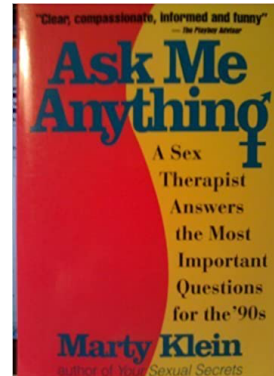


**"Ask Me Anything:  
A Sex Therapist Answers  
the Most Important  
Questions for the '90s."**

**Author Marty Klein**

PhD, Certified Sex  
Therapist and Licensed Marriage  
and Family Therapist for 34 years



**Question #374 from "Ask Me Anything," page 208**

**374. Why do people have affairs?**

People get involved in affairs for a variety of reasons: for sex; for understanding or companionship; to feel important; to express anger; and to seize power in their lives or relationships.

People often begin an affair for one reason and continue for quite another. For that matter, many people are never really sure why they begin or stay in an affair.

It's too simple to say that people get into affairs because they don't love their spouses enough or because they lack self-control. It's much more complicated than that. Affairs fill a need for those involved, often one they do not recognize or take seriously enough.