

# Seven Questions after the Affair

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Affairs raise difficult and honest questions that deserve painful and honest answers. Here are seven that can start your discussion on your own or in your counseling sessions. Questions 2-7 are for both spouses. Write on back if you need more space.

1.     for betrayed spouse: What suspicions, if any, did you have before discovering the affair?  
       for unfaithful spouse: How did you try to hide the affair?
  
2.     How did you feel when the affair was discovered?
  
3.     What do you want your spouse to do?
  
4.     What do you want your spouse to know?
  
5.     What do you need to help you recover from the affair?
  
6.     Who can you talk with (besides your spouse) about the affair?
  
7.     What do you believe caused the affair? (use the back to write all your answers. Try to give at least five causes)