



**How to Break Free
From The Affair!**



Marriage Makeover: 74 Stars to Shoot for

By Dr. Robert Huizenga – The Infidelity Coach

<http://www.infidelity-help.com>

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Marriage Makeover: 74 Stars to Shoot For

Here's an exercise for you and your spouse to help you get on the same page.

Instructions

The objective is to narrow the list down to the top 5 characteristics you want to shoot for or see happen in your relationship now.

1. Print out 2 copies of the chart.
2. Each person scan through the 74 characteristics a couple times or more. Get a sense of how they differ. Note which ones tend to grab you or hold your attention. Remember, these characteristics describe an ideal relationship.
3. Each person go back over the list and place a check mark by each on the scale of 1-10. The #10 means that characteristic stands out or grabs you as something vitally important and you want to shoot for that beginning now.
4. One person shares with the other the top 5. The person may make comments. However, make sure you NEVER refer to your partner or spouse as someone who must do that something for you to make something happen. Do not place any responsibility on the other. You are merely declaring what is vitally important for you now. The other person may ask questions, but they are for clarification only. The other is to listen and listen well with an underlying curiosity.
5. The other person shares the top 5 characteristics with the same rules and concerns applying.
6. If you begin to swirl, hit the wall or the communication breaks down, stop the process.
7. If the exercise generates positive give and take marked by a high degree of acceptance and curiosity, keep it going.

	1	2	3	4	5	6	7	8	9	10	#10 =Yes, Yes, I want that now!
1											My alone time, privacy or need for "space" is accepted and it is available.
2											Being with my partner increases my happiness.

33											I know I can count on my partner's commitment to our relationship, even in times are tough.
34											I know my partner is doing his/her best to insure the trust of our relationship.
35											When I make a mistake, I say so, and apologize for any negative consequences.
36											I contribute as much as I can to insure the success of our relationship.
37											I treat my partner as an adult, not as a child or parent.
38											We resolve problems quickly and easily and learn from them.
39											I derive satisfaction from seeing my partner succeed.
40											My partner connects with my "deepest self."
41											There is a balance between being close and eaching having their own space.
42											We work together. Neither feels superior to the other.
43											My partner tends to bring out the best in me.
44											We have common interests that both enjoy.
45											I am grateful for the love and acceptance in this relationship.
46											I can completely forgive my partner.
47											There is a purpose or reason for us being together.

48										Silence between the two of us is something this is enjoyed and not feared.
49										I withhold judgement of my partner and focus on acceptance.
50										I feel personally empowered in our relationship.
51										We accept and respect the word "No" when it comes to sex.
52										I enjoy receiving pleasure from my partner and feel free to express that which pleases me.
53										I am generous with my partner.
54										I can focus on the joy of the present moment when we make love.
55										Our lovemaking is richly satisfying for me in both quality and quantity.
56										For me sex is a choice, not something that I must do.
57										I do not overpromise and later regret it.
58										My partner keeps his/her promises.
59										I keep my promises to my partner.
60										I accept my partner's friendships.
61										We play well together.
62										I laugh at myself and we can tease each other with freedom.
63										I do not worry or get jealous.
64										I receive and give and kind of affection and touch that each of us need.
65										I feel surrounded by people who love me and care about me.

66											We parent well together.
67											We have acceptable relationships with all of our extended family.
68											We surround ourselves with other healthily functioning couples.
69											We have the male and female friends that each of us need and desire.
70											We contribute to our community.
71											We are perfect for each other right now and each are growing in the relationship.
72											We are committed to change, grow and evolve together. This excites us.
73											We have our ritual and traditions that give this relationship meaning and deepen our connection.
74											We give each other meaningful gifts.
<p>When completed, please Click here to take survey. Your responses are appreciated!</p>											

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