
Steps to an Affair

On a recent "Focus on the Family with Jim Daly" program, Pastor Gary Thomas shared information that he had compiled from an online blog called "Steps to My Affair" by a woman who only identified herself as "Debbie." Here are the very gradual steps to an affair that he gleaned from her story, and from his experience counseling couples.

Level 1: Prelude to an Affair

1. You share your marital frustrations with each other.
2. You sense an attraction to this person and sense they are attracted to you.
3. You take extra time to primp before you see them.
4. You think about this person even when you are not interacting with them.

Level 2: Practicing an Affair

5. You start fantasizing about being together as a couple.
6. You manipulate circumstances to spend time together.
7. You engage in playful banter, teasing, and flirtation.
8. When others ask, you both respond, "We're just friends."

Level 3: Participating in an Affair

9. Meeting together in secret
10. Texting or calling
11. Intimate contact

Antidotes

1. Re-commit to your marriage
2. Take fast action! Seek help now.
3. Use discretion and wisdom to protect your marriage from outsiders.
4. Maintain emotional connection through:
 - emotional availability
 - sensitive responsiveness
 - trust

If you need help for your marriage, please call 800-A-FAMILY (800-232-6459) and ask for a free call back from one of our caring Christian counselors. Or visit hoperestored.focusonthefamily.com to learn about our intensive marriage counseling experiences available from coast to coast.



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