

COMPLETE AFTER FINISHING ALL NINE MODULES

# Post-Course Assessment

## Infidelity Recovery — Measuring Your Growth

### PURPOSE

*This assessment measures your growth since beginning the course. Complete it after finishing all nine modules. Compare your responses honestly with your pre-course assessment — the differences will show you how far you have come and where to focus as you move forward.*

### INSTRUCTIONS

Each partner completes this independently. Then come together and compare your responses with your pre-course assessment. Celebrate your growth honestly. Name what still needs work without shame.

### PART 1 — YOUR CURRENT READINESS

Rate each statement from 1 (not at all true) to 5 (completely true):

Statement	Partner A	Partner B
I understand what broke in our marriage beyond the act of betrayal itself	___	___
I have a realistic sense of what recovery will require of each of us	___	___
The affair has ended completely and I believe that to be true	___	___
I feel emotionally safe enough to engage in this recovery process	___	___
I understand the difference between forgiveness and reconciliation	___	___
I am willing to seek and sustain professional support	___	___
I understand what genuine transparency and honesty requires	___	___
I believe rebuilding intimacy is possible for us	___	___
I have a clear sense of what the new marriage needs to look like	___	___
I am choosing this process from genuine willingness — not obligation or fear	___	___

Partner A Total:                    \_\_\_ / 50

Partner B Total:                    \_\_\_ / 50

Pre-Course Score — Partner A:                    \_\_\_                    Growth:                    + \_\_\_

Pre-Course Score — Partner B:                    \_\_\_                    Growth:                    + \_\_\_

## PART 2 — YOUR TRANSFORMATION

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**In one sentence, describe where your marriage is now:**

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**The most important thing this course taught you about yourself:**

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**The most important thing this course taught you about your spouse:**

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**The module that challenged you most — and what it opened up:**

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## PART 3 — MEASURING YOUR PROGRESS

For each area you checked in the pre-course assessment, rate your progress: 1 (still fully unresolved) to 5 (significantly addressed):

Statement	Partner A	Partner B
Belief that recovery is genuinely possible	—	—
Confidence that full honesty has been established	—	—
Certainty that the affair has completely ended	—	—
Movement toward genuine forgiveness	—	—
Clarity about what happened and why	—	—
Trust in my spouse's commitment to real change	—	—
Clarity about whether I want this marriage	—	—
Genuine willingness — not obligation — to continue	—	—
Addressing personal wounds older than this betrayal	—	—
Commitment to sustained professional support	—	—

## PART 4 — WHAT COMES NEXT

**The area of our marriage that still needs the most intentional work:**

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**The professional support we are committing to continuing:**

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**The one practice from this course we will keep using consistently:**

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## PART 5 — CELEBRATING YOUR GROWTH

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**Partner A — Something I want my partner to know about how they showed up in this process:**

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**Partner B — Something I want my partner to know about how they showed up in this process:**

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## PART 6 — THE POST-COURSE DECLARATION (Read Aloud Together)

Read this aloud together. Then sign below.

*"We came into this course broken. We are leaving it more honest, more intentional, and more committed than when we began. We have not arrived. But we have done something most couples in our position never do — we stayed, we worked, and we told the truth. The marriage we are building now is not the one we lost. It is something new — and it carries the strength of everything we walked through to get here. We are not finished. But we are moving forward — together."*

Partner A: \_\_\_\_\_

Date: \_\_\_\_\_

Partner B: \_\_\_\_\_

Date: \_\_\_\_\_

Witnessed by: \_\_\_\_\_

Date: \_\_\_\_\_

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***You did not quit. That is extraordinary.***

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