

Has Your Friendship Become an Emotional Affair?

Directions: Circle Yes or No to the left of each statement.

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| Yes | No | 1. Do you confide more to your friend than to your partner about how your day went? |
| Yes | No | 2. Do you discuss negative feelings or intimate details about your marriage with your friend but not with your partner? |
| Yes | No | 3. Are you open with your partner about the extent of your involvement with your friend? |
| Yes | No | 4. Would you feel comfortable if your partner heard your conversation with your friend? |
| Yes | No | 5. Would you feel comfortable if your partner saw a videotape of your meetings? |
| Yes | No | 6. Are you aware of sexual tensions in this friendship? |
| Yes | No | 7. Do you and your friend touch differently when you're alone than in front of others? |
| Yes | No | 8. Are you in love with your friend? |

Scoring Key:

You get one point each for *yes* to questions 1, 2, 6, 7, 8, and one point each for *no* to 3, 4, 5.

If you scored near 0, this is just a friendship.

If you scored near 3 or more, you may not be “just friends.”

If you scored 7-8, you are definitely involved in an emotional affair.