

ALL ABOUT AFFAIRS



There are *many* complex reasons couples experience extramarital affairs. It's not as simple as Enneagram type, nor is it easily quantifiable as to discern the exact reasons why couples stray. Naturally then, it's better to avoid it altogether.

Still, the data tells us that some couples cite anger for having been cheated on, boredom, losing friendship with their own spouse, grief and loss, and not feeling like they can trust their spouse. This lack of trust influences the partner to cheat which ironically breaks down trust further.

In order to further decrease the likelihood of your marriage having to deal with infidelity then, take some time this week to go over these questions together.

Love Tip: Wait for good timing, do not ask the questions during a time when you are busy, in front of kids, or depleted. Take 30 minutes and do not yell or withdraw. If you do, come back to it and set a time for it. You're both worth the wait so it isn't rushed! :)

Questions for each spouse to ask and answer:

Couples cite various reasons for cheating. Why do we each think couples cheat?

Do you trust me when it comes to relating to the opposite sex?

What can I do that will aid you in continually helping you to feel blessed by me as a spouse?

Is there anyone at my work or in my life that you think I am being too friendly with? What can I do to make sure I don't cross the line at work or at events, online or in a friendship setting? Is there anyone actively flirting with me?

Do I know about all of your relational social media accounts? If I wanted to check on them, would you mind? Where do you keep your passwords?

How do we each hold ourselves accountable to not cheating or flirting with others?

What are each of our wise comfort levels with relating to those we are attracted to?

Do you talk to anyone about our relationship? Who? (*Share with only people who you both approve of, and not someone either are attracted to*).

Are there any new boundaries we have talked about today that we need to set?

What is one thing I would love for you to do to keep our marriage refreshed and pleasant?

What is one thing I love about our marriage?

If comfortable, pray together as the meeting closes. Talk about when you will follow up, if needed.