

The Anatomy of an Affair:

Affairs don't just happen. Nearly 90% of people who have an affair never set out to have it in the first place. Here is a list of common incremental steps that people take that slowly leads them into a full-blown affair. If you know you are in the CAUTION zone already, check the steps below to see if you might actually be further along in the process than you realized. If you recognize yourself anywhere in these steps, it is advised to seek professional assistance.

CAUTION

-Readiness for an Affair

- Unhappy in marriage
- Feeling disconnected or distant from spouse
- Unmet needs (emotional, physical etc.)
- Lack of time together with spouse

-Alertness to the 'Other Person' (other than spouse)

WARNING

-Innocent Meetings/Interactions

- “Flags” go up that “maybe this isn't right”
- Guilt feelings are minimized
- Emotional boundaries are stretched*
- Innocent (but unnecessary) texting, Facebook messaging, emailing or other means of communicating with this other person

-Intentional Meetings/Interactions

- Start thinking about this other person on regular basis
- Changing passwords, deleting text messages to hide it from spouse
- Emotional boundaries are broken*

-Public Lingering

- Are seen meeting together in public places

DANGER

-Private Lingering

- Spending time together without others around

-Purposeful Isolating

- Intentionally setting up times to meet in private
- Physical boundaries are at high risk*

-Pleasurable Isolating

- Physical boundaries are broken*

-Affectionate Embracing

-Passionate Embracing

-Capitulation

- All guards are dropped, and all boundaries are broken*

-Acceptance of the Affair

- Often rationalized, or given excuses in your own mind