

affair

How Affair-Proof is Your Marriage?

Scale

- 0 = never
- 1 = rarely
- 2 = sometimes
- 3 = frequently
- 4 = always

- 1) I maintain a personal habit of spiritual disciplines including prayer, Bible study and worship. _____
- 2) I intentionally nurture my marriage relationship (e.g. by setting aside leisure time with my spouse.) _____
- 3) I avoid media and other stimuli that may desensitize my to sexual sin (e.g. block my access to "adult" pay-per-view television features at hotels) _____
- 4) I am careful about my conversation with members of the opposite sex. Except with my spouse. I avoid flirting, intimate or highly personal subjects, suggestive talk, etc..... _____
- 5) I do not schedule after hours appointments alone with members of the opposite sex. _____
- 6) My spouse, other church leaders and I pray for the moral integrity of the entire staff. _____
- 7) I phone home every night I am out of town. (note: sending faxes or e-mails does not count) _____
- 8) Whenever possible, I schedule any meeting with a member of the opposite sex in highly visible places or with a third person present. _____
- 9) In counseling situations, I appropriately refer members of the opposite sex to other caregivers. _____
- 10) When counseling someone of the opposite sex, I do not discuss sexual problems in detail. _____
- 11) Knowing that people interpret physical contact in different

ways,I am careful in how I touch members of the opposite sex. _____

12) I am aware that in their emotional neediness, some church members may make themselves available for a sexual relationship. _____

13) My spouse and I go out on dates alone. _____

14) My spouse and I openly discuss what each other can do to strengthen and support our relationship. _____

15) My mate and I appropriately show affection in public. _____

16) I am aware that I may have a personal or emotional history that can affect my sexual feelings, including doubts about my sexual adequacy. _____

17) I am honest with myself and at least one other adult (my spouse or a same sex friend) about my sexual desires and what tempts me. _____

18) Knowing that occasional attraction to someone other than my spouse is common, I talk honestly about my feelings with a trusted friend (not with the person to whom I am attracted), rather than deny or act secretive about them. _____

19) Since physical conditions can affect mental, spiritual and emotional well-being, I maintain a healthy physical regimen (e.g. good diet, adequate sleep, regular exercise.) _____

20) I am in an intentional, active and honest accountability relationship with a same sex adult. _____

TOTAL _____

ADD IT UP

67-80: You are doing well in not giving the Devil a foothold (Ephesians 4:27). Continue to diligently guard yourself, your marriage and your ministry. (Warning: Even with an overall high score, a "0" or "1" on specific questions may indicate areas of weakness or potential trouble.)

53-66: You are consciously living in a way that can help you avoid sexual sin. Continue in your strong points, but also decide how you might further guard against risky situations.

36-52: You may not be in any imminent danger, but you should give this issue more thought. Most ministers who fall are caught off guard. So make time to think about your relationships at home, in the church and in the community. Talk about this issue with your spouse and perhaps with a trusted friend. Consider what situations tempt you most strongly and start building safeguards in those areas.

20-35: This is a warning sign. Take steps now to bolster your marriage and establish practices that will help you avoid sin. You may need the guidance of a counselor or another person or group who can hold you accountable. Your spouse should also know what's going on. Remember: You do not have to work on this alone.

0-19: You are at a crisis point. Without safeguards, you are highly vulnerable to sin that can destroy your integrity, your home and your ministry. Take immediate steps that will protect you from compromising situations and will start rebuilding your marriage. Counseling or other outside assistance can help.