

Designed for college students, young adults, singles, and dating couples, this book teaches and encourages women to recognize the symptoms and signs when dating a bad boy. Discover how to take control of a bad situation while dating a bad boy.

Why Good Girls Date Bad Boys?

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Why Good Girls Date Bad Boys

DERRICK WATKINS

With Tara Baker

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Chapter 11: Nice guys can be bad boys too.

You can't judge a book by its cover.

In our previous chapter, you read about the many advantages of dating a nice guy over a bad boy, but are these advantages fool proof? Are all nice guys created equal? The simple answer is no.

"The best criminals never look the part." This isn't my line, but rather, a good buddy of mine who works in law enforcement came up with it. If you think about it, the concept is quite smart. Stand a well-kempt man in a business suit next to a grubby, unshaven, and poorly dressed guy, and who would *you* suspect of armed robbery? If I were to guess, you'd probably point the finger at the latter, but wouldn't you be shocked to learn that Mr. Perfect was to blame?

Looks can be deceiving.

People are very visual creatures, and some are completely incapable of looking beneath the surface. Flip to any major television network, and

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you'll likely be swarmed by reality programs that transform an "ugly duckling" into a creature more suitable in the eyes of society. Almost by instinct, humans gravitate towards what's beautiful, never bothering to see past the exterior. The wisest criminals know this, and they use this gullibility to their advantage.

By now, you may be wondering what law enforcement has to do with bad-boy relationships, and the answer is nothing. Rather than give you a crash course in criminal science, my objective with this analogy is to convince you of one truth...

Some nice guys can make the *best* bad boys.

Do you think Jackie Onassis saw it coming when her husband, the late President John F. Kennedy, hosted his affairs with Marilyn Monroe? By most guys' standards, actor Hugh Grant had a sweet deal with his former girlfriend, actress Elizabeth Hurley. Not only was she a rising talent, but she was drop-dead gorgeous. Why, then, did he cheat on her with Divine Brown, a prostitute? Musical sensation Chris Brown has the definitive clean-cut exterior, but he allegedly beat his songstress girlfriend, Rhianna, in 2009.

"O that deceit should dwell in such a gorgeous palace!" Even Shakespeare's little darling, Juliet, discovered that love can be blind. Upon learning of her cousin's death at Romeo's hand, she recited this line which (in my opinion) speaks volumes to the subject at hand.

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Nice guys *can* be bad boys.

Jackie's Story

Like most little girls, Jackie (whose name has been changed) dreamed of her wedding day from an early age. She had every detail, from the flowers to the dresses, preplanned, but none gave her goose bumps as much as the vision of her beloved. In her mind, he was the usual mix of tall, dark, and handsome, but most importantly, he adored her.

Her fantasy appeared to take a turn into reality the day she met Jason (whose name has also been changed) on the steps of the campus Catholic Center. His outward appearance surpassed all of her expectations for beauty, and the fact that he belonged to such a noble ministry was proof of his good character. In Jackie's mind, Jason was perfect for her, and he was the man she had always dreamed of.

The two began their relationship slowly, and within time, their dating evolved into a serious commitment. Jackie was not blind to the affectionate manner in which other females approached Jason; after all, he *was* gorgeous. In spite of this, he appeared to only have eyes for her, so she never worried about him straying. She found solace in the flowers and impromptu kisses he showered her with, relishing in being the only one for him.

Life was perfect.

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Jason was a pre-Med student at the university, so his time was divided between Jackie, his studies, and his hospital residency. Convinced that she found a good thing with this man, Jackie was more than patient with his limited schedule. After all, she was convinced she was going to marry Jason, and he had to do what was necessary to ensure a quality life for her and their future family. Why on earth would she stand in the way of his success?

They had been dating for one year when Jason's time became even less available to Jackie. It got to a point where she would only see him once a week, but nevertheless, she remained understanding. Rather than grow frustrated, Jackie's heart softened to Jason's hectic lifestyle. She repeatedly offered to bring him dinner, visit him, and do his laundry...anything to relieve some of his stress. She was a bit taken back when he adamantly refused, but she convinced herself that he was just being stubborn.

He was the perfect man, and he didn't want to impose on her.

One day, Jackie's best friend called with a serious tone in her voice, and the words which came out of her mouth almost stopped Jackie's heart. Jason had been caught eating dinner with a mystery female, and his behavior was anything but platonic. He ran his fingers through the woman's hair, held and kissed her hand, and when the check came, he rushed to pay it. He was obviously on a date...probably at the same time that Jackie was fixing him some dinner.

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At first, Jackie refused to believe her friend's claim, but this girl was like a sister to her. She had no reason to lie, and she only had Jackie's best interests at heart. Still, the story just didn't add up. Jason was always so sweet and affectionate. He worked hard, and that's why he was always so unavailable. And besides, he *looked* perfect, so how could he *not* be?

Jackie was in complete and utter denial.

Still, her friend's testimony did shed light on a lot of Jackie's questions. Suddenly, she realized why Jason grew so unattainable, and his refusal to accept her favors seemed to make better sense. He was terrified that she would uncover his secret infidelity. If she showed up unannounced to offer him dinner or other kindnesses, he might be exposed for what he truly was...a cheating liar.

To make a long story short, Jackie confronted Jason about her friend's claim. Realizing he had no choice, he confessed that (for months) he had been dating not just one, but several other females behind Jackie's back. He apologized, but the damage was already done, and Jackie ended things right then and there.

Her reality of a fairytale wedding became fantasy once again.

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The Impact of Deception upon Women

It was a good year or so before Jackie dated again. In her mind, if a man as decent looking as Jason was untrustworthy, who *could* she trust? He had all the qualities of the stereotypical “nice guy,” yet he still managed to break her heart. She didn’t know if she would ever be able to love again.

Women in Jackie’s situation are like abused puppies. They innocently and willingly give love to someone who *appears* to deserve it, only to discover that their sentiments were unappreciated. What results is a strong belief that they can trust no one, and it’s only after extensive time, healing, and patience that they feel otherwise. Until this happens, their guards will remain up and strong.

In fact, I would dare say that a bad boy is better than a deceptive nice guy. At least bad boys are honest in their appearance, never bothering to disguise the reality that they’re cruel at heart. Bad boys give good women a chance to decide for themselves whether or not they want to bother with them. Men such as Jason, on the other hand, waste the time and emotions of perfectly good girls like Jackie. Everything about them, from their habits to their looks, is a lie.

After the demise of her relationship, I had a heart-to-heart with Jackie. She and I met during my freshman year at the university, and we grew to be pretty tight friends. Once she healed from the initial sadness of

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her breakup, she quickly grew angry over Jason's audacity. In her eyes, almost two years of her life were lost to someone who never deserved them in the first place.

"When I was with Jason, there were several occasions when guys asked me out," she recalled. "Being the good girlfriend that I was, I politely declined their offers, but that's not to say that I wasn't tempted. These were really cute, nice guys, and they gave me an open invitation to get to know them better. I look back, and I just can't help but wonder 'what if?'"

Women who've been deceived by *bad* nice guys also tend to carry their mistrust into future relationships. Genuinely-good men everywhere are paying for the sins of ex-boyfriends, and it all stems from the abuse of trust. A woman who's been cheated on or lied to can easily become jealous of her new boyfriend's female friends or co-workers, and if he doesn't pick up the phone *immediately* when she calls, she gets lost in a flurry of anxiety and concern over what he's "really" doing.

What results is an endless cycle of negativity that ruins solid relationships. In his innocence, the new boyfriend grows frustrated at his girlfriend's constant skepticism. He can't move, speak, or live without worrying that she will misinterpret his actions, taking any and all joy out of being with her in the first place. Rather than move on from the past, deceived women tend to hold on to it, and as a result, they throw away any chance of finding true love.

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What's a girl to do?

How does a woman know when she can trust a man? When she's been burned one too many times, is it possible to learn to trust again? Is there any way of discerning whether or not a guy is sincere?

No one said that dating and relationships were easy, but that doesn't mean that you have to close yourself off from the idea of love. No matter how you've been mistreated in the past, there's always the potential for a healthy and satisfying relationship. And while it may feel as though you've got the worst luck when it comes to guys, the truth is that everyone's had relationships go sour. You're not alone.

The first step towards seeking and finding a healthy relationship is to reclaim your happiness, and this can only be accomplished by letting go of the past. There's no user manual for how to do this; you simply have to acknowledge what went wrong before and move on from it. Learn from your past relationships, realize what you *do* and *don't* want in a man, and see to it that every future romance meets (or surpasses) your expectations.

It's been said that the head and heart rarely agree. If, however, you want to learn how to decipher between the nice guys and the scam artists, you've got to put your thinking cap on. Open your eyes, not just your heart, and develop a knack for reading between the lines. While you don't want to become overly skeptical when it comes to your

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relationships, you don't want to get swept away by your emotions either.

For starters, become a body language guru. No matter how nice a man may seem at first, if his demeanor rubs you the wrong way, it might be best to second guess him. Maybe he seems *overly* interested in charming you, or perhaps he's slightly obnoxious. He could even relish in flirting with you or any other woman in the room, in which case, he could very well have the potential to cheat. While there's no surefire means of judging a character off bat, listen to your gut. It will never lead you astray.

For argument's sake, let's say that you end up in a situation such as Jackie's. You think you've found Mr. Wonderful, but before you know it, you're unhappy. He's become more of a stranger than a boyfriend, and while you try to not grow jealous, you can't shake the emotion either. Once again, that gut feeling kicks in, and you suspect that something's just not right. Odds are you've hit the nail on the head.

When this happens, you have to decide between staying and being miserable, or leaving and finding your joy again. So many women stick around in bad relationships for the mere hope that, one day, everything will get better. It doesn't. While it's perfectly natural for the passion to dull after years with the same person, it's not natural to completely neglect one's partner. With that said, you must take care of

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your own happiness first and foremost, and if the man you're with is hindering it, get rid of him.

Somewhere out there is a truly nice guy waiting to make you smile.

Chapter 13: Cheaters tend to be repeaters.

There's nothing worse than realizing your boyfriend or husband has had an affair.

Your heart feels as though it's been stabbed. Images of him in bed with another woman race through your mind, making your stomach turn. You remember all of the sweet nothings he's whispered into your ear, and wonder if he's done the same to her. The sorrow of being unappreciated is quickly replaced by anger over his infidelity, only to return to sorrow once again.

You wonder if there were signs you missed. Did his eyes ever wander? What was that mysterious number on his cell phone the other day? Maybe that girl who he *said* is just a friend is far more than that. You spend hours – days – combing through potential evidence, driving yourself crazy in the process.

Finding a good man isn't easy. What's even more difficult is finding one who's just as serious about commitment as you are. Right now,

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thousands of faithful women are soaking their pillows with tears over the discovery of their cheating boyfriends. The worst part is that many of these women will pardon the crime and take these men back.

When he repeats his infidelity, they're shocked and even more crushed.

This opens a floodgate of questions in the minds of the wronged women. Why did I take him back? Why didn't I see this coming? What is it about *her* that he likes over *me*? What did I do wrong? If you'll notice, most of these thoughts place blame on the faithful, rather than point the finger at the unfaithful.

In this chapter, we'll attempt to uncover the mystery behind why men cheat. Science and psychology play a large factor in unfaithfulness, so read on for the crash course. We'll also tackle the issue of trust, and how it plays a large role in the prosperity of a healthy relationship. Most importantly, I want to show you how to recover from infidelity in order to thrive in both life and love.

Let's get started.

Why do men cheat?

Before we get started, let me just say that men aren't the only ones who cheat. Women are also fully capable of being untrue, but their motivations are very different. Women who cheat do so to make up for

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a lack of intimacy and emotional stimulation in their full-on relationship. Men – not so much.

To most men, cheating is an opportunity for sex...plain and simple. The opportunity to sleep with a new woman is like the smell of a new car to them; it's fresh, novel, and different. Some men cheat out of fear towards the level of commitment they're experiencing with their regular partners. In other words, they sleep around to maintain the feeling of being in control. On the flipside, it's not uncommon for a middle-aged man to strike up an affair in order to gain a sense of his lost youth.

Still, none of these reasons make infidelity seem forgivable, and it's not. Perhaps science can help explain further.

In a 2007 report on MSNBC, scientists looked at evolution as a possible explanation for why men cheat. The report stated: "*Biologists believe men cheat by the Darwinian instinct to spread their genetic seed to more mates (whereas women would want one mate to get protection and support)...Psychologically speaking, men who cheat are often the child of an adulterer. They are repeating behavior that*

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they know and looking to correct that feeling that no one ever loved only them."²²

So (pre-historically speaking), men naturally fear the drowning out of their DNA in the genetic pool, and as a result, they find it necessary to fertilize wherever and whenever they want. Hmm, that still doesn't seem fair, does it? After all, the world's population is more than crammed, which was certainly not the case for our cavemen ancestors. Times have changed, so why don't these men get with the times?

Personally, I think all of that Darwin crap is just that...crap. It's an excuse, similar to when guys blame their pigheaded behavior on the fact that they're "just a guy." That doesn't make the behavior any less unacceptable. The fact is that (to many guys) cheating is a rush, a high. They want the sex, sure, but they *especially* want the thrill of getting away with it. This begs to ask...

Are cheaters repeaters?

While I'm not speaking for *all* men, I would have to say that the answer to this question is yes. For some men, cheating is like a drug, and once

²² "Do men cheat for the thrill? Or the sex?." May 15, 2007. <http://www.msnbc.msn.com/id/18096687/> (accessed April 24, 2009).

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he's gotten a taste of the narcotic in his system, he wants more. The odds of a man cheating again rise even more after he's repeatedly forgiven for his crude actions. He wants his bread buttered on both sides, and the fact that his girlfriend will permit his misbehavior is even more enticing.

I'm going to take a second to contradict myself, though. There are cases when a man is truly sorry for his infidelity, but that doesn't help the woman much, does it? How can she be *certain* that she can trust him again? No amount of flowers or candy is powerful enough to replace the trust that he's thrown out the window. Is she better being safe than sorry?

According to Psychologist, Dr. Diana Kirschner, not all cheaters are repeaters, but the evidence does support the notion. In her article *Once a Cheater, Always a Cheater? Five Signs to Help You Know*, she cited that among married couples, cheating is relatively common: About 22 percent of men and 13 percent of women cheat. According to recent studies, even spouses who describe themselves as "happy" with their marriage have affairs.²³

"Of course there are players or sex addicts that will cheat and cheat and cheat again," Kirschner said. "These are the ones you truly have to

²³ Diana Kirschner, Dr. "Once a Cheater, Always a Cheater? Five Signs to Help You Know." *EzineArticles.com*. <http://ezinearticles.com/?Once-a-Cheater,-Always-a-Cheater?-Five-Signs-to-Help-You-Know&id=1485348>. (accessed April 24, 2009).

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watch out for. How do you tell if you are dealing with a chronic cheater?”

According to Kirschner, there are five major signs that a woman may have a habitual cheater on her hands. Take a look at the following signs, and see if you recognize any. From there, it's up to you whether or not to call the relationship off.

- **He's unapologetic:** If his infidelity has been discovered, and he doesn't seem to be remorseful, odds are he'll do it again.
- **He maintains contact with his mistress:** Those suspicious phone calls or late-night “meetings” may not be all in your head. If you suspect his lover is still around, she probably is.
- **He's less romantic with you:** A cheater who's *truly* sorry will often grovel for your forgiveness, showering you with affection. Anything less is a sign he's not ready to change his ways.
- **Conversations cease:** Much like he will become less affectionate, a chronic cheater who's unapologetic will often close off entirely to his girlfriend.
- **He refuses to make up for his mistakes:** If he laughs off your suggestions of romantic vacations or couple's therapy, you can be certain that he doesn't take your relationship seriously.

Repeating cheaters are a lot like criminals...dumb. They think ten seconds at a time, and don't cover their tracks very well. Most of the

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signs of a chronic cheater are obvious, such as lipstick on his shirt, or panties that aren't yours. Others are less obvious, but it can't hurt to keep your eye out for them.

Here are some not-so-obvious signs he may be fooling around:

- He works late...a lot.
- He has new hobbies or interests, and you're not invited.
- He's stingy with sex.
- He takes a lot of "business trips" that don't involve you.
- You receive phone calls from strange women, or worse, they hang up on you.
- His entire demeanor towards you is detached and distant.
- The credit card or phone bills have mysterious charges or numbers on them.

My goal with giving you these signs is not to make you paranoid, but rather, to educate you on how to protect yourself and your feelings. There's nothing worse than being played for a fool. If you suspect you might be sharing your man with another woman, it never hurts to have an advantage.

In contrast, a cheater may *not* be a repeater if he shows a sincere desire to reconcile with you. Often, a man who is truly sorry for his behavior will establish a newfound appreciation for being with you. He'll go to great lengths to spark romance, open the lines of communication, and

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maybe even suggest couple's counseling to further cement your relationship.

From there, it's up to you to decide what will happen next.

Are *you* the problem?

Earlier, I mentioned that women tend to cheat for emotional fulfillment that they don't get from their regular partners. In some occasions, men will do the same.

Believe it or not, men have feelings; they've just been taught to suppress them. Ever since they were little boys, they've been lectured that crying shows weakness, a lesson that they've carried with them into adulthood. However, just because they don't show sadness or insecurity does not mean that those emotions aren't brewing inside of them. They are.

Men seek committed relationships for many of the same reasons women do. They want that constant source of support that stems only from someone who truly loves them. When this support is absent, some men will go to extremes in order to find it. In other words, they have affairs.

According M. Gary Neuman, family counselor and author of [The Truth about Cheating](#), most men cheat due to emotional dissatisfaction

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within their relationships. A survey conducted by Neuman found that a very small percentage (8 percent, to be exact) seek affairs for solely sex. The rest of his sample felt unwanted, underappreciated, and emotionally unsatisfied with their full-time partners, causing them to seek acceptance in the arms of another woman.

“This feeling of under-appreciation and lack of thoughtfulness far outweighed any other reason for infidelity,” Neuman said.²⁴

While little can reestablish trust after infidelity, there are steps women can take to inject emotional fulfillment into their relationships. By creating a safe harbor for his feelings and needs *beforehand*, it’s possible for a woman to keep her man from straying in the future. Here are a few tips:

- **Acknowledge his accomplishments.** Even if he just takes out the garbage, thank him for it.
- **Compliment him.** Women aren’t the only ones who enjoy being told they’re beautiful.

²⁴ Neuman, M. Gary. "Are You Pushing Him Into the Arms of Another Woman?" *The Truth about Cheating* (2008), http://truthaboutcheating.com/2008/09/16/another_woman-infidelity_statistics/#more-206. (accessed April 24, 2009).

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- **Encourage him.** Take note of his talents and strong points whenever he's feeling frustrated or insecure.
- **Pamper him.** When he comes home from work, pop open a cold beer for him, and give him some quiet time to unwind.
- **Ask about his day.** Just showing interest can mean the world to him. If he isn't much on words, don't press the conversation. The fact that you cared to ask speaks volumes.
- **Pick your battles.** Not everything requires a fight. Him leaving a dish in the sink is not that big of a deal.
- **Pay his way.** Surprise him by footing the bill for dinner every so often. Even better, buy tickets to the movie of *his* choice.
- **Don't forget your friends.** It's important for couples to spend time away from one another, and that's where friends come in. Time apart in your own social circles not only allows for male and female bonding, but it also gives partners a chance to miss each other.
- **Don't snoop.** Nothing screams "I don't trust you" like combing through his inbox and cell phone. If you're *that* suspicious of his activity, why are you with him in the first place?
- **Kiss him.** So many times, women leave the sexual intimacy up to the guys. Instead, spark a passionate evening yourself by spontaneously kissing him, or tell him *you're* "in the mood." Show him just how desirable he is to you.

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These actions are only to be taken in an effort to sustain a healthy relationship. Like I've said before, if he's already cheated on you, odds are he's going to do it again. Pampering him in spite of the fact will be the same as rewarding him for having an affair. Instead, use these tips to balance out the dynamics of your relationship *before* he strays, and you'll give him no reason to in the first place.

Trust

They say that no relationship can survive without it, but once a woman has been cheated on, trust tends to go out the window. She either stays with her unfaithful boyfriend, uncomfortable with his every move and word, or she dumps him. Once free from the tainted relationship, however, is it possible to trust again?

At the risk of repeating myself, men everywhere are paying for the sins of cheating ex-boyfriends. A woman may find the most romantic, faithful man on the planet, but if she's been betrayed in the past, she'll inevitably suspect her new love to stab her in the back. The abuse of trust is like a disease that spreads, eventually killing any chance a woman may have at enjoying a healthy relationship.

Whether you've forgiven your cheating lover, or are trying to spark a new romance, the following advice is intended to help you move on from the past. Only by letting go of our demons can we stand a chance at a future filled with love and happiness.

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- **Forgive:** It's impossible to forget, and I'm not expecting you to do that. But forgiveness is powerful, in that it frees you to move forward. If it wasn't so effective, it would be easy to do.
- **Find support.** Betrayal is not meant to be endured alone, and that's what girlfriends are for. Besides your friends, seek comfort in family members who truly care about you. There's no better medicine to cure hurt than love.
- **Create an ultimatum.** This tip only applies if you've forgiven a cheater. Make it clear that it's you or his mistress, but he can't have both. If you find even *one* outgoing message to her, he's out the door...period.
- **Let it go.** This also only applies if you've forgiven infidelity. Once you've forgiven him and created an ultimatum, move on. Don't fuel your relationship with doubt, anger, and guilt trips. If you want your romance with him to continue, you must allow it to continue.

Final Thoughts

There's no solid rule on how to deal with a cheater. Each relationship has its unique dynamics, so it's really up to the offended to decide how to proceed. My hope with this chapter is simply to convince women who are involved with repeat cheaters to stand up for themselves. Learn the signs of unfaithful behavior, and don't settle for it. Your time and emotions are an investment into the relationship, but you need to get some return on them as well.

Designed for college students, young adults, singles, and dating couples, this book teaches and encourages women to recognize the symptoms and signs when dating a bad boy. Discover how to take control of a bad situation while dating a bad boy.

Why Good Girls Date Bad Boys?

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