**Questions to Explore After an Affair**

Only explore if you are ready for the possibility of hurtful answers.

1. How did it begin?
2. What was the first boundary that was crossed?
3. How did you give yourself permission to engage in this affair? What motivated you?
4. Did you have sex? What sexual acts were done?
5. Was the sex unprotected?
6. Have you been tested for STD’s?
7. Is there a possibility of there being any children from this relationship?
8. Did anything happen in our home, car, or places we share?
9. How did you feel after the sexual relations?
10. Were you emotionally connected to them?
11. Did you say I love you or exchange endearing words?
12. Did you talk about having a future together?
13. Were you yourself or a different person in the affair?
14. Do you still have feelings for them?
15. Do they still desire a relationship with you? Are we in any danger or concerns?
16. Are you sad that the relationship ended?
17. Knowing it was wrong, why did it go on for so long?
18. Has the relationship ended? How did you end things?
19. Did you ever compare them to me?
20. What did you get or experience from that relationship?
21. Did the affair give you something you felt you needed?
22. Were there gifts or money exchanged?
23. Do you still have items from them?
24. What will you do if they reach out to you?
25. How will you make sure this does happen again?
26. How much do they know about us?
27. Is there anyone else that knows about this?
28. What was it like keeping things a secret?
29. Are you willing to be patient as I learn how to forgive you, however long?
30. To build trust, what is something I do not know about the affair?