How to Break Free From The Affair!

19 Live Infidelity Coaching Sessions

With Dr. Robert Huizenga – The Infidelity Coach

Crazy Behavior Addresses Craziness

Workbook portion of audio tape with John

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

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Part 1: Summary of John's Circumstances

My wife left three days before Christmas of 2006. We had been arguing previously on and off. The usual is money and children discipline. She had told me she was going to counseling and would not talk to me about it. When I asked about another person she replied yes and she was in love. i told her I don't want a fake Christmas and if you are going to leave you should just leave. With that she said sorry and left totally leaving behind three teenage girls and me. She cut off all ties with her parents and one month later quit her job where she was a manager for an office for 8 years. She moved in with the other person and has been living there at his house since. We had very little contact and my children now absolutely hate their mother. I have no problems with them. Her parents are fully behind me but are at the end of their rope and want to see this go away. It has been 4 1/2 months she has been gone. She has become more juvenile and angry and rarely calls to the children anymore. Maybe once every two weeks or so and then it gets nasty. She has threatened me in the last two weeks with the police and has brought this other person to our house to get her belongings. I believe she was trying to set me up but it has failed along with everything else she has tried. She seems be trying to ram this new relationship down everyone's throats and trying to get us to accept this and her. She is totally opposite of what she used to be. I have very rarely contacted her because of her spewing and anger towards me. I am basically the blame for everything. She has to this day not asked for a divorce directly but has alluded to it. When she is called on her actions she says I am not doing nothing wrong or what did I do. We are all confused and hope you can help.

Questions

1. Is is worth it to stay in the marriage and try to work it out?

- 2. Is it a midlife crisis and will it pass?
- 3. How do I deal with her blaming and spewing?

4. Everything goes good and then she calls and I dwell on it and it lasts for several days until she goes dark again. All I do is talk about it and try to rationalize the behavior.

5. Is there anything I can do to find answers?

6. Is there anything to do to stop the hurt? ©2007 by Break Free From the Affair and Infidelity-help. No duplication or reuse without written permission. 7. Is it all my fault?

Part 2: Review of the Coaching Session

I frequently encounter a relationship where one goes off the deep end by unexpectedly entering into an extramarital affair. Everyone is shocked. The new behavior is in stark contrast to what and whom s/he was. Turmoil and confusion tear at the family and friends.

This scenario is evident in the taped session with John. I've summarized some of the characteristics which John brings up in the session. Here they are:

1. Behavioral change is sudden and dramatic. John's wife moved from a loving caring wife to an angry, blaming, neglectful mother, cutting herself off from family and friends. It erupted seemingly overnight.

Is this a midlife crisis? Not in classic terms. Midlife crisis, if you want to use that term, usually descends gradually. Changes are gradual. The crisis is more of a brooding, an inner reflection whereby previously unasked questions are now front and center of one's mind.

John's wife's behavior exploded out of nowhere. This behavior is more typical, at least from my experience, of someone suddenly confronted internally by memories, images and residue from past trauma. The person may or may not be aware of that residue.

2. Such behavior is often characterized by a lack of boundaries.

Of course, aren't most extramarital affairs a violation of personal and relational boundaries?

In John's case the violation seems extreme. For example, John relays a time when she told John, in front of her teenage daughters, that she just had sex with another man! Ouch!

Can you image what that must be like for a teenage daughter trying to get comfortable with her own sexuality?

3. The blame game predominates. To avoid her pain, guilt and lack of self worth the acting out person often projects blame onto someone else.

This coincides with particular characteristics of the "My Marriage Made Me Do It" type of affair outlined in <u>Break Free From the Affair</u>.

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Others close to her are attacked and made to be the villain. She refuses to accept responsibility for her own actions, which at a deeper level, reflect an inability to manage her feelings and thoughts.

4. She cuts herself off from family and friends.

She enters another world. These worlds may seem to her to be unique and distinct from each other.

It's as if she is two different people. And, to some degree she is.

There may not be much overlap in these two worlds.

John's role is difficult, but fairly well defined. Although bombarded with questions and doubts, John holds himself together and forges ahead. These are the important tasks for John:

1. Care for his daughters. My concern for them is paramount. Young women are extremely vulnerable at that age and need a strong female figure after which to model and watch closely. I suggest John think about who that figure might be, considering the absence of their mother.

2. John needs to set and declare his boundaries at some point. When will he say enough? How will he say that? Where can he take a stand and say, "This is appropriate? This is not appropriate?"

3. John needs to maintain his own balance. In this summary John asks the questions and outlines the work he needs to do to attain and maintain that balance. Fortunately, it seems John has a strong foundation from which to do that.

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

- I find it hard to relate to John's situation because John talked about him and his wife swinging together with other couples and I can't imagine any marriage staying together after that. That is like cheating on each other, together but still not being faithful.
- This may not be the best idea but my self esteem was so low that the best thing that I did was get a new girl friend and that really helped my confidence (I've since broke it off but it really helped my mindset at the time....because I was down and out). Second is just take all the time you need.
- This is my third similar situation I'm responding to. Each one is so close to what is happening in my life, it's scary! My wife changed from a God-oriented, missionary kid, middle-aged professional (a physician) to a woman who spent 3 to 5 nights a week in bars, meeting and going home with different guys, ignoring her high school age daughters, drinking sometimes to blackout, cutting ties with all our old friends and church relationships. Unbelieveable!

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

- Past mistakes can be fixed but you must work on them together.
- My situation was very similar to John's and I think, even though you can sometimes bear to think of your wife with someone else, with time the pain gets better and the less you talk to your spouse the better it is. You have to get on with your life. I carry around a little saying in my pocket and look at it many times and it says, " In the absence of knowing what she wants, do I know what I want?" That saying has helped me a lot.
- Confrontation with facts had no impact or influence on her behavior, she just becomes more incensed and volatile that I had the "balls" to pry into her private life. 2. A Christian oriented counselor with goals of "Saving Marriages" is essential. The touchy-feely new age counselor we saw for a while probably did more harm than good because her didn't press her to deal with reality.

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

- It's a man! I would like to hear more things from men in these situations. I can relate to what they say and feel. My wife left me out of the blue and also moved in with a guy a month later...she completely changed overnight. I still have lots of questions but it's been a year now and I don't think I will ever get all the answers and maybe that OK. You can't read people's minds so you just have to move on.
- I learned, again, that I'm not the only one that this has happened to. And that gives me a little hope. I don't know what the prognosis might be for us, because she WILL NOT talk to a minister, a counselor, a conciliator, a well-meaning friend (she dropped all those). Her one mode of interaction is a cutthroat lawyer and "slimy" and "sleazy" new friends. Help.