

What Happened?

- When did the affair begin? Is this person someone you've known for a while? How long had you been feeling attracted to the other person prior to the affair? When did the relationship first become flirtatious? When did it become sexual (if it was sexual)?
- Who initiated the affair? Did either one of you try to stop it? If so, how? What prevented those efforts from working?
- Is the other person married or in a committed relationship? Does that person's partner know? If so, what was the partner's response? If not, do you or the affair person intend to tell the other partner?
- When and where did you get together? How long did the affair last? How many times did you and the other person engage in sexual activity?
- How much emotional involvement was there? How frequently did you and the outside person talk with or write to each other? What else did you do together?
- What kinds of contraception or protection against sexually transmitted diseases (STDs) were used? Did you sometimes not use protection? Have you or the other person been tested for STDs?
- How much money was spent on the affair? Were gifts exchanged? What do you intend to do with gifts or other mementos from the affair?
- Has the affair ended? If so, when and why? Who ended it? If the affair has ended, is this just for now or permanently? What contact have you had with the outside person since then? What steps, if any, have you taken to ensure that no further contact takes place? What does the outside affair person want? What are your plans if the outside person contacts you first?
- Who else knows about the affair? What do others know, and how did they find out?
- Are there any other consequences we need to consider? Could there be any complications at work or other legal problems? Could the outside person make our lives more difficult if she wanted to? Could the outside person's partner cause more difficulties? Are we in physical danger?