

Answering all of the questions

Marital betrayal is difficult for the both the betrayer and the betrayed spouse.

The betrayed spouse often asks a number of questions in order to make sense of the circumstances and to try to regain trust in the betrayer. It becomes important to answers all questions completely, honestly, humbly, and without reservation or having to be prodded. This can be very difficult for everyone but for most people this is the only way to reestablish the relationship.

It can be helpful to answer the following questions during a counseling session. The betrayed spouse might want to write down any additional questions. It is the hope that having asked all the questions at one time it will help the couple to move forward more quickly on to the next question, why did the betrayal happen in the first place. ***All historical questions about the betrayal can be asked in session except explicit sexual questions.***

Here is a list of questions most commonly asked.

With whom did you have the affair?

How and when did you meet?

Who pursued who in the relationship?

Who else knew of your relationship?

How much money did you spend on her/him? How much money did she/he spend on you?

Where did you take her/him? Where did she/he take you?

When did the relationship become sexual?

Where did you have sex?

Did you ever have sex in our house? Did you have sex in our bed?

Has the relationship been severed?

Who broke it off?

How did you feel about her/him during the relationship?

How do you feel about her/him now?

Has there ever been anyone else?

Is there anything else I should know?