

Episode 4: Extra-marital Affairs

There are many causes to extra-marital affairs and surveys show a growing trend of "office affairs". Given the long working hours and cramped workspace in Hong Kong, one may have closer interaction and sometimes spend more time with his/her colleagues than spouse. Going back home, when a spouse only looks at the "bread and butter" or child-rearing issues without showing empathy on the other's job pressure, extra-marital affair may easily occur when a charming and supportive third party appears.

It is difficult for the "injured" party to control temper when he/she finds that his/her spouse has an extra-marital affair. Responding in tantrums or trying to settle the score with the third party will only worsen the matter: the spouse may be upset and further steel his/her alliance with the third party. An even worse situation would be dragging children into the mess, leaving them trapped in a dilemma and possibly blaming themselves as the culprit of their parents' breakup. Marriage "conservation" is the way to prevent extra-marital affairs – the risk of a third-party intrusion declines as one understands his/her spouse's needs better and spends more quality time one-on-one after marriage to nurture and maintain the relationship.