

Infidelity Recovery and Relationship Repair Checklist

A clinical conversation guide for couples

Purpose: This checklist helps organize a conversation about the conditions needed for recovery following infidelity or another serious breach of relational trust. It is not a validated diagnostic instrument and does not determine whether a couple should remain together.

Instructions

Complete the checklist independently, based on the present stage of recovery. Each partner should complete a separate copy and then compare patterns rather than argue about a single total score.

0	1	2	3	4
Never	Rarely	Sometimes	Often	Almost always

#	Statement	0	1	2	3	4
1	Contact with the outside person has ended, or any unavoidable contact is clearly defined and transparent.	☐	☐	☐	☐	☐
2	Relevant questions are answered honestly without continued deception, deletion, or strategic omission.	☐	☐	☐	☐	☐
3	The partner who violated trust accepts responsibility without blaming the relationship or the injured partner.	☐	☐	☐	☐	☐
4	Agreed boundaries involving devices, communication, time, money, or travel are being followed.	☐	☐	☐	☐	☐
5	Words of remorse are accompanied by observable and consistent behavior.	☐	☐	☐	☐	☐
6	Both partners understand that rebuilding trust requires time rather than a forced deadline.	☐	☐	☐	☐	☐
7	The injured partner can express pain or ask questions without being mocked, threatened, or silenced.	☐	☐	☐	☐	☐
8	The partner who violated trust can remain present without becoming defensive, dismissive, or impatient.	☐	☐	☐	☐	☐
9	Conversations about the betrayal have become more focused and less circular or explosive.	☐	☐	☐	☐	☐
10	Both partners can identify triggers and respond to them with increasing care and predictability.	☐	☐	☐	☐	☐
11	Affection, companionship, or sexual contact is occurring by mutual choice rather than pressure.	☐	☐	☐	☐	☐
12	The relationship is developing new patterns rather than merely attempting to return to the way it was.	☐	☐	☐	☐	☐
13	There is no current violence, coercion, stalking, retaliation, or threat of self-harm connected to the betrayal.	☐	☐	☐	☐	☐
14	Both partners are able to state clearly what must change for the relationship to become safe and viable.	☐	☐	☐	☐	☐
15	Each partner can identify at least one sign that repair is occurring, even if trust remains incomplete.	☐	☐	☐	☐	☐
16	Both partners are willing to discuss one specific next step with each other or a qualified professional.	☐	☐	☐	☐	☐

Clinical Review

Use the responses to locate patterns, differences in perspective, and the next clinically appropriate conversation.

1. Review by domain

Domain	Items	Clinical focus
Accountability and transparency	Items 1-6	Look for ended contact, honest disclosure, responsibility, respected boundaries, behavioral consistency, and realistic expectations about time.
Repair process	Items 7-12	Look for emotional safety, reduced defensiveness, more productive conversations, trigger management, mutual choice, and construction of new patterns.
Safety and direction	Items 13-16	Address immediate danger first; then clarify required changes, evidence of repair, and readiness for one concrete next step.

2. Interpretation

This checklist intentionally has no diagnostic cutoff. A total score can obscure the most important information. Review which items were marked Never or Rarely, where partners differ, and whether the pattern indicates ongoing deception, inadequate accountability, coercion, escalating conflict, incomplete safety, or sufficient conditions for continued repair work.

Clinical caution: Any indication of violence, coercive control, stalking, retaliation, threats, suicidal thinking, or danger to children warrants direct assessment. Safety planning and appropriate emergency, medical, legal, or protective resources take priority over routine couple discussion.

3. Discussion prompts

- Which response concerns you most, and why?
- Which conditions for repair are present, and which are still absent?
- Where do the partners' ratings differ most? What might each be noticing?
- What behaviors currently increase safety or reduce it?
- What evidence would make trust more possible during the next month?
- What is one observable next step toward accountability, protection, or repair?

4. Notes and next step

Primary concern:

Difference in partners' perspectives:

Immediate safety consideration:

Agreed next step:

Follow-up date: