

**Exercise: For the unfaithful partner to answer and share with partner. The goal of this exercise is to come clean with all of the parameters of the affair, as well as identify if this was a sexual affair or an emotional affair--or somewhere in between.**

Note to the unfaithful spouse: This will be frightening to disclose, and may bring up a lot of your own confusion about the affair. Be honest. Be honest with yourself and be honest with your spouse. This is the first step to changing your life for good.

Note to the faithful spouse: This will all be very difficult to hear, but knowing the truth is the first step in healing. As angry and hurt as you are, thank your spouse for his/her honesty and accept it as the first step to healing.

- 1) Name the person/people with whom you were unfaithful:
  
- 2) How did you meet this person/people?
  
- 3) How did you stay in contact?
  
- 4) What type of sexual interactions did you have? (Circle all applicable.)
  - Sexting/Snapchatting/Emails/sending nude or suggestive pictures
  - Meeting in person for meals or visits.
  - Kissing
  - Sexual touching or watching each other sexually aroused in person
  - Oral sex
  - Intercourse
  - Cyber or phone sex with mutual masturbation.
  
- 5) How long did this connection with the other person last?
  
- 6) Were you friends with this person/people prior to the onset of the affair?
  
- 7) Did you become emotionally attached to this person/people at any point in the affair?

8) Did you feel that you loved this person/people? Did you express your feelings to the other person?

9) Are you still in contact in any way with this person/people?

10) Do you miss this person/people or will you miss them when there is no more personal contact?

11) Do you feel a compulsion to look at pornography or seek out another person to text, call, email or spend time with?

12) What were you looking for when you became involved with this person/people? (Circle all applicable)

- Sex
- A sexual thrill of some sort
- A friend
- A confidante
- An escape