

## **Dr. Phil's Seven Questions To Ask if Your Partner Has Been Unfaithful**

1. Is this an isolated event or a pattern?
2. Does your partner own his bad behavior or make excuses for it?
3. Does he/she have insight into how he/she's hurt you or is he/she oblivious?
4. Is he/she sorry for his choice or sorry he/she got caught?
5. Is he/she willing to clean up his act, or is he/she in denial?
6. Is this out of character or does he/she have an insensitive gene?
7. Is this a legacy or new behavior?

### **Plus four questions by Dr. Ross:**

8. Does he/she understand the high risk situation, the thoughts, fantasies and feelings that preceded his infidelity and does he/she have a strategy to deal with them without reoffending?
9. Is he/she willing to accept without complaint an extended probation in which he/she must go to extraordinary lengths to prove himself faithful?
10. Is the offended partner willing to forgive?
11. Is the offended partner strong enough to deal with a repeat of the infidelity—if it should reoccur?