

How to Break Free From The Affair!

19 Live Infidelity Coaching Sessions

With Dr. Robert Huizenga – The Infidelity Coach

Why is He with a Drama Queen?

Workbook portion of audio tape with Amanda

<http://www.break-free-from-the-affair.com>
<http://www.infidelity-help.com>

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Part 1: Summary of Amanda's Circumstances

Good marriage - thought things were great - lots of affections - trying for kid #2.

We had some financial concerns and time management - both issues we always avoided - never argued. I am a stay-at-home mom - and offered to go back to work part time in August to help with money. Husband seemed mildly frustrated by the suggestion as we both had desired for me to stay at home until son went to school or I could home school (teacher by profession). Fall seemed stressed - he began taking online classes and trying to get side jobs. He didn't finish the classes or online classes and a female within his company always showed up at his work location. When I asked I got "we're just friends" - For the past 3 years - they were Not friends - my husband called her a liar and dishonest and genuinely DID NOT like her.

When I reminded him of those characteristics he stated about her - he said - she's changed - she's more mature. People at their work started telling me about them going to lunch and him going to her location. In NOV - he told me he didn't love me anymore, he said his parents were stuck in a loveless relationship and he didn't want to be, he said he couldn't love me like I deserve to be loved.

He said he needed a few days away to think. I helped him get his stuff together. Later I find out - phone records - he called her and talked for 40 minutes upon leaving me - he lied about where he went - I found out it was a friend of hers - where she moved in two weeks later. The other friend moved out - so my husband and this female have lived together for months. he still says just friends - bought her roses, expensive Christmas present. Takes her to meals, sports events, all days off are scheduled together. Phone records show they still talk 6-12 times a day - even living together. She 10 years younger - and tells her employees she's married and has kids - both mine i guess? he filed for a divorce in Feb and has said he will not pay anymore bills - we are waiting for mediation to be scheduled. I still love my husband - it is clear he has changed - he will admit that - I have read the book - any help would be appreciated.

Which affair do you think it is? Anything not in the book I can do?

Part 2: Dr. Huizenga's Review of the Coaching Session

Amanda describes portions of affair #7: "I want to be close to someone, but can't stand intimacy.

Please note there are elements of "My Marriage Made me Do It" but, for now, we will focus on affair #7.

The major problem or roadblock for Amanda, who wants to save her marriage, is the fact that her husband seems to be well entrenched with the other person and tells Amanda directly that he wants a divorce. 6 months ago Amanda probably would have a better chance of turning things around.

Another consideration is age. Amanda is 35, her husband 30 and the OP 20. Affair #7, "I want to be close to someone, but can't stand intimacy," usually rears its head later in a marriage. The "distance/intimacy dance" as I call it in [Break Free From the Affair](#) usually has a long and persistent history in a marriage.

In a "younger" marriage or relationship, disintegration often seems to be more rapid once it starts. Perhaps the memories or sense of investment haven't taken root as firmly. Whatever the reason, transition and change appear to occur more rapidly.

Some observations of the coaching session with Amanda:

1. Amanda describes a common complaint of Affair #7. "We never fought or argued. I thought we had a good thing going."

But, at the same time, she felt stuck, as if there was a wall the two of them could never get over, around or work their way through. Stagnation. Or, there were some emotionally laden issues that were not laid on the table, examined, laughed at, cried about or faced squarely. Her husband, stuck behind that wall, chose an affair to handle the wall and his pain.

2. Amanda tried everything she could think to directly address the problem. She used guilt. She pleaded. She used her anger. She used logic and reason. She intended him to see the error of his ways and the good thing the two of them had in the marriage.

Of course, this exacerbated the distance/intimacy dance. The more she pushed, the further away he backed - until finally he decided for

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divorce. He lacked the skills, insight or maturity to respond to her in a way that would be helpful for her and him.

3. Amanda described ways in which the tension in their marriage was allegedly managed.

Her husband chose to be with a "drama queen." She, the drama queen, could be the focus of his energy and attention. His thoughts could focus on pleasing her and managing her tension. I would assume he felt more "success" there, since he was solidly stuck in stagnant tension with Amanda.

Amanda describes a fairly immature and lost person as a husband. Unable to define himself, create a path and stick to it and assume responsibility for self and family, he chose a path of regression. Going "back" to a 20 year old is just a notch above adolescence - perhaps.

So he chose to move backward. Amanda tried to reign him in and keep on course. But, that obviously was not working.

4. Amanda describes a marriage near its end, breathing its last breath. The main point of contact, other than when she would call, which proved to have negligible impact, was the legal system. I suggested to Amanda that she intentionally use that point for some last ditch interventions.

It was too late and would take too much time for "leaping" him, a tactic I describe for *Affair #7* in *Break Free From the Affair*.

Remember Amanda said they never fought or argued - a common characteristic of "I want to be close to someone, but can't stand intimacy."

I suggested, in my own words, that Amanda "look for the upset," another tactic that can be used for this kind of affair. And, the upset would come in the context of the legal system.

Divorce is expensive financially and emotionally. The process stirs powerful emotions that are hard to put away. I suggested Amanda welcome those upsets and if need be, generate them on her own by taking very firm stands on custody and other settlement issues.

5. While taking a firm stand and observing his emotional responses, I suggested she make comments about the

situation, as he was experiencing anger/frustration, while she intentionally practiced "charging neutral."

This would be one of her final efforts as a married partner and it would prepare her for her own personal growth, whether she would be with him, alone, or with someone else in the future.

Part 3: Comments from Peers – If Amanda's situation is/was similar to yours, list 2 things you said or did that were helpful.

- ▶ Amanda's situation is nothing like mine but I think I did learn something from her that I can use to help keep my own head together, like keeping a calm attitude about things. Thanks Amanda, Good luck to you!
- ▶ I described his walking out on the family as "abandonment," but did not press him in any way to come back. 2. I listened carefully to everything he said without arguing or stopping him (this sucked but was really important).
- ▶ My situation is almost word for word the same as Amandas and I found it helped me to stop pleading with my husband to see sense. I then spent time away from him (without moving out) to really chew over what I wanted and this seemed to rekindle his interest in our future together, perhaps in case he didn't get a say.
- ▶ My husband and I also did not fight about things really ever and her started a "we're just friends affair with a younger girl at work, it was helpful to hear that amanda had also tried a lot of the tactics that I have tried and it helps to see anothers situation and more clearly see that the husbands in these situations are avoiding their responsibilities making it easier to feel like this turn of events was not my fault, as I struggle with this one frequently.
- ▶ For someone who is emotionally distant and hates arguing but retreats into silence you must push into that wall until you get an angry reaction to make him engage the issue. You cannot allow yourself to be intimidated by that anger
- ▶ Hold your ground - focus on you and your needs and don't let his factor into it. The legal system is very frustrating...find a lawyer you can rely on to keep your end goals in mind because sometimes it's hard to do that yourself.
- ▶ I acted like I didn't care what he was doing and who he was doing it with. I went on with my life. I quit letting everything be about him.

- ▶ I refused to discuss the relationship with him. I confronted him after he lied about the affair. I refused to have any contact with him at all.
- ▶ Being firm Not screaming at him
- ▶ Very similiar sitution, how the affair started, but he swore he loved me and did not want to leave me or awant me to leave him
- ▶ Yes, my husband of 23 years has been having an emotional affair with his first "love" and my best tool was to tell him and re-tell him that it wasn't the marriage, that he made choices, and that in no way was anyone one else respncible for this affair but HIM!!! He has always had a very low opinion of cheaters and now realises that he is one, too. That has been the most devastating news to him, that HE is in the negative 80%, not the wonderful 20% who stayed true to his marriage. His reason is covered in #2.
- ▶ My situation was similar, what became most helpful was when I simply stated my expectations and quit trying to work within simply what he thought he wanted. I quit becoming emotionally overwrought. Repeatedly stated, for every action their is a reaction. For your actions of an affair this is what I need to do with or without you.
- ▶ I turned the focus from what he was doing to myself and my daugther. 2. Exercised
- ▶ Our situations are almost identical - except husband is with an older woman. Every attempt has failed. Divorce is inevitable. Husband can't finish anything - gives up - just like he gave up on the marriage - "too much work". Husband has self esteem issues and is never satisfied. Best thing said, "Good luck , you'll need it - the new relationship has a very poor survival rate."
- ▶ I kept talking and still am. I pursue positive interactions and keep establishing a safe place for him to tell me his darkest feelings, no matter how painful. I have NOT been a drama queen. Held my emotions and exhibited the "bad feelings" elsewhere. It has been my mantra, that understanding is the key to forgiveness, so have spent lots of time, effort and non judgmental listening to "understand"

- ▶ I feel I am in the same spot as Amanda. Husband would not talk, so I had to now go to the expensive legal side of it.
- ▶ I am taking care of me and figuring out what I want and deserve. Realize that he is going to have to live with the consequences of his own mistakes.
- ▶ Read and reread the book. I made many mistakes when dealing with my ex that ended up pushing him away.
- ▶ I repeat several times a day " this too shall pass" and look forward to the day when I realize that I have become a better person because of this. Also, cherish this time to learn about my faith, my children, and myself.
- ▶ I demanded that all contact be cut off or that he must leave...but he had to decide... I kept my voice as calm as possible and tried to approach the subject with as much "outsider" attitude as possible...this was hard at times but allowed him to open up and respond to difficult questions ... which he did ...
- ▶ I had to try and let my ex-husband believe that all ideas come from him. he did nit like me ever appearing to have the upper hand & would always thrash me if he felt that. In hindsight, we should have just done mediation & not involved lawyers who often made things much worse.
- ▶ My situation was similar and I found nothing to be helpful other than appearing to remain calm and still have fun in my life. I socialized more often and he was unsure if I was in a relationship (I wasn't) which actually made him feel insecure.
- ▶ Charged neutral. Told him that I want to understand what he was going through and how it effected me and the relationship.
- ▶ I'll always care about your welfare, but I need to take care of myself, let go and move on. Good luck.
- ▶ My situation is different in that we don't have children, which is a good thing right now. I did everything Amanda did but nothing has worked so far. He has been with this "friend" for about 2 months now...

- ▶ I started therapy so that I could learn to better recognize and deal with my own issues while going through the divorce, and learn to detach from my husband's blaming, projection and behavior. 2) When I received emotionally abusive e-mails from him, I responded very neutrally and not with the same tone with which his were written ("charging neutral").
- ▶ I did not file for divorce, though he tried to convince me to do that. Eventually he had to file and I made sure he understood that this IS HIS decision. I thought very carefully what DO I need financially and WHEN I want the final papers done, so I stood firmly on what serves MY best interests, despite all his anger and pressure.
- ▶ Unfortunately nothing I did or said led my husband to give up his affair partner and recommit to our marriage. We are now finalizing details for our divorce. The most helpful things I did were for myself; one being to see a counselor and another to do as much reading as I could and, after what seemed an interminable amount of time, reengaging in living...renewing and developing friendships, interests. All of those helped me realize that, while there were many things I could have done differently in my marriage, the affair and his behavior were not my fault; that I didn't deserve this.
- ▶ As the date gets closer, his true feelings will surface, and he will make a true decision if he is able to listen to them.
- ▶ My situation is similar, but my wife moved back in to our house after 4 months. I have recently found out that she is seeing him again. I told her that if she wants to be with him and go through the same thing as before that he could have her because I was tired of being the one to hold on to a relationship that she does not feel is worth her putting any effort into. The last time she left I would let her come over and visit our children everyday. This time I told her that she could not come over everyday and we would let a court decide when she could see them. As of right now she is still living at home, but now I have to decide to continue in this direction or just move on.
- ▶ My situation is similar in that nothing I said or did seemed to help. My wife and I separated in the end and it was she who wanted to leave (still denying that there is OP) and she left. She

too eventually used "techniques" like anger to push me away enough to agree to the separation.

- ▶ Do not engage - stand firm that you are not to blame for the affair and that he made a bad choice. 2. Talk to a lawyer and know your rights - she is fantasy and marriage is reality - he will soon find out the difference between the two.
- ▶ What I have done, is just make sure to not blow my cool, to remain calm at all times. To make my needs for the children known and hold him accountable for that.
- ▶ I seem to be in a similar situation, in the fact that my husband is having an affair with a woman 15 years younger, tells me he no longer loves me and has filed for divorce. I found out last night that he is planning on moving in with the OW. My reaction was to call him and get very angry about it. That didn't help.
- ▶ I agree with the stand firm advice-I went to a lawyer before telling my husband I knew of his affair-I took money out of our joint account and told him exactly what I was getting in the divorce-when he found out he was going to have to sell everything he had worked for to afford a divorce, it look less appealing.
- ▶ The husband's anger, is very similiar to what my husband is sorting through now. He's not happy with his career choice, not happy that he got married so young, became a father so young and his thing about being with someone he thinks he has a deep rooted connection is superficial. I can't change his thinking or way of doing things, I can only change how I react. It's not you, Amanda and whether or not you really want him back is a two way street.
- ▶ Nothing... no amount of pleading or rationalizing changed the situation as long at she was still seeing the OP. I would recommend she maintain a passive stance. She needs to decide if she wants him back or not? If she does then she should play the passive stance and let it drag out as long as possible. If she is ready to cut ties with him, then she should work it out with her attorney and not with him.. Once the attorneys are involved, make them earn their keep.

- ▶ I think the advice regarding remaining calm and firm...indeed forcing him to face himself and choices...for every choice there is a consequence.
- ▶ Stay firm and rational. Drama queens can be very wearing. But he may not find this out any time soon, so focus on you and what you want outside of this relationship. Put your focus elsewhere as far as you can.
- ▶ No, she has not asked for a divorce yet, but has blamed me for the affair. I think charging neutral helps sometimes and being 'happy' with no emotional anger does put us in a more talking manner.

Part 4: Comments from Peers - From your personal experience and what you have learned about infidelity, what 2 suggestions would you give to Amanda?

- ▶ Give him time to see for HIMSELF what a mess he is making out of his life and the lives of the people that truly love him. HE must know it's not right and this f*%/n' woman is just using him and will latch on to another man as soon as it's over.
- ▶ Has a very decisive and sure manner. This is probably what attracted him, and at the same time it makes him angry because he feels like a failure while she's in control. I'd suggest she relax a little and let him see her in a softer mode. 2. Let him know that his spending time with their child is important to her. This will encourage him to wonder if she believes he's a good father, which is positive. Just NOT time together with the OP.
- ▶ Focus on yourself and what you want. For the first few weeks after I found out, all I could think of was what he wanted, how to make him want me again, how to get him to see sense. At one point you start to think "actually, do I still want HIM?" and you get a whole new perspective. Secondly, protect yourself legally. No matter how strongly you want to give up and let him have everything, you owe it to yourself and your children to stand up to bullying, keep what you've worked for and what you want. Just draw the line at squabbling over smaller matters like who gets the coffee table, you only get distracted from the real issues, maybe get emotional and then lose your calm, higher ground.
- ▶ I feel I have so much to learn myself but definitely moving on to love yourself more is helpful, I do not always succeed in this but I am getting better. Learning that there is nothing you can control or nothing wrong with you as a person helps you to move on.
- ▶ "We're just friends" is a lie and a danger signal. You must insist on a choice. It's me or her. And if he says OK you must monitor the contact and call his bluff. Because they will lie and try to keep both things going. The one thing they don't want to do is make a decision and you must force it.
- ▶ Keep exercising and find something like meditation or yoga to help with stress relief. Her child will need her to be strong through this.

- ▶ Focus more on yourself and healing you instead of fixing him. He will most likely come around but take the focus off of him. Get hobbies; spend more time with friends and family. Don't be there for him every time he needs you.
- ▶ I would suggest that she remain very matter of fact and show him that she will not be pushed into arguments with him. Refuse to discuss his situation financially or socially that he is in with the other person.
- ▶ Continue to work on herself and focus on her son
- ▶ Sounds like he is completely convinced he wants out, can't beg, only hurts your self esteem
- ▶ From what I heard, it's really about getting his d**k wet. It's about sex with a younger, probably thinner, and more adventurous sex partner. She's not tired from raising his child. It's about the chase and the fact that she doesn't have the "Mom" effect on his sex life. More than likely when the reality of life and its normal problems arise, he'll dump her, too.
- ▶ First off, to realize she is not in competition with the other woman. The issues are between her and her husband. The sooner she would focus on their relationship and not on what the other woman is or is not, the sooner she and her husband can look at their own relationship. However as he has already filed for divorce it may be too late.
- ▶ Just know that it is not your fault and he is the one with the issues. 2. Try not to think about him and the other person, it just drags you down. Take care of yourself and enjoy life.
- ▶ I have learned that there isn't anything wrong with me. I need to stop thinking, "If only I tried this..." I tried everything and the end result is the same. The only solution is to pray for a miracle that he will see the error in his ways - become a man of character and integrity. It takes some people a long time to grow up and they often need to learn the hard way.
- ▶ To focus on the needs of her children and herself during this period

- ▶ Remember it is not your fault he went outside the relationship...and you can never force someone to do what they don't want to....
- ▶ Realize that his anger is an avoidance of dealing with the real issues. It pushes her away, stops her from suggesting they work things out. He had already "made up his mind" to take the "easy way" out..and does not want to be convinced otherwise. I agree with Robert that he needs to see that the "easy way out" , is not really easy!
- ▶ I am waiting to see how the Dr. advises Amanda besides the court system that is truly just too expensive to go through.
- ▶ Find a close friend to talk to that will just listen and not judge or push your decision. Look into your relationship and figure out if you were really happy or did you just have yourself convinced that life was wonderful.
- ▶ Stand firm and don't give in to him in the settlement I was too nice and didn't go after everything I should have, now I'm regretting
- ▶ The 20 yr old OP (same age in my situation) and the 30 yr husband (same age in my situation) will both be mature enough one day for the awful realization to hit them of what they have done to me, our children, and each other. And at that point this whole thing will hopefully just be a memory to me. Also, that I should not feel ashamed for my husband's sins for he will answer for those not me.
- ▶ The lack of acknowledgement that men and women are different "from the factory" men equating "love" with sex and needing a companion were two things that we have learned men need and are genuine needs...they are not warped somehow or sex maniacs. That women genuinely have a need for security and conversation that is revealing ..and non sexual touching . That God designed men and women to GIVE what they are not naturally inclined to give thus giving sacrificially actually is the way they are designed to then generate in their spouses what God has designed each to need...this bonds them. When men are giving emotional messages to women other than their spouses they then are feeding this need and women are drawn TO them ...as most women are not getting this need met...it was

designed to bond the wife to the man. Without the man giving this sacrificially to his wife she will feel used....that is why the scriptures say a man is to "love his wife as Christ loved the church and GAVE HIMSELF for it" The man is told to love his wife ...agape....the wife is not commanded to do this ...she is told to reverence her husband ...he is to warm her first and then she is to respond with this kind of "worship" ...sexual intimacy is a FORM of worship ... The lack of knowledge of what men and women need and want is very destructive to a marriage relationship...It causes lack and then giving what would be the solution for within it ...to those without it....

- ▶ My ex is still with his lady & they are married & have been together for 4 years. I have no idea what else I could have done to save my marriage. I was not successful in bringing him back.
- ▶ Take a hard look at your husband's character and whether or not you want to remain married to a man who has sex with a 20-year-old while married to you. Join a divorce care group - it will help you to see your situation in a more objective light.
- ▶ How immature they are and ready to blame you for their actions. They choose to protect the one they are having the affair with. Charge neutral when speaking with him and ask for what you want and need.
- ▶ Remind yourself as often as necessary that this is really about him--not about you, not about her, no matter what he tells you. At the same time, improve your relationship with yourself.
- ▶ I don't know, I'm pretty new to all this and my husband's affair is pretty recent.
- ▶ If we know there are problems in our relationship and we don't deal with them, we are probably kidding ourselves when we say we have a good relationship. 2) If your partner won't address issues with you, don't wait - go and get help for yourself. One person cannot save a relationship alone.
- ▶ To practice question your self: - What are you doing? - Why you doing it? - How you know that you achieve the results?
- ▶ Again, that it wasn't my fault that my husband decided to have an affair and felt that was the solution to being in a marriage

that was unhappy. While I can agree that we weren't as happy as I would have liked and there were many things I could have done differently; it's difficult to communicate and have a healthy relationship when one partner relates only with anger or silence withholding information and most feelings. An affair is no solution to an unhappy marriage and there are no excuses that legitimize such a choice.

- ▶ Her desire to make it thru this sounds strong. He will feel that too. I suggest that Amanda holds strong to her decisions and be true to herself in the process so she can build herself up in case this does not go in her favor. Also take care of herself by going out with friends to get some adult time to pamper herself since she is a stay at home Mom. Just a thought, a part time job may be in her interest now to build her working confidence and to show her husband that she knows she can take care of herself if needed. Also, her husband needs to know he is desired.
- ▶ Sometimes people think things would be better if they were with someone who paid them a little more attention. They don't realize that it will turn into a relationship and what they had was a good thing. I would say to Amanda that life is too short, and that you need to make the best of it. I know that dating is a hard thing to do I was married for 21 years before all of this, but it is not impossible. I think if he sees you out with other people enjoying yourself he might see some of the things about you that brought you together in the first place.
- ▶ Let him go as I don't think he can be stopped. Keep firm about what she wants in the settlement, especially as far as custody goes. This gives some kind of closure and starting point for the next phase in our lives.
- ▶ Put your child first and foremost - tell husband that his needs come first - that is a fact and to be a good father to your son. 2. The other woman is a distraction from the real issues - his immaturity - she needs to put her needs first and move on in order to help herself. He will realize that she is mature and attractive in her own right and he made a huge mistake.
- ▶ My two suggestions to her, are to remain strong and stick to what you need out of this. Stop trying to worry about his relationship with the OP and to just accept it for what it is. An escape from reality.

- ▶ She will probably have to go forward without him for now.
- ▶ Do what's best for yourself and your son-your husband chose his selfish path-but you are left with the feeling of a child to deal with.
- ▶ Argumentative, confrontation, none of us really relishes that, but you can calmly state your position, don't give in, do not care about his reaction, just say it. Whatever happens, protect your son from this drama queen, it's not healthy, if that means limiting the visits to his father coming over there alone to spend time, so be it.
- ▶ Work on yourself and wait it out. OP may give up and the blinders may come off their relationship. Especially if you are no longer giving his "reasons" to hate you. 2) The bark of discussion and mediation seems to be bigger than the bite. In my case we agonized for weeks over items that were settled as a matter of law in 20 minutes.
- ▶ First, I would recommend she look directly into his eyes, and let him know how much she loved him, and her sorrow at his infidelity. Then I would recommend her standing firm about his financial commitments toward their child and herself. He strikes me as quite immature for a man of 30. I highly doubt this "love affair" is going to last. This sounds like an "exit" affair to me, I think this man is too self centered and childish to maintain a mature relationship. The woman will also probably feed (look at how much sacrifice for me) on the drama and then tire of it (and him) as the reality of everyday life hits. I predict she will leave him for someone else.
- ▶
- ▶ Let him go. He may or may not find out sooner or later that he wants you. Either way, unless he sorts things out, he will repeat the pattern again. It isn't personal in that sense. Focus on your own needs and how these might be met by other people and other means.

Part 5: Comments from Peers - List a couple benefits you received from listening to this tape.

- ▶ I started a course of neurolinguistic program techniques which focus you on the positive and help you overcome the bad feelings, self doubt and horrendous imagined scenarios. I was really skeptical at first but the techniques I learned are sometimes the only thing that gets me back into a place of "I'm still in with a chance of saving my marriage" when my head is filled with thoughts of him with the OP.
- ▶ I am learning that I may have pushed him away by always worrying about how he was doing or am I doing everything right, it did not allow any time for me to know if things were ok for myself and was I making all the right decisions for myself.
- ▶ For someone who has walls and can't manage intimacy, getting emotional yourself--yelling, crying, being irrational- can scare them and get them to engage the real issues.
- ▶ Quit taking care of him. Stop making his life easier thinking that will make you look good. He choose to do this make him have some consequences.
- ▶ If I were her I would cease the gossip and obtaining information about his relationship with the OP. Act as if he doesn't exist. Have someone else arrange child pick up and return until the child is able to manage this arrangement.
- ▶ Don't get dragged in to the chaos and intensity that these immature individuals engage in.
- ▶ Be completely honest, let it all out, you have nothing else to lose, you feel like it's all lost once you discover the affair.
- ▶ It's not about you. It's his problem that he wants you to be responsible for so he don't have to clean up his own emotional mess. Don't be responsible for his problems, be the solution to your own!
- ▶ Do not wait until it is too late to focus on you, do not get sidetracked by the other person. The issues which led to an affair were there before the affair started.

- ▶ My experience has been that there seems to be nothing I can do or say that will make my husband see he is going down the wrong path, so the best thing is to take care of yourself and let him learn the hard way!
- ▶ You can't change your spouse. You can only work on yourself and be the best that you can be. Do not take the blame for the marriage ending. Some people have a history of bad choices. You can control your choices. Know that great things are in your future if you have faith that all things are possible through the power of God. Marriage breakups are spiritual battles.
- ▶ Think positive and know if things do not work out...you'll be okay. It's a tough road to go down but keep your head up.
- ▶ Seems they are in the place needing to stop the forward movement of the divorce. Somewhere, even after a divorce, if need be, they must look at deeper "core issues". If they never argued or fought, there had to have been intimacy avoidance, lack of security, lack of trust,....something bigger and deeper that lended to an atmosphere where infidelity could occur.
- ▶ You just have to daily tell yourself outloud that you have tried everything to have a conversation with this person, and if they don't want to they will not. You have no choice but to go the legal way, because you can't get a brick wall to talk.
- ▶ It's important to identify the problems with the relationship and for you to grow as an individual if the marriage ends in divorce.
- ▶ I can only control my own actions and reactions and answer for those one day. Leave everyone else's guilt and anger for themselves and their judgment day.
- ▶ No words will make the situation change ...only Actions. It is the offender that needs to really be willing to see that HE has problems that need HIS attention ...you can offer to be there and help but not to be sucked into his fantasy that it will just "go away" without any effort on his part...He HAS to stay with it ...tv...golf is not going to FIX any part of his world...running to others will not do it ...Somehow seeing the results of his actions MAY help him realize what depth of pain his selfishness has caused ... but that alone will not motivate him ...he may want to run and hide.....until the next time.

- ▶ I believe that my ex & lots of other men doing this are VERY VERY angry at women being more successful than them. This is the best way in the world to reduce the success of a woman- trap her with a child, leave her, replace her with new model & watch her self-esteem die whils she struggles to do all the jobs.
- ▶ When my husband first left, I was desperate to hold on to my family and protect my children from the pain of divorce. But now I see that our divorce was not really about our marriage, it was about my husband's character, and his affair was consistent with how he has conducted his whole life. With a lack of integrity and honesty that has poisoned every relationship he has ever had. He has continued the same pattern with his "on and off" girlfriend (the one he cheated on me with) and now I can clearly see that he is truly unhealthy and incapable of a lovng relationship. Make sure you are not trying to hold on to a spouse who will never be honest and decent, and seek a healthy relationship with someone who can be trusted!
- ▶ I'd like to hear follow-up on some of these interviews--what happened in the end?
- ▶ At this point I don't know, I'm trying to figure that out...I guess the only thing would be that if you feel something isn't right, then you're probably right. Trust your gut feelings.
- ▶ I sensed that Amanda was also very angry, so she might see it more easily in her husband than in herself. 2) However we grow and whatever we learn in these difficult times becomes a permanent part of ourselves that we carry into the future, regardless of whether we can "save" our marriages or not.
- ▶ Ignore OW/OP
- ▶ I learned too late I think that my husband's silences and withdrawal, intimidating and cruel outbursts and lack of empathy for anyone other than himself really had nothing to do with me and may have been related to other issues-childhood, health problems which may have created fears of aging/dying (his girlfriend is 18 years younger). I would urge everyone to not accept behaviors which are damaging...not to learn to think that these should be tolerated or excused or lived with as I did but have the courage to address them early and if that doesn't work

to talk to someone professionally, preferably as a couple, but if not, certainly for yourself to learn how to take care of yourself, to behave with dignity even when others are not, to believe in your own worth and regain hope for the future.

- ▶ I noticed Amanda referred to the house as hers, rather than ours, and "the" child opposed to "our" son. Things like this possibly make her husband feel less involved or together.
- ▶ Life is short. Don't let other people rule your life. If there are things that you want to do do them. Sometimes it just takes a little effort on your part and you can achieve anything. I know that I have become a stronger person through all of this :-)
- ▶ I made the mistake of essentially making it easy for my wife to separate. I was the one that wanted a legally binding agreement to protect myself but in the end I swallowed all the costs, wasted my time on it, etc. What I should have done was: "You want to separate? Fine. Bring me an agreement I will be willing to sign." Let her do all the walking, paying and thinking about it. On the other hand I learned a lot about separation/divorce.
- ▶ Infidelity causes emotions that bring great highs and lows to the person that was betrayed. The spouse who was betrayed needs to rebuild their self-esteem and take a good hard look at the marriage. They need to look at what they may have done to contribute to the breakdown but they are ultimately not responsible for the choices of their partner. They choose to turn away from the marriage towards another person instead of their spouse which never works. Amanda's husband is in denial and is not taking responsibility for his actions and is not being real. He will see that the op is not nearly as great as he fantasized and will be begging his wife to take him back. This could take some time but the divorce threat will soon shake things up when he realizes how expensive and emotionally draining this can be. I will Amanda all the best and know she will make the right decision.
- ▶ More questions than answers at this point.
- ▶ It's been a year now, for us, since my husband of 35 years had his affair-with a married woman, with young children, almost 15 years his junior. We have run the gauntlet of emotions-but I

think it is possible to build on this awful thing-and come out with something stronger and better-at least I hope so.

- ▶ I suppose the best thing I can offer right now is to not let this particular event, man, ruin what you want in a solid, healthy marriage. Find out how you feel and want in a marriage, sometimes, it doesn't jibe with what your dating partner wants, takes time to get to that. You're a beautiful person, mother, we girls gotta hang in there.
- ▶ I noticed the child in the background, be sure to make some time for yourself!
- ▶ I keep trying to listen to the tapes that you post but they never work for me..... I am not sure what I need to do to get it to play..... I have a friend that said they will try to come help me..... but that hasn't happened yet... wish I could get these to work and hear what everyone has to say..... Lynnette..... thanks.
- ▶ He obviously is attracted to women who are high maintenance, this seems to be exciting and the idea of conquest is a goal worth pursuing. I would recommend Amanda remain firm in her demands for what is rightfully hers financially, and start dating and moving on with her life. Let him know it and see it. With the shoe on the other foot, jealousy can work both ways.
- ▶ Sharing personal experience when applying the strategies and seeing the effectiveness if any.
- ▶ Hello!!!! What part of "IT'S OVER" doesn't Amanda get? He is in another relationship ~living and sleeping with another woman. I would never want a man back after knowing he is under the covers and sexually intimate with another woman. He has made a choice to end it with Amanda, and she needs to Get over him.