PODCAST

Rebuilding a Marriage after Adultery

Episode 2: Reasons for Adultery – Another Three Secondary Circumstantial Factors

In this episode, we will look at the next three secondary circumstantial factors for adultery:

4. **External Affirmation and Comparative Thinking**
    a. Seeking validation outside the marriage.
    b. Receiving emotional support and attention from another person.
    c. Comparing another person favourably with one's spouse.
    d. Developing inappropriate emotional attachment.
5. **Cultural, Social, and Digital Influences**
    a. Exposure to media and entertainment that romanticise or minimise sexual immorality.
    b. Social environments that normalise, excuse, or trivialise adultery.
    c. Exposure to sexual temptation through social media, apps, and online platforms.
    d. Using digital communication to engage in inappropriate conversations, fantasy, or relational compromise.
    e. Digital secrecy that facilitates concealed communication and weakens accountability.
6. **Family Background and Formative Influences**
    a. Growing up in a family environment marked by unfaithfulness, secrecy, or marital instability.
    b. Exposure to sexualised thinking or sexual activity at an early age.
    c. Family modelling that normalises sexual immorality or undermines marital faithfulness.
    d. Formative experiences that shape beliefs about marriage, sexuality, commitment, and secrecy.
    e. Learned attitudes that influence how a person understands desire, boundaries, and covenant faithfulness.

Conclusion

In the following episodes, we will consider the primary causes of adultery.