

Pre-Course Assessment

Infidelity Recovery — Where We Are Starting

PURPOSE

This assessment establishes an honest baseline before you begin the course. There are no right or wrong answers. Your responses are private and are designed to give you a clear starting point — so you can measure your own growth by the time you complete all nine modules.

INSTRUCTIONS

Each partner completes this independently before beginning Module 1. Rate each statement from 1 (not at all true right now) to 5 (completely true). Do not compare answers with your partner until after completing the full course.

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

PART 2 — YOUR HONEST STARTING POINT

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

The area you feel most uncertain or afraid about entering this process:

The outcome you are most hoping this course will help you reach:

What you are willing to commit to right now — even before you feel ready:

PART 3 — YOUR BIGGEST CONCERNS ENTERING THIS PROCESS

Each partner checks every area that currently feels unresolved, uncertain, or frightening:

- I am not sure recovery is genuinely possible for us
- I do not believe my spouse has been fully honest about what happened
- I am not certain the affair has truly ended
- I do not know if I have the capacity to forgive what was done
- I am afraid of what I will discover if I look more closely
- I do not trust that my spouse is genuinely committed to change
- I am not sure I want this marriage anymore
- I am engaging this process out of obligation — not genuine willingness
- I have unresolved wounds that are older than this betrayal
- I do not believe professional counseling will be enough

PART 4 — YOUR PRE-COURSE DECLARATION

"I am beginning this course from the most painful place I have ever started anything. I do not have certainty. I do not have all the answers. I am not sure how this ends. But I am choosing to show up — honestly, fully, and with everything I have — because this marriage and this moment deserve nothing less."

Partner A: _____

Date: _____

Partner B: _____

Date: _____