

Exercise: Start with writing short answers to the following questions. Be completely open and honest and write everything that comes to your mind. You will use these answers to share with your spouse at a later date when you are in a better place to communicate effectively with each other.

1. When I/my spouse found out about the affair, I felt:
2. My biggest fears right now are:
3. What hurts the most is:
4. The conflicting thoughts I am having are:
5. 3 Options I am considering at this time to deal with this situation:
6. The most ideal outcome I would like to see in this situation is: