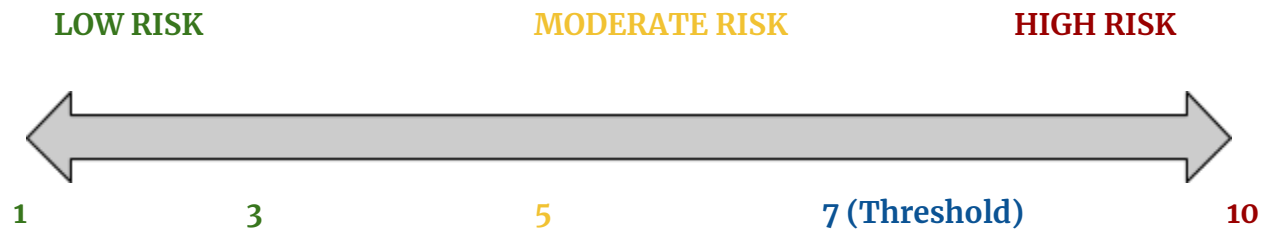


Affair Recovery Model

Risk Assessment



Threshold: Frustration increases, noticing more anger and resentment towards spouse, lonely, alone, lack of fulfillment in job, major stressors (finances, work, family, etc.), having a hard time affirming self, & avoided 4-6 complaints in the past two weeks

LOW RISK (1-3):

- Connected in marriage
- Having fun/playfulness in marriage
- Optimistic/hopeful
- Affirmed & appreciated
- Needed & wanted
- Fulfilled in job
- Financially stable
- Stable, overall
- Affirming self/good sense of inherent worth
- Advocating for self/making complaints in the marriage
- Consistency in sex life
- Great communication

MODERATE RISK (4-6):

- Noticing loneliness start to creep in
- Slightly disconnected
- Less fun & playfulness, more serious/rigid
- Needing more affirmation & appreciation in marriage
- Avoided 2-3 complaints/moments for advocating in the past week
- Gone 1-2 months without sex/physical touch
- Communication is becoming more negative/tense

HIGH RISK (8-10):

- Abandonment of boundaries
- Ambivalence in marriage: do I really want this? Leaning out stance in marriage
- Fuck it attitude
- Contempt &/or disgust towards spouse
- Completely rejected by spouse
- Critical in nature
- Drinking, needing a pick me up
- Gone 6-12 months without sex/intimacy of any kind
- Lack of inherent worth/one down
- Loss of attraction to spouse
- Lonely, abandoned by spouse

Relapse Prevention Plan: Addressing the 'Why'