



iQuestions Faculty, Dr. Gary & Barbara Rosberg

Question:

I'm attracted to someone else, but I'm not involved physically. Is this wrong?

Answer:

DR. GARY ROSBERG: This is a very vulnerable and a very transparent question—and it's one that most of us have probably experienced at some time, in our relationships. But, I'm going to tell you something, when people come in to my counseling room and ask that question, that "I'm emotionally attracted to another person; nothing physical has happened; Am I at risk?" I always say, "Yes."

BARBARA ROSBERG: Whenever you feel that you're getting more comfort from someone outside of your marriage, instead of your mate, they could be cheating your mate out of those intimate details—the emotional connection that your mate is longing for and needing from you, at the end of the day.

GARY: So, the most important thing you can do is be vigilant. You need to guard the heart of your marriage. You need to be wise about anybody that's in your circle of surroundings that could cause a risk to your marriage relationship. I know guys that will talk about their mate when they're around other women, just so other woman see there's a boundary around there. You have a picture out on your desk, or you be sure you're communicating the importance of your marriage and your family to your friends.

We all want to be flattered. But I want to tell you something: when we cave in to that flattering, a number of things can happen. Number one



is it can take you farther than you want to go, and it can keep you longer than you wanted to stay. Also, a physical affair always starts off with the emotional stuff. And, is it storing something in you? Yeah. And that may be because you're not paying attention to the home fires; really spending time stirring up those fires between you and your mate. A relationship is a terrible thing to waste. What starts off as small can grow very, very quickly. So, be on your guard. Be willing to allow other people to ask, "How are you handling that relationship?"

Be vigilant, be intentional, be purposeful, and always make sure that you are honest with your mate. Share with them any temptation that's come up. Now, you may have a bad day if you do that. That's going to be a rugged discussion. But I tell you, it's better to have a rugged discussion than a blown-out relationship, at the end of the day.