
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 _____.