**Questions Involved Partners Can Ask Themselves –** [Shirley Glass](https://amzn.to/3AnCgyH)

A good couples therapist should **never** ask you which partner you prefer. It’s important that you don’t make the mistake of deciding on the basis of comparing an exciting, illicit romance with a stable, long-term relationship. Your preference will sway towards excitement and away from the familiar.

1. Picture yourself with your affair partner in a long-term committed relationship.

* What would your life be like five years from now: twenty years from now?
* Ask yourself whether your affair partner wants to have children. If you already have a family, do you want to be raising another family in the future?
* What would it be like for you & your affair partner to raise step-children together?
* How would your children handle you committing to the person who broke up their intact family?
* What were the things that attracted you to your affair partner? If these traits were to become exaggerated, would you still be attracted? For example, if you like the fact that your affair partner is always frank & direct, imagine what it would be like to be with someone who is brutally honest?

1. What will it be like when the passion of forbidden love wears off years from now? Imagine how forlorn you might have been if something had prevented you from committing to/marrying your partner. You probably would have believed forever that you lost the one true love of your life.
2. Would you still want to separate from your partner/spouse even if the relationship with your affair partner doesn’t work out? **This is a central question to ask**. For example, Christine had to ask herself this after her lover Ben ended their affair. Although Christine was the affair partner in Ben’s extramarital triangle, she was the unfaithful partner in her own committed relationship. She ended her own marriage to William because of irresolvable problems, even though Ben made it clear to her that their affair had ended.
3. Visualise where you want to be ten or twenty years from now. Where do you want to be living, how do you want to spend your time, what gives you pleasure? What happened to the dreams you once had about what it would be like to grow old with your partner?

See also:  [Should I Pick Up the Pieces or Throw in the Towel - Part 3](https://vivianbaruch.com/wp-content/uploads/2022/07/Should-I-pick-up-the-pieces-or-throw-in-the-towel-Part-3.docx)