

## Extramarital Relationship Vulnerability Screening

This screening tool is designed to assess emotional and relational vulnerability that may increase openness toward emotional or physical extramarital involvement. It is not a cheating predictor or diagnostic tool.

### Instructions

Read each statement carefully and choose the response that best describes your experience.

### Response Scale

Response	Score
Never	0
Sometimes	1
Often	2
Very Often	3

### Questionnaire

1. **Do you frequently feel emotionally closer to someone outside your relationship than to your partner?**

Response: Never / Sometimes / Often / Very Often

2. **Have you started hiding conversations, messages, or emotional interactions from your partner?**

Response: Never / Sometimes / Often / Very Often

3. **Do you often imagine feeling happier, more understood, or more excited with another person?**

Response: Never / Sometimes / Often / Very Often

4. **When you feel stressed, lonely, or emotionally hurt, do you prefer seeking comfort from someone outside the relationship?**

Response: Never / Sometimes / Often / Very Often

5. **Do you feel emotionally neglected, unappreciated, or unseen in your current relationship for a long period?**

Response: Never / Sometimes / Often / Very Often

6. **Have you lost interest in emotional or physical intimacy with your partner while becoming more emotionally alert toward someone else?**

Response: Never / Sometimes / Often / Very Often

**7. Do you enjoy attention, admiration, or validation from others more than emotional connection with your partner?**

Response: Never / Sometimes / Often / Very Often

**8. During conflicts with your partner, do you mentally compare them with another person who feels more emotionally satisfying?**

Response: Never / Sometimes / Often / Very Often

**9. Do you believe that certain important emotional or romantic needs can never be fulfilled within your current relationship?**

Response: Never / Sometimes / Often / Very Often

**10. If an emotionally attractive person showed strong interest in you without risk of getting caught, how likely would you be to continue that connection?**

Response: Never / Sometimes / Often / Very Often

### Scoring Interpretation

#### Emotional Disconnection

Questions: 1, 3, 5, 6, 9

Score Range	Interpretation
0-3	Emotionally connected
4-7	Mild emotional dissatisfaction
8-11	Significant emotional vulnerability
12-15	High emotional detachment from relationship

#### Secrecy & External Attachment

Questions: 2, 4, 8, 10

Score Range	Interpretation
0-2	Healthy emotional boundaries
3-5	Occasional external emotional dependence
6-8	Increased psychological risk for emotional affair
9-12	High vulnerability toward emotional or physical affair involvement

#### Validation & Attraction Seeking

Question: 7

Score Range	Interpretation
0	Validation mainly comes from self/relationship
1	Mild external attention seeking
2	Moderate emotional dependence on admiration
3	Strong attraction toward external validation

### Total Score Interpretation

Total Score	Interpretation
0-6	Low vulnerability
7-13	Mild relationship dissatisfaction
14-20	Moderate emotional and relational vulnerability
21-26	High risk for emotional boundary crossing
27-30	Severe relationship disconnection and high affair vulnerability

### Clinical Notes

- A high score does not mean the person will definitely engage in an affair.
- The tool measures emotional unmet needs, external emotional dependency, weakened relational bonding, and psychological openness toward alternative attachment.
- Long-term emotional neglect, chronic criticism, lack of appreciation, sexual disconnection, and poor communication can increase these scores over time.
- Personality traits, impulsivity, opportunity, attachment style, and moral values also influence real-world behavior.

**Prepared by Praveen U K  
Consultant Psychologist | Clinical Hypnotherapist**