



The Infidelity Recovery Institute

Things I Have Learned:

About me

1. _____
2. _____
3. _____
4. _____
5. _____

About you

1. _____
2. _____
3. _____
4. _____
5. _____

About us

1. _____
2. _____
3. _____
4. _____
5. _____

Changes I Have Made:

In my personal practices

1. _____
2. _____
3. _____
4. _____
5. _____

Toward you

1. _____
2. _____
3. _____
4. _____
5. _____

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In our marriage

1. _____
2. _____
3. _____
4. _____
5. _____

At work

1. _____
2. _____
3. _____
4. _____
5. _____

In our family

1. _____
2. _____
3. _____
4. _____
5. _____

Toward the opposite sex

1. _____
2. _____
3. _____
4. _____
5. _____