

Affair Recovery Self-Assessment

A structured self-reflection tool to support your work with your therapist

Role:

☐ Hurt partner (I was betrayed by my partner's affair)

☐ Involved partner (I had the affair and am in recovery)

Time since discovery:

☐ Less than 4 weeks

☐ 1 to 3 months

☐ 3 to 6 months

☐ 6 to 12 months

☐ More than 12 months

Instructions: For each statement, circle the number that best reflects how you have been feeling *most of the time over the past two weeks*. If a question does not apply, mark N/A.

1 = Not at all 2 = Rarely 3 = Sometimes 4 = Often
5 = Almost always N/A = Not applicable

Important: If you are in crisis or experiencing thoughts of harming yourself or others, please contact a mental health professional or call/text **988** before completing this assessment.

Informed Consent

Nature and purpose.

This self-report assessment is a structured reflection tool to help you and your therapist identify where you may be in the affair recovery process. It is based on published clinical frameworks but has not itself been empirically tested. It is intended to support, not replace, professional mental health treatment.

This is not therapy.

Completing this assessment does not establish a therapeutic relationship or constitute a clinical evaluation, diagnosis, or treatment recommendation.

Voluntary participation.

Your participation is entirely voluntary. You may stop at any time. You are not required to share your results with anyone.

No data stored or transmitted.

This is a paper-based tool. Your responses are not transmitted anywhere. Keep or discard this document at your discretion.

Emotional content.

Some questions address painful experiences. If the content is distressing, please stop and reach out to your therapist or call/text 988.

Limitation of liability.

Results are informational only and do not constitute a clinical opinion. No specific outcome can be guaranteed.

Licensure and jurisdiction.

This tool is provided by a licensed professional counselor in Texas. It is not intended to establish a clinical relationship or constitute services in any jurisdiction.

I have read and understood the above.

☐

I understand this tool is not therapy and does not create a clinical relationship.
Downloading and completing this resource is entirely voluntary. I may stop at any time.

Date: _____

The three stages described reflect a broad arc of recovery, not a linear sequence. Most people navigate these stages in a nonlinear way, often finding themselves in more than one stage at once, cycling back through earlier territory as healing continues, or jumping forward in tender moments. Wherever you are is a legitimate place to be.

1

Immediate Impact & Safety

Corresponds to Stage 1 (Baucom, Snyder & Gordon) / EFT Stage 1: De-escalation

1. When I think about what happened, I feel overwhelmed by emotion and can barely function.

☐ Not at all ☐ Rarely ☐ Some-times ☐ Often ☐ Almost always

N / A

2. I find myself caught in waves of intense feelings (rage, grief, numbness, or disbelief) that come and go without warning.

☐ Not at all ☐ Rarely ☐ Some-times ☐ Often ☐ Almost always

N / A

3. I have intrusive thoughts, mental images, or "flashbacks" of the affair that I cannot control.

☐ Not at all ☐ Rarely ☐ Some-times ☐ Often ☐ Almost always

N / A

4. I struggle to make basic decisions about daily life or our relationship right now.

☐ Not at all ☐ Rarely ☐ Some-times ☐ Often ☐ Almost always

N / A

5. My partner and I struggle to find a middle ground in our interactions. We either escalate into intense arguments or shut down and avoid each other entirely.

☐ Not at all ☐ Rarely ☐ Some-times ☐ Often ☐ Almost always

N / A

6. I do not feel safe enough to begin engaging in a recovery process (examples include working toward full disclosure, having measured conversations about the affair, working on understanding what happened, and reflecting on my own role in the relationship dynamics).

☐ Not at all ☐ Rarely ☐ Some-times ☐ Often ☐ Almost always

N / A

Reflection (optional): Anything about this section you would like to share with your therapist?

2

Understanding & Making Meaning

Corresponds to Stage 2 (Baucom, Snyder & Gordon) / EFT Stage 2: Emotional Engagement / Gottman: Attune

1. The intensity of my emotions has subsided enough for me to genuinely want to understand how and why this happened, even if it is painful.

☐ Not at all ☐ Rarely ☐ Some-times ☐ Often ☐ Almost always

N / A

2. I am able to have some conversations about the affair without the interaction becoming completely unmanageable.

☐ Not at all ☐ Rarely ☐ Some-times ☐ Often ☐ Almost always

N / A

3. I have been able to engage honestly with my partner about what happened, including the questions and concerns that feel most difficult.
- Not at all Rarely Some-times Often Almost always
- N / A
-
4. I have begun to look at my own patterns and how I showed up in this relationship, not as self-blame, but as honest reflection.
- Not at all Rarely Some-times Often Almost always
- N / A
-
5. I sometimes feel glimpses of something other than anger or grief. Perhaps sadness for us both, or moments of openness.
- Not at all Rarely Some-times Often Almost always
- N / A
-
6. Amid the pain, I have noticed at least some small moments of positive connection with my partner (a brief exchange, a shared task, a moment of ordinary life together).
- Not at all Rarely Some-times Often Almost always
- N / A

Reflection (optional): Anything about this section you would like to share with your therapist?

3

Attachment & Emotional Reconnection

Corresponds to EFT Stage 2: Attachment Injury Resolution Model (AIRM), Makinen & Johnson, 2006 / Gottman: Attune

1. I have been able to express the fear or grief underneath my anger, the deeper emotional hurt and not just the surface reaction.
- Not at all Rarely Some-times Often Almost always
- N / A
-
2. My partner has responded to my pain with genuine care and accountability rather than defensiveness.
- Not at all Rarely Some-times Often Almost always
- N / A
-
3. There have been moments, even brief ones, where I have felt emotionally reached by my partner.
- Not at all Rarely Some-times Often Almost always
- N / A
-
4. I can see my partner's own vulnerability or pain in this situation, even if I am not ready to take it in fully.
- Not at all Rarely Some-times Often Almost always
- N / A
-
5. The negative cycle we get stuck in (e.g., pursue/withdraw, attack/shut down) has slowed down or shifted.
- Not at all Rarely Some-times Often Almost always
- N / A
-
6. I feel some degree of emotional safety returning, even tentatively, in my relationship.
- Not at all Rarely Some-times Often Almost always
- N / A
-
7. When my partner reaches out to me, even in a small way, I am able to respond rather than pull away or dismiss the gesture.
- Not at all Rarely Some-times Often Almost always
- N / A

Reflection (optional): Anything about this section you would like to share with your therapist?

4

Moving Forward

Corresponds to Stage 3 (Baucom, Snyder & Gordon) / EFT Stage 3: Consolidation & Integration

1. I have reached a place where I am able to begin considering forgiveness toward my partner. Not forgetting, but choosing not to let the betrayal define everything going forward.

☐ Not at all ☐ Rarely ☐ Some-times ☐ Often ☐ Almost always

N / A

2. I have reached a place where I am able to begin extending forgiveness toward myself, for my part in the relationship dynamics that preceded this.

☐ Not at all ☐ Rarely ☐ Some-times ☐ Often ☐ Almost always

N / A

3. I have a clearer sense of what I need from this relationship going forward in order to feel safe.

☐ Not at all ☐ Rarely ☐ Some-times ☐ Often ☐ Almost always

N / A

4. My partner and I have begun building new patterns and agreements together, rather than returning to how things were before.

☐ Not at all ☐ Rarely ☐ Some-times ☐ Often ☐ Almost always

N / A

5. When triggers or painful memories arise, we are sometimes able to navigate them together rather than it always pulling us apart.

☐ Not at all ☐ Rarely ☐ Some-times ☐ Often ☐ Almost always

N / A

6. I have an increasing sense of direction, whether that means working toward rebuilding this relationship or making a different choice for my life.

☐ Not at all ☐ Rarely ☐ Some-times ☐ Often ☐ Almost always

N / A

7. I can imagine a future, either together or separately, that holds some meaning and possibility.

☐ Not at all ☐ Rarely ☐ Some-times ☐ Often ☐ Almost always

N / A

Reflection (optional): Anything about this section you would like to share with your therapist?

Scoring Guide

Add your responses in each section and divide by the number of items you answered. Items marked N/A do not count toward the total or the divisor.

Section	Item scores	Sum	Items	Average
Section 1: Immediate Impact & Safety	Q1___ Q2___ Q3___ Q4___ Q5___ Q6___	___	6	___
Section 2: Understanding & Making Meaning	Q1___ Q2___ Q3___ Q4___ Q5___ Q6___	___	6	___
Section 3: Attachment & Emotional Reconnection	Q1___ Q2___ Q3___ Q4___ Q5___ Q6___ Q7___	___	7	___
Section 4: Moving Forward	Q1a___ Q1b___ Q2___ Q3___ Q4___ Q5___ Q6___	___	7	___

Stage Indicators

Share your section averages with your therapist. The table below is a starting point for discussion.

Stage	Signal	Primary focus
Stage 1 Managing initial impact	Section 1 avg 3.5 or above AND Section 4 avg below 3.0	Stabilization, safety, containment of acute distress, communication structure
Stage 2 Meaning & reconnection	Section 1 declining Section 2 or 3 avg 3.0 or above	Shared narrative, primary emotion access, AIRM, attunement building
Stage 3 Moving forward	Section 4 avg 3.5 or above AND Section 1 avg below 3.5	Self-forgiveness, partner forgiveness, new patterns, forward decisions

This is not a clinical diagnosis. This assessment is a self-reflection tool to support conversation with a licensed mental health professional. It does not replace clinical assessment or therapy. Affair recovery is complex and deeply individual. Please use this as a starting point for dialogue with your therapist.

Garden Space Counseling PLLC · gardenspacecounseling.com/affair-recovery · (512) 947-4120