

Resources

In this section, I have provided several resources that I hope will prove helpful to you. You will find a quiz titled “What Type of Affair Did I Have?”, a Sexual Addiction Self-Assessment quiz, citations to works either cited or used for inspiration, and a list of recommended reading materials. I hope you find these resources helpful.

Diagnostic Quiz: What Kind of Affair Did I Have?

To determine what type of affair you had, answer yes or no to the following questions. Then compare your answers to those listed in the different affair types listed below. Your answers may point to more than one affair. Your affair type will be the one where you answer the most questions in relation to that type.

1. Do you and your spouse fight a lot?
2. Was it easy for you to end the affair?
3. Are you tempted to go back to your AP?
4. Have you talked to your spouse about your needs and wants in the relationship, yet still feel your spouse is unwilling to help you meet them?
5. Do you feel emotionally distant from your spouse and kids?
6. Do you think you should be able to have everything you want in life?
7. Was your affair a one-night stand?
8. Do you desire to end your marriage?
9. Do you avoid talking to your partner about problems that may lead to disagreements?
10. Do you feel guilty about having an affair?
11. Are you generally a risk taker?
12. Do you lie to avoid unpleasant things, not just in your marriage, but in different parts of your life?
13. Have you cut most or all emotional ties to your marriage?
14. Has your spouse also had an affair?
15. Have you made a lot of personal sacrifices to try to make your marriage work?
16. Was your affair unplanned and spontaneous?
17. Do you try to be emotionally engaged and actively involved with your spouse and children?
18. Was this a short term affair (less than 6 months)?
19. Do you feel ambivalent about ending your marriage, even if you have decided that you want to do so?
20. Did your affair happen due to unusual events, such as travel, drugs, or alcohol, which normally aren't an issue in your relationship?
21. Is your biggest fear that of being discovered?
22. Was your AP a friend before you started cheating?

Types of Affairs

The Conflict Avoidance Affair:

If you answered NO to question 1 and YES to questions 2, 9, 10, and 18, you fit this type.

You do everything possible to avoid fighting with your wife. You don't want to hurt her feelings and don't want to get into conflict with her.

You fear that your wife will abandon you or otherwise hurt you if you express or admit your needs. You may even struggle with disagreeing with your wife and feel like you constantly make concessions to keep the peace.

Because of this, you don't tell your wife what you need and want for fear of upsetting her. You had an affair to get your needs met that you feared your wife would not meet. You tend to have short-term affairs and are not emotionally attached to your AP because your primary motivation for the affair is to get specific needs met and to avoid conflict with your wife.

To repair your marriage, you will have to confront your fear of conflict and learn how to express your needs clearly and openly. You may also need to learn to trust that other people are capable of hearing what you need and meeting those needs.

Perhaps you doubt your wife is capable of change, and you have given up on trying to get your needs met inside the marriage. You may need an infusion of hope and trust, combined with a commitment to being open with your wife about your needs or dissatisfaction. You may need help finding solutions.

The Intimacy Avoidance Affair:

If you answered YES to questions 1, 2, 5, 14, and 18, you fit this type.

You are afraid to get close to your wife. You find yourself fighting with her on a regular basis to avoid getting close to her and revealing your emotional vulnerability. You are also not emotionally invested in your AP and you can easily end the affair. Your affair served as a way to stay emotionally distant from your wife.

If you want to repair your marriage, you will need to learn how to develop an intimate relationship with your wife. This requires vulnerability and allowing yourself to be "seen" and loved as you are. You can work on this in therapy individually and/or with your wife.

The Affair Born Out of Unmet Emotional Needs:

If you answered NO to question 10 and YES to questions 4, 15, 17, and 22, you fit this type.

There is something in your marriage that makes you unhappy. You feel you need more than your wife is giving. You have even discussed your needs with your wife, and she has not made changes necessary to help fulfill your needs. You feel somewhat justified in having an affair because of this. However, you are not ready to give up on the marriage.

This is the most common reason that good men make the bad decision to have an affair. I encourage you to seek couples counseling after the initial turmoil has died down. You have an excellent chance of saving your marriage—if your wife stays and you learn how to express your needs to her in a way that helps her understand how important these issues are to you.

The Split Selves Affair:

If you answered NO to question 2 and YES to questions 3, 6, 15, and 17, you fit this type.

You feel devoted to your marriage and are trying to do everything right. You have made many sacrifices to make your marriage work, and now you feel the burden of subjugating your own needs for the needs of your family.

You are very involved with household activities and are probably known as an excellent parent and partner. However, you feel like the relationship has been unfair. Under this weight, you strayed from the marriage to get your needs met.

Most likely you feel loving toward your AP and may be having a tough time breaking ties with her. You want both a happy marriage and an AP because you now love both people.

This is another main reason couples find themselves in my office. There is an excellent chance you will have the marriage you want because you are capable of emotionally investing in a relationship.

The Entitlement Affair:

If you answered NO to questions 10 and 17 and YES to questions 5, 6, 11, and 12, you fit this type.

You feel like you deserve to have everything you want. You have always been treated as special and you work hard to get what you believe you deserve. Few people have ever said no to you. Your parents gave you everything you wanted as a child. You feel little guilt about the affair you had.

Please take the Sexual Addiction Self-Assessment to see if this is part of your struggle. Please do NOT try to recover your marriage if you are only going to cheat again! Instead, get help from a therapist (individually) to work through your issues, whether it be with sexual addiction or with feeling like you should be able to have everything your way.

The Opportunistic/One Night Stand Affair:

If you answered YES to questions 7, 10, 16, 20, and 21, you fit this type.

These are unplanned, spontaneous affairs. Often people who have these types of affairs did not plan to do so. There is often no real issue in the marriage leading to the affair. In many cases, they involve a stranger. Generally, these are isolated incidents. Travels, such as business trips, alcohol, or drugs may contribute to the

affair.

You probably feel a lot of guilt over this and fear being found out. Please take the Sexual Addiction survey to see if this is contributing to your struggle.

The Exit Strategy Affair:

If you answered NO to question 10 and YES to questions 5, 8, 13, and 19, you fit this type.

You are ready to end the marriage and are using an affair as a launching board to accomplish your goal. You may or may not have started the affair intentionally as a way to get out of your marriage, but you subconsciously hope she will find out you are cheating and dump you so you don't have to be the bad guy who divorced her. Ironically, you may prefer to be the bad guy who was caught cheating!

If you feel this way, it is time to meet with an individual therapist or minister to determine if this is true and, if so, how you can separate from your wife. At first, you may feel that you can win your wife back. It's true, you could win her back by following the strategies in this book... but you shouldn't even try because your heart isn't really in it.

Sexual Addiction Self-Assessment

Below is a Sexual Addiction Self-Assessment (Sex Addicts Anonymous <http://saa-recovery.org/IsSAAForYou/AreYouASexAddict/>) to help you determine if you have a problem with sexual addiction.

1. Do you keep secrets about your sexual behavior or romantic fantasies from those important to you? Do you lead a double life?

Yes___ No___

2. Have your desires driven you to have sex in places or with people you would not normally choose?

Yes___ No___

3. Do you need greater variety, increased frequency, or more extreme sexual activities to achieve the same level of excitement or relief?

Yes___ No___

4. Does your use of pornography occupy large amounts of time and/or jeopardize your significant relationships or employment?

Yes___ No___

5. Do your relationships become distorted with sexual preoccupation? Does each new relationship have the same destructive pattern which prompted you to leave the last one?

Yes___ No___

6. Do you frequently want to get away from a partner after having sex? Do you feel remorse, shame, or guilt after a sexual encounter?

Yes___ No___

7. Have your sexual practices caused you legal problems? Could your sexual practices cause you legal problems?

Yes___ No___

8. Does your pursuit of sex or sexual fantasy conflict with your moral standards or interfere with your personal spiritual journey?

Yes___ No___

9. Do your sexual activities involve coercion, violence, or the threat of disease?

Yes___ No___

10. Has your sexual behavior or pursuit of sexual relationships ever left you feeling hopeless, alienated from others, or suicidal?

Yes___ No___

11. Does your preoccupation with sexual fantasies cause problems in any area of your life—even when you do not act out your fantasies?

Yes___ No___

12. Do you compulsively avoid sexual activity due to fear of sex or intimacy? Does your sexual avoidance consume you mentally?

Yes___ No___

If you answered “Yes” to more than one of these questions, we encourage you to seek help.

Material reprinted (with permission) from Sex Addicts Anonymous: <http://saa-recovery.org/>

Works Cited or Used for Inspiration

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- Vaughan, P. (2003). *The monogamy myth: A personal handbook for recovering from affairs*. Third edition. William Morrow: New York.
- Zemon Gass, G., & Nichols, W. C. (1988). Gaslighting: A marital syndrome. *Contemporary Family Therapy*, 10(1), 3-16.

Recommended Reading

- How Can I Forgive You?: The Courage to Forgive, the Freedom Not To* (Paperback – 2005) by Janis A. Spring
- Transcending Post-infidelity Stress Disorder (PISD): The Six Stages of Healing* (Paperback, 2009) by Dennis C. Ortman
- Surviving an Affair* (Hardcover, 2013) by Willard F. Jr. Harley and Jennifer Harley Chalmers
- Divorce Busting: A Step-by-Step Approach to Making Your Marriage Loving Again* (Paperback, 1993) by Michele Weiner-Davis
- Not Just Friends: Rebuilding Trust and Recovering Your Sanity after Infidelity* (Hardcover, 2010) by Shirley Glass