

## PRINTABLE WORKSHEET

# After an affair: where are we in recovery?

Based on the three-stage model of affair recovery (impact, meaning, moving forward). Each partner can fill in a copy.  
Rate each statement: 1 = not true, 3 = partly, 5 = very true.

1. I think about the affair many times a day, often when I don't want to. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

2. Feelings swing hard (rage, grief, numbness), sometimes within the same hour. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

3. Sleeping, eating or concentrating is still hard. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

4. There are questions that still need answers, and haven't had them. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

5. Contact with the affair partner has fully ended, and I believe that. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

6. We've started to understand what made the affair possible, without that becoming an excuse. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

7. The partner who had the affair can talk about it without getting defensive or minimizing. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

8. We can talk about the affair without every conversation becoming a fight. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

9. Trust is starting to come back through what actually happens day to day. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

10. There are stretches of days when the affair isn't the main thing on my mind. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

11. We've made a decision about our future: to rebuild, or to part well. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

12. We're doing things together again that have nothing to do with the affair. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

## Reading it

**Impact** = average of items 1–4: \_\_\_\_ **Meaning** = average of items 5–8: \_\_\_\_ **Moving forward** = average of items 9–12: \_\_\_\_

Impact 3.5 or higher: you're in **Stage 1, Impact**. Otherwise, Meaning below 3.5: **Stage 2, Meaning**. Otherwise: **Stage 3, Moving forward**.

If item 5 is 1 or 2, contact with the affair partner hasn't clearly ended — recovery work can't really begin until it has. Couples move back and forth between stages. That's normal.

Interactive version, with your results calculated for you: [victoriarelationshiptherapy.ca/tools-affair-recovery-stages.html](https://victoriarelationshiptherapy.ca/tools-affair-recovery-stages.html)