

Reflection journal for partners in an affair

This workbook is here to help you think about and understand your experiences as an affair partner. Take your time and feel free to answer the questions honestly and at your own pace.

1. My tale – just the facts

Share your story in a genuine way.

- How did everything start?
- What caught your attention?
- What kind of dynamics came about?
- What was lovely and what was challenging?
- Did you ever have moments of doubt?

2. My job – truthfully called

Acknowledge your real role, beyond just making excuses.

- What was your position?
- What did you bring along with you?
- Where did you hold back a little?
- What truths have you overlooked?

Vervollständige:

- "I was the one who..."
- "I let..."

3. What I shared / What I gave up

Acknowledge what you've shared and what you've let go.

What I provided:

- Time, feelings, readiness, comprehension, optimism

What I misplaced:

- Self-worth, understanding, time, emotional balance

4. Dreams vs. Reality

Take a look at your dreams and see how they match up with what's really happening.

My dreams:

- What were you wishing for?
- What did you have faith in?

The truth is:

- What actually took place?
- What patterns kept showing up?

5. My boundary

Establish clear limits for what's ahead.

- What's something you never want to go through again?
- Where did you go too far?

6. My final thought/next move – letter or ceremony

Discover a thoughtful conclusion or the next step to take.

Closing letter:

Write a letter to someone or about something without actually sending it.

Ritual (optional):

- Destroy the letter.
- Offer a little something in return, just as a nice gesture.

7. My fresh take on relationships

Decide how you'd like to enjoy your future relationships.

- What makes a relationship feel harmonious for you?
- What values matter most to you?

Forms:

- "For me, being in a relationship means..."
- "I choose not to..."

Diploma

You are not a mistake. This workbook is a step towards finding more clarity and understanding within yourself.