

THOUGHT-LIFE INVENTORY	
Euphoric Recall	<p>How often do I find myself thinking about past sexual experiences, places where I acted out, pornography sites I have gone to, and acting out partners?</p> <p>(a) ____ times a day</p> <p>How long do these euphoric recall episodes last?</p> <p>(b) ____ minutes</p> <p>For how many years has this gone one?</p> <p>(c) ____ years</p> <p>Calculate the hours lost to euphoric recall:</p> <p>(d) $(a \times b \times 365 \times c) / 60 =$ ____ hours</p>
Imagining/Fantasizing	<p>How often do I find myself imagining or fantasizing about sexual experiences I would like to have, places where I could possibly act out, pornography sites I could access, and how I could contact new and old sexual partners?</p> <p>(a) ____ times a day</p> <p>How long do these future imagining/fantasizing episodes last?</p> <p>(b) ____ minutes</p> <p>For how many years has this gone one?</p> <p>(c) ____ years</p> <p>Calculate the hours lost to fantasy recall:</p> <p>(d) $(a \times b \times 365 \times c) / 60 =$ ____ hours</p>
Planning The Next Encounter	<p>How much time have I spent planning and setting up sexual experiences: making contact, agreeing on the activity, arranging times and places, creating excuses, accessing the money, travelling, etc.?</p> <p>(a) ____ times a day/week/month/year</p> <p>How long do these planning sessions last?</p> <p>(b) ____ minutes</p> <p>For how many years has this gone one?</p> <p>(c) ____ years</p>

	<p>Calculate the hours lost to fantasy recall over the years: (d) _____ hours</p>
Creating Cover-Ups	<p>Estimate the amount of time I have spent thinking about how to hide my sexual activity over the years.</p> <p>How often have I acted out over my lifetime? _____</p> <p>How much time have I spent creating excuses and constructing plans to make up for:</p> <p>(a) being noticeably absent or late for something important?</p> <p>(b) missing deadlines?</p> <p>(c) missing productivity targets?</p> <p>(d) poor quality of my performance?</p> <p>What would I have been focused on if I hadn't been preoccupied by those thoughts?</p>
Contemplating Consequences	<p>What were the times when I was preoccupied by thoughts of impending consequences of my sexual activity being discovered?</p> <p>What would I have been focused on if I hadn't been preoccupied by those thoughts?</p>
Preparing for Painful Conversations	<p>What painful conversations have I had because of my sexual behaviour?</p> <p>How much time did I spend preparing for those conversations?</p>
Other times devoted to thoughts related to my sexual acting out	

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It is helpful to refer to the [Feelings Wheel](#) to help you identify all the emotions that your infidelity has led you to experience. Be sure to include both the emotions that excited you and fed the infidelity as well as the painful emotions that flooded in after you acted out and when your infidelity was disclosed or discovered.