

## The “Has Your Friendship Crossed the Line” Quiz

*Mark either Y or N next to each question to indicate Yes or No. Please be honest with yourself, otherwise the quiz won't work.*

\_\_\_\_\_ #1. Have you ever said the words, "We're just friends"?

\_\_\_\_\_ #2. Have you had conversations with him/her that you wouldn't want to have in front of your spouse?

\_\_\_\_\_ #3. Does he/she give you more attention than your spouse does?

\_\_\_\_\_ #4. Have you confided in your friend about your marriage?

\_\_\_\_\_ #5. Would you say that you have chemistry with your friend?

\_\_\_\_\_ #6. Do you believe that only physical affairs count as cheating?

\_\_\_\_\_ #7. Have you given up trying to talk to your spouse or solve your marriage problems?

\_\_\_\_\_ #8. Do you look forward to being with your friend more than you do your spouse?

\_\_\_\_\_ #9. Do you care what the other person thinks about you? In other words, do you try to look good for them?

\_\_\_\_\_ #10. Have you ever compared your friend to your spouse in any way?

\_\_\_\_\_ #11. Have you ever lied to your spouse about your friend in any way?

\_\_\_\_\_ #12. Do you ever feel like you're drifting apart from your spouse?

\_\_\_\_\_ #13. Have you ever wished that your spouse would treat you the way your friend does?

\_\_\_\_\_ #14. Have you ever deleted texts, emails or messages from your friend to hide them from your spouse?

\_\_\_\_\_ #15. Are you reluctant to give up this friendship, even if your spouse disapproves?

## Score Sheet

**Directions:** *Count how many times you answered “Yes” above and use that number to find your score below.*

**1 or 2 Yes's** – You're probably not in a full-fledged emotional affair, but you need to pay more attention to your marriage and be wary of what could happen with this close friendship; it's not worth losing your spouse over.

**3 to 5 Yes's** – You are having an emotional affair, even though it probably doesn't seem like it to you. It's easy to get into this category if you're not careful – it's okay. But, it's time to end the friendship that's causing problems and give your marriage another shot.

**6 or More Yes's** – No question about it, you're having an emotional affair and your marriage is closer to divorce than you realize. You're probably in denial about how serious the situation has become, but if you look deep down, you know that you've sacrificed the health of your marriage for this outside friendship.

If you're in this category, here's the simple truth: you have broken the trust of your spouse. The only way forward is to forcibly end the relationship with your “friend”, starting now. However, if you do, the happiest, strongest marriage of your life is waiting on the other side.