

Infidelity Screening Tool

Infidelity is defined as a sexual or romantic relationship with an outside partner that broke the understood commitments of exclusivity in your relationship. This can be in marriage, cohabiting or dating. Would you say there has been an infidelity in your relationship?

Who had the infidelity, you, partner or both?

When did the infidelity occur?

Was it one time, a short time, or repeated over a long time?

Was there sexual contact in person, or was it phone, text, or internet (or all)?

Were there any circumstances that you believe helped cause the infidelity to happen (e.g., deployment, separation, alcohol/drug use, etc.) ?

What was your relationship at the time (dating, engaged, cohabiting married)?

On a scale of 1-10, would you say your relationship was unhappy prior to the infidelity, 1 being extremely unhappy and 10 being extremely happy?

Was there an emotional attachment to the outside person?

Is this person still in your lives/ do you see him/her?

Was it confessed, discovered or a blend of both?

Was there any retaliation or revenge by the offended person?

Have both partners been checked for STDs (if sexual contact)?

Had the person had any infidelities or affairs prior to this (even prior to your relationship)?

Do your friends or family believe you should stay together as a couple?

On a scale of 1-10, How reluctant are you to engage in counseling to address the infidelity?

This is what clinical experience and research says. Please circle your perspective on risk for these areas of the offense.

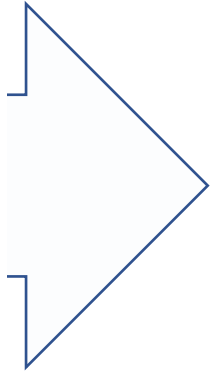
Nature of the Offense

Lower Risk

- Confessed before being caught
- Long time since infidelity
- One time infidelity
- Extenuating circumstances surround infidelity
- No previous infidelities (this or other relationships)
- Offending partner can take responsibility
- Offended partner doesn't retaliate/ revenge
- No emotional attachment to the "other"

Higher Risk

- Infidelity was discovered
- Recent infidelity
- Repeated
- No unusual situational factors
- Previous infidelities
- takes no or little responsibility
- Retaliation/ revenge actions
- Attached to the "other"



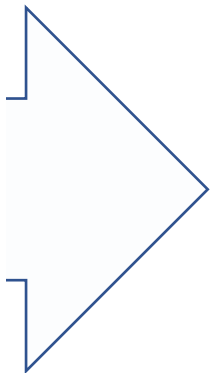
Nature of the Intimate Partnership

Lower Risk

- Dating, non-exclusive
- No expectation of fidelity in your relationship
- Few or no other previous partners
- Prior to infidelity relationship was good
- Normative sexual experiences positive for couple
- Long term relationship

Higher Risk

- Exclusive or Married
- Expectation of fidelity
- Many previous partners
- Unhappy marriage over long term
- Unusual or unhappy sexually
- Short relationship



Personal Traits of Person who had Affair/ Infidelity

Lower Risk

Ability to disengage from potential “others”
Friends and family support staying together
Partner doesn’t need to feel sexy/special
Believes infidelity is morally wrong
Friends/family in long term commitments
Religious community supports staying together
None or rare use of digital sexual content
None or rare social media contact with “potentials”
Couple is not particularly privileged
Couple is not particularly attractive
Couple is generally home every night
None or Rarely drink too much
“Buttoned down” personality
Both partners are generally psychologically healthy
Offending partner can see self-forgiveness over time
Willing to fully engage in therapy

Higher Risk

Engaging with potential “others”
Friends/Family say break up
Partner deeply needs to feel special
See moral “gray” in infidelity
They are not monogamous, dating
No community
Frequent use of digital content
Frequent social media “potentials”
Financial or social privilege
Unusually attractive
Frequently travel or deployments
Frequent drinking socially
Gregarious personality
Either mental health symptoms
Offending partner stuck in shame
Reluctant or resistant to therapy