

## Affair Inventory

Use this affair inventory to help kick start your thought process a little bit as you attempt to perform your introspection. It can help you gain a little bit more understanding of where you are at and how you got there.

If you are man who is tempted to have an affair think before you act. If you are man who is already having an affair or has already had one, try to figure out what need you are truly looking to fulfill by pursuing this other woman.

If you've already ended your affair, take this inventory in the past tense. That is, go back and think about why you did what you did based on the questions that are going to be presented to you.

As you do this, keep asking yourself:

- Will I really get what I need from doing this? Will it last?
- Is it worth the potential damage to my marriage, my children, my health, and my long-term self-respect?
- Are there other ways to find what I'm really looking for?

For each question below that you answer yes to write below each question, on a separate sheet of paper or in a journal at least three alternate ways that you need that this need could be met. Writing anything about these feelings may feel like way too high of a security risk, but at least think through your answers to these questions!

1. Do I feel like I'm getting old and hope that this will help make me feel young, alive, and vital again?

2. Do I have low self-esteem and need a boost my ego?
3. Do I feel trapped in my life roles and want the freedom to act in a different way?
4. Am I tired of the routine life I have? Do I need some excitement?
5. Do I feel like I have always been deprived what I need and this is my chance to get something for me?
6. Do I feel lonely, not knowing how else to feel close to someone?

7. Do I feel like my wife doesn't understand me and I need to find someone who really does?

8. Do I have doubts about my sexuality and need to remind myself that I am attracted and potent?

9. Do I miss having someone really appreciate me, complement my looks, laugh at my jokes, and respect my work?

10. Do I need to find a way to prove that I can still have adventure in my life?

11. Do I need a jump start to feel deep emotions and not know any other way to do it?

12. Am I simply looking for variety in sexual experience?

13. And the ultimate question: am I married to the wrong person? Do I really want to change relationships and develop a different life?

You may go through this exercise and still decide that it is worth it to have an affair. At least you can be more conscious of why you're doing what you're doing or have done what you did.