

Discussion Guide for My Husband's Affair

1. What common denominators do Anne's story and your story have in common? (or the story you read)
2. What positive futures have people who have gone through affairs found? What can be learned through an experience like this, that has the potential to improve your life in the future? Or improve the lives of your children? Friends?
3. P. 118 – How do you fight the daily forces that seek to lure your life to the bottomless pit of despair?
4. What is the most painful part of the affair to you?
5. What do you believe about “soul mates?”
6. What behaviors are important for the betrayed if they want to save the marriage?
7. What are some things Anne did right? (the betrayed do right)
8. What are some things Anne did wrong? (the betrayed do wrong)
9. What things can you gain strength from?
10. P. 147 - In the midst of the pain, the chaos and the tragedy, Anne finds herself enveloped in an extraordinary and inexplicable peace? How might you find peace in the midst of a deep life trial like this?
11. What mean things has your spouse said to you? As you hear others in your group share, what patterns do you see emerging?
12. P. 172 – 173. In what ways was Darrel a good supporter to Brian? P. 44-45. In what ways was pastor Dave not a good supporter? What qualities does a supporter of the unfaithful spouse need to have?
13. What do you think is the proper way to end an affair?
14. Describe the irony of the homecoming? What would be the right way for a homecoming to happen? What is realistic? What feelings is the betrayed likely to experience before their spouse returns? What surprising feelings might they experience after the unfaithful recommits to the marriage?
15. What steps can the betrayed take if the unfaithful spouse is unwilling to cooperate with the betrayed spouse's plans to fix the marriage?
16. What do you believe is the true appeal of an affair?
17. What positive steps does Anne take to break free from codependency? How are these changes initially received by Brian? Or What positive steps can the betrayed

take to break free from codependency? How is the unfaithful spouse likely to receive these “healthy” changes initially?

18. What steps can a betrayed spouse take towards self-care? Why is self-care important? Why do betrayed spouses often struggle with self-care?