Sex Inventory Example — “Mark”

> *“God please help me see the Truth about my conduct in relationships”*

Name: “Mark” **Relationship:** Emotional Affair with a Co-Worker

Brief History of the Relationship

My motives for getting involved were…

Felt unseen and unappreciated in my marriage. Mark listened to me. He made me feel interesting, attractive, and understood. I wanted that feeling — someone who saw me the way I wanted to be seen. I told myself it wasn’t really an affair because nothing physical happened.

My specific conduct in the relationship has been…

Texting constantly — morning, night, during family time. Sharing intimate details about my marriage, my frustrations with my husband. Deleting messages. Making excuses to be at work events where he’d be. Dressing up for him. Comparing my husband unfavorably to him. Fantasizing about a different life. Emotionally withdrawing from my marriage and putting that energy into this connection. Lying to my husband about who I was texting and why.

The major points that came up in the relationship are…

It escalated slowly. Started as a work friendship. Then the conversations got personal. Then they got intimate — not physically, but emotionally. I was sharing things with Mark that I should have been sharing with my husband. I relied on Mark for emotional support, validation, and excitement. My husband noticed I was distant and asked what was wrong. I said “nothing” and got angry at him for asking. The secrecy made it thrilling. That should have been the warning sign.

How it ended…? or how it is now…

My husband found the texts. He was devastated — said it felt worse than if it had been physical because of the emotional depth. Mark's wife was told. She was hurt too. Mark and I stopped talking. I started working the Steps. My husband and I are in counseling. The trust is deeply broken. Mark transferred to a different office.

Nine Questions

1) Where had I been selfish?

Prioritized how Mark made me feel over my marriage vows, my husband's wellbeing, and my family's stability. Used Mark to fill an emotional need I should have addressed within my marriage or through recovery. Chose excitement and validation over honesty and commitment.

2) Where had I been dishonest?

Lied to my husband about who I was talking to and what about. Deleted messages. Told myself it "wasn't really cheating" because it wasn't physical — that was the biggest lie of all. Hid the depth of the connection from everyone, including myself. Told my husband his concerns were unfounded when they were completely justified.

3) Where had I been inconsiderate?

Never considered the damage I was doing to my husband, to Mark's wife, to my children's home, to Mark himself. I was using Mark too — he was a means to feel good about myself. I disrupted two families and two marriages for my own emotional gratification.

4) Whom did I hurt? (Look around the relationship)

My husband — the betrayal of emotional intimacy given to another man was devastating. My children — they sensed the tension and the distance; our home became unstable. Mark's wife — she was blindsided and deeply hurt. Mark — I involved him in something dishonest that cost him his marriage's trust and his work situation. Our co-workers — the

fallout created awkwardness and tension at the office. My parents and in-laws — they saw the marriage in crisis and didn't know why.

5) Did I arouse jealousy?

Yes, in my husband — and it was justified. He sensed another man had access to my heart and my attention in a way he didn't. In Mark's wife — she could see her husband was preoccupied with someone else.

6) Did I arouse suspicion?

Yes, in my husband — the constant texting, the phone always face-down, the sudden interest in work events, the emotional distance at home. He knew something was wrong long before he found the texts. In Mark's wife — she noticed changes in Mark's behavior too.

7) Did I arouse bitterness?

Yes. My husband became bitter about the deception — not just the affair itself, but the gaslighting when he raised concerns. Mark's wife became bitter toward both of us. My husband's trust in me may never fully recover.

8) Where was I at fault?

I sought outside what I should have sought inside my marriage. I lied, concealed, deleted, deflected. I told myself a story that made it okay — "it's just a friendship" — when I knew it wasn't. I gaslit my husband when he was right. I disrupted two families. I was a coward — afraid to face the real issues in my marriage, so I escaped into fantasy.

9) What should I have done instead?

- Recognized the emotional connection with Mark for what it was and set a boundary immediately
- Talked to my husband honestly about feeling unseen and unappreciated
- Sought counseling — individually and as a couple — to address the distance in our marriage
- Not shared intimate details about my marriage with another man

- Not deleted messages — if I felt the need to delete, that was the proof something was wrong
- Been transparent with my husband when he asked what was wrong
- Directed the emotional energy I gave Mark toward my marriage
- Worked the Steps and talked to my sponsor instead of seeking validation from another man
- Treated my marriage vows as sacred, not as something to work around

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HARM:

- Emotional suffering — my husband's trust shattered; he described it as the worst pain of his life
- Emotional suffering — Mark's wife blindsided by her husband's emotional infidelity
- Stealing peace of mind from both families
- Destabilizing my children's home environment
- Spiritual harm — my husband's faith in the marriage, in me, and in partnership itself was deeply damaged
- Inconvenience/disruption — Mark had to change jobs; both marriages required counseling
- Lying to my husband and gaslighting him when he was right — stealing his confidence in his own perceptions

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