

Are you at Risk for an Affair?

Personal and Family History:

1. Did you grow up in a family that used a substantial amount of alcohol? (yes/no)
2. Were your parents strict disciplinarians, possibly even abusive at times? (yes/no)
3. Were you sexually molested as a child? (yes/no)
4. Did you experience early adolescent heterosexual activity with an older partner (baby-sitter, older sister's friend)? (yes/no)
5. Were you involved in pornography prior to puberty (magazines, video)? (yes/no)
6. While you were living at home, were either of your parents involved in an extramarital affair? (yes/no)
7. Were you sexually active with a variety of partners in adolescence? (yes/no)

Lifestyle Patterns:

Please use the following criterion to answer 8-25: The higher the score, the truer the statement.

8. As an adolescent I did not get along with authority figures, and I continue to have conflict with the law or my supervisor.
1 2 3 4 5
9. I feel driven, unable to relax or have fun.
1 2 3 4 5
10. My self-control and anger-management skills are strengths in my life.
1 2 3 4 5
11. I like testing the limits that surround me, such as the speed limit, tax and banking laws, and so on.
1 2 3 4 5
12. I enjoy getting through a project so that I can get on with the next one. It is important to me to have a number of projects waiting for my attention.
1 2 3 4 5
13. I feel alone even in my marriage and am unable to share my fears, deepest feelings, and the longings of my heart with my spouse.
1 2 3 4 5
14. I recognize in myself a tendency toward compulsive behavior, such as with food, exercise, work, spending or saving money, fast driving, and so on.
1 2 3 4 5
15. I have lots of acquaintances and appear to be close to my family members, but I don't have on intimate friend.
1 2 3 4 5
16. I like to win and am a fierce competitor in whatever I do.
1 2 3 4 5
17. My dating life was marked by a series of broken relationships that I ended.
1 2 3 4 5
18. I feel stressed out, almost numb, from all the demands of my responsibilities in life.
1 2 3 4 5
19. I like to be around important people and find myself playing up to them.
1 2 3 4 5
20. My financial history contains series of bounced checks, a large debt-to-income ratio, poor credit, regular use of credit cards to support my lifestyle, or possibly even bankruptcy.
1 2 3 4 5

21. I have trouble expressing my anger in ways that provide relief without wounding others emotionally.
1 2 3 4 5
22. I don't mind conflict and find that it actually helps me feel better and more in control.
1 2 3 4 5
23. I like to see what I can get away with by living "close to the edge".
1 2 3 4 5
24. I have a tendency to harbor grudges and have a desire for revenge.
1 2 3 4 5
25. Most of those who know me would say that I am intense, easily irritated, and have high standards of excellence.
1 2 3 4 5

Circumstantial Factors:

Give yourself 5 points for each of the items you have experienced within the past year.

26. Lost a close loved one (child, parent, spouse)
27. Suffered a major stressor (job loss or promotion, divorce, medical diagnosis or hospitalization, cross-country move).
28. Approached a major life transition (pregnancy, midlife, retirement).

Test Scoring:

Questions 1-7

"Yes" answers count 10 points each. If all seven questions are answered yes, give yourself an additional 40 points.

Total score for questions 1-7: _____

Questions 8-25

Total the numbers that you circled.

Total score for questions 8-25: _____

Questions 26-28

Five points for each category experienced.

Total score for questions 26-28: _____

Total Score: _____

Evaluation of Score:

Questions 1-7: A score of over 50 for this section places you in the high-risk group.

Questions 8-25: A score over 70 for this section places you in the high-risk group.

Questions 26-28: These are the trigger mechanisms that often send a person at risk into an affair.

TOTAL SCORE: A score over 100 places you in the high-risk group

A word of warning – high risk individuals are more vulnerable than they realize. Whatever you do, do not discount your initial score – talk it over with your spouse, and start working on some of the issues discussed in the book "Close Calls" by Dave Carder.