

Published based on [20 Questions To Ask Yourself After An Emotional Affair](#)

# **20 Questions To Ask Yourself After An Emotional Affair**



Emotional affairs can be as destructive to a marriage as a physical affair. Before you can make a decision about what to do next, several important questions need to be answered. Complete honesty with yourself and your spouse is essential to move forward.

## **Are You The Emotional Cheater? Questions To Ask Yourself After An Emotional Affair**

1. Am I able to put myself in my spouse's position and understand the emotional affair from their perspective?
2. Am I willing to completely sever ties with the other person?
3. Am I willing to do what it takes to regain trust?
4. Do I know how to balance my need for freedom and connection in my relationship?
5. Do I know how to "fight fairly?" and communicate effectively?
6. Do I know how my past relationships and experiences affect my present behavior in my relationship?
7. Am I willing to seek outside help to save my marriage?
8. Do I understand what led me to have an emotional affair?
9. Am I comfortable and confident in my ability to communicate my needs and have them met by my spouse?
10. Am I willing to do everything that I possibly can to save my marriage?

## **Were You Cheated On? Questions To Ask Yourself After An Emotional Affair**

1. Am I willing to do everything that I possibly can to save my marriage?
2. Have I looked at my part in why my marriage is struggling? Do I understand and accept responsibility for my role in the emotional affair?
3. Do I know how to communicate with my partner so they are willing to listen?
4. Am I willing to forgive?
5. Will I be able to trust them again?
6. Am I willing and able to communicate to my partner what I need?
7. Am I willing to seek outside help to save our marriage?
8. Can you find yourself and maintain a balance between you and your marriage partnership?
9. Have you ever turned to another person for comfort and connection? Have you had an emotional affair?
10. Can you invest the time to heal yourself first before focusing on repairing your marriage?

Understanding why the emotional affair occurred is the first step and it's important for both of you to understand your role in the breakdown of your marriage. It's also essential for you to take time to assess what you want from

your marriage.

If you do want to stay together and you can forgive your spouse for their infidelity then there's hope. Consider seeking outside help to move forward. A coach, counselor, or a proven marriage repair program can be the step that helps you both move past the emotional affair and toward a better future.

## What to do Next

Start by signing up for a **free, no-obligation and confidential marriage assessment and free "7 Secrets to Fixing Your Marriage" report** and get immediate help to stop the emotional affair.

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