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## BAN – CHAPTER 2 – UNDERSTANDING WHY AFFAIRS HAPPEN

### UNDERSTANDING HOW A MORAL BOUNDARY WORKS

Self-deceiving thought processes start \_\_\_\_\_ and lure you away \_\_\_\_\_.

*THE SLIPPERY SLOPE – is when parties cross boundaries of emotional intimacy, sharing intimate information with a friend that is usually appropriately the exclusive territory of a husband or wife.*

The person involved is not technically doing anything wrong yet, but they are developing a relationship with the other person. They begin to give themselves \_\_\_\_\_.

- Self-deception
- Rewriting their marital history.
- Not being conscious or self-aware
- Slow fade, subtle decline, gradual inch by inch moving of the moral boundary.

### UNDERSTANDING VULNERABILITIES

Vulnerabilities include: pain, stressors + not self aware, poor communication skills, low self-esteem.

Thinking “this could never happen to me”

I’m off the market.

Saying “no” right before sex is not really likely

### THE MAN/WOMAN DYNAMIC

Can men and women be just friends?

### THE REALLY, REALLY GAME

### THE HOPING GAME

### UNDERSTANDING THE GRIP OF AN AFFAIR

Affairs are like an addiction. An illusion. Escape from reality.

An affair is a \_\_\_\_\_

## OBSTACLES TO UNDERSTANDING WHY THE AFFAIR HAPPENED

1. You don't want to understand.

2. The fallacy of the \_\_\_\_\_ game.

We think the affair is about the affair partner but it's actually not.

3. Thinking that knowing \_\_\_\_\_ you would stop the behavior.

4. The \_\_\_\_\_ problem.

5. Trying to understand your spouse's thinking through the way \_\_\_\_\_ think.

6. Trying to explain \_\_\_\_\_ behavior, through rational reasoning.

*Affairs are illogical and irrational.* What were they thinking? If people were \_\_\_\_\_ they would not have affairs.

7. Believing that if someone has an affair, it means they don't \_\_\_\_\_ their spouse.

8. Gender differences.

9. Your spouse doesn't want to give you a \_\_\_\_\_ into their affair.

10. Your truth is your \_\_\_\_\_.