



Thank you for feeling strong enough to share your story on the podcast. I have created this form in order to capture your story perfectly and give you a guide. I want to share what you have been through accurately but I will need some facts to do so. Please email your story to: Rebecca.Rawtruth@gmail.com

Back story:

What this part is about is to find out a little more about you. If comfortable, share a little bit about your childhood, relationships you had, parents had, what you had wished to become as an adult from a teenage point of view. When you first became interested in sex, did you become active young, or wait? Would you have considered yourself a little more conservative pertaining to sex or did you find yourself a bit more promiscuous?

Marriage/Partner:

How did you meet your spouse or partner? Did you date a long time, short time, or love at first sight? How did he/she make you feel? How long into the relationship did you start to feel unhappy or curious about exploring outside the relationship? Were you and your spouse still happy in bed together or did things become stale?

The affair(s):

How did you meet the new person(s) and how did you feel the first time you got physical with this person if you did, or emotionally if not a physical affair? Did he/she make get butterflies or feel tingly from head to toe...like you were a teen again with a new crush drawing you back to a different time in your life? How did you see each other without your spouse knowing? Did it make you feel empowered and feel confident again that you were attractive in someone else's eyes other than your spouse? Did you feel paranoid that your husband or partner would catch you or find something that could lead them to finding out? How did you handle your overall body language if you did? Did you share your secret with anyone else? What was their reaction?

End Result:

Here comes the painful part. How long did the affair last? Were there multiple affairs over a period of time? Did you feel like you were stuck in the affair and didn't know how to get out? Did you ever find yourself in a potentially dangerous situation – hotel with stranger, at risk for being assaulted etc... How did you feel as then ended and what usually ended them. Did your spouse ever find out? How did your spouse find out and what was the reaction? Did you work on the marriage/relationship or call it quits? How did you feel once the cat was out of the bag? Were children affected? Friendships? How long has it been since this happened? Ultimately, did you find your lost many things due to the affair and if so...what? Not necessarily materialistic things, but other things, like your dignity, relationships, children etc...

Thoughts on the past:

What would you do different if you could? Or would you still do the same thing again? Do you/did you feel guilty or have remorse? How are you feeling now about what happened? Do you think you would do this again should opportunity arise? Do you have any advice to give others who might be thinking or currently having an affair? Do you have questions for others that you like presented to the listeners that you would benefit from?

Thank you! I hope that you find this story is therapeutic to write these things down or talk about them. I know it is not easy but I am very proud of you for wanting to share your stories with others and make a difference in their lives as well as working through your own pain with choices that were made.

Choose the name you prefer to go by on the show and send to me, and please include other names you would like to include that keeps everything anonymous.

Thank you,
Rebecca Adams
Podcast – Raw Truth: Stories of Female Infidelity