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 your partner may need more emotional details of the affair. I will help you navigate this, but it has more to do with your mental state and what was going on for you during that time. As you prepare for the upcoming affair story, I want you to think about it in three parts: before the affair, during the affair and after the affair.

Some sample questions to get you started are below and pages for notes follow, that you can bring and use during the session.

Do your best to put it in as chronological of an order as you can – usually just month and year is best. But, if you cannot remember the exact month, that is okay.

Before the Affair:

What was going on for you, in regards to the relationship and your life, before the affair? Specifically, the details – we were buying a house, I was starting a new job, I was feeling overwhelmed, etc. – this kind of detail oriented information is helpful.

During the Affair:

When did it start? How did it start? How much contact was there and who initiated it? When were phone numbers exchanged, if they were? What was the primary content of what was being exchanged in communications? When did it turn sexual, if it did? How often were you seeing each other? What was your partner being told?

There are plenty more questions during this time in session, so anything you can remember about the affair overall is important to write down. These questions are just to get you started and give you an idea of what to expect.

After the Affair/Discovery of the Affair:

When did your partner find out? How did they find out? Was there closure? And if so, how did it end? If not, why not? Where are you at in your process of healing/grief as it pertains to the loss of the affair?

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