice on the other side had asked for Jill. Jill wasn't home, so David asked if he could take a message. The male voice replied, "Just tell her it's Jeff, the guy from last week, and I wanted to know if she wanted to get together again."

David went wild, screaming into the phone, "Who is this? What are you talking about?" The voice on the other end of the phone went dead. David heard nothing but silence.

All afternoon David was smoldering. When Jill came home, he started to scream at her, "Who is Jeff and how do you know him?"

Jill, caught by surprise, told David that she had no idea who Jeff was. She claimed that she did not know how this guy had her phone number. David didn't believe Jill and kept asking her about this guy, Jeff. Jill kept maintaining that she didn't know who he was.

Then David started asking about the night she had told him that she had dinner with her girlfriends. "Which girlfriends did you have dinner with last week?" David asked, to which Jill quickly answered, "Jessica and Gina."

"I need to call them right away," screamed David, grabbing the phone. He dialed Gina's number, made some small talk, and then asked her how the dinner went last week. Gina responded that it was just a typical night of girl talk. "Pretty late night for a weeknight, though, huh?" David asked Gina.

"It wasn't a real late night. I was home around ten," she replied.

Next he called Jessica and asked, "How was the dinner the other night at the Olive Garden?"

Jessica replied, "Nothing changes there. It is always just okay". When David asked her if it had been a late night for a weeknight, Jessica replied that she had been home in time to see the 10 o'clock news. David hung up the phone, turned to Jill, and started screaming.

"First I find a condom in your car the night you said you were out with your girlfriends for dinner. Now your girlfriends say they were home by 10 o'clock. You didn't get home until 11:30! Where were you, and who were you with last week? I'll ask you one more time, who is Jeff?"

Jill started to cry. David walked out, shouting as he walked through the door that the wedding was off.

Jill didn't know what to do, so the next day Jill called me and told me this story. Then she said she needed to explain what happened. She told me she didn't cheat on David. Jeff, the guy on the phone, was a guy from work, whom she had went to high school with years ago. She sat with him occasionally in the cafeteria at work. They would talk about high school days and how they used to hang out together and smoke pot. They had a conversation at lunch a couple of weeks ago about the good old days in high school, during which Jeff asked Jill if she still smoked marijuana. Jill had told him she had stopped doing it years ago. Jeff had asked Jill if she would like to get high again. She said she told Jeff that she really shouldn't. She never mentioned anything to Jeff about being engaged to David or that David didn't approve of marijuana. Jeff had been persistent, and Jill had finally agreed that maybe sometime she would smoke with him.

One afternoon at work, Jeff asked Jill if she wanted to try some good stuff he had just gotten the day before. Jill told him she had plans to meet her girlfriends at the Olive Garden that evening. Jeff asked her to cancel her plans and get high with him, like old times. Jill told Jeff she couldn't cancel her dinner plans, but if he wanted to, he could meet her after dinner, and she would try some of his pot.

After admitting this to me, she pleaded "I can't let David know about this. I didn't have sex or anything with Jeff. The condom must have fallen out of his pocket when we were sitting in my car. He met me after dinner in the parking lot of the Olive Garden and he came up to my car. I let him in and he reached into his pocket for the pot and his lighter. He said to me that he thought he had dropped something and that he would look for it after we got high."

Jill continued, "We sat in the back of the parking lot, and Jeff and I shared a pipe of marijuana. It was really strong stuff, and I soon realized that I couldn't drive. We sat there for about an hour and just talked until I felt safe enough to drive. Jeff walked back to his car, and I left. Jeff and I both forgot that he had dropped something in my car. It must have been the condom that David found."

She kept telling me that a polygraph test was the only way she could think of to prove to David that she didn't cheat with anyone. "I know it looks bad," she said, "I know I sort of lied to David, but not really. I just didn't tell him the whole story, and I didn't think it would blow up like this. Now he is gone, and I don't know how else to prove to him that I have been faithful."

I explained to her I could confirm with a polygraph test the fact that she hadn't cheated physically with anyone. We talked about what can be done with a polygraph. I explained to her that a polygraph is the only way to really prove that you didn't do something. After talking about the situation for a while, Jill agreed that this was the only way to prove her innocence. Jill made an appointment to prove to David that she didn't cheat on him with anyone. I explained to her that it was up to her to tell David about the marijuana.

Go With Your Gut

There are many possible signs that your partner may be cheating, including schedule discrepancies, increased internet or cell phone usage, grooming changes, and unusual financial

transactions. Your partner may suddenly be more attentive, perhaps out of guilt, or withdrawn. There may be a marked increase or decrease in your sex life together. It is challenging to decipher these clues. Your partner may have ready answers when questioned. The problem lies in decoding the meaning of these changes. Your best clue is your intuition. Your gut feeling may tell you something is off, even before you have evidence of potential infidelity.

What Polygraph Testing Can Accomplish

Polygraph testing can allay your feelings of uncertainty by providing you with scientific data to consider. Polygraph testing is widely accepted as valuable evidence.

How It Works

The test includes several phases, including an Introduction Phase, during which the examiner will obtain general background information for assessment purposes and obtain medical history information to determine if any medical problems will interfere with the testing procedure. In the Evaluation Phase, the examiner will explain how the polygraph works. In the Pre-Test Phase, the examiner will discuss the facts of the case with the examinee to clear up any misunderstandings. In the Actual Test Phase, the questions will be asked, and may be repeated two to three times. In the Post-Test Phase, the examiner will discuss the facts of the test with the examinee.

Is Polygraph Testing Accurate?

The polygraph has been proven to be 98% accurate, a figure much higher than most other scientific tests. Nervousness is not interpreted as deception. Almost everyone is at least a little nervous about taking a polygraph exam. The examiner will assure the subject that he or she need not be concerned with being nervous. There will be no surprise or trick questions, as all questions are reviewed before the test is administered. While the polygraph technique is highly accurate, it is not infallible and errors can occur. A reputable polygraph examiner will safeguard the procedure by making an assessment of the examinee's emotional state, obtaining medical information about the examinee's physical condition, conducting specialized tests to identify the overly responsive examinee and to calm the overly nervous, and asking control questions to evaluate the examinee's response capabilities. Thorough pre-test procedures and stringent quality controls are the hallmark of a seasoned polygraph examiner.

The Harm of Living in Doubt

Not only does looming uncertainty in your relationship make it difficult to move forward as a couple, it also hampers your ability to make sound decisions. Your physical and mental health may also be at stake. Headaches, insomnia, weight gain or loss, and irritability are all tell-tale physical symptoms of stress. Recent studies indicate that links may exist between chronic stress and an increased risk of high blood pressure, strokes, and heart attacks. Some believe that the more you know about a situation, the more easily you can manage your stress. This is the reason physicians carefully explain procedures to their patients. Knowing what to expect can help you

cope. Unfortunately, when you are living with doubt it can be difficult to feel in control. You owe it to yourself to remove stress from your life whenever possible. Whether a polygraph test proves your lover is faithful or confirms your suspicions of cheating, it will provide you with certainty, which gives you accurate information on which to base life decisions. A polygraph test can clear up nagging doubts; it is a positive step in the right direction.

The Lessons Learned

Each story you've read here is true. You can learn from noting how these people researched their problem, took action to correct it, and finished their quest to find the truth. Each individual participant was given the information he or she needed, whether it was good news or bad news. Either way, good or bad, learning the truth is the basis of all decision-making for your quality of life from that point on.

How to Get Started

Each individual in the stories you've read would never have known the truth without making the decision to take action. Remember, Mr. Temple has been conducting relationship polygraph examinations for more than 35 years. Let a professional guide you through the process. Here are his suggestions for you:

1. Trust your gut feeling. It's all you have at the moment, and it needs attention.
2. If you suspect your partner of cheating and want to get him or her onboard with taking a polygraph test for proof, then confrontation is needed, but do it wisely! When a couple mutually agrees to testing, the problem is already very close to being resolved. This may not be very easy to do, but the best way to get your partner to agree to a test is by first showing your love and respect for your relationship and not "blowing up" while throwing around accusations! Remember, we all want respect from other people. However, we must first show respect in order to get it. Show your respect by keeping your emotions in check as much as possible.
3. Before confronting your partner, first rehearse what you have to say over and over again by talking to yourself in a mirror or practicing with a close friend. This will buffer your emotions and help you remember what it is that you have to say – calmly.
4. Speak about your issues respectfully and calmly, and most importantly, in private. Do not speak in public areas or near your children. Again, this shows respect, while reducing anxiety and distraction.
5. Suggest a resolution by getting a polygraph test done as soon as possible.
6. Call me or email me and ask about polygraph testing at your residence, my office, or at another mutually agreeable meeting place somewhere in between.

Take control of your life. [Contact Howard Temple](#) today for a free consultation and to set up an appointment.

Lastly, thank you for taking the time to help yourself. When you help yourself, the ones you love and all those around you benefit from it too!

Sincerely,

Howard Temple, Polygraphist

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