

The “Just Friends” Quiz

An honest self-check: am I having an emotional affair?

Mark **Yes** or **No** for each question, then count your Yes answers and read your result on the next page. Be honest with yourself — that is the only way it works. This is a mirror, not a verdict. There are no slanted questions and no rigged result.

Written for the person who is actually in the friendship. If that is you, answer for yourself. If you are the worried spouse, you can answer it as best you understand their situation.

1. Have you ever told yourself, or someone else, "we're just friends"?
 Yes No
2. Have you had conversations with them you wouldn't want to have in front of your spouse?
 Yes No
3. Does this friend give you more attention than your spouse does?
 Yes No
4. Have you confided in this friend about your marriage or your marriage problems?
 Yes No
5. Is there a romantic or sexual spark between you and this friend?
 Yes No
6. Do you believe that only physical affairs really count as cheating?
 Yes No
7. Have you mostly given up trying to talk to your spouse or work on your marriage?
 Yes No
8. Do you look forward to time with this friend more than time with your spouse?
 Yes No
9. Do you find yourself wanting to look good for this friend, or caring what they think of you?
 Yes No
10. Have you ever compared this friend to your spouse?
 Yes No
11. Have you ever lied to your spouse about this friend? (Leaving things out counts.)
 Yes No
12. Do you feel like you're drifting apart from your spouse?
 Yes No
13. Have you ever wished your spouse treated you more like this friend does?
 Yes No

14. Have you ever deleted texts, emails, or messages from this friend so your spouse wouldn't see?

Yes No

15. Would you be reluctant to give up this friendship, even if your spouse asked you to?

Yes No

How to Read Your Score

Count up your Yes answers.

0 to 2 Yes — You're likely on solid ground

This probably hasn't crossed into an emotional affair, which is genuinely good news. Almost nobody plans to fall into one. It happens a step at a time, usually with someone you've told yourself is "just a friend." Keep your spouse first, stay an open book about this friendship, and treat any question that gave you pause as an early warning light.

3 to 5 Yes — This has likely drifted further than it feels

This has most likely become an emotional affair, even if it doesn't feel like one from the inside. That's the hard part to see. It's not a verdict on who you are, it's a mirror. What it's reflecting is that this friendship has quietly taken a place in your heart that belongs to your marriage. The good news: it's reversible, and it starts with one clean, honest decision about the friendship.

6 or more Yes — Can I be honest with you?

Honestly, this is an emotional affair, and if you're like most people who land here, part of you already knows it. I'm not saying it to shame you. I'm saying it because the fact that you're reading this means it isn't too late. Marriages come back from exactly this point. It starts with telling yourself the truth, which you just did, and then ending the relationship cleanly and turning back toward your spouse. The person who walks back from this is someone to be proud of.

Be honest. It only works if you are.