

Worksheet for Summarizing Factors Related to the Affair

	Factors having an influence before the affair	Factors having an influence during and following the affair
Negative influences and stressors (your relationship, outside factors, your partner, you)		
Positive qualities contributing to risk (your relationship, outside factors, your partner, you)		
Absence of positive or protective factors that reduce the risk of an affair (your relationship, outside factors, your partner, you)		

From *Getting Past the Affair, Second Edition*, by Douglas K. Snyder, Kristina Coop Gordon, and Donald H. Baucom. Copyright © 2023 The Guilford Press. Permission to photocopy this material, or to download enlarged printable versions (www.guilford.com/snyder2-forms), is granted to purchasers of this book for personal use; see copyright page for details.