

FIVE TYPES OF EXTRAMARITAL AFFAIRS					
	CLASS 1 One-night Stand	CLASS 2 Entangled Affair	CLASS 3 Sexual Addiction	CLASS 4 Add-on Affair	CLASS 5 Reconnection
Description	One-night stand	Addictive relationship	Multiple partners	Satisfies a specific void	Activates old infatuation
Development	Immediate	Gradual	Impulsive	Gradual, focus on marital void	Rapid redevelopment
Emotional Involvement	None	Intense	None	Intense, with narrow boundaries	Intense, adolescent memories
Sexual Activity	Single experience; intense, lustful, passionate	Only much later in relationship; after friendship established	Immediate with multiple partners and increasingly distorted sexual activity	Irregular, often without mutual enjoyment	Often within 60 days of reconnection
Family of Origin Deficit	None	Emotional deficits create vulnerability	Sometimes an influence	Emotional deficits create vulnerability	None
Remorse/Repentance	Usually immediate and intense	Initially none; initial grief is for lost relationship; later grief is possible	Only after acting out internal tension builds to another episode	Regular, but marital void "drives" reconnection	Adolescent memories confuse a good marriage
Recovery	Can be immediate with forgiveness	Long-term process with marital therapy	Sobriety first; then individual therapy; later marital help	Long-term process with marital therapy	Long-term with marital therapy
Duration	One night	18-24 months	Years, with periods of binge behavior	Long-term with sporadic contact	Unpredictable

These patterns of sexual betrayal have been around since humankind populated the earth. They are not new in the twenty-first century, though we are inclined to think that sexual betrayal is a fresh threat created by our culture, encouraged by Hollywood, and made prevalent by divorce. No doubt the digital connection has made it worse, but sexual secrets have existed for centuries.