



The Affair Story Check List

The Affair Story

- This is the time for honesty. Your partner deserves to hear the affair story in a way that will satisfy their curiosity and needs. If you do not tell the story in the detail level that they need to hear it – you will only prolong the recovery process. Clients fail at this very important point all the time.
- Write the story in private, after your spouse answers the questions below.
- Betrayed spouse – decide if you need one of the options below. Also decide if you would like the affair story written or spoken. Relay this information in the space below and to your partner.
 1. Complete detail
 2. Some detail
 3. No detail



Questions about the affair

- What other specific questions do you need answered about the affair? Often the betrayed partner is obsessing over the same questions. It is better to write these questions down, and talk about them during this period of disclosure.

Constructing a Shared Narrative

- Achieving a shared understanding of how the affair came about is central to partners' developing a new set of assumptions about themselves, each other and the relationship.
- Use your shared journal to document this shared narrative.
- Do you have any challenges in creating this story at this stage?



Communication

- What horseman do you use the most in your communication?

- Was it difficult to know when a horseman was present?

- Did it improve communication between you both by NOT using any of the horsemen in your communication?

- Any challenges with this tool?



Active Listening

- Reflecting, Validating, Empathizing – did you find any challenges when listening to your partner this week?

- Could you reflect on what they said without a “horseman” being present? Could you feel empathic for your partner? (This is different than sympathy or agreeing with their actions)

- Any challenges with this tool?



The Apology

- Betrayed Spouse – Would you prefer a verbal or written apology?

- Was the 6-Step Apology Process helpful?



Other questions to ask of each other?

- Betrayed spouse – What else do you need from your spouse right now?

- Unfaithful spouse – What else do you need from your spouse right now?
