Preparation for the Affair Story

The purpose of the affair story session is to get out all of the details of the affair. This is the first step in re-building some trust, re-establishing safety as as well as security. We will focus primarily on the detail oriented aspects of the affair, but it is important to note that there is an emotionally detailed aspect as well, to most affairs. I will help you navigate this, but it has more to do with your mental state and what was going on for your partner during that time. As you prepare for the upcoming affair story, I want you to think about your needs and any questions you may have.

Below is a notes section for you to start writing down some things and remember to include any questions you have for your partner, as it pertains to the affair story.

Do your best, like I said, I will help guide you further on this. It is also okay to not know what you are needing right now.

*If you get to this point, one other thing to think about is closure. Closure is usually some form of finality with the affair partner. Do you need it/have you gotten it? And if so, what would be the most helpful? Some people like an in-person conversation, others need an email sent, a text message sent, a phone call made or a letter written. But, remember, you are included in on this closure. If you have more questions about this, please let me know.

Notes

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