



# Infidelity: Discovery to Recovery

4 Predictable Stages on your Journey  
And resources for each stage

Discover What You Must Do to Stop  
The Affair and Save Your Marriage

Find the Love and Happiness  
You Really Want

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## Introduction

Infidelity is usually a long, painful and exceedingly complex process that begins at the day of discovery and travels on through recovery. Recovery, if it's done thoughtfully and with a concerted intention to "fully recover" and not merely bury the "stuff" and move on, takes a major commitment that usually lasts 2-4 years.

It can be tough. Some days ARE tough, are they not? Surviving infidelity will try your soul and stir in you thoughts and feelings that will surprise and grab a strangle hold on you.

## No Pain, No Gain?

But, it also is an opportunity. Really! There is some truth to the old adage "no pain, no gain." There is some truth to the fact that life throws in front of us huge obstacles and challenges that test our mettle and call us to new ways of acting, thinking and feeling.

And, this is good, for it potentially opens a new chapter in our lives; a chapter marked with greater awareness and understanding, maturity and integrity. We are given the opportunity to be more fully who we are intended to be as an individual and in relationship to a significant other. This generates an indwelling peace and confidence that no one can ever take away.

This book is a gathering of resources. Knowledge is power.

The more you read, gather information, and learn, the more you will find your anxious feelings subsiding and the more clarity you will attain in deciding your next step through the process.

And, this is a process.

I've worked with literally thousands of individuals and hundreds of couples over the past 25 years and there are predictable patterns that express themselves consistently as couples navigate the turbulent waters of an extramarital affair.

You can find threads of meaning and hope. You can define the beginning and begin to visualize the end and what it might take for you to make that ending what you want it to be.

The resources in this book are sorted according to the 4 dominant stages I've seen hundreds of couples traverse with their infidelity.

## **Coaching Stories**

Before I present the material for the 4 stages, I offer you an inside look at four stories from those who have received my coaching. Personal stories are often helpful. You take and glean from them that which may fit your situation. Others, in similar circumstances, are often great teachers.

And then on to the four stages...

### **Stage 1: Calming Self**

Stage 1 is calming yourself, typically after the shock. The day of discovery is usually a powerful shock to one's system. There is often disbelief. Rage. Sadness. The dashing of dreams. Extreme confusion. Numbness. Sleepless nights. Minutes without escaping the fear and terror of such an unknown future.

The shock may last for days and weeks. You live life reactively. You react rather than act. I give you 8 articles under this stage to help you begin the internal calming process.

### **Stage 2: Unhook and Shift Focus**

Once the shock subsides you begin to learn and unhook yourself from those places where you were stuck. We all hit "the wall" where we feel and think, "oh, no, I've been here before, and I don't like it."

You become aware of what grabs you and how you want freedom from those forces. You become more aware of those forces that grab and hold your partner or spouse.

The articles in this stage focus on addictions (another word in our culture that is synonymous with grab or hold) that may be directly connected to the kind of infidelity facing you.

### **Stage 3: Awareness and New Strategies**

At stage 3 you are learning like you've never learned before. You are soaking in new ideas, new ways of looking at your spouse, infidelity, your relationship and your self.

The learning and new knowledge gives you power. You are now able to strategize and plan exactly what you can and must do to end the affair.

My ebook ["Break Free From the Affair"](#) is very helpful at this stage for most individuals. It becomes a "bible" that can guide and direct new behaviors and new interventions that shift what is happening.

The materials presented in this book for this stage, provide information that will expand your knowledge and give you a great base for recovery.

### **Stage 4: Redesign**

The last months of recovery are marked by an intentional effort to redesign your life and relationship. You WILL NOT go back to what was.

You want a life and relationship that has more intimacy, more depth, more understanding, more passion, more hope, more trust and more power.

I provide some powerful tools in the last section. Spend significant time and energy over a period of weeks and perhaps months employing these tools and you will notice your new life taking shape.

Please know expert and experienced guidance is available for you, if you want to accelerate your progress. Go to: <http://www.break-free-from-the-affair.com/coach.htm>

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## Coach's Story #1: Mary's Caribbean Fling

### Strange Story

I am retired military and in the last 10 years have had to undergo a series of operations due to wounds incurred in Vietnam. Mary was very supportive, helpful, and caring. Last Feb. she was afforded the opportunity to go to the Caribbean with a girlfriend.

She met a man in a cocktail lounge and began an affair with him. The rest of the winter and spring they corresponded by email. Her email program is not protected and I suspected something was going on due to a strange phone call I got from "someone" at her job. I still didn't know what, but when someone anon. calls about your wife, it's a safe bet it's not to say hello!

The emails became intimate, and she agreed to meet this man. They both drove 300 miles. I found a map in her purse. She had used her mother's illness, and an aunt's illness as an excuse to be gone for a few days. She always takes our dog with her on things like this. This time when I told her that I may do something while she's gone, and she would have to take the dog as normal, she became angry.... almost belligerent.

She told so many lies. When I confronted her with print outs of her emails, one said, "I had a great time and would do it again in a heartbeat" she continued to deny it. She never really came out and said, "Yes, I'm having an affair." It was an understood thing that she was busted.

She became very loving, caring, and told me repeatedly she didn't know why she did it. She still says that. There must be some reason. This man is wealthy, younger than I, and athletic. I might mention that 23 years ago, she was the total aggressor in the beginning of our relationship. She was very persistent. She no longer is having contact with this man, and he actually had the gall to email me and tell me how I should forgive her, and what a nice person she was.

She is. All our friends think so. She is caring for strangers, animals etc. This would seem to be out of character for her.

Sex between us was a problem after the surgeries. I had a Dr. at the pain clinic tell me to get my testosterone checked, as traumatic injuries can reduce the levels. Sure enough, the blood test found I was

VERY low. I am taking injections now, and our sex is like we are teenagers.

She still, however, refuses to discuss this affair, and does NOT want me discussing it with anyone. It's very hard to not have anyone to talk to, and lack of communication is an enemy to us all. This man has wealth, and is powerful in his circles. Any help?

### **Here's my Email response:**

Hello Bill,

First, I want to thank you for taking the time and having the courage to tell your story. And...no, your story in reality is not that strange. Sad, confusing and hurtful, yes. But strange? No.

I will try to respond to your questions and musings, reading "between the lines" and taking some educated guesses and give you some direction as best as I can.

A common question: "Why did this happen? Why did she do this?" Affairs are complicated and the reasons for affairs are many. I've narrowed the reasons down to seven, but will focus on one that I believe fits your situation.

She doesn't know why she did what she did and that is probably very close to the truth. Your wife sounds like a caring, loving, sensitive person who spends much of her energy caring for others and being concerned for their welfare. The downside: she neglects herself. One day she awakes and says, "Hmmmmmm I've been giving and giving, but... WHAT ABOUT ME!!!" This is not tantrum of a self-absorbed person, but more the cry of one who has lost, or never fully found her "self."

I've had numerous people, like your wife, sit in my office and break into tears when I ask them, "But, Mary, who are YOU?"

The choice of having an affair to explore or answer that question is actually not very bright! There are many other ways to address that question that result in less pain and agony, but many times when we are in the midst of our "crap" we don't always make the right choices. Or, we jump on that which is most "convenient." Or, we have a hard time saying "no" to that which seems most appealing at the moment.



Can you see that in yourself? I know I see it in myself. This is not to excuse her behavior, only to help you stand back and understand it.

I also hear you very concerned about your own "adequacy." Is that correct? After all, here's the other guy who has more money, more power and is a veritable young stud (at least that is what you think!). So...are you adequate? Desirable? These are very common questions that are typically but POWERFULLY triggered when our partner has an affair.

What I want for you, Bill, is to believe that you are more than adequate and desirable, not because you have money, power, a lot of hair, or physical or sexual prowess, but because you are YOU. I would think Mary wants that of you as well. So...begin to focus on you. Who are YOU? What do you value? How do you get your personal needs met? Stop putting up with things. Learn to communicate powerfully. Develop yourself. I have numerous tested tools that can help you do that. Go back to my home page:  
<http://www.bobhuizenga.com/Affairkit.htm> and check out my coaching offer. A "developed" person is very attractive, regardless of the age, hairline or bank account.

You mentioned how she pursued you in the beginning of the relationship. And now you are the pursuer? The flip-flopping of pursuing/distancing is very common, predictable actually in a relationship. Every so often we need to stand back and figure out who in the world we are and where we want to go. Sometimes this scares the socks off our partner. Sometimes it is very difficult to explain.

I am concerned about the apparent difficulty for the two of you to discuss the affair, or more accurately the aftermath. Not that you have to go overboard here (and maybe that scares her) or use the discussion as a means to exact revenge, elicit guilt or gain reassurance, but to use the experience to learn about yourselves individually and as a couple and to forge a different relationship, whatever form that may take.

What's getting in the way here? What do YOU really want to say to her? How would you typically say it? How can you say it in a way that will get the response from her you want and a response that is best for the ultimate good of the relationship? I don't want to blow my horn too much, but I usually help people "frame" their questions and statements that bring about the best result.

I hope this has been helpful. If you have any feedback on the helpfulness of this reply, don't hesitate to respond.

I offer my best to you and Mary,

Warmly,

Bob

### **This is Bill's Reply to Me:**

Just to update you.

I never felt threatened by a "younger man with hair." I'm in excellent shape for 52, have all my hair, am 6'2" and 230lbs. My wife and I lacked serious communication, and hadn't had sex for 2 years due to a cluster of back operations I had to remove shrapnel that had moved in the spinal canal.

I finally went to the Dr. a month ago. He showed me a study. Combat wounded vets, wounded in the lower back and that have chronic pain have notoriously low testosterone levels. Sure enough, I did. It's like depression. It sneaks up on you chemically until you just stop thinking about it. I've had two injections so far, and it's working like a charm. The Doc told me that it usually takes about 3 or 4 to get the full benefits, and a continuation of the therapy.

Mary is very remorseful, and is by my side most of the time, now. We went on a 10 day trip to a place near our home and made love like a couple of kids. She really, really, made an effort to look her best, touch, and be gentle and sincere.

Personally, I think the man she had the tryst with is a predator that can spot someone in need, or that might be receptive. He is married with 3 children. I have no desire to ruin his life; he'll do that on his own. About feeling inferior.... I really don't. I'm not the one lying, and philandering to get what I want. I have the pleasure of loyalty and spirituality. I also have no doubt that he is no match for me physically, or now, even romantically. Sexually, I feel 21 again!

I have made it clear that if this sort of thing ever happens again, we are through. I don't believe it will. It was out of character for her. She is overwhelmed at work right now. She is a loving, caring person who

probably needed alot more from me than she was getting for quite some time.

That's not to say I'm blaming myself for all this bullshit. It was a very stupid move on her part. She had only known this man for 4 days in the Caribbean, and did not consummate an affair there. He emailed her everyday, sometimes as many as 3 times a day to meet him. I did point out, and ask the question, "what does a dangerous predator look like?" What I meant was, how could she be SO SURE he wouldn't put his hands around her throat. Stranger things have happened.

I also pointed out that she was perfect for him. The big 3: HER FEELINGS, HER RECEPTIVENESS TO ATTENTION, AND SHE'S MARRIED. It is a perfect setup for someone with leanings toward cheating. She was so afraid after that little trip, that when I confronted her, she fainted. She is NOT afraid of me physically or mentally and has never had a reason to be.

We are working on it. I told her our old marriage was dead, and we have rebuild, and she agreed. A daunting task to say the least. The emails I found and printed out, I burned in front her. When we arrived at our hotel, I had champagne and flowers waiting in the room. I had reservations waiting at a fine restaurant, and yes I was very, very devious. I even got the manager of the hotel casino to let her win a \$500 jackpot on a nickel machine, and replaced the money. I could tell she was having one of the times of her life.

When we got home, we got really lucky!!! We both got sick. Throat tickle, then boooom! Both of us in bed, together, for 3 days. Sooo, you're both sick, you can't give to one another because we already did. :) So we just made the best of it.

The images I had are beginning to fade, even at this juncture. My feelings of inadequacy towards my wife's needs are recognized, but fading as well. In short, this may have been the best thing to have happened to our marriage in some ways.

In others, in the trust and loyalty dept's, It will take more time. She keeps saying, "You'll never know how much I love you." I keep saying, "why not?" Just keep telling me, and I'll keep telling you.

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**I asked Bill to list the defining or key moments that altered the course of their healing. He listed three:**

1. I would not listen to any more of her lame stories.
2. We both cried together.
3. We got away from everybody and everything for a period of time to rediscover one another.

**Bill's Words of Advice:** Don't try to save a marriage if you don't have unconditional love for the offender.

## **Coach's Story #2: "I Know I Should Break it Off, But How?"**

Dear Bob:

I found your site accidentally but I am glad I did. I am a 43-year-old married woman married to a 43-year-old man for nearly 21 years. I work as a nurse at our local hospital. I have never, ever looked at another man until about one year ago.

Our family was under a tremendous amount of stress in 2001. My husband's father passed away, his beloved grandmother died, we moved into a new house after having terrible problems with our contractor, my father had emergency surgery and nearly died, and I suffered an accident in which I had to have reconstructive surgery and had a painful, long convalescence.

My husband and I had hadn't any time away together in years. Maybe 12 years or longer....I don't recommend this to any couple!

After all this stress in our lives, I began flirting heavily with a man who works with me, who is single. It didn't take but two months before this man "wanted" me and I was willing. We were very discreet and no one at work suspected a thing.

After 3-4 months, I ended it, saying I wanted to begin marriage counseling. My friend took this well but continued to flirt with me at work and suggest "one more time". I held out for three months before I slipped and met him again.

I also need to say that my husband suffered with impotency for years on and off. He would stay away from me for weeks at a time and make excuses.

Not understanding, I suspected he just found me unattractive or too much "trouble". We later discovered he had a low testosterone level.

My affair started up again this past April. I've ended it several times only to start up again. Sex with my husband is better than it is with my friend, so that's not what is keeping me connected to him. He is also not as pleasant and sweet as my husband, but sort of a rebel and has a difficult personality.

So why am I so drawn to him? I am not totally sure. My friend is "needy" and doesn't have friends of his own. I feel, perhaps, I am his

"only" friend and means of emotional support. Perhaps that's why I hang around.

I have encouraged him to find a single woman but he says there is "no one". He is pretty much a loner and has been rejected by woman enough where he is becoming bitter towards them.

He thinks I am "different" and "won't hurt him" when in fact I am in a very good position to hurt him. And I've told him so! I have told him I wouldn't leave my husband or family because I still am in love with my husband. He has accepted this but continues to "want" me.

I am tired of being deceitful and worn out from trying to meet his needs (which I do poorly) and yet fearing I will miss him if I give him up entirely. I feel very attractive when we are together.

My husband also makes me feel attractive, so why do I need 2 men making me feel attractive? I hate to think I'm so egotistical, but that's what it boils down to.

And yes, my husband knows about my friend. I told him last April. He barely said anything about it, but looked very hurt. He didn't want to know any details. I told him I would not leave him and would end it. He seemed to care more about MY feelings than his own and actually nurtured me through the "break up."

So I am asking for advice to break off my relationship with my friend for good. I know I should leave my job, but I love it too much. I have started working shifts in different areas of the hospital to avoid working with him.

I truly like my friend but I can't hurt my family and straddle the fence forever. I know I am not doing my friend any good either. He needs to go out and find an eligible woman and stop thinking of me as his woman! Help!

### **My Response**

Hello,

Thank you for writing and telling your story. I will make some comments and end with a couple suggestions. If what I say fits, take and learn from it. If it does not fit, please disregard, since I know you, your husband and your situation only from this email. Fair enough?

Here are some thoughts:

1. Your recent world sounds like one of stress and change with you and your husband lacking the time and space to get the support you need from each other. It just didn't happen, sufficiently for you, the way it sounds. When stress and tension build and are not alleviated, we usually go elsewhere or try something else to dissipate the tension.

2. Your friend said he "wanted you." It certainly does feel good to be wanted and desired, doesn't it? I think it is an underlying key in a good marriage. When we feel wanted, desired, we also feel attractive. You really want to feel that with your husband...but it wasn't happening. Actually you felt unattractive and "trouble." I can understand the "pull" of your friend.

3. Also, your friend sounds like a project, someone who has some "issues" and needs someone to help him pull his life together. You are a nurse right? Isn't that what nurses do...help people? Again, I can understand your attraction to him.

4. You are tired of the deceit. You want to restore your integrity, be able to hold your head high, be the kind of person you truly want to be?

5. The relationship with your friend is becoming a drain. You now are beginning to realize that you cannot meet the needs of your friend. Of course, no one meeting his needs is going to do it for him. It just won't work. You are right; his connection with you, a married and obviously unavailable woman (in terms of long term intimacy) only enables him to avoid the issues he needs to face.

6. If you end it with your friend, will you miss HIM, or will your not seeing him stir within you some of the pain and restlessness of unmet needs? And, might it be quit difficult to work through with your husband some of the pain, doubts or tensions? It sounds as if your husband is not really sure where to go with this? What, I wonder does he need from you, to help him disclose more fully to you what all this means to him?

7. You are thinking you need to leave your job, which you love. I would go very slowly here. Why sacrifice what is really important for you to avoid something? I suggest you set more boundaries at work. (You are, in terms of where in the hospital you work). And, also begin setting tighter boundaries with your friend. This is a skill you can

learn. You CAN do this. You have done some of this already. Go to my site and download the file on saying no. You have enough strength and wherewithal to be very adequate here. I sense strength in you that you might not be fully aware you have. This is an opportunity to learn. If you don't learn it here, a similar situation with another man might rear its head in the future.

8. I'm really big on this: take more time to focus on YOU, especially your personal need system. Figure out what you really need and don't be bashful about getting them met – in ways that are filled with integrity.

Go to my site and click on the file about getting personal needs met. I have there a fairly extensive and powerful program that gets you focused on getting your needs met so they lose their power over you.

I hope this stimulates some thinking, some action and some good feelings about you. I want that for you. You (and your husband also) seem to have a solid base from which to work on this.

Working through this offers a great opportunity to move ahead to where you as a person and you and your husband as a couple really want to go.



### **Coach's Story #3: "Do I Have the Right to Ask?"**

hi bob,

My husband had a 3year affair, which I had no idea about until 6 months before I confronted the other woman and him.

We decided to stay together and work it through, but now that it is 6 months later there are times I want him to answer questions. And all he can say is that it is over and it is a dead issue.

But I told him it is not over if I still have unanswered questions. He just wants to move forward and I agree to that but there are things I feel I have the right to know. Am I right or wrong?

Should I move on and try and bury it in my past? Please let me know what you think.

### **My Response**

Hello Jane,

Thank you so much for your email. I appreciate hearing from you. Your question is a very good one and I hear it frequently.

It is very common for someone to want to know EXACTLY what happened, and I mean, EXACTLY.

First, there is the issue of trust. You may find yourself going back over the details of what happened. For example, when I was doing such and such on a particular day, they must have been doing such and such at such and such a location at a certain time.

Why do you do this? Well, At that time there probably was a "part" of you that intuitively knew something was not right – a nagging sensation, uneasy feeling in the stomach, fleeting questions, thoughts, etc. (I think it is very difficult, almost impossible to "hide" an affair from our spouse, if the relationship has any level of intimacy. We know! But...yikes, we don't want to know!)

You probably dismissed your thoughts or inklings or didn't want to acknowledge them. This most likely happened on a number of occasions.

Over time we begin to live with this tension or learn to dismiss our intuition – a very valuable and core part of us!

Once we “find out” about the affair, there might actually be a great feeling of relief. You are relieved because you think, “Oh wow! I wasn’t crazy, imagining things or off my rocker! It really did happen!”

YOU are validated. You can trust YOU! That is usually a powerful realization.

And then...you want to know more. You want to know on what days they met, how often they met, where they met, etc.

You do this so you go back in your memory, remembering where you were and what you were doing. You then validate your experience: “Oh yes, I now know why I felt so weird when he said he was playing golf (and he wasn’t). I didn’t understand why I had that reaction. Now I know.

Does this fit your experience? It is very common. Or, you may want to know all the details because you are dealing with your feelings of inadequacy, which are very normal.

You think the OW was more attractive, better in bed, was easier to get along with, etc. You may fantasize about how they spent their time, what they did, how they had sex and more.

It is not unusual for a person, after finding out about the affair, to have recurring and persistent fantasies about him and the OW. These fantasies are often sexual, sometimes very graphic in detail.

What you imagine may reflect on those particular areas of your life that you question the most. Take some time to notice. They might lead you to areas of your life in which you want to feel more confident. You can’t bury the past, or I suppose you can, but it most likely will jump up to bite you in the future. You can learn from it.

Here’s a suggestion. Tell your husband it is important for you to talk about some of the details, because it’s your way of trying to put it behind you. It’s also a way for you to learn about yourself now, so that you can truly move ahead with greater confidence and freedom.

Your questions are a way of building trust in the relationship. Assure him in some fashion that you do not intend to blame or condemn, but are doing this for you. And if you are doing this for you, it will have positive fall out in the marriage.

Also, listen very carefully to him and persist. What are his concerns? What does talking about the past mean to him? What does he think you want? Will he feel guilty? Is he afraid you are going to "nail" him on something? Is he ashamed? Is he fearful for other reasons? What is keeping him from not acknowledging your present need?

When you are able to "break through" this barrier, you probably will move the marriage to a new level of intimacy. Kinda scary, but well worth the effort. I hope this has been helpful. Will you please let me know?

Best Regards,  
Bob

#### **Coach's Story #4: "Revenge at its Best"**

Hello Bob,

I recently separated from my husband because he felt like a roommate and hated a female friend of his.

I have everything a wife would like to have from a beautiful house to a dream car but I lack the support from a husband.

I once confronted him with my needs and he said, "What else do you want?" and all I want is a husband that I can talk to, cuddle, kiss, someone that listens....

Due to the separation, he had an affair with a woman that has been a threat to our marriage for 11 years. He has seen this woman as a friend and has always gone to her for advice and support and she has done the same as well.

I have welcomed the man I love back to our home and am willing to work with him but this friendship has not stopped. He continues to call her and she still calls him asking him to return and express her love to him.

I don't know if we will remain as a couple. I am scared to death and I am not ready to let him go. I love him with all of my heart.

I can't get him to understand me and to know how much it hurts to live this way. I can't look the other way and pretend everything is all right. I try to play a detective and check his cell phone and check up on him.

He hates when I do this but all I find is him talking to her on his 40-minute commute home from work. I have called during his drive to express my love and plan our evening and he simply bites my head off and tells me I am bugging him.

I love this man dearly as a matter of fact this is the first love I have ever had I can't see my life without him and I couldn't see our family fall apart. But I don't know what to do.

**What the Coach hears:**

1. She took the initiative in the separation because her needs were not being met. Was she trying to slam him along side the head with a wake up call because her pleas were not heeded?
2. Like a roommate? No sex? No fire? Probably.
3. Hated a female friend of his - A triangle is formed, usually to siphon off the tension of the impasse between husband and wife.
4. Due to separation, he had an affair. - Did he get his revenge or what!
5. He goes to friend for support. - What gets in his way of confronting his wife with his needs? Or what is it about the wife that gets in her way of getting from him what she really wants?
6. I welcome the man I love back. - Boy, did he make his point!
7. His friendship has not stopped. - The OW is still used as a focal point, rather than the H and W facing each other with truth, honesty and ultimately passion.
8. I'm scared to death...check up on him, etc. - He really seems to be calling the shots

### **Coach's Thoughts:**

I don't think this couple is ready to throw in the towel.

They ARE emotionally connected to each other, albeit, in a negative fashion. There are sparks, but they're flying all over the place and are not directed to where they should be; namely, the two of them looking each other in the eye, stating the frustration, disappointment, hurt and pain and probably, after the relief of the tension release, fall into bed together.

Steps to take:

1. She needs to identify her needs very specifically and design systems whereby she gets them met outside the marriage at this point. NO, I'm NOT talking about her involving another man!! It is important for her to rely LESS upon her husband (or any other man) as the sole source of her need salvation. Once she begins to understand, accept and work toward meeting her needs, her neediness will become less

intense. She will become much more attractive. (However, this might be very threatening for him.)

2. She needs to define very clearly what she will tolerate with this other relationship and set some boundaries. If you continue to do x, y and z, I promise, with full certainty, that I will do a and b.

3. He's probably not going to do anything until she takes a firm stand...without many words, pleading, dramatics or begging.

## **Stage 1: Calm yourself and become nonreactive**

- Mindful breathing
- How to Hold your feelings
- "10 Simple Things to Do When the Feelings are Intense
- Develop Daily Habits that Keep you Focused and Motivated
- Stepping Out of the Realm of Fear
- Day of Discovery: I'm a mess. Do I need meds?
- Emotional Affairs
- Emotional Infidelity
- Words to live by

## Mindful Breathing

1. Find a quiet place. Sit or lie in a comfortable position, and close your eyes. Make sure your arms and legs are un-crossed. If you are sitting, make sure your back is straight.
2. Place one hand on your chest and your other hand on your stomach
  - Breathe in through your nose, and exhale through your mouth
  - As you breathe in, notice which hand rises first
  - If breathing correctly, the hand on your stomach will rise first
  - If the hand on your chest rises first, you are engaging in 'stress breathing'
  - Adjust your breathing so your stomach rises first, and your chest after (this is called 'diaphragmatic breathing')
  - If you have difficulty, lie flat on your back and try again
3. Take in a deep breath and hold it for 10 seconds
  - As you hold your breath, note the rising tension in your chest and the rest of your body
  - Exhale slowly
  - As you exhale, notice the release of tension in your chest, and give your tense areas permission to relax
  - Repeat this process
4. Return to normal 'diaphragmatic' breathing
  - Focus on your breath moving into and out of your lungs
  - To assist in your focus, count to 4 on the inhale, and count to 4 on the exhale
  - If you find your mind wandering, acknowledge the thoughts and return to counting
5. Once you have mastered the above breathing exercise, you might want to add a calming mantra
  - On the inhale, think to yourself: "I am"
  - On the exhale, think to yourself: "calm"
  - Continue this exercise for 5 to 10 minutes
  - You might want to increase the minutes as you become used to the exercise



This exercise can be mastered relatively quickly. Once you become accustomed to this exercise, utilize it periodically throughout the day. The exercise can be done while lying down, sitting, standing or walking. You can practice it in the car, at your desk, or in bed.

## Infidelity - Day of Discovery: How to "hold" your feelings

Ouch! No, it's more than an ouch, isn't it? How about a huge punch in the stomach? How about ripping your heart out? How about a menagerie of crazy unending thoughts that defy sleep or anything else you propose for that matter?

Infidelity stabs you over and over, at least initially.

Allow me to present one way, just one way, to begin to get a "hold" your feelings.

Notice I didn't say "get rid" of your awful feelings. Often, the more we insist upon them "going away" the more they seem to persist. After all, your feelings have concerns and fears that **MUST** be addressed. But, you want to address them on **YOUR** timetable and in in way that will honor you.

The key word is: control. You want to control yourself, your thinking and your feelings as you move through this agonizing process. At the same time you do not want to "control" to the extent that you deny, avoid or minimize what it is that you must look at and address in your situation.

I often suggest this technique.

1. Get a kitchen timer or stop watch of some kind, notebook and pencil.
2. When the feelings/thoughts are most intense, find a place where you can be alone (lock the bathroom door, if need be). Set the timer/watch for 2 minutes.
3. Write down everything that you are thinking/feeling uncensored. Let it come. Let it flow. Don't worry about what you write. You can shred/burn it immediately after writing. Just notice the thoughts that rumble through your mind. Write them down. Notice the feelings and specifically where they are located in your body. Write them down.
4. When the timer goes off, say to yourself, "OK, it's time to put you (feelings/thoughts) aside for the time being. I have other responsibilities. I will come back to you later." This process develops and calls attention to a "part of you" that can stand back and monitor

(control in a healthy manner) the process. You also treat your feelings and thoughts with respect and acknowledge their legitimacy.

5. When the thoughts and feelings begin to emerge again, maybe minutes or 2, 4 hours later, follow the same process.

Give it a try.

This is often helpful for those who like to write, or express themselves best through the written word. And, it seems to be most helpful for those who tend to be reflective in nature.

If this doesn't work for you, don't worry. It may not fit your style of how you cope with intense feelings/thoughts. Other techniques are available for you.

Over time, as you address your feelings, their intensity will fade and they will express themselves less frequently. "They" do want to know that they will not be ignored and that you, in some fashion, will attend to "them."

## 10 helpful habits to develop when the feelings are intense

When you find out about the affair, the first few hours, days and weeks can be emotionally wrenching to say the least. Or, if someone you deeply care about begins "pulling away" you may also experience intense feelings. Read through this list and pick out a couple things you can do to help yourself during these times.

**1. Walk. Run.** If you are fit enough to run. Work out. Get the blood flowing. Physical exercise drains off the adrenaline and physically you feel better. You also think better of yourself because you are caring for you.

**2. Talk.** If you typically handle problems by talking them out, find someone who will listen as you pour out your heart. Give them explicit instructions: "I need to talk, vent, cry, rage, and question. Just look me in the eye, nod your head and listen."

**3. Write.** Get a kitchen timer. Set it for 5 minutes. Spend that time writing...anything, everything that comes to your mind. Don't censor. When the bell goes off say to yourself, "OK, there it is. Now I need to get on to other things. I will come back later and write more." Put the writing in a safe place or destroy it.

**4. Find a safe place** and spend some time there. Do you have a favorite lake, wooded area, park, room, chair where you feel safe and can "get away." Intentionally spend some time there.

**5. Use good "self talk."** Tell yourself, "You are ok. You will be ok. This too shall pass. What you are feeling is normal and will not destroy you." Develop that "observing part" that can speak to your turmoil.

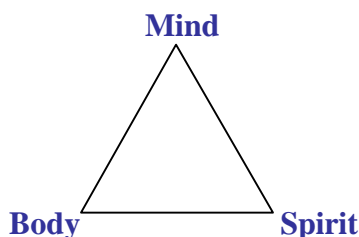
**6. Pray. Meditate.** Use your spiritual resources, if you have them. If you don't have them, it can be a good time to develop them. Spirituality often affirms your worth and enables you to see the larger picture.

**7. Be aware.** Notice what you are thinking, how you are feeling and what you are doing. Pay close attention to these chunks of your life. Just noticing often creates distance from the emotional pain.

**8. Encourage the rhythm of your feelings.** Your feelings will come and go, often as in waves. There will be lulls and sometimes they crash. Notice the intensity and frequency of the waves.

**9. Get professional help.** Supportive therapy might be helpful. Personal and professional coaching, often via telephone, is a helpful phenomenon that is increasingly popular as a way to find support and direction for specific problems.

**10. Gather resources.** Start reading, exploring the internet and talking to people about your situation. Believe me, you are not alone. Many people have walked your path (well, not exactly your path, but close) and are there to offer their understanding and point out the bends and turns of your road.



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**Personal Coach**

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### **STEPPING OUT OF THE REALM OF FEAR**

As a survivor of domestic violence, I have learned that fear can play a big part in keeping women locked in abusive relationships. Some of those fears are very real and some are just illusions. Threats by the abuser, threats against the children, or physical violence are truly real fears. Those in the community need to know how to help with these issues. To better understand the fear an abused woman experiences, one must first understand the dynamics of abuse. This can only be done through education and awareness.

Sometimes an abused woman will experience fear that is just an illusion. For me, it was an inability to believe in myself. My abuser spent years lowering my self-esteem, until I felt I could not make it in this world without him. This illusive fear will also keep a woman in an abusive relationship. In all actuality, she can make it without her abuser. However, she is afraid of all the obstacles that she needs to cross in order to be free. She needs love and support from an educated and caring community. Her actions need to be affirmed, her words taken seriously, and she needs some direction. Without this type of support, she will most likely remain in what is familiar to her – the abusive relationship.

She is accustomed to the abuse, so stepping out of that realm becomes her main fear. After spending eight years in an abusive marriage, my fear of the unknown became greater than my fear of the abuse. Without affirmation, encouragement, and support from the community, a victim is trapped in her own terror.

Domestic violence can also affect many areas of a victim's life – including home, work, and school. Victims may begin calling in sick, arriving late or showing decreased performance at work or school. Battering is the single most frequent reason why women seek attention at hospital emergency rooms, and it is the single major cause of injury to women. Abuse can cause relationship problems with family, friends, and co-workers as well. Domestic violence affects everyone. Therefore, it is vitally important that all sectors of our community become proactive. It is the responsibility of business owners, co-workers, teachers, and pastors to become educated and proactive. With 2 – 4 million

reported women being assaulted each year by their partners, domestic violence becomes everyone's responsibility.

Currently, there are many resources available to abused women and their children. However, abused women must reach out and take that first courageous step to confront their fear. As a survivor, I now realize that one has to face their fear and conquer it. This takes strength and courage but no woman has to go through it alone. For a listing of nationwide resources:

<http://www.feminist.org/911/crisis.html>

## Day of Discovery: I'm a Mess! Do I Need Meds?

Finding out, having your suspicions confirmed and staring at this ugly monster eye-ball to eye-ball for the first time is often gut wrenching. The impact on your feelings, your psyche, your body and how you think can throw your life into turmoil. Your body, your spirit and your mind revolts.

So, how do you cope? Should you seek out medication? Here are some considerations on this topic.

1. First, there is nothing wrong seeking a little boost or a break from the agony you experience. It is often difficult to keep in mind that your agony and pain is situational and this too shall pass. Not right away. But it will. But, in the meantime I encourage you to act to take the edge off the intensity.

2. Extreme difficulty sleeping, eating, holding food down, controlling your thoughts (you can think of NOTHING else except him/her or your situation), thoughts of abject worthlessness, and thoughts of ending it all indicate you need some temporary help to see you through the next few days and weeks.

3. How bad is bad? Use a scale of 1-10, 10 being as bad as it can get. Check yourself during the day on this scale. You will find recurring thoughts and feelings or "themes" that, at some level, you are working on and are in need of healing. Identify these "themes" and measure them on the scale each day. Are the negative thoughts and feelings more frequent? Are they more intense on the scale. This will guide you in your need for external support.

4. Do you find your behaviors changing dramatically? If you tend to be an outgoing person, are you withdrawing and isolating yourself more? If you tend to be quiet, are you expending much more "nervous" energy? Are people commenting on your different behaviors? Is it extremely difficult to be "yourself?"

5. Medical doctors and psychiatrists are the only people allowed to prescribe medication for the kind of trauma facing you. Contacting your medical doctor may be helpful, if you trust him/her. Medical doctors vary in their expertise and experience in prescribing medications for stress. Prescribing these medications is often a matter of trial and error. From my experience, what works best for one person may not work for another.



6. If your doctor lacks experience or prefers not to prescribe, check around. Ask friends and family if they know of any doctor who has the expertise and experience in this arena.

7. It may be helpful to set up an appointment with a local psychologist, marriage and family therapist, social worker or clergy. They often have a wealth of experience, can help you evaluate your situation and, if need, refer you to someone they know who would effectively help you through this crisis.

Remember, your capacity to choose and act for your welfare is still intact. Claim this power. Use it. In the midst of your pain, you can find some of the support you need.

## **Emotional Affairs- Sexless Cheating**

One of the first things a woman will ask when she discovers her partner has had an affair is, "Did you love her." If you doubt that affairs without sex are affairs, ask yourself if you would rather hear that the relationship was just about sex or that your spouse had an emotional connection to his lover.

You know it's an affair if the relationship is a secret and you share things or do things with the other person that you wouldn't want your partner to know about.

Emotional affairs are often explained away as harmless, but this is how affairs often start. The person doing the cheating often doesn't feel he is vulnerable to an affair, isn't looking for an affair, and doesn't particularly want to have an affair, but sharing feelings, secrets, goals, and problems with someone who understands and listens creates intimacy. This can stimulate more sharing and further deepening of feelings, which can lead to falling in love and physical intimacy.

Most people say it's easier to heal from physical betrayal than an emotional one, so sexless cheating is not a "harmless" dalliance. It can be a heartbreaker. If you are doing something you wouldn't do in the presence of your spouse, stop. That's the best way to know if your behavior is appropriate or not.

This article can be reprinted if the following information is printed:

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## Emotional Infidelity: Lover of just friends?

A common plea: But, we're "just friends." However the "emotional connection" is quite obvious by the amount of time spent in communication and the "vibes" that are set off.

These emotional connections often arise at work or in a social context in which working intensively toward a common goal consumes energy.

Here are a few observations of the "just friends" emotional affair:

1. This person often struggles knowing where to draw the line. S/he often throws him/herself into something 100%. Other aspects of his/her life may suffer or be ignored. There often is a lack of personal balance between family, work, self care.
2. He/she struggles with intimacy. (I want to be close to someone, but don't like intimacy.) The "just friends" emotional affair means neither spouse nor OP (other person) ever get "intimate." Neither relationship is fully consummated or has potential for growth.
3. Of course the "just friends" comment means either "stay away" or I'm, underneath all this, really confused about where I fit in relationships, what I want from them, or what they mean to me. There is an "emotional connection" to the OP that defies description. A sad kind of "stuckness or lostness."

The lover or "falling in love" emotional affair has a different twist.

The common complaint to the partner is: "I feel badly about this, and I don't want to hurt you, but, I'm not "in love" with you anymore. "I love you but I'm not in love." This often indicates:

1. This person usually has a need for drama and excitement. Life easily becomes a soap opera. Emotional juice from the fall-out of emotionally intense relationships reigns rather than living life from the core of who one is.
2. The person "looking for love" is actually looking for the ideal, someone out there, who will project back to him/her that he/she is OK. No, more than OK, close to perfect.
3. This person needs to be adored, or think another adores him/her, because there is a lack of inner strength and solid identity. The other

becomes my world, because I lack a world. Being "in love" is the panacea for my emptiness.

4. This type of affair often occurs when there is a "lull" in the marriage relationship. The responsibility of raising children, starting and maintaining a career, paying bills, etc. become the focal point for the couple. Romance becomes a foreign word.

There are many many subtle differences in affairs. Emotional affairs are only one kind. Once you begin to see and understand the differences, a new sense of empowerment overtakes you embark on a more confident path of resolution.

## The Awakening

A time comes in your life when you finally get it... When in the midst of all your fears and insanity you stop dead in your tracks and somewhere the voice inside your head cries out - ENOUGH!! Enough fighting and crying or struggling to hold on. And, like a child quieting down after a blind tantrum, your sobs begin to subside, you shudder once or twice, you blink back your tears and through a mantle of wet lashes you begin to look at the world through new eyes.

This is your awakening.

You realize that it's time to stop hoping and waiting for something to change or for happiness, safety and security to come galloping over the next horizon. You come to terms with the fact that he is not Prince Charming and you are not Cinderella and that in the real world there aren't always fairy tale endings (or beginnings for that matter) and that any guarantee of "happily ever after" must begin with you and in the process a sense of serenity is born of acceptance.

You awaken to the fact that you are not perfect and that not everyone will always love, appreciate, or approve of who or what you are...and that's OK. (They are entitled to their own views and opinions). And you learn the importance of loving and championing yourself and in the process a sense of new found confidence is born of self-approval.

You stop bitching and blaming other people for the things they did to you (or didn't do for you) and you learn that the only thing you can really count on is the unexpected. You learn that people don't always say what they mean or mean what they say and that not everyone will always be there for you and that it's not always about you. So you learn to stand on your own and to take care of yourself and in the process a sense of safety & security is born of self-reliance.

You stop judging and pointing fingers and you begin to accept people as they are and to overlook their shortcomings and human frailties and in the process a sense of peace & contentment is born of forgiveness.

You realize that much of the way you view yourself, and the world around you, is as a result of all the messages and opinions that have been ingrained into your psyche. And you begin to sift through all the crap you've been fed about how you should behave, how you should look and how much you should weigh, what you should wear and where you should shop and what you should drive, how and where you

should live and what you should do for a living, who you should marry and what you should expect of a marriage, the importance of having and raising children of what you owe your parents. You learn to open up to new worlds and different points of view. And you begin reassessing and redefining who you are and what you really stand for. You learn the difference between wanting and needing and you begin to discard the doctrines and values you've outgrown, or should never have bought into to begin with and in the process you learn to go with your instincts.

You learn that it is truly in giving that we receive. And that there is power and glory in creating and contributing and you stop maneuvering through life merely as a "consumer" looking for your next fix.

You learn that principles such as honesty and integrity are not the outdated ideals of a by gone era but the mortar that holds together the foundation upon which you must build a life. You learn that you don't know everything: it's not your job to save the world and that you can't teach a pig to sing. You learn to distinguish between guilt and responsibility and the importance of setting boundaries and learning to say NO. You learn that the only cross to bear is the one you choose to carry and that martyrs get burned at the stake.

Then you learn about love. Romantic love and familial love. How to love, how much to give in love, when to stop giving and when to walk away. You learn not to project your needs or your feelings onto a relationship. You learn that you will not be more beautiful, more intelligent, more lovable or important because of the man on your arm or the child that bears your name. You learn to look at relationships as they really are and not as you would have them be. You stop trying to control people, situations and outcomes.

You learn that just as people grow and change so it is with love... and you learn that you don't have the right to demand love on your terms...just to make you happy.

And, you learn that alone does not mean lonely...And you look in the mirror and come to terms with the fact that you will never be a size 5 or a perfect 10 and you stop trying to compete with the image inside your head and agonizing over how you "stack up". You also stop working so hard at putting your feelings aside, smoothing things over and ignoring your needs. You learn that feelings of entitlement are perfectly OK...and that it is your right to want things and to ask for the

things that you want... and that sometimes it is necessary to make demands.

You come to the realization that you deserve to be treated with love, kindness, sensitivity and respect and you won't settle for less. And, you allow only the hands of a lover who cherishes you to glorify you with his touch...and in the process you internalize the meaning of self-respect. And you learn that your body really is your temple. And you begin to care for it and treat it with respect. You begin eating a balanced diet, drinking more water and taking more time to exercise. You learn that fatigue diminishes the spirit and can create doubt and fear. So you take more time to rest.

And, just as food fuels the body, laughter fuels our soul. So you take more time to laugh and to play.

You learn, that for the most part, in life you get what you believe you deserve...and that much of life truly is a self-fulfilling prophecy. You learn that anything worth achieving is worth working for and that wishing for something to happen is different from working toward making it happen.

More importantly, you learn that in order to achieve success you need direction, discipline and perseverance. You also learn that no one can do it all alone and that it's OK to risk asking for help. You learn that the only thing you must truly fear is the great robber baron of all time. FEAR itself. You learn to step right into and through your fears because you know that whatever happens you can handle it and to give in to fear is to give away the right to live life on your terms.

And you learn to fight for your life and not to squander it living under a cloud of impending doom. You learn that life isn't always fair, you don't always get what you think you deserve and that sometimes bad things happen to unsuspecting, good people. On these occasions you learn not to personalize things. You learn that God isn't punishing you or failing to answer your prayers. It's just life happening. And you learn to deal with evil in its most primal state - the ego. You learn that negative feelings such as anger, envy and resentment must be understood and redirected or they will suffocate the life out of you and poison the universe that surrounds you.

You learn to admit when you are wrong and to build bridges instead of walls. You learn to be thankful and to take comfort in many of the simple things we take for granted, things that millions of people upon

the earth can only dream about; a full refrigerator, clean running water, a soft warm bed, a long hot shower. Slowly, you begin to take responsibility for yourself by yourself and you make yourself a promise to never betray yourself and to never ever settle for less than your heart's desire. And you hang a wind chime outside your window so you can listen to the wind. And you make it a point to keep smiling, to keep trusting and to stay open to every wonderful possibility.

Finally, with courage in your heart and with God by your side you take a stand, you take a deep breath and you begin to design the life you want to live as best as you can.

by: Virginia Swift.



## **Stage 2: Unhooking and Shifting the Focus**

- Are you Fooled or Fueled: Examine your sources of motivation
- Are you "buzzed" too much? How to change the adrenaline lifestyle
- Am I addicted to sex?
- Am I addicted to the victim role?
- Addiction interview with Randy Flood
- Drama is a Drain
- The Emotionally Abusive Relationship - Out of the Fishpond
- Addictions and Conditions: 100 Question Test



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

## Are You Fooled or Fueled?

*A chart to Examine Your Sources of Motivation*

Coaching Material

From Coach University

<http://www.coachu.com>

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By Dr. Robert Huizenga - Providing tips, information and personal guidance on breaking free from the affair

*Discover how the affair in your marriage may be the best thing that ever happened to you.*

Visit my site: <http://www.break-free-from-the-affair.com>

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# WHAT FUELS YOU?

*Choose Your Sources of Motivation and Energy Carefully.*

Instructions: Color in the chart from left to right as you shift your source of fuel. Nothing is wrong with the items on the left; they do motivate a person - however, at considerable cost. It takes practice, discussion with your coach, learning new distinctions and seeing the early stages of the shift to continue in this game - and make sure you treat it that way; this is not a should - it's an opportunity!

## **FOOLS YOU**

## **START>>>ACHIEVE**

## **FUELS YOU**

Emotional Reactions

--	--	--	--	--	--	--	--

True, Simple Feelings

Anger, Revenge, Judging

--	--	--	--	--	--	--	--

Pure Compassion for Others

Take, Win, Prove

--	--	--	--	--	--	--	--

True, Simple Feelings

Keeping Things the Same

--	--	--	--	--	--	--	--

Surrendering to the Flow

Chasing Unmet Needs

--	--	--	--	--	--	--	--

Responsibly Fill One's Cup

Drama, Crises, Intrigue

--	--	--	--	--	--	--	--

Peace, Boredom & Freedom

Compulsions & Addictions

--	--	--	--	--	--	--	--

Choice

Self-Criticism & Self-Blaming

--	--	--	--	--	--	--	--

Granting Full Forgiveness

Unhealed past Traumas/Events

--	--	--	--	--	--	--	--

Awareness \$ Healing

Tripping Over Unresolved matters

--	--	--	--	--	--	--	--

Restoring 100% Integrity

Shoulds, Coulds, Have-tos

--	--	--	--	--	--	--	--

Wants & Desires

Managing Other's Impressions

--	--	--	--	--	--	--	--

Honoring Own Standards

Avoiding Consequence

--	--	--	--	--	--	--	--

Building Trust With Others

Catching Up, Adrenaline

--	--	--	--	--	--	--	--

Building Reserve: Time & \$\$

Resignation, Reacting

--	--	--	--	--	--	--	--

Dedication, Have a Vision

Searching, Looking

--	--	--	--	--	--	--	--

Enjoy Beauty

Pleasing Others

--	--	--	--	--	--	--	--

Servings One's Self



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

## Are You “Buzzed” Too Much?

### *How to Change the Adrenaline Lifestyle*

Coaching Material

From Coach University

<http://www.coachu.com>

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# THE ADRENALINE LIFESTYLE

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## DO YOU FULLY UNDERSTAND WHAT AN ADRENALINE LIFESTYLE IS?

### ADRENALINE IS

- A source of energy.  
Humans will go to any length to get the quickest, easiest source of energy. Adrenaline produces energy; not the most healthful, but is continually available.
- A racket.  
Humans succumb to this drug instead of letting their hearts decide.
- A medicant.  
Adrenaline rushes to help to a person to "blast thorough" difficult times. Problem is, the adrenaline junkie creates crises just for the rush. When a person is "on" adrenaline, they have a respite from pain and feelings are covered up.
- A nasty habit which creates a lifestyle.  
To get the rush, humans do soul-damaging things: careers, greed, getting ahead, winning, keeping self in survival in order to have something to win at etc.
- A toxin, which keeps healthy people away.  
Those who are "over" adrenaline or are not adrenaline-based usually won't develop close relationships with adrenaline addicts; it is too upsetting and painful. So the addict is surrounded by those with broken wings, co-dependents or other addicts.

### ADRENALINE ADDICTION IS A RECOVERABLE CONDITION

- ADAs can recover from adrenaline addiction, usually by simply changing select behaviors.
- ADAs identify their personal 20 Triggers which start the rush and eliminate the triggers.
- ADAs recover faster with the help of a therapist or adrenaline-recovered coach.
- ADAs will go through a withdrawal period (see The Recovery Process below) of between 6-12 months.

### WHAT OTHERS WILL SAY OR THINK ABOUT THE ADA

- Boy, is he on all the time. How can his spouse take it?
- I know he listened to what I said, but I don't think he heard me.
- You can count on Karen to be late; that's just her.
- Jerry is always so busy. What is he always doing?
- Susan works too hard. What's with her?
- Why does Michael put himself through all that stress? I think he likes it or something.
- He always said he works best under pressure, but he's including us, too.

### THE RECOVERY PROCESS

- Stop the triggering behavior.
- Be willing to be very bored, until your new energy source kicks in (3-6 months).
- Speak truthfully and completely to everyone and yourself in order to let go of the residue and heal.
- Hire a coach, therapist or experienced consultant.

- Install a Strong Personal Foundation to keep you well and adrenaline-free.

### ADRENALINE TRIGGER

Overpromising results, even a little bit.....

Arriving exactly on time or late .....

Involved in non-essential projects/activities.....

Shoulds and have to's; someone else's agenda.....

Being optimistic during a rough time .....

Doing one thing in order to get another thing .....

Having current unresolved matters in your life .....

Holding back from another; being nice, being mad, not owing up to something you did.....

Not asking for what you need.....

Tolerations; things you're putting up with .....

Letting people walk all over you.....

Trying to prove something by your results.....

Driving faster than the speed limit .....

### SOLUTION

Deliberately underpromise, regardless of the person's reaction or consequence

Leave 15 minutes early for every appointment

Cut out 50% of all personal and professional projects and goals

Get rid of all shoulds, regardless

Surrender to the tough time; don't try to see it better than it is

Just do the latter and see if it works

We have at least 100; get them done

Have a heart-to-heart conversation and become intimate

Be specific and ask before you need it

Put up with nothing; re-educate people

Expand your boundaries

Shift from results to people and pleasure

Slow way down; you do have the time

### ADRENALINE ADDICT SELF-TEST

Y N

- |                          |                          |  |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | I drink caffeinated coffee or drinks to get or keep going.   |
| <input type="checkbox"/> | <input type="checkbox"/> | I eat sugar to calm myself down.   |
| <input type="checkbox"/> | <input type="checkbox"/> | I tend to overpromise and then rush to get it done at the last minute.   |
| <input type="checkbox"/> | <input type="checkbox"/> | I find some way to sabotage myself or a project, yet usually pull it off.  |
| <input type="checkbox"/> | <input type="checkbox"/> | I tend to take on more than I really want because I feel I can.  |
| <input type="checkbox"/> | <input type="checkbox"/> | I react strongly to the unexpected.  |
| <input type="checkbox"/> | <input type="checkbox"/> | I find myself getting very upset or irritated (whether I show it or not) when people let me down, miss deadlines or do less-than-optimal work. Sometimes I take it personally. |
| <input type="checkbox"/> | <input type="checkbox"/> | I arrive at work rushed or already "on."   |
| <input type="checkbox"/> | <input type="checkbox"/> | I get grabbed by surprises and disturbances and then I can't calm down for a day or more.  |
| <input type="checkbox"/> | <input type="checkbox"/> | I feel an inner rush or lack of stillness or peace much of the time.   |
| <input type="checkbox"/> | <input type="checkbox"/> | I am clearly winning at work, yet working very hard.   |
| <input type="checkbox"/> | <input type="checkbox"/> | I'm the kind of person who tends to find the toughest way to get something done.   |
| <input type="checkbox"/> | <input type="checkbox"/> | I drive more than 5 minutes over the speed limit, tailgate or criticize other drivers.   |
| <input type="checkbox"/> | <input type="checkbox"/> | I tend to run or arrive late, even if it's not my fault.   |
| <input type="checkbox"/> | <input type="checkbox"/> | I find that I attract more problems and disturbances than I feel I deserve.  |
| <input type="checkbox"/> | <input type="checkbox"/> | Money is currently tight and I have been working on getting ahead, but haven't.  |
| <input type="checkbox"/> | <input type="checkbox"/> | It is difficult to focus on any one thing for more than 10 minutes at a time.  |
| <input type="checkbox"/> | <input type="checkbox"/> | I don't give myself plenty of time during the day for the things that are likely to come up.   |
| <input type="checkbox"/> | <input type="checkbox"/> | I talk a lot even after people have stopped listening.   |
| <input type="checkbox"/> | <input type="checkbox"/> | I please people to the point of feeling compulsive, regardless of appropriateness or cost.   |

**Scoring:** If you answered yes to 5 or more of these, welcome to the club. When you're ready, willing and able, invest in outside counsel to get through this addiction.

## Am I Addicted to Sex?

There are many things in our culture that grab us and won't let go. Sometimes sex is one of them. Perhaps that's the case for you or your spouse/partner. These questions are intended to help you be more aware of some behaviors that perhaps indicate that sex has a hold on you. If you answer yes to three or more questions it probably is wise to take a closer look at the place of sex in your life.

Yes	No	
		Do I have sex at inappropriate times, inappropriate places and/or with the wrong people?
		Do I make promises to myself or rules for myself concerning my sexual behavior that I find I cannot follow?
		Have I lost count of the number of sexual partners I've had in the past 3 years?
		Do I have sex regardless of the consequences (e.g. the threat of being caught, the risk of contracting herpes, gonorrhea, AIDS, etc.)?
		Do I feel uncomfortable about my masturbation, the fantasies I engage in, the props I use, and/or the places in which I do it?
		Do I feel jaded, exhausted, cynical? Am I on the path to that?
		Do I feel that my life is unmanageable because of my sexual behavior?
		Do I have sex as a way to deal with or escape from life's problems? Do I feel entitled to sex? Do I feel as though I have earned sex?

		Do I have a serious relationship threatened or destroyed because of outside sexual activity on my part?
		Do I feel that my sexual life affects my spiritual life in a negative way?



## Am I Addicted to the "Victim" Role?

Even though you do not like being a "victim," there are sometimes what I call "secondary gains" that unconsciously keep you in that role. It may be a way to get attention. It may be a way to avoid responsibility. Or, you may be terribly confused about how to care for someone, love someone and maintain a firm grasp of your value and worth at the same time. Check the questions that apply to you:

Yes	No	
		Do you overpromise because you feel you have to get the person's love or approval?
		Do you wait for the small stuff to get big before you bring it up or handle it?
		Do you let other people walk all over you?
		When things are going well, do you throw in a money wrench, although you don't think it is one at the time?
		Are you uncomfortable being around truly successful people?
		Do you find that you have a pattern of repeating bad relationships?
		Do you find yourself unable to stop seeing a specific person, even though you know that seeing this person is destructive to you?
		Are you unable to concentrate on other areas of your life because of thoughts or feelings that you are having about another person?
		Are your actions guided by how you think the other person will react or respond?

		Are you not very aware of how you feel? But very aware of how others are feeling?
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# **How to Break Free From The Affair!**

## **How to Know if someone is Sexually Addicted And the Relationship of Sexual Addiction to Extramarital Affairs**

**Interview with Mr. Randy Flood, M.A., L.L.P.  
By Dr. Robert Huizenga, L.M.F.T., C.S.W.**

### **Part I: The Indicators of Sexual Addiction**

**This is one of my projects that provides information and personal  
coaching for those dealing with an affair in their marriage.**

**Discover how the affair in your marriage may be the best thing  
that ever happened to you.**

**Check out my site: <http://www.break-free-from-the-affair.com>**

## **Introduction**

If your partner is having an affair, perhaps he/she is sexually addicted. If so, you may not know it, although you sense that something is “fishy.”

Understanding your spouse and his problem might help you break free and take your stand.

If you are having an affair, perhaps you are sexually addicted. There are things in life that really may grab us sometimes and sex is one of them. This is not to excuse the behavior but merely point to a fact. Maybe you want to break free...before you really bite the dust?

I'm interviewing experts in the field and also people who have “been there, done that.” I want this information to be informative and compelling for you. I want it to alter the course of your life in significantly positive ways.

Give me feedback, if you would like. What is really helpful for you? What else do you want to know? What questions do you have? Please...please email me with your input and questions. I would truly like to hear from you. [Bob@BobHuizenga.com](mailto:Bob@BobHuizenga.com). Don't forget! OK?

Here's the first part of my interview with Randy. Here's an outline of the major topics covered:

### **What are the indicators of sexual addiction?**

- **Powerlessness and the Promise-Failure cycle**
- **Progression: going from more to a lots more, from empty to emptier**
- **Sophisticated lies and deception**
- **You can talk yourself into anything**
- **Is high sex drive the same as addiction?**
- **The end: financial, family and work problems**

**Learn...reflect...act**

The best to you, Bob

# How to Know if Someone is Sexually Addicted and the Relationship of Sexual Addiction to Extramarital Affairs

**Interview with Mr. Randy Flood, M.A., L.L.P.  
By Dr. Robert Huizenga, L.M.F.T., C.S.W.**



Randy Flood is a limited licensed psychologist who has been providing clinical services for court-related clients since 1990.

- Past president of Batter Intervention Services Coalition of Michigan
- Active member of the local region 3 BISC meetings.
- Member of Kent County Domestic Violence Coordinating Committee
- Past member of the American College of Forensic Examiners.
- Founder and former clinical coordinator of Pine Rest's Men's Program
- Member of the Association of Family Conciliation Courts

BH: First, Randy, what are some indications that a person maybe sexually addicted? As you think of people you work with what comes to your mind?

## **Powerlessness and the Promise-Failure Syndrome**

RF: One of the big indications is a sense of powerlessness over their sexual acting out tendencies or their sexual acting out behavior. Usually there is a history of working on trying to stop the behavior and being unsuccessful.

BH: I see. Like the Promise-Failure syndrome? I to promise to myself that I'm going to stop this behavior because I don't want to do it anymore and then I fail. I keep doing the same behavior.

RF: Yes. Most often they've come to some position or place in their life where they realize that it's interfering with their relationship, with their morals or other aspects of their life and they make a commitment to reduce or completely stop and they're unsuccessful and so they come in with a sense of powerlessness over their behavior.

BH: And that sense of powerlessness, that need to try and stop it, how long might someone persist with that feeling before seeking help?

RF: I think that really varies for an individual. I mean for some guys, they can be sexually addicted and not experience that. They haven't come to that point and their behavior has gotten them in trouble. Some kind of external accountability

system puts them into some kind of treatment. They will be in denial about the problem and so there's no history of having tried to stop because they haven't acknowledged that it's a problem yet.

BH: Okay

### **A Progression of Acting Out**

RF: So it's not a guarantee that that has to be a part of their presenting picture if you will. One of the things you see with more objectivity is a progression. You see a person start acting out at a certain level and the frequency and type of acting out changes and becomes more intense.

BH: For example, doing what kind of things?

RF: Well, say that they started out looking at pornography, like magazines, and they would take in the magazine 4-5 times a week and sit alone with it for a time and it progressed into looking at the sexual stimuli on the Internet and the use of cyber porn. And then progressing into 900 phone calls, so they could talk to someone live because the pictures got kind of boring. Then they start renting videos and buying videos and then that goes for a while and then they progress into going to adult establishments and frequenting and massage parlors. Then the person moves into "live sex" using prostitution or begins engaging in extramarital affairs.

### **Lying and Deception**

BH: And I would imagine that lying is often an indication or tied to this type of behavior.

RF: Oh Yes. There is a sense that your behavior is inappropriate, excessive, and so you will lie and deceive from others what you are doing. You know that is usually a part of it.

BH: Does someone usually have an awareness that they're lying and deceiving at that point or does that vary from person to person?

### **Rationalizations**

RF: I think that most people know that they're lying and deceiving although they just might rationalize it. They might say "My wife just doesn't understand. This is my own private thing and it's none of other people's business and I don't need to tell them." If they ask about where I was or what I was doing and put me in the position of having to disclose, then it's okay for me to lie and tell them something different because it's my own private thing and not their business.

BH: That's a good example. They're different kind of rationalizations that people come up with. We could probably make a whole list of those couldn't we?

RF: Sure.

BH: So there's a sense of powerlessness, there's a progressive quality to the sexual gratification, there's lying and deceiving, there's rationalization. Those are kind of 4 indicators you've talked about. Any others you can think of?

RF: Well, there's a progression that occurs because what they get from the sexual acting out requires increased sexual stimuli. It's kind of like substance abuse where what used to give you that high, that euphoria, what used to numb your feelings, the dose of marijuana, has to increase or become more frequent in order for that person to have that same effect so that's what drives the progression.

BH: Okay.

### **Sexual Addiction is NOT the Same as a High Sex Drive**

RF: So, I'm not sure if I'm speaking to a separate issue, but I just wanted to clarify that. What I'm saying is that sexual acting out is not about sex and that's one of the key features too. It's not about someone having a high sexual drive or having a sexual dysfunction in the marriage relationship so they're having an affair because they're not having their sexual needs met in the relationship. Usually what you will see is that sexual acting out is meeting some need other than a sexual need.

BH: So there are ways in which you can make distinctions between a high sex drive and frustration in a marriage as opposed to sexual addiction?

RF: Right. So that's important.

BH: Any other indications, Randy, that a person might be sexually addicted?

### **The Consequences of Sexual Addiction**

RF: Usually they've experienced consequences from the sexually acting out behavior. They have spent an excessive amount of money, which has created financial problems for them, or they have gotten in trouble on the job for sexual harassment or logging on the computer for excessive amounts of time to look for pornography.

BH: Do you have any examples of any of your clients right now that indicated to them that they were sexually addicted?

RF: One man had a separate credit card just for his sexual acting out. He was using massage parlors, going to strip bars and using 900 phone calls. He had this credit card specifically for that that he hid from his wife. Somehow, one time he left the statement in his car and his wife found it and saw all the charges, which were significant because he was acting out on almost a daily basis. He was commuting back and forth from city A to city B and every day he would go to a massage parlor and spend \$100 or so paying the person for sexual tricks. He was spending up to \$700 per week and she found out and it all came out that he was doing that. Another guy was hooked on cyber porn. He did a really decent job of hiding all the folders. He had a folder for each type of sexual stimuli, so he would have a folder for blonds, a folder for brunettes....

BH: Very organized about it.

RF: Yes, a folder for three-somes and just several different classifications. It was all buried within his computer system and his wife somehow ran into it and she discovered the whole layer of pornographic material in the computer. He was confronted about it when he got home.

BH: Do you have any more examples?

RF: Another man would use prostitutes. That was his acting out of choice. In sexual addiction it's interesting that they'll have something they like to do more than others, and this guy liked to use prostitutes. He had been using them for years. He happened to solicit prostitution from an undercover police officer and had to call his wife from jail and tell her why he was in jail. Then after that he had to disclose to her the long history of acting out.

### **What Leads Someone to Address his or her Addiction?**

BH: Okay, these examples lead into my next question: what factors typically prompt someone to address their addiction are basically getting caught? It sounds like finally experiencing some sort of traumatic consequence leads to change.

### **Different Levels of "Hitting Bottom"**

RF: That's one of the bigger ones: experiencing a consequence. You've heard the term "rock bottom experience" in substance abuse? You hit rock bottom and then get treatment. Well, everybody's rock bottom experience is different and depending on how healthy you are determines what becomes your rock bottom experience. Also how long the addiction has been there. So if you experience a problem or a consequence, that's an opportunity for you to face the addiction and do something about it. But, if somehow you're able to rationalize yourself through it, defend against the reality that you have an addiction, then what you do is push yourself through that experience or threshold and then you're going to become more increasingly addicted or unhealthy.



BH: So rationalization keeps the ball rolling?

RF: Right. It keeps the progression going. You know you get fired from a job for sexual harassment for example and an addicted person can rationalize that experience.

BH: Okay, how might people rationalize that?

RF: Well the employer, he/she set me up, didn't like me, and was just looking for an excuse to get rid of me. So this consequence is not a function of my sexual acting out, it's a function of something else, so I don't have to address that issue. Then they can keep living without having to face it because they've rationalized it away.

### **I Don't Want to do this Anymore**

BH: Does anyone ever come to the point where they say I'm sick of this?

RF: I find it very interesting that with sexual addicts that often times are very moral and religious people. There is kind of a history of sexual suppression and they end up living dual lives. Everything they are doing goes against their values and morals and religious beliefs and a lot of time they come to the point where they just can't face themselves anymore.

BH: There's a tension there that they have to cope with or deal with?

### **The Tension of the Dual Life**

RF: Yes, they are tired of living the dual life. They are tired of the stress of that and the feelings of failure and low self esteem and they just come to a point where they say, "I need help, I can't do this anymore, I can't do this by myself."

BH: So they'd be experiencing feelings of failure? They'd be thinking that they're failing, think of themselves unworthy. Are there any other internal factors that might lead to a decision for change?

RF: Despair, depression, feelings of powerlessness.

BH: Anxiety?

RF: It could be some anxiety about getting caught as they realize the sexual acting out has progressed and their wife is on to them about their hiding something or has caught him in a lie. So there is some anxiety about "I'm going to get caught, discovered" so there might be some need to get help before they get caught. I've had guys seek treatment without their wives even knowing.

- BH: Do you have a couple of clients that come to mind that internally chose to walk down a different path?
- RF: Yes, one time I worked with an attorney that happened to read an article in the paper, an interview of my program and the services I offer around sexual addiction and the article was educational in terms of what sexual addiction is and also informative in terms of telling people that there are services available. This attorney read that article and had been considering getting some help and didn't know where to go and whether there was help specific to the problem he had. After reading that article he just decided to call and seek treatment.
- BH: So it's internal or external factors of different kinds that might trigger the desire to seek treatment.
- RF: Yes, sometimes external factors can initiate or trigger internal motivation. Sometimes seeking help is purely to manage external consequences and pressures. You get people that will get into treatment to placate and appease their wife, or boss or probation officer, their minister, but there's not really internal motivation yet to stop the behavior.
- BH: They need to be banged along side the head with some reality?
- RF: Yes, they haven't really experienced that rock bottom experience. They just want to get people off their back. And if they can get people off their back then they can go back to acting out. So you get the internal motivations and you get the external consequences, which initiate internal motivation, and you get people that come in purely from external pressure.

### **Obstacles to Overcoming Sexual Addiction**

- BH: So what are 2-3 obstacles a person needs to overcome to face their addiction? I hear you emphasizing rationalization. Anything else?
- RF: Yes, I would say the poor accountability of defense mechanisms that get developed in order for the sexual addiction to progress and grow. These defenses just don't simply dissipate the minute you decide to get help. So the minimization, the rationalization, can get in the way of getting the kind of help you really need. You might be looking for a quick fix; you might not stay involved in any effective recovery plan because you minimize the seriousness of the problem.
- BH: Okay, I think you made a distinction between minimization and rationalization. Is there is a distinction between those?
- RF: I would say minimizing is making light of the problem and trying to make it seem smaller or less than it really is. Rationalizing is more of an intellectualization

where you come up with some kind of argument or theory of why it's not an issue or a problem.

BH: Would projection be something else? You blame someone else; you don't own it, is that different than rationalization?

### **Blaming and Underlying Issues**

RF: You can split hairs with defense mechanisms, but I think that blaming would be another one. You can blame your sexual addiction on your wife for example, and say if she wasn't so cold and non-sexual then I wouldn't be on the Internet every night. There are lots of different mechanisms. Another obstacle would be some of the emotional and psychological underpinnings that are driving the sexual addition. Someone that is extremely passive or extremely dependent in a relationship may use their sexual acting out as a way to meet their needs and experience some kind of power or control in their life or autonomy. If they stop the sexual acting out, they still have the psychological personality features of dependence and passivity and poor identity formation and they have this period of time where they don't have healthy emotional structures in place to get those needs met. They're not acting out anymore and they're not getting them met in a way that they used to so there is a period there where it is really precarious.

### **Replacing the Addiction**

BH: Do they need to find something to replace the addiction? Not really take away, but add something to yourself as well? Otherwise one might feel lost and slide back?

RF: Right, go back to what works. This worked for me; I don't know what else for sure is going to do this for me.

BH: Would another obstacle be external circumstances, for example friends or work environment?

RF: We call that a structure plan or relapse prevention plan. They don't restructure their lives in a way that keeps them away from triggers. They stay in a work environment where people are trading pornography or they continue to drive by the establishments that they used to frequent. They don't change the cable TV and have the same porn channels available to them. They don't purge themselves of all their sexual stimuli. They may have problems with indecent exposure, but they keep pornographic videos at home and think, "Well I can just watch the videos; I just won't expose myself anymore." They keep a low level of acting out which then puts them at risk of progressing again and a lack of structuring can be an obstacle.

## **Steps to Overcome the Addiction**

- BH: What are some important steps someone must take to overcome the addiction?
- RF: Acknowledge the problem and full accountability. Look at it from a 12-step model and be able to say, "I have this problem and my life has become unmanageable."
- BH: Are there any particular ways that people can get to that point? What are the steps that would help one first acknowledge it and then acknowledge it more fully? Do you have any suggestions that would help someone be more aware of their situation?

## **The Power of Education**

- RF: Awareness opportunities such as reading books, talking to a therapist, just educating yourself about the problem. I think there is a lack of education and knowledge about what it is and when people get exposed to information, it really helps them to take that step and say "Wow, I didn't realize it was that bad or that I had this problem until I read this or talked to this person."
- BH: What books would you recommend for someone who thinks that they might have this problem?
- RF: Out of the Shadows by Patrick Carnes or Contrary to Love by Patrick Carnes, another book about sexual addiction. Also, False Intimacy.
- BH: Do you send out any educative newsletters?
- RF: NO, I should. It's one of those things that with more time in a day and you can come up with all kinds of things to do, but that would be a good thing to do.
- BH: It sounds like awareness and acknowledgement are important first steps. Anything else that someone must do or could do to overcome the addiction?

## **Professional Help**

- RF: I think they need to get involved in professional counseling that is designed to treat the problem. I think that one of the obstacles is shame. John Bradshaw talks about the shame that binds you. What group treatment does for the men is help them realize that they are not alone and that there are other men who have this problem.
- BH: So you recommend group treatment then?
- RF: YES.

- BH: So the group is helpful in dealing with some of the shame. They discover that they're not as weird as they thought they were?
- RF: Right. You were talking about things that help guys get the things they need get them moving on and that was professional counseling and group treatment. Group treatment is treatment of choice for the problem.
- BH: What kind of therapy? Is there someone who may be helped more by educative therapy or reality therapy as opposed to more supportive insight oriented therapy?
- RF: I start more with a psycho-educational approach because I think that helps men take that first step in acknowledging they have a problem and understanding what their problem is. If you don't have an awareness of that then it's difficult for you to stay engaged in some kind of counseling for you to work on the issues.
- BH: It's helpful for them to know what their up against?

### **Group Treatment is Vital**

- RF: Yes, you do the group treatment, you do some education with them and then you get them to talk with each other so that they don't feel that they're alone. As treatment progresses you start working on relapse prevention structure planning and then move eventually into a more traditional group therapy where they will work on some of the personality and emotional underpinning that might drive the addiction. The consequences of the addiction going on for years for some of these guys has created problems in their psychology and personality and those need to be addressed in more of a group therapy approach.
- BH: Allow me to summarize. First of all, one needs awareness that I have a problem, then I learn what the problem is, and then talk to others and find out that I'm not as weird as I think I was. Then I go to work and begin to make changes and dig a little deeper and make some internal shifts?
- RF: Yes

### **A Case Study**

- BH: Can you give me some case histories, Randy, that summarize this process? Sometimes the stories of those who have walked the path can be helpful.
- RF: One time a guy came in and he had been arrested for indecent exposure and he had been rationalizing and denying that he had a problem. He said they were misinterpreting what was going on and had spilled pop on himself and had his pants down cleaning himself. Someone misunderstood what he was doing and he got arrested for indecent exposure. He claimed he didn't have any problems, etc.

While in treatment, he was arrested a second time, which was within a 3-month period. He woke to the fact that he had a problem.

BH: So he was in individual treatment or group treatment at that time?

RF: He was in group, telling group members that he didn't have a problem and people misunderstood what he was doing. He had a history of using adult establishments and normalized that to "that's what men do." He had a library of pornographic material in the house that he and his wife viewed together, and it's not a problem because she consents. No acknowledgement that he had a problem at all. When he received his second arrest, he was able to take that step and say he had a problem.

BH: He came to group and after the arrest....

RF: And turned the corner.

BH: How did he turn the corner? Do you remember what he said or how he said it?

RF: It wasn't a ton of feeling, but before the second arrest he spoke with a lot of bravado, very confidently and when he turned the corner, there was a real humbleness to him, soft-spoken, more defeated.

BH: Then what happened?

RF: Then he just started talking more opening about his history of acting out.

BH: DO you think it's important for someone like that to talk about their history, to acknowledge it, in a group?

RF: Yes.

BH: How did the group respond to that?

RF: It was a good thing for the group to experience. It helped them witness someone who was in denial about their problem and then come out of denial and take responsibility and acknowledge the problem. They were very supporting of him and said it's really neat that you're acknowledging this and now you're going to be getting some help. The group was very supportive.

BH: What kind of changes did he make?

RF: He purged himself of all sexual stimuli. Got rid of his videos, stopped going to adult establishments and he changed where he drove and the times that he would drive.

BH: So he changed some very specific behaviors?

RF: Yes. He would cruise around malls and he changed a lot of behaviors when he finally realized this was a serious problem.

BH: How do you know that he is on the road to recovery? What do you or others see him doing that indicate he is making the shifts he needs or what other kinds of shifts might he be making?

RF: Well the changing of the life patterns and behaviors was a big noticeable shift, his acknowledgement of the impact that it had on his wife.

BH: Does he treat her differently?

RF: Yes. And the empathy he had for her and the understanding. Before he was upset with how impatient she was with him because of the court costs and fines, she did not understand, and she was angry with him for the having the incident. When he shifted in therapy, he had empathy and patience for her. When she was upset, he could empathize and appreciate where she was coming from without being critical.

BH: So his awareness of himself and his acknowledgement of who he was helped him be more aware of her and who she was?

RF: Yes. Another man I remember that was a big user of prostitutes and with that issue guys tend to dehumanize women and see them as objects, which allows them to use them as prostitutes. This guy overall was a good person, church going, had 4 or five kids, married, and was basically a good person. In group, we talked about what it's like for a prostitute and what he's doing to that person and how he's participating in the oppression and idealization of that person. One time, he picked up a prostitute and drove down the road to go to the place where he was going to have sex with her and he couldn't do it. He started having conversations with her and she started asking about his family and he started asking about her life. He started seeing her as a human being rather than a prostitute and he stopped the car and gave her \$20 and apologized for wasting her time. He acknowledged to the prostitute that he had a problem and was in therapy and he had committed to the group and himself that he wasn't going to do this anymore. He wasn't going to follow through with it and dropped her off and took off. He came to group and shared his story. That was a shift for him when he wanted to do it and couldn't do it.

Oother guy frequently used adult establishments. He would go during the day. He drove by several times, knew he wasn't supposed to do it, having made that commitment. Finally he broken down and said, "Screw it, I'm going to do it. I used to do it and I enjoy these, I've been doing so well...just one time." He went in, was early for the show, paid his money, sat down and started looking around

and getting and awareness of where he was. We talk about other people that frequent those places and he looked at the men around him and no one was interacting with each other, everybody was just sitting there. He started seeing the other men as having problems and started having empathy and wondering what kind of problems they were having in their home life, if they were in treatment. He wasn't able to stay in his fantasy world like he used to with the anticipation of the girls coming out. He felt dirty, like a failure just being there. He walked out, got in his car and left.

Bh: So you think that at a certain point if someone acknowledges it and is in a group setting and talks about it with someone else there are some real significant shifts that they go through and life becomes different? Or they begin to see the world, themselves and other people differently?

RF: Yes.

BH: Randy, our time is up. I want to thank you for your input and sharing your experiences and thoughts with me. I wish continued success to you as you work with those who struggle with their addictions.



## **Interview with Randy Flood, Part II**

### **The Consequences of Sexual Addiction**

- BH: Randy, are there other indications that a person might be sexually addicted? Do some of the indicators take the form of the consequences they suffer?
- RF: That's a part of it. Usually they've experienced consequences from the sexually acting out behavior. They have spent an excessive amount of money, which has created financial problems for them, or they have gotten in trouble on the job for sexual harassment or logging on the computer for excessive amounts of time to look for pornography.
- BH: Help our readers get a picture of what this might look like. Could you share a story of one of your clients who suffered from the consequences of his acting out?
- RF: One person had a separate credit card just for his sexual acting out. He was using massage parlors, going to strip bars and using 900 phone calls. He had this credit card specifically for that that he hid from his wife. Somehow, he left the credit card statement in his car and his wife found it. She saw the charges, which were significant because he was acting out on almost a daily basis. He was commuting back and forth from city A to city B and every day he would go to a massage parlor and spend \$100 or so paying the person for sexual tricks. He was spending up to \$700 per week. She found out and the truth emerged. Another man was hooked on cyber porn. He did a decent job of hiding all the folders. He had a folder for each type of sexual stimuli, so he would have a folder for blonds, a folder for brunettes....
- BH: Very organized...
- RF: Yes, a folder for threesomes and several different classifications. It was all buried within his computer system and his wife discovered the whole layer of pornographic material in the computer. He was confronted about it when he got home.
- RF: Another man would use prostitutes; that was his acting out of choice. In sexual addiction it's interesting that they'll have something they like to do more than others, and this guy liked to use prostitutes. He had been using them for years. He happened to solicit prostitution from an undercover police officer. He had to call his wife from jail and tell her why he was in jail. After that he disclosed to her the long history of acting out.
- BH: So addiction is usually addressed when one bumps into the consequences of their behaviors?

RF: Experiencing a consequence is a big factor. You've heard the term "rock bottom experience" in substance abuse? When someone hits rock bottom they may go and get treatment. Well, everybody's rock bottom experience is different. Your personal health often determines what becomes your rock bottom experience. Another factor is the time length of the addiction. So if you experience a problem or a consequence, that's an opportunity for you to face the addiction and do something about it. But, if somehow you're able to rationalize yourself through it, defend against the reality that you have an addiction, then what you do is push yourself through that experience or threshold and then you're going to become more increasingly addicted or unhealthy.

### **How the Addiction Maintains Itself and Progresses**

BH: So rationalization keeps the ball rolling?

RF: Right. It keeps the progression going. You get fired from a job for sexual harassment for example and if you can rationalize that experience and blame it on something else the addiction persists.

BH: Okay, how might someone rationalize that?

RF: Well the employer set me up, they didn't like me, they were just looking for an excuse to get rid of me, etc. So this consequence is not a function of my sexual acting out, it's a function of something else, so I don't have to address that issue. Then they can keep living without having to face the addiction because they've rationalized it away.

### **The Stress of the Dual Life**

BH: Does anyone ever come to the point where they say I'm sick of this without experiencing a consequence?

RF: Yes. I find it really interesting that sexual addicts often times are very moral and religious people. There typically is a history of sexual suppression and they end up living dual lives. Their acting out behavior goes against their values and morals and religious beliefs and they come to the point where they just can't face themselves.

BH: There's a tension they have to cope with or deal with?

RF: Yes, they are tired of living the dual life. They are tired of that stress and the feelings of failure and low self-esteem. They just come to a point where they say, "I need help, I can't do this anymore, I can't do this by myself."

BH: Are there any other internal factors that might lead one to call into question the sexual acting out and seek help?

RF: Despair, depression, feelings of powerlessness.

BH: Anxiety? Or is that more depression?

### **The Fear of Being Caught**

RF: It could be some anxiety about getting caught. As the sexual acting out progresses their wife may begin to suspect they might be hiding something. They've been caught in lies about where they've been or what they've spent money on. So there is some anxiety about "I'm going to get caught, discovered." There might be some need to get help before they get caught. I've had guys seek treatment without their wives even knowing.

### **A choice to Change**

BH: Do you have a couple of clients that come to mind that internally chose to walk down a different path?

RF: Yes, one time I worked with an attorney that happened to read an article in the paper, an interview of my program and the services I offer around sexual addiction. The article was educational in terms of what sexual addiction is and also informative in terms of telling people that there are services available. This attorney read article and had been considering getting some help but didn't know where to go or whether there was help specific to his problem. After reading the article he decided to call and seek treatment.

BH: So there are many factors, internal and external that leads one to address the addiction?

RF: Yes, sometimes external factors can initiate or trigger internal motivation. Sometimes seeking help is a means to manage external consequences and pressures. People go into treatment to placate and appease their wife, or boss or probation officer, their minister, but there's no genuine internal motivation yet to stop the behavior.

BH: They need to experience the harshness of reality?

RF: Yes, they haven't really experienced that rock bottom experience. They just want to get people off their back. And if they can get people off their back then they can go back to acting out. So you get the internal motivations and you get the external consequences, which initiate internal motivation, and you get people that come in purely from external pressure.

## Drama Is A Drain

Ever watch soap operas? Most often some form of affair is involved - person x wanting person y with person z standing knowingly or unknowingly on the sidelines. This makes for good drama and sells.

Drama can consume and keep you off balance in following your own heart and doing what is right for you.

Some affairs, not all, drip with drama. Here are the kinds of affairs, outlined in my e-book, Break Free From the Affair, that major in drama:

Type #1: "My Marriage Made Me Do It"

Type #4: I Fell Out of Love (and just love being in love)

Type #7: I Want to Be Close to Someone (which means I can't stand intimacy)

Type #4 is probably the "Drama Queen."

What kind of affair faces you? What part does drama play?

I came across an article by one of my coaching colleagues that speaks eloquently to the issue of drama. Here's the article by Candace Hammond.

There is a song by hip hop artist Mary J. Blige called "No More Drama".

It came out of a difficult chapter in her life and turning a new leaf deciding to live life without the drama she had both created herself and invited in. There are times that all of us have drama in our lives but the question we need to ask ourselves is two-fold: Are we enjoying the drama?

Sometimes there are personalities that thrive on drama, it feels familiar, possibly because of childhood issues like alcoholism (living in chaos actually feels normal) and we tend to repeat patterns.

The second question is if you are not one that thrives on drama but it keeps creeping in, what are you doing to keep it out of your life? Creating strong boundaries is imperative to living the life you want to live. I work very hard at living life in a "drama-free zone". I try to only have people in my life that are positive forces. This is not to say that

people get kicked out when they have a problem, but if it becomes a pattern, I distance myself.

It's easier said than done sometimes keeping this drama at bay. Drama kings and queens are experts at spreading the chaos. They may make it seem like they really hate it, but it follows them everywhere, this cloud of angst that covers everything and everyone in its path. It perhaps is a way to be the center of attention, some people would rather have negative attention than none. But you don't have to become a participant.

I have had times in my life when people have tried to drag me in to their soap opera's. It was difficult for me to confront it and them. By nature I am that "Your Best Life" girl, I want to be happy, be positive and not have to be assertive with people who are not behaving well.

Someone close to me told me something that made a huge impression however; part of having that Best Life is standing up for yourself, creating that boundary, and knowing that you have every right to do that. So I have at times had to be quite aggressive in protecting myself, to the tune of hiring pricey lawyers at times. It was one of the most difficult things I have ever done, it was scary, and went against my "sunny, perky" persona. It was also incredibly empowering.

I stood for myself and made it clear that this drama was not welcome and would not be tolerated. You can live a life without drama. Of course we all have times in our lives that are by nature dramatic, I know this well. I have three kids, two of who are teenagers. But I work at setting a tone that is calm and even keeled in our home. Just as my children knew that whining was never a way to get what they wanted when they were little they know that slamming doors, yelling and screaming isn't going to get them any further at this age.

You have a right to live a life that is drama-free. You don't have to catch those hot potatoes that people throw at you. Someone said to me this week they had heard a great quote - something to the effect of "Your emergency doesn't have to become mine". It's true. Learn how to distance yourself from others "emergencies" - those behaviors that are designed to pull you in and suck your joy out of you. Make your life as much of a drama free zone as possible. It feels a whole lot better, believe me.

~\*~Moral of the Story~\*~

Don't allow drama kings and queens to take over your life. You have a right to live your life in a drama-free way. Create boundaries, stand up for yourself. Don't let their drama become yours.

~\*~Coaching~\*~

Do you let people come in to your life and spread they drama all over you? Or do you CREATE drama? Be honest with yourself and see where you can lessen and hopefully rid your life of drama. It's a great life out there beyond the drama, just think of where you can put that energy that you're wasting on the chaos. Take your life back, and make your life a drama-free zone.

Candace Hammond is a Life Coach in private practice. You can reach her on the web at [www.personalpowercoach.com](http://www.personalpowercoach.com).

# **Out of the Fishpond: The Emotionally Abusive Relationship**

Judi Goodman, LICSW

How much time do you spend being preoccupied with your relationship? Are you anxious about being around your partner? Do you identify with these statements women have made?

- “I feel like scrambled eggs when his anger comes out of nowhere. I spend days recovering.”
- “I get paralyzed. It is so crazy. I get to think that I’m the crazy one.”
- “I either get depressed and cry, or I eat and don’t think of anything.”
- “He is either very good or he is horrible. I feel like I’m living with Dr. Jeckyl and Mr. Hyde.”
- “I have to worry about what I spend, and have to ask him for money even though I work. I hand him my check or there’s World War III.”
- “We can’t talk. It’s like I have no vote, no right to complain about anything.”

Are you in a relationship where the rug is always pulled out from under you, yet you hope that things will be better? Where things do get better but never stay that way for long, and you don’t want to see it? Well, who would? It is frightening and, besides, you are not sure you’re right.

You may find your own story in the accounts of women who talk about:

- The emotionally abusive relationship as a “fishpond” for women
- What keeps a woman in the fishpond
- What helps her emerge from the fishpond
- The road to a better life

## **Swimming round and round in the fishpond: Growing weary**

“I slept downstairs because we were fighting. Suddenly, at 5:00 a.m., he comes barging in, furious, and spits at me. I got scared and ran outside to the car. I sat there ‘till 8:00 a.m. He comes out in his pajamas and robe, all smiles, and asks me if I want to go out for breakfast.”

“I would sit on the bed while he screamed at me, a lot of mornings when he was getting dressed. The kids were still in bed. I was just frozen. The kids wouldn’t get up until after he left.”

“I needed to join a pool club that my doctor recommended because of increasing physical pain in my joints. I asked my husband if he would like to come with me so we

could both decide which we wanted to join. We visited a few and I asked him which he liked. He kept putting me off. Every few days I would ask him. He kept saying he was thinking about it. Finally, after about six weeks, I asked another time. He said we couldn't afford it. I said, 'Well, why don't we look at our budget and see what we could work out?' He just went berserk. I was in shambles. I couldn't sleep that night. The next day, he walks into the kitchen, smiling, and says, 'Let's have breakfast out and go down and sign up at any one you want.' I said, 'Sure.' We signed up. But I have never gone."

"I was in a triathlon. I had trained hard for a year and was ecstatic to have made it. My coach wanted to drive me there, but my husband insisted that he take me. My friends said I was crazy to go with him. It was an endless ride to another state. He was ranting and raving all the way about how I was wasting the family money by training and that I should have been working. By the time I got there I was so tense and stressed that I almost didn't do it".

### **What keeps a woman in the fishpond: A shattered sense of self**

"My mother gave me money to buy a dress but he wouldn't let me spend it. He said, 'I am the breadwinner here.'"

"He gave me flowers for Valentine's Day in the morning, lovingly, and then in the afternoon, he was screaming that I was a bitch and he would never kiss my grimey ass."

"We had a huge fight in the morning and he was so insulting. I was so hysterical that I poured the remains of the pancake batter over my head. He just left the kitchen and took a shower. He came out and stepped over me with his briefcase in hand and goes out the door to work. I felt so crazy. Then he comes home from work in a great mood and wants to go to a movie. But I was upset and wanted to talk about it. He got enraged and said, 'You're always ready to start a fight; just remember, you're the one starting it.'"

"He would say I was stupid – even though I was working full time and taking graduate courses part time and had the kids. It was only when I was admitted to a PhD program at the university that he stopped calling me stupid."

When you live with someone who is emotionally unpredictable, you are always walking on eggshells lest you set him off. You are expected to accommodate his mood and his view of reality. How you see life and what you want for yourself is reduced to nothing. To others, the emotional abuser may seem entirely different than your own experience of him. He may be "the life of the party" in social situations, generous and cheerful.

Abusers are quite selective and rarely do they direct their behavior at stronger people or those who have power over them. In their intimate relationship, however, they feel free to be uncooperative, contemptuous, accusatory, explosive, withholding and controlling. This pattern of behavior can cause you to question your own perceptions about what is really happening. You may feel confused and powerless, and also scared.



Further, your sense of yourself as a smart, lovable woman, worthy of respect, is also shattered by “crazy-making communication” in which you experience or observe something – but you are not allowed to talk about it. That is what makes you feel so crazy, that your reality being denied by someone you love and depend on.

### **Staying afloat, having hope: what you need to know**

First, recognize what drives his behavior: power and control. A succinct definition is given by the batterers’ intervention program, Manalive.

“Male role control works by physically, verbally, or emotionally destroying your partner’s physical, intellectual and emotional integrity so that she will be afraid to be herself, will control herself, and therefore be available to be controlled by you.”

For the abuser, it is a winning strategy. Control and intimidation does work. Each “win” further reinforces the pattern. Abusive behavior serves the function of relieving the abuser of mounting internal tension and of facing his conflicts about intimacy and powerlessness. He acts out his fears and his toxic feelings towards his partner, and takes control of his emotions and of her.

Second, recognize that, as a woman, you have been brought up to be a caretaker. Girls are trained to be sensitive and empathic, to care about others first. Women are expected to accommodate others’ needs and to take responsibility for relationships. This gender role can make it difficult to see the cycle of abuse when it first begins.

If you were brought up in an abusive family yourself, it gets even more complicated. You may be more concerned with your partner’s hurts than setting limits on his abusive behavior, and you may explain his behavior away or try to soothe him. These are strategies that children often use in order to get cared for if their caretakers are abusive, but these ways of coping become both ineffective and harmful to you as an adult in an intimate relationship. You are living with contempt for your welfare. Contempt and love do not coexist. It is healthy to look to do something about it.

### **Out of the fishpond: Taking a stand**

What does this mean? It means that you are not going to live with a foot on your heart.

“I told him there is no peace in my life because of his temper. ‘If this does not change, you have to leave,’ I said. I had seen the lawyer. I meant it.”

A woman who lived in an ongoing, controlling, relationship in which she was constantly depressed, angry and helpless, considered separating from her husband. She said to her friend, "It's like I'm on the edge of a diving board. I am terrified to jump off. But I am too far along and I can't go back down the steps. I am frozen up here." When her friend replied, "Well, you can always go back," she hung up the phone and rented an apartment.

Where does that moment of decision come from? Sometimes it is the awareness of the toll on your child that precipitates change. Sometimes it is the chance reading of an article or flyer about domestic abuse, or opening up to a friend's concern, or a professional's, or a family member's. Sometimes it is a deep, painful injury that makes you say, "No more." Sometimes it is an incident like his extra-marital affair that gives you the courage shore yourself up to leave. And sometimes it is just a moment of grace that allows you to see clearly.

At the moment you take a stand, the relationship will not be the same.

- You are more frightened than you thought. Is it safe to take a stand?
- You are worried. He has no desire to change.
- You are anxious. He has begun to escalate tension to get the relationship back to where it was as you change your behavior.
- You are uncertain. If you won't stay where he puts you, he will want out. Do you want this?
- You wonder. Can you make it alone?

You don't know how to do it differently. It is a new feeling that your body does feel comfortable with yet, as well as your thinking that is new. You need to learn a new embodiment of strength and versatility so that you can move responsively and not reactively. Like every woman who is determined to save her own life, and that of her children, you will need a support system.

## **The Road to Change**

### **First foot on land: Getting to know yourself again**

- *Fear*: Are you scared?
- *Socialization*: Have you been trained to be an enabler of someone else's bad behavior by your partner or by your family? Are you pulled to mend the relationship even as you tell yourself you need to NOT be placating, out of anxiety?
- *Boundaries*: Are you aware of how you set boundaries and how he establishes them? Do you have the ability to say "no" and is it heard?

- *Who is the boss?:* Do you notice that as you are trying to be more independent that you look to your partner for approval for being self-sufficient? It is very subtle and, often, is a surprising realization.

Where there has been abuse of any kind, there has been an invasion of boundaries. A woman will not be able to keep her boundaries strong and flexible and an abuser does not respect those boundaries. He walks in because he can. Becoming aware of those first moments when you experience a boundary line being crossed is the first step in changing your body and learning to establish emotional boundaries.

Despite your dissatisfaction and unhappiness, there is often a deep though ambivalent attachment to your partner. The intensity of your anxiety over the possible separation and loss may shape your behavior. This, paradoxically, keeps the structure of your relationship in place.

### **The second foot meets the ground: Getting support**

You have been changed by living in a persistently intimidated state with no voice. It's like the foot that has been reshaped by a bad shoe. Getting support from others will remind you that you are not alone and that you can change your life.

- Build your body so that it is strong enough to meet what you need to do. Women are not trained to fight and bear the tension of fighting. They often feel weak and unable to take on setting limits on others and fighting for themselves.
- Find people who will support your new thinking and will be a safe place to speak about your experience. There are groups at the Women's Center in Cambridge, MA, The Support Committee for Battered Women in Waltham, MA, the Network for Women's Lives in Concord, MA, Kol Isha at Jewish Family and Children's Service in Newton, MA and many other community organizations that provide support services. There are also private groups and individuals who do coaching and therapy to empower women, who understand the dynamics of abuse and the road to health.
- Develop a strategy to restabilize yourself quickly after a hostile interaction. Some people do free writing when anything and everything gets put on paper; some take a walk or do aerobics. Some grab the kids and visit a friend, or just leave. Doing something active that detoxifies you is usually more helpful at first. After you have been active, calming activities such as lighting a candle, meditating and reflecting or journaling can be soothing.
- Read books by and for women who understand what you have experienced. Among many good books are, *The Verbally Abusive Relationship* by Patricia Evans, many books by Suzanne Elgin, *Not to People Like Us* by Susan Weitzman, and Mira Kirschenbaum's *Too Good*

*to Leave, Too Bad to Stay.* See [www.coachingforlife.org](http://www.coachingforlife.org) for other suggestions on reading.

- Join an interest group to which you could contribute your time, even as you are sorting out things for yourself, such as Network for Women's Lives in Concord, MA. When you have both feet on land and have begun to take your own steps, you will understand what it takes to support another woman's journey, if you wish.
- Work with a coach on strengthening your nonverbal communication. This will both shift how you are seen and how you experience yourself. Studies done on communication show that over 90% of communication is nonverbal. [Email [jgoodman@coachingforlife.org](mailto:jgoodman@coachingforlife.org) for referrals in your area]

### **On dry land: A better life**

"I just never thought it could be this way. When I think of how scared I was the first time I came to you! I am so happy. I am even outgoing, would you believe? The kids are doing great. I am doing folk dancing once a week and go to aerobics class twice. I am a different person like I thought I never would be."

"It took me a long time before I didn't feel guilty for breaking off our relationship because of how abused he was growing up. But I kept in mind what you said about his needing to change his behavior and not explaining it away. It was hard, but I am in a new relationship now. I went back to graduate school and I love it. Things are really going well, and I don't feel the anxiety and fear that was like my skin, it was so familiar."

"We have both changed. When I left home, it was the hardest thing I had ever done. I could barely tolerate being alone those eight months. But I refused to return until he found a group that works with men who control women. It has been a long, long journey. I was so scared to take a stand and be a leader in the relationship. I am a codependent, I think, and he is a blamer, even now. But, when he even begins to be hostile towards me now, I nip it in the bud. I don't stand for abuse. I used to. It is not a perfect relationship, but it is nowhere near the relationship it was."

Separating is not the only choice. Nor is staying. The issue is whether you are now willing to accept abusive behavior. Has your partner begun to change his behavior as you have begun to set limits? *Is he willing to change the way he treats you?* Most men need the support of a group, or a specially trained therapist, to learn to relate in new ways. They, too, are locked into a behavior pattern. [See [www.coachingforlife.org](http://www.coachingforlife.org) for resources].

Is your partner committed to your relationship so that, when you declare that you will leave if he does not change his way of being with you, it matters

enough to him to get help? It is an illusion for a woman that, if she accepts a bad relationship, she will at least be “cared for” and financially supported. Sadly, her partner may end up leaving when HE feels like it, and long after she has accepted living in a state of resignation and resentment.

Where are you in your relationship? There are years during which women deny what they are feeling and fearing, hide what is going on from friends and family, try to please their partner and not make waves, as they deny their own selves.

Sometimes, by the time a woman decides to leave an emotionally abusive relationship of many years, she knows that the relationship is dead. She is angry, in pain, and mourns the years that have been lost. But when she leaves, she may also become energized.

Relationships can change. Intimacy can happen. Love can come back, but not before abusive behavior stops, and usually not without help and a lot of work. You deserve to have support. There is help available.

The poet Mary Oliver, in “The Summer Day,” asks us, “Tell me, what is it you plan to do with your one wild and precious life?”

Begin to build your precious life. It is yours. What will *you* do?

**Judi Goodman, LICSW....781 862 3699.....[www.coachingforlife.org](http://www.coachingforlife.org)**



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

## Addictions and Conditions

*100 Question Test*

Coaching Material

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By Dr. Robert Huizenga - Providing tips, information and personal guidance on breaking free from the affair

*Discover how the affair in your marriage may be the best thing that ever happened to you.*

Visit my site: <http://www.break-free-from-the-affair.com>

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## PROGRESS CHART

Date	Points (+/-)	Score
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

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## ADDICTIONS & CONDITIONS PROGRAM 100-POINT CHECKLIST

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#	SECTIONS									
	A	B	C	D	E	F	G	H	I	J
10										
9										
8										
7										
6										
5										
4										
3										
2										
1										

GIVE YOURSELF CREDIT AS YOU GET POINTS FROM THE 100-POINT PROGRAM. FILL IN COLUMNS FROM THE BOTTOM UP.

# Addictions & Conditions Program

VERSION 3, 4/99

Hey, we're all grabbed by something!

This 100-question test lets you know

how much or little addicted you are.

- ☐ Love & Relationship addiction
- ☐ Sex addiction
- ☐ Codependency condition
- ☐ Adrenaline addiction
- ☐ Food & Eating addiction
- ☐ Alcohol & Drug addiction
- ☐ Attachment conditions
- ☐ Victim & Sabotage condition
- ☐ Adult Child condition
- ☐ Debt, Money & Spending addiction

Developed by the staff, trainers and participants of

## COACH U, INC.



## A. LOVE & RELATIONSHIPS

- ☐ Do you feel incomplete, not really yourself, unless you are in love or have a spouse or partner?
- ☐ Do you find that you have a pattern of repeating bad relationships?
- ☐ Do you get "high" from romance? And then crash?
- ☐ Do you find yourself unable to stop seeing a specific person, even though you know that seeing this person is destructive to you?
- ☐ Do you feel that life has little meaning unless you have a lover, partner or spouse with whom to share?
- ☐ Are you unable to concentrate on other areas of your life because of thoughts or feelings that you are having about another person?
- ☐ Do you find the pain in your life increasing, no matter what you do? Are you afraid that deep down you are unacceptable?
- ☐ Do you feel that your romantic life affects your spiritual life in a negative way?
- ☐ Have you ever thought that there might be more you could do with your life if you were not so driven by romantic pursuits?
- ☐ Do you wish you could stop or control your romantic activities for a given period of time? Have you ever wished you could be less emotionally dependent?

\_\_\_\_\_ **Number of boxes checked (10 max)**

## B. SEX

- ☐ Do you have sex at inappropriate times, in appropriate places and/or with the wrong people?
- ☐ Do you make promises to yourself or rules for yourself concerning your sexual behavior that you find you cannot follow?
- ☐ Have you lost count of the number of sexual partners you've had in the past 3 years?
- ☐ Do you have sex regardless of the consequences (e.g. the threat of being caught, the risk of contracting herpes, gonorrhea, AIDS, etc.)?
- ☐ Do you feel uncomfortable about your masturbation, the fantasies you engage in, the props you use, and/or the places in which you do it?
- ☐ Are you jaded? Are you on the path to be?
- ☐ Do you feel that your life is unmanageable because of your sexual behavior?
- ☐ Do you feel that your sexual life affects your spiritual life in a negative way?

- ☐ Do you have sex as a way to deal with or escape from life's problems? Do you feel entitled to sex? Do you feel as though you have earned sex?
- ☐ Have you had a serious relationship threatened or destroyed because of outside sexual activity on your part?

\_\_\_\_\_ **Number of boxes checked (10 max)**

## C. CO-DEPENDENCY

- ☐ Are your actions guided by how you think the other person will react or respond?
- ☐ Do you tend to help others out, even if it means that you suffer or lose out?
- ☐ Do you censor or hold back from telling the truth to protect yours or other's feelings?
- ☐ Do you find yourself covering for another person's behavior?
- ☐ Do you spend a great deal of time talking about - and being too concerned with - other people's behavior, problems or future?
- ☐ Is the quality of your life in direct relation to the quality of someone else's great life?
- ☐ Are you not very aware of how you feel? But very aware of how others are feeling?
- ☐ Do you know that you must be someone distinct, but find it to be very difficult to fully articulate who you really are?
- ☐ Has your social circle diminished significantly since becoming involved with a partner, spouse or child?
- ☐ Things must be "just so".

\_\_\_\_\_ **Number of boxes checked (10 max)**

## D. ADRENALINE

- ☐ Do you drink coffee with caffeine?
- ☐ Do you smoke cigarettes to calm yourself down?
- ☐ Do you get grabbed by surprises or disturbances and then not calm down for a day or more?
- ☐ Do you drive faster than the speed limit?
- ☐ Do you run late?
- ☐ Do you feel that inner rush much of the time?
- ☐ Are you in sales and not winning easily?
- ☐ Do you find that you attract more problems and disturbances than you feel you deserve?
- ☐ Is money tight?
- ☐ Is it hard to focus for more than 10 minutes on a single thing or conversation?

\_\_\_\_\_ **Number of boxes checked (10 max)**



## E. FOOD & EATING

- ☐ Do you binge (eat a whole cake, gorge, keep eating far after you are full)?
- ☐ When you get disturbed, do you eat?
- ☐ Do you eat sugar (cakes, candy bars) more than 4 times per week?
- ☐ Are you embarrassed or nervous when you buy junk food?
- ☐ Do you often think about food or your next meal?
- ☐ Are you always munching on something?
- ☐ Do you eat in bed at night?
- ☐ Do you avoid situations in which your food of choice may not be readily available?
- ☐ Are you anorexic or bulimic?
- ☐ Do you hide food?

\_\_\_\_\_ **Number of boxes checked (10 max)**

## F. ALCOHOL & DRUGS

- ☐ Do you often drink alone?
- ☐ Do you drink too much?
- ☐ Do you hide your bottles or sneak drinks?
- ☐ Have you ever been arrested for drunk-driving?
- ☐ Are you late to or absent from work because of drinking or hangovers?
- ☐ After your first drink of the evening, do you usually have at least two more?
- ☐ Do you forget what happened the night before when you were drinking?
- ☐ Do you drink rapidly or gulp?
- ☐ Do you go only to places or parties where you know there will be alcohol or be with only those people you like to drink?
- ☐ Do you find yourself not getting what you want in life? And wondering why?

\_\_\_\_\_ **Number of boxes checked (10 max)**

## G. ATTACHMENTS

- ☐ Do you watch more than 10 hours of TV/videos per week?
- ☐ Do you smoke more than 5 cigarettes per week?
- ☐ Do you talk a lot?
- ☐ Do you have more than 1 caffeinated beverage per day?
- ☐ Do you critique your appearance in the mirror more than 4 times per day?
- ☐ Do you gamble more than once per month or lose more than 10% of your take-home pay per month?

- ☐ Do you "go shopping" more than once a week?
- ☐ Do you work more than 40 hours per week?
- ☐ Do you talk mostly about yourself?
- ☐ Do you need something to hope for to make today livable?

\_\_\_\_\_ **Number of boxes checked (10 max)**

## H. VICTIM & SABOTAGE

- ☐ Do you overpromise, because you feel you have to get the person's love or approval?
- ☐ Do you wait for the small stuff to get big before you bring it up or handle it?
- ☐ Do you usually stop just 10% this side of success?
- ☐ Is it very hard for you to accept the gifts and help of others?
- ☐ Do you ask a lot of questions and need to **understand**?
- ☐ Do you let people walk all over you?
- ☐ Do you tend to explain your actions and theirs?
- ☐ Are you not good enough?
- ☐ When things are going well, do you throw in a monkey wrench, although you don't think it is one at the time?
- ☐ Are you uncomfortable being around truly successful people?

\_\_\_\_\_ **Number of boxes checked (10 max)**

## I. ADULT CHILD SYNDROME

- ☐ Do you long to be like others, but don't know how you ever will be?
- ☐ Are you afraid of people, particularly authority figures?
- ☐ Do you try so hard that you often lose; or try so little that you never live life at all?
- ☐ Do you hope for the best, expect the worst and rarely enjoy the moment?
- ☐ When you are unhappy, are you terribly afraid to say so for fear that someone will find out that you are human?
- ☐ Do you feel less than some and better than others, but rarely feel like you belong?
- ☐ Are you stuck in a life that your heart did not choose?
- ☐ Are you rarely satisfied?
- ☐ Are you embarrassed about your body?
- ☐ Do you sacrifice your dignity for false security?

\_\_\_\_\_ **Number of boxes checked (10 max)**

## J. DEBT, MONEY & SPENDING

- ☐ Do this month's bills come in before you've paid last month's bills?
- ☐ Do you have a stack of unopened bills/notices?
- ☐ Are you frequently short a few dollars and borrow from friends or write checks for very small amounts?
- ☐ Do you feel inordinately good when you pay routine bills like phone or rent, and on time?
- ☐ When your paycheck, commission check or loan money comes in, do you experience a great sense of relief?
- ☐ Do you have little or no savings, investment or assets, nothing immediately available for contingencies?
- ☐ Do you bounce more than 2 checks per year?
- ☐ When money is tight, is there always someone you keep turning to who won't let you starve?
- ☐ Do your credit card balances run near the maximum credit line?
- ☐ Are you reticent to discuss the subject of money and walk away from social conversations about it?

\_\_\_\_\_ **Number of boxes checked (10 max)**

## Instructions

There are 4 steps to completing the **Addictions & Conditions™** Program.

### Step 1

**Answer each question.** If true, do nothing. If not true, check the square. Be rigorous; be a hard grader.

### Step 2

**Summarize each section.** Add up the number of checked boxes for each of the 10 sections and write those amounts where indicated. Then add up all 10 sections and write the current total in the box on the front of this form.

### Step 3

**Color in the Progress Chart on the front page.** If you have 5 checks in the Debt section, color in the bottom 5 boxes, and so on. Always start from the bottom up. The goal is to have the entire chart filled in. This will indicate that you are addiction and conditions free! In the meantime, you have a current picture of how you are doing in each of the 10 areas.

### Step 4

**Keep playing until all boxes are filled in.** This process may take 30 or 360 days, but you can do it!! Use your therapist to assist you. And check back once a year for maintenance.

PLEASE NOTE: THIS TEST IS A TOOL TO HELP YOU GET TO KNOW YOURSELF BETTER. WE STRONGLY SUGGEST THAT YOU WORK WITH A LICENSED THERAPIST IF YOU SEE THAT YOU MAY HAVE A PROBLEM IN ANY OF THESE 10 AREAS. A COACH IS NOT A THERAPIST.

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### **Stage 3: Developing awareness of your situation and formulating strategies for change**

- Articles on sex
  - ✓ Should I get Tested for STD?
  - ✓ What is a Healthy Sexual Relationship?
  - ✓ She won't Talk about Sex
- 16 Ways to Know s(he) is REALLY Changing
- Is this a Game?
- Dealing with Rejection
- How to Protect Yourself Financially Once you Discover an Affair may Dissolve Your Marriage
- Build a Powerful Network of People that Love You
- 6 Reasons why Sexual Activity may Increase after the Affair is Discovered
- Nature's Plan for Emotional Healing
- A Couch Potato's Awakening
- Communication is Not Optional

**I suspect my partner is having sex with the other person.  
(S)he won't say. Should I get tested for an STD? Do I tell  
him/her?**

Ultimately, your health and safety should come first. If you do have concerns, you owe it to yourself to get checked out. There are many sexually transmitted infections (this is the new term for it—less stigma attached) that may not have noticeable symptoms, so someone could be infected and not know it. In fact, it is estimated that up to 50% of persons who have certain STI's are unaware of it.

STI's are more common than you might think. And it is a myth that they only happen to a "certain kind of person" or people who are "promiscuous". Left untreated, STI's can cause great harm, from discomfort up to and including death. Women are at even more risk because STI's are more easily transmitted to women than men. They can also cause greater harm if left untreated, including cancer and infertility. Even though it's a cliché, it's better to be safe than sorry.

If you suspect that you might have an STI, you may have many different feelings—embarrassment, anger, shame, and fear. Don't be embarrassed about going to the doctor. STI's are very common (up to 1 in 4 people are infected) and physicians are usually accustomed to dealing with them on a medical level. They may not offer much emotional support, however, so you will need to have resources to deal with that on your own. The Internet has been a wonderful tool for giving people up-to-date information on sensitive topics, while reserving anonymity. There are many websites that offer detailed information and even chat rooms or bulletin boards for persons to connect and talk about their experience.

It can be helpful for you to get to know your body so that you are aware of any changes that might occur. Pay attention to how you feel physically. And take some time to become familiar with how your genitals look. Find some privacy, get a mirror and a light, and really look. You are your first line of defense and could catch minor changes before they blow up into something bigger.

Some of the signs to watch out for are:

- Blisters or ulcers in the genital area—on the penis, or in the vaginal, perineal (the area between the vagina or penis and anus), or anal areas.
- Unusual discharge, especially with a strong odor
- Abnormal bleeding

- Burning with urination
- Pelvic pain
- Pain with intercourse
- Bumps that may itch or burn
- Some symptoms are more ambiguous—fever, swollen, lymph glands, weight loss, fatigue.
- Also remember that many STI's can be transmitted to the mouth during oral sex so any unusual sores or blisters in or around the mouth may be an indication, as well.

In an ideal world, you would go to your partner and voice your concern, and they would answer truthfully. But the fact that there is already “another person” involved means that the playing field is not level. If you're concerned that your partner is untruthful about being faithful, it seems like you are not their primary concern. You don't need to have permission from anyone else to take care of yourself.

And as for telling your partner about getting tested, that is a very personal decision that may depend on many different factors:

- What is the present state of your relationship?
- Is there a history of violence in the relationship?
- Is this something you feel you need to share and why?

Ultimately, you may want to think about what you hope to gain by telling them. Are you hoping it will shock him/her back into engaging with you? Are you trying to hurt them by making accusations? Some inner searching and your intuition can help you figure out how to handle the situation. If you feel comfortable, talk it over with a trusted friend. Get on a STI bulletin board or chat room and talk to others who may have been in your situation. Or seek some professional guidance to help with this very sensitive issue.

One caution: if you do test positive for an STI, it is pretty impossible to know exactly when it was acquired. You may have been infected for years (with certain STI's) and not known it. Remember—many people have an STI and don't even know it. And if both of you test positive, you won't know who it started with, unless you were an absolute virgin and had not experienced any kind of sexual interaction.

## What is a healthy sexual relationship? What is normal?

This is a very common question—and a very complicated one.

By my definition, a healthy sexual relationship is one in which:

- Both partners feel free to express themselves sexually and take enjoyment not only in their own sexuality, but in their partner's as well.
- Both partners would feel that their sexual needs were being met for the most part and that they could bring up new ideas without fear of punishment or humiliation, and the other would have the freedom to say yes, no or maybe.
- Of course, it is implied that both partners are consenting adults who have the maturity to make their own decisions and that attention is paid to matters such as contraception and prevention of sexually transmitted infections.
- Ideally, this would happen with someone you care about emotionally and feel very lovingly toward, but it is not a prerequisite.

As for what's normal, that's a very loaded question. "Normal" is not always good or fulfilling. According to the Merriam-Webster Dictionary, "normal" is conforming to a type, standard or regular pattern OR not deviating from a norm, rule or principle.

It may be normal for a couple to have sex twice a month in the missionary position with only one person having an orgasm. This doesn't necessarily mean that one or both of the persons involved are satisfied and/or feel fulfilled by the experience. But it is normal for them. Nowadays, it seems "normal" for people to have affairs or get divorced, but that doesn't mean this is something to which people want to aspire.

Sometimes, people wonder what's normal because they don't want to be abnormal or different. They worry that there's some standard they should be living up to and that there is something wrong with them if they can't meet it. It seems we're always looking for ways to measure ourselves to see if we're "good enough" or not. Or they feel that what their partner wants to do is uncomfortable for them and they call it offensive or disgusting and say it's not normal. Instead of being honest and owning their feelings of discomfort, they put it all on the other person and label them. It becomes another way that we define and compare ourselves, usually to no one's benefit.

Does it really matter what other people do or enjoy it if doesn't feel right for you? What's normal for one person may not be normal for another. A wise person once said, "There's always someone better off than you and worse off than you." So, what's the point in comparing?

And why settle for "normal" when there is a spectrum of wonderful and individual differences out there. Find out what you enjoy and are comfortable with so that you can be honest and upfront with your partner, respecting both your and their boundaries. But don't be afraid to take a chance and stretch your limits a bit (within moral and ethical boundaries). You may find that you enjoy it.

**My wife and I have always had a lousy sex life. So, I had an affair...and the sex was great. I wish I could have that with my wife. I've brought home sex toys, articles and told her I would like to talk about it. But, she backs away and won't talk about sex. She turns away. What do I do?**

There's a lot going on here, and it seems a bit more information would help clear up what's going on. The following questions might be helpful to gain insight.

- What drew you together in the beginning?
- What was your relationship like in the beginning?
- What is your day-to-day interaction like?
- Does she know about your infidelity?
- How have you approached the topic with her?
- What was your wife's upbringing like? How about her self-esteem? Does she have a strong religious affiliation? Does she have a need to feel perfect?

As for the "great sex", it's easy for sex to seem great when there is little emotional investment and no day-to-day drudgery to muddy up the interaction. It's all new and exciting. You get to see the person at their "best" because of the act everyone puts on when they first meet someone, even if it's not an honest portrayal. You don't get bogged down by fights about money or compromises over division of household chores or looking at someone's dirty laundry. The other person hasn't seen you sick with the flu or caught up with family obligations. It fits into our current cultural thinking of wanting everything quick and easy, with not a lot of work. There is not a lot of risk because there is not a lot at stake. It may make us feel good physically, but it doesn't make us *feel* much at all. And that may be more comfortable for some people.

One of the great paradoxes in life is that we often have difficulty "fucking" our spouses, if you excuse the often-misunderstood language. Fucking, in the positive sense of the term, involves letting go and letting down all defenses in a sexual interaction with someone you love. Many people think that such raw emotion and behavior is animalistic and degrading. In fact, it can be quite the opposite. Allowing someone you love and care about to experience you in such a vulnerable way can be one of the most intimate experiences you can share with a partner. It's way more "risky" to have this level of interaction with a loved one than to have casual but intense sex or loving and dependable sex. Sometimes, people even speak of this



experience as spiritual, feeling a connection with something greater than the two people in the room. It's like you lay yourself wide open for the other person to see, feeling comfortable with who you are but taking the risk that they might be uncomfortable and reject you.

Usually, our fears and neuroses get in the way. What will (s)he think of me? What will I look like? How will I sound? What would other people think of me? Does this mean I'm a bad person/boy/girl? All those worries that prevent us from really remaining in the moment with our partner and force us to be spectators to our own lovemaking.

People have varying levels of comfort with such intimacy. And some types of activity or conversation are out of our comfort zone. Women, in particular, may feel that being sexual and enjoying it is contradictory to our expected roles of being caretakers, "good girls", respectable women and mothers. We are given mixed messages about sex: sex is dirty and unspeakable, but save it for the one you love; women should seem sexually available, but not too much so that they're "slutty"; men should always be ready for sex and women should always try to avoid it. It's enough to make any of us have a complex about it. You may be surprised how much these messages we learn from our families, our friends and the society in general affect our personal sexuality.

Because we are often so uncomfortable thinking about, let alone talking about our sexual selves, it may be helpful to have a knowledgeable professional mediate the discussion. There are no easy answers to your question and overcoming your relationship issue could take hard work. But isn't anything worth having worth working for?

## **Relationship Tips: 16 Practical Dramatic Ways to Know if He/She is REALLY Changing**

by Dr. Robert Huizenga - The Infidelity Coach

Every relationship hits a snag, or worse, a major crisis (such as infidelity), that demand significant change if the relationship is to survive.

So...there are promises to change and the two of you embark upon a new path. You watch carefully.

"Can I trust this change? It is permanent? temporary? How long will it last? Is he/she REALLY changing?"

Good questions. Here are 16 ways to know if the change is going to last:

1. You notice opposite behaviors and nonverbal communication. Passivity becomes activity. Recklessness transforms into thoughtfulness. Aloofness turns into engagement.
2. You find yourself surprised. "Hmmmm, this hasn't happened before, but is really nice! I wonder where this came from? But, I will take it!"
3. He/she expresses more curiosity about you, about him/her self and others. He/she observes more closely what happens in relationships, without criticism or defensiveness.
4. You feel that somehow there has been a shifting of gears. There is a different rhythm or flow in the relationship. Much less effort. Much less tension.
5. You find yourself noticing how differently he/she talks. The words seem different. The emotional tone of the words seem different.
6. The negative times, where you felt very stuck, helpless and hopeless, are less intense, happen less often and you seem to have more effective ways to move out of those times more quickly.
7. Your gut (intuition) tells you that this is ok. You begin to trust that part of you more implicitly. A part of you is clapping and cheering inside!

8. He/she seems to have more direction and purpose. Less drifting. He/she seems to be driven more by internal desires and wishes rather than reacting to people or external circumstances. He/she takes up interesting hobbies or finds more enthusiasm for career.

9. The changes seem to be more consistent and carry over for a longer period of time. More stability. Fewer swings. You seem more consistently on the right path.

10. More concern is expressed for family, children and close friends.

11. Words such as: "I promise. I'll try. Or, I'm going to..." are NOT in his/her vocabulary.

12. Moments of effusive crying, tear letting and chest beating are gone. Apologies are past and there is a sense of working right here right now to create what we want down the line.

13. You hear no blaming of others. He/she does NOT make others responsible for his/her actions. You sense that he/she is intent upon responsibly creating his/her world.

14. There is good eye contact.

15. He/she is taking great steps toward self care both physically, emotionally and spiritually. He/she can state what he/she needs and negotiate with you to get those needs met. At the same time, your personal needs are considered.

16. You worry much less about what will happen next.

## An Email from a reader: Isn't this a game?

It strikes me that you're sending something of a double-bind message in these materials. On the one hand, I'm by no means to consider any of this to be my fault, but on the other, I should set about a self-improvement campaign so sweeping in it's scope that it seems to be sending the same sort of message that can be found in any typical women's magazine: everything about the female's body, thoughts, and emotions needs improvement. We should be better cooks, perkier companions, harder bodies, easier lays, and smart (but not so smart as to intimidate) to boot, and we should somehow manage all of that without ever chipping our perfect manicures and/or pedicures, without ever disturbing our flawless but somehow "natural" hair and makeup, without ever looking tired or being cross, no matter how many fevers we've soothed, bathrooms we've cleaned, boardrooms and bedrooms we've conquered.

It's a rather impossible standard, seems to me. The other woman gets to be seen in a totally ideal and forgiving light. She gets candlelight, moonlight, the furtive excitement of dashboard lights, smoky saloons, and dimly lit hotel rooms. I get the harsh and utterly unforgiving light of day-to-day reality. It's not a winnable competition, and it's one I've been entered into against my will in any case.

Quite right that I need to be fit and happy for myself, but the gaming atmosphere of the thing really stymies me. I need not to care about him for him to care about me? I need to care about myself without making him think it's so he'll care about me, even though that's, in some measure, the ultimate goal? Who can think like a world-class poker player under these circumstances?

-----

Gosh, you hit the nail on the head! THE dilemma: Do I need to play the game better? Or, How do I extricate myself from the game and still care about him?

After all, an affair is a game, initiated usually by someone who is developmentally arrested (most did not "do" adolescence very well), has a character disorder (loves "the game"), Struggles with addictions or suffers from feelings of inadequacy (needs to prove their adequacy or migrates to those familiar feelings of being inadequate).

Because he/she plays the game doesn't mean that you have to. It also means you can (eventually, perhaps) care and "connect" with him/her.

Yes, The affair is NOT your fault. Did you make mistakes? Well, I would assume so! Who doesn't? And really, you don't carry the power to control the behavior of others! :)

Yes, the "improvements" you list are subtly conveyed as those things we need to do win the game or get the guy. And, of course, they don't work, or if they work, we get the guy and say, "Hmmm, is this all there is!?" And, if we pursue these "improvements" to win him/her back we are merely playing the game, and feel this lack of personal integrity.

Not playing the game means standing back, learning about you, seeing the affair for what it REALLY is, and connecting to your partner by making comments "about" him/her, the situation and/or yourself.

For example, you assume this other person is getting something special - and our media does a number on us with their portrayal of "romantic love." It may appear so, but affair relationships have a terribly horrible track record. I get a number of emails from those involved in an affair who feel trapped or on a course of self-destruction. And, usually those relationships self-destruct in very messy ways.

Learning about yourself is very different from "making improvements" you described. You don't have to improve! You need not "get better!" You are ok. But, you do want to grow and create a richer more whole life for yourself and those you touch. This goes beyond a hard body, although a hard body might feel good and be what you want also. But, you want it for you, not to strut and seduce him (although sometimes that is fun!).

Here are some questions you may ask, to move you in the direction of self awareness and away from the game playing:

1. What am I tolerating? What am I willing to tolerate? How and what can I stop tolerating?
2. How can I simplify my life - getting rid of all the relational and physical clutter - so I live from a center of peace (well, sometimes at least)?

3. How do I clear my mind of all the thoughts of what I should've, could've or would've done? How do I throw off the baggage I carry?
4. How do I become a person of extreme integrity - doing that which is right/healthy FOR ME?
5. How do I speak my personal needs in a way that others naturally want to respond, "yes, let me know how I can help you." How do you get beyond your neediness?
6. What do I need to do right now to manage my life (finances, children, body, work, etc.) in a way that gives a sense of well being, where I can say, "This is good!"
7. What boundaries need to surround me to protect my soul, heart and mind from the slings and arrows of toxic people and situations?
8. What are the standards in my life? How can I double my standards to be more fully me?
9. How can I create reserves of time, space, money, energy, opportunity, love, information, wisdom, self and integrity in my life - getting beyond my neediness so I may live bound by purpose?
10. How can I live RIGHT NOW rather than regretting the past or fearing the future?
11. How can I surround me with people I want and who are good for me and me for them?
12. How do I protect what is vitally important for me?
13. How do I orient my life around my values so I feel truly fulfilled by the goals I set and met?

As you move through these questions (and you won't complete this in a couple days, or weeks, or months) declare your thoughts and findings to him/her. Act on tolerating less, let him/her know your boundaries, state your standards, live out your values in his/her presence.

And, feel free to make comments regarding what you observe, or don't observe in his/her life.

Don't compete. Don't try to measure up. Be you. And, be curious about him/her.

I know - easier said than done. But here is a game plan that puts you above the "game."

# Dealing with Rejection

By Dr. Rachna D. Jain

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Most of us have probably experienced rejection at least a few times in our life- more, probably, if we are more accustomed to taking risks.

While rejection never feels good, here are five tips to make it easier to manage:

## **1) Allow yourself to experience your feelings.**

This may mean anger, sadness, irritation, annoyance, anything related to whatever has occurred. The sooner you allow your feelings to come out, the sooner you can get them out of your way.

## **2) Revisit your past successes.**

When something doesn't go as planned, there is often a tendency for us to "forget" all the times when our life did go exactly (or better!) than we planned. If you have been keeping a success journal, as I've previously suggested, please do refer to it when you need a reminder of how accomplished and capable you really are.

## **3) Don't take it personally.**

I know, I know, we've all heard this one before. I'm not sure, all the time, that I understand how not to take it personally, but here are some ideas I have- perhaps we can think of the 'rejection' as a "no, not now" rather than a "no, not ever". Knowing that we will likely have another chance or opportunity to go after what we want may take some of the sting out of not getting it this time.

## **4) Look for the positive aspects of the situation.**

Again, this can be challenging to do, but is definitely worth it. No matter how unfair, or negative, or otherwise "not good" something is, there is probably something positive in it, somewhere. At least, if nothing else, we've learned more about what we absolutely, positively DO NOT want. Which gives us clarity, and can help in future actions.

## **5) Develop support in many different areas of your life.**

The best time to create new support is when you are happy and feeling great. Having some extra support structures- whether a few new acquaintances, or strengthening ties with long-time friends- can go a long way in softening any of the rejections of life. Take a few minutes to deposit some extra kindnesses in the "bank" of your friendships- you'll have a lot more to withdraw whenever you need it.

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## **How to Protect Yourself Financially Once you Discover an Affair may Dissolve Your Marriage**

*Take these vitally important steps, regardless of  
your financial situation*

**Interview with Ms. Kathleen Cotton,  
Certified Financial Planner  
October, 2002**

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By Dr. Robert Huizenga - Providing tips, information and personal  
guidance on breaking free from the affair

*Discover how the affair in your marriage may be the  
best thing that ever happened to you.*

Visit my site: <http://www.bobhuizenga.com/Affairkit.htm>

### **Interview with Kathleen Cotton, Certified Financial Planner**

BH: So, Kathleen, allow me to pick your brain on some steps that people can take once they find out that their marriage might be coming to an end. I'm thinking of two situations: someone who has minimal financial assets and someone who has more sufficient financial assets. Would there be different strategies for each situation?

KC: Yes, there would be.

BH: Okay, let's start with someone that has minimal financial assets and find out that they might be on their own soon. What are some steps they should take?

KC: First of all that person should stay put, unless there is abuse. They should be quiet and start gathering financial documents. Gathering everything they can about their net worth situation - all the investment statements, tax returns for the last 5-10 years, everything that they would like to have in case one of the parties suddenly moved out and took the records with them - bank statements, investment statements, pension statements, so forth. Then they should sit down and create a survival cash flow.

BH: What is a survival cash flow?

KC: Call it sustenance cash flow. What would it take for a person to live alone, even if he/she stayed in the house? What would be the minimum amount of money it would take for that person to live? This would not include all the nice extras that a person might be able to add later when their future outlook is more predictable.

BH: Okay, so they sit down and see how much money they need for basic necessities?

KC: Right, and then begin thinking about income. Are they working? What is their personal income? If they're not working, what is their spouse's income? Look at income from all angles.

BH: What if they're not sure what their spouse is making?

KC: Then they need to look at their tax return, look for their W-2 statement from the previous year, a recent pay stub, or bank records with deposit information.

BH: I've worked with many people who suspected their spouse was hiding funds.

KC: Hiding assets... yes it's possible. Many people are suspicious. It's difficult to know sometimes. Follow your paper trail, i.e. your tax return and see if any interest was reported from another account of which you were not aware.

BH: That's where someone can start?

KC: Yes, that's your first clue. Then if there is a hidden account, try to find the statement for that account. But I wouldn't want this person to create a big scene and force the issue before they were prepared. There are a number of very practical things they need to do first. I'm sure from your coaching perspective you encounter powerful emotional issues that need to be addressed. Some blame themselves. Some think they can never get along without that person. And, of course, others are afraid they could never support themselves. The realistic thing is to sit down and create a plan for your life, as if you would be by yourself. Start by asking, "What did my life look like before I met this person?"

BH: So, it is important for a person to plan or look at one's life from a number of different ways, not just financially?

KC: Right, in a number of different ways. Today I met with a lady referred by an attorney who had absolutely no self worth, was depressed and feeling miserable. It's very hard to stimulate her to look forward with some enthusiasm, to believe that life can hold good opportunities.

BH: Make a plan for your life?

KC: Right, what are you going to do? If you've been a woman fortunate enough in some ways to stay at home and take care of the home during the marriage, suddenly you may be confronted with the fact that you might have to work again. That's not the worst thing in the world. Even if you're not trained, there are many possibilities.

BH: So begin thinking about a life you can lead outside of marriage and begin mapping a plan.

KC: For more detailed help, people can download my free booklet "Breaking Up is Hard To Do - 105 tips for a Smarter Divorce" from my site. (<http://www.kathleencotton.com/login.htm>) Drag out a journal and start writing. Ask, "What's the worst thing that could happen to me if I left the marriage? What concerns me most about my future? What am I doing when I am experiencing denial? When I am angry, how am I expressing myself? How do I express my grief and sadness over my marriage? If I am not married to X, then what?" I'm talking about this from the divorce angle, but the person with a spouse that's having another relationship needs to think twice about leaving the marriage because leaving the marriage may not be best. The relationship may be salvageable. But I would like them to be prepared in case there isn't any way to save the marriage.

BH: The decision to leave or stay is a huge decision and not an easy one, obviously. Kathleen, are there any other steps a person needs to take for financial protection?

KC: It's helpful that a person get a printout of their checking account from the bank for the past 12 months to keep it for detective work if needed. Is there any extraordinary spending that they're not aware of? I'm assuming at this time they've already figured out somebody's having an affair in the marriage. But where did the money go? If a divorce does happen we want to think about whether there was any wasteful spending during that time. You should

also get a current copy of a credit report to see if there are any debts that you are not aware of and certainly to be aware of the status of any debts you are aware of. With marital debts, it makes a lot of sense to try and pay them off prior to any confrontation with your spouse just in case you end up separating. Also open credit in your own name. Visit your safety deposit box if you have one and make a copy of all the contents. For maximum privacy, open a P.O. box in your name and start getting all your personal mail delivered to it. This will allow you to start some detective work without tipping off your spouse before you are ready. Now we're talking guerilla warfare. Let the person who has violated the marriage vows beware because YOU are going to become very smart financially if you are not already.

BH: How about talking to their insurance agents or other financial people regarding their accounts?

KC: Certainly, that's a good point. They should get a copy of all their insurance documents, estate information, etc. They need to check the beneficiary statements for insurances, retirement accounts, or annuity contracts. They also need to have proof of life insurance death benefits, disability policies, and it wouldn't hurt to get copies of all auto, homeowners, and Umbrella insurance coverages. These are coverages that would have to be replicated in the person's own name if they do separate from their spouse. Those documents are so easy to get. They are always there, so that's usually not a problem. I think the key for that person is to think very realistically about what their life might look like without their partner and whether or not that seems something they could live with.

BH: At what point do you think it would be important to bring in an attorney or financial planner or some professional to discuss options?

KC: I think it would be important to do that at the beginning. Maybe not an attorney. In reality there are not many financial planners that are going to talk to people about this because most of them are focused on investment strategies. I think a financial coach or someone who is going to help them brainstorm for solutions and work on some homework could be very helpful. The key factor is first addressing the emotional pain. Sometimes it's difficult to see beyond the emotional pain without that third party perspective.

BH: It's most important to get at the emotional pain first then someone can see more clearly?

KC: Yes, and from my perspective, a good coach can often serve the true needs of the person best during the initial stages of discovery, shock and confrontation. After the feelings are acknowledged then one can begin gathering information. Once the information is gathered, a visit to the attorney may be helpful to discover specific steps for financial protection or to initiate separation/divorce papers.

BH: Lets' go back a minute, Kathleen. There are different strategies for someone who has minimal assets and someone who has more than sufficient assets?

KC: There are different strategies and the situations may be very different. Obviously the person that has many assets doesn't need to spend nearly as

much time thinking about leaving as the other person. The one thing that neither wants to do is make a knee jerk decision that will take their marriage out of realm of possibility. For a person with maximum assets, it's a matter of protecting those assets. There can be activity with investments that are totally out of the control of one of the partners during a marriage. That happens often when partners are communicating poorly and/or if one of the parties is the family CFO (chief financial officer). If a person suspects that either the money is being invested too aggressively for their comfort level or being wasted, then they need to separate accounts.

BH: And how would they do that?

KC: Set up a new account. Take half their assets. Now we're talking another story, because in my state it's community property and that can be done.

BH: So that varies from state to state?

KC: Yes, it does. It varies from state to state. It would be the marital assets that I'm speaking of, not separate assets.

BH: If they have maximum assets, they probably have financial planners?

KC: It's possible, but not always. You'd be surprised. Often one of the partners in the marriage is the financial manager and the other person may need to bring him/herself up to speed. If a person feels they don't have any control and or is totally uncomfortable with what's happening and they're afraid the marriage is going to break up, they need to get their share of the assets into their own name. Again, the laws may vary from state to state. It's important to be aware of that and seek out more information if needed.

BH: Kathleen, are there any more steps someone should take? Anything else you think our readers need to know?

KC: I think we've covered the main points, Bob. If someone has more specific questions they can contact me.

BH: That's great. I want to thank you for your time and expertise, Kathleen. I appreciate your input and the opportunity to meet and talk.

KC: You are welcome.

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September 2002 interview with Kathleen L. Cotton, CFP and fee-only financial advisor located in Lynnwood, Washington. Ms. Cotton is the author of *Financial Planning from We to Me*, *Breaking Up is Hard to Do*, and *Beyond Wealth, Now that You've Got the Money, What Do You Do With the Rest of Your Life*, and *85 Financial Insider Tips Every Woman Needs to Know*.

## Build a powerful network of people that love you (...and learn how I did the work for you!)

Making it through the confusion and the myriad of feelings brought on by an affair is very difficult. Trying to make it ALONE adds to the difficulty.

**Yes, I know that including others has its problems.**

- You may feel the guilt and shame. It is embarrassing to admit to another that you are in the middle of an affair.
- There is often an injunction or agreement to keep the affair secret.
- Some people you tell will react with strong opinions and judgment. Not very helpful.
- Other people may be threatened and back away. Your marital pain may bring to the surface doubts about their own marital status they would rather not look at.
- You don't want gossip and rumor spreading. This does happen. (But, it probably will happen anyway.)

So, it is not without risk and some difficulty in deciding who to let know, how much, and what you want in return. But, **it is very important to surround yourself with people who love you and are willing to walk with you through this crisis.**

### Here's Your Assignment for the Week

Here are some steps and material that will help you in this important process.

**Step 1:** Make a list of the most important people in your life. List friends, colleagues, associates, those in your church, neighbors, relatives, e-mail friends, online discussion group friends, chat room friends or those in special interest groups to which you belong.

**Step 2:** Go back over your list and put a star next to those who have these qualities:

- Open minded. Will not condemn you (or your spouse).
- Trustworthy. What you say to them stays there.
- Inner strength. They are not going to be blown away by what you tell them.
- Patience. They will walk with you as long as it takes.

**Step 3:** Take those you have starred and gather their e-mail addresses.

**Step 4:** Send them an email and convey in your own words this message:

- I consider you an important person in my life. You have some qualities I respect and admire.
- I am having a very difficult time...with my marriage/relationship.
- I'm trying to surround myself with people who can help me through this
- I would like you to be one of those people.
- I promise to be as helpful and clear as I can in letting you know what I need or expect.

### **I Did the Work for You!**

If this sounds like a little too much - and you probably don't need a little more right now - I did the work for you.

I wrote a sample email letter for you to use. Here it is. Copy and paste it into the body of an email message. Of course, you may modify or put into your own words, if you wish.

### **Your Letter**

Dear [name],

I want to thank you for being in my life. You are an important person to me and you have some of the qualities I enjoy being around. I appreciate and give thanks for you being there.

I am in a crisis in my marriage right now and am having a very difficult time. I am trying my best to manage the situation and see my way through. It is not easy. Each day is a challenge.

To help me through this difficult time, I'm trying to surround myself with helpful people whom I trust, want the best for me and care about me. I believe you are such a person. I would like you to be part of my "network of love" that provides the support, encouragement and care I need

right now.

I promise I will be as helpful and clear as I can in letting you know what I need or expect. I do not want to be a burden to you, nor do I want to draw you into something that might "drain" you. I've come across an article called **"10 Things I Want From You During Difficult Times"** that captures exactly how I would like you in my life. I think these "ground rules" can help us immensely.

To receive the list, merely send a blank e-mail to this address: ([supportnetwork@bobhuizenga.com](mailto:supportnetwork@bobhuizenga.com)). Within minutes you will receive a short autoresponded e-mail from Dr. Huizenga, who has a resource site called Break Free From the Affair. He will send you **"10 Things I want From You during Difficult Times"** in your e-mail with the subject line: "Support a Friend."

So, would you consider being there for me in special ways at this time? I would appreciate a short note from you, if you are interested. If not, I do understand. I am asking for a commitment and perhaps this is not a good time for you. Regardless, I do appreciate you and will continue to do so.

If you are willing to be an intentional part of my Support Network, I will share with you in more detail my situation and my needs.

Thank you so much!

Your Name

**Send the letter to your friend(s)**

**Your friend receives this E-mail**

Thank you for responding to your friend.

Your friend is going through trying times and needs you as a friend.



But, it is not always easy as a friend to know what to say or do that will be helpful and on target. This is especially true when the difficulty centers on a marital problem where very deep and powerful feelings emerge.

To help you and your friend get on a helpful track and stay there,

I'm providing the following 10 tips to guide you and your friend

through this important time. I hope you find them helpful.

### **10 Things I Want from You During Difficult Times**

1. Sometimes I want to vent, get it out without censor. I know sometimes I will say what I shouldn't be saying. It may not be nice, pretty or mild. Please know that I know better, but I need to get it off my chest.
2. Every so often I want to hear something like, This too shall pass. Remind me that this is not forever.
3. I want to be validated. I want to know that I am OK. You can best do that by nodding acceptance when I talk about the pain or confusion.
4. I want to hear sometimes, What are you learning? What are you doing to take care of yourself? I may need that little jolt that moves me beyond my pain to see the larger picture.
5. I may want space. I may want you to be quiet and patient as I attempt to sort through and express my thoughts and feelings. Give me some time to stumble, stutter and stumble my way through this.
6. I want someone to point out some new options or different roads that I might take. But before you do this, make sure I am first heard and validated.
7. When they pop into your mind, recommend books or other resources that you think I might find helpful.
8. I want to hear every so often, How's it going? And, I

may want this to be more than an informal greeting. Give me time and space to let you know exactly how it's going.

9. I want you to understand and welcome the ambivalent feelings and desires. I would like you to be fairly comfortable with the gray areas and the contradictions about how I feel and what I may want.

10. I want you to be predictable. I want to be able to count on you to be there, listen and speak consistently or let me know when you are unable to do that. I will honor that.

As a friend, you are also welcome to sign up for my FREE Newsletter on Breaking Free From the Affair. Go to my website, listed below, look over my home page and sign up now.

Studies indicate that in 80% of the marriages, one spouse at some time will be involved in an affair. Learn, be informed and share this information with others who might desperately need it.

Thank you for being a friend.

Provided by:

Dr. Robert Huizenga



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

# 6 Reasons why Sexual Activity may Increase After the Affair is Discovered

By Dr. Robert Huizenga - Providing tips, information and personal guidance on breaking free from the affair

*Discover how the affair in your marriage may be the best thing that ever happened to you.*

Visit my site: <http://www.break-free-from-the-affair.com>

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It is rather curious but very common to hear those who just discovered the affair in their marriage to report that their sex drive is recharged. Furthermore, it is not uncommon for husband and wife to experience a rather intense revitalized sex life, even though there is still another person in the picture.

I have not done any research to pinpoint for which of the 7 kinds of affairs this holds most true. I could make some guesses, but that's all they would be. Let us stick with generalities at this point.

I posed the question to a sex therapist friend: Why does sexual activity often increase after the affair is discovered? This is the result of our discussion:

**1. It may seem contradictory, but rage and arousal sometimes walk close to one another.** There are probably a number of explanations, depending on your psychological orientation. I will save the many reasons for another time, perhaps.

**2. The discovery of the affair may be the first time, in a long time, in which a couple is brutally honest.** Honesty, self-disclosure of one's behaviors, thoughts and feelings, even though difficult to say and hear, is a powerful act of intimacy. (Being intimate is not always nice, sweet and lovey-dovey.) Such honesty and self-disclosure may have a powerful, but perhaps temporary, impact on physical attraction and interaction.

**3. As I've said before in my writings, the affair may be the best thing that ever happened to you or your marriage. Why? Because it gets you off center. It pushes you and the relationship into another growth cycle.** You now can choose to no longer endure the stagnant, stuck and going-nowhere relationship. You can choose to embrace the pain and shock that will propel you to different ways of thinking and relating. It may bring life and this new life often can and wants to be experienced sexually.

**4. Discovery of the affair often brings to the surface intense feelings such as sadness, anger, hurt, fear, disappointment and relief.** This may be the first time, in a long time, partners share such intensity of feelings. **Sharing the intensity within ones self typically leads to sexual arousal and desires.** (Good sex emerges for those who share most honestly and intensely.)

**5. The interactions after discovery such as yelling, arguments, threats, crying, etc., may actually signal the potential for a good and intimate relationship and give the couple hope.** Studies tend to indicate that where there is no fighting (or intense interaction) there is boredom, stagnation - an affair waiting to happen.

**6. Sex can be used for showing aggression or anger.** It can be used to exert influence or control. It can be used to distance one self from the partner. It can be used as a game. One woman had sex with her husband so the other person would find out and get jealous. Another person had sex to prove that she could still seduce her husband (that he lacked will power and a back bone.) She had less respect for him after sex.

# **Nature's Plan for Emotional Healing**

## **A Look at Imago Relationship Therapy**

**by Gary Brainerd, Ph.D.**

When two people fall in love, something profound is happening that goes far beyond physical attraction, desire for companionship and even similarity of values and interests. There is an activation of an unconscious agenda that began years ago, rooted in childhood hurts and unmet needs. That agenda stated simply is this: *We are all unconsciously looking for a particular someone who will help us finish childhood, heal childhood wounds and regain wholeness.* We believe this is Nature's plan for emotional healing.

There seems to be built into the natural order that nature consistently tries to heal itself. When there is a forest fire, nature immediately begins healing the scar and replenishing the forest. When there is an oil spill, nature begins a process that will eventually clean up the spill, though it may take 50 or more years. And where there are emotional wounds, nature also begins a process of healing. Just as surely as when you scratch your arm and a scab forms, infection is fought and new skin is created, so where there are emotional wounds in childhood (damaged egos, fears of rejection or abandonment, fears of being smothered or controlled, doubts about competency, neglect etc.), there is set in motion an unrelenting drive for healing. ***But since emotional wounds are invariably relationship wounds, emotional wounds can only be healed in relationship--and in a particular kind of relationship.***

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***We can only be healed by the one who wounds us or a very reasonable facsimile.***

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Someone similar to the one who does the wounding. There is in all of us an innate striving for wholeness and completion that requires the selection of a mate that has the greatest potential for the healing of any childhood wounds and the fulfilling of any unmet childhood needs. To accomplish this, each person needs to be connected with someone who activates one's needs at the deepest level and who is similar enough to the wounding parents to make healing possible.

***To accomplish this agenda of healing, we have to be connected to someone similar to the wounding parents.***

But no one in their right mind would ever choose someone that had similar negative traits of their wounding parents. Who would consciously look for a life partner who is depressed, unavailable, distant and critical? It's as though Nature had to find a way to get us connected and bonded to a person who would eventually be painfully incompatible in very specific areas. ***As a solution, Nature created romantic love.*** Romantic love puts us temporarily on drugs, suppresses our awareness of the negative traits of our partner (love really is blind) and creates a great expectation of the fulfilling of unmet needs and

the healing of old wounds. We remain in this state until we are bonded and hopefully married or committed.

***Romantic Love is the way we get connected with someone who will eventually be incompatible in very specific and significant ways...because that is the kind of person we need for healing.***

Then after the wedding (or just being together for a time), the drugs wear off, the bandages are ripped from our eyes and we see our partners as they really are, depressed, critical, not available, unreliable, neglectful--remarkably similar to negative traits in our parents. This is where most people bail out. They mistakenly conclude that they have made a major selection error, failing to see that this is indeed part of a natural plan for emotional healing. Almost half of all married couples get a divorce somewhere in this power struggle phase. And singles decide they have made a bad choice and move on to another relationship where the cycle begins again. These are indeed tragic and for the most part unnecessary choices.

There appears to be another factor in the selection process that makes this plan of nature even more remarkable. Not only are we connected with someone who could be the most powerful healer for us, we are also put with someone who will require us to grow in areas we are deficient in so that we can be a healer for them. ***What one partner needs the most for healing, the other is least able to give--until a part of the self that was repressed is activated and character defenses are softened.***

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### **As one partner stretches to heal the other, he or she becomes more whole in the process.**

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- ▶ If we learned to protect ourselves as children by suppressing the emotional side of our self functions, we will be put with someone who will require that we share our feelings at a significant level for their own healing.
- ▶ If we learned to be diffuse and emotional, we will be put with someone who will implore us to become more rational or thoughtful.
- ▶ If we found it was dangerous to reach out for contact or emotional closeness and became quiet and distant, we will be attracted to someone who will need us to reach out for emotional closeness in order for them to be healed, someone who will beg and demand us to initiate contact.
- ▶ If we learned as a child to be overly clinging or needy, we will be attracted to someone who will ask us to give them space, respect their separateness and enjoy their freedom.

The good news is that when couples recognize what is happening in their selection of a mate, decide to cooperate with the healing agenda, and enter into a process to accomplish this, wonderful things begin happening. Wise therapists are now teaching couples how to

become healers of each other, and in so doing are helping them to regain their own wholeness.

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**What is needed is a major reeducating of the American public so that singles and couples do not circumvent the very plan for healing and wholeness that got them together in the first place.**

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Recommended reading for couples is Dr. Harville Hendrix's *Getting the Love You Want*. This is the first public presentation of *Imago Relationship Therapy*. Recommended reading for singles is Harville Hendrix's *Keeping the Love You Find*. This book represents one of the first in-depth preparation programs for committed relationships available for singles.

*Gary Brainerd, Ph.D. is a licensed clinical psychologist and marriage counselor specializing in Imago Relationship Therapy with offices in Pasadena, Brentwood and Thousand Oak, California. He is the founder and President of Brainerd Psychological Association and is the author of Basic Marriage Communication Training. In addition, he is the founder and director of the Couple's Garden, a couples' support organization. He has been trained and certified by Harville Hendrix to present the single's Keeping the Love You Find Workshop as well as the couple's Getting the Love You Want Workshop. He presents these workshops in California and other states. He also provides couple's seminars for churches and presents his own couples seminar, The Incredible Power of Two, incorporating the work of Hendrix, John Gray and current marital research.*



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

## A Couch Potato's Awakening

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By Dr. Robert Huizenga - Providing tips, information and personal guidance on breaking free from the affair

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## A Couch Potato's Awakening

I finally gave up and faced facts. Before doing anything rash, I'd been patiently waiting for a fast breaking news story or email alert warning me of the dangers of exercise. To tell the truth, I'd been waiting through several administrations and still no warning which eventually suggested to me that I needed to face it - exercise is probably good for me. Just ask Lance Armstrong and he'd most likely agree.

It's been confusing over the years as we've heard conflicting results of those scientific studies which inform us on health issues. Alcohol is bad; red wine is good. Artificial sweeteners are great replacements for sugar. No, they cause cancer. No, maybe they don't. Women need hormones; oops, maybe not. I really wanted to hear that new research suggests "lying on the couch, periodically dipping your fingers into a bowl of M & M's, has been shown to increase longevity." But alas, it's just not true. Research consistently points to the physical and mental benefits of exercise. I certainly could use both.

Now is the time to be courageous and move your body. Just the other day I actually left my car at home and walked to the Farmer's Market. It's amazing what you see when you are not in a car. I noticed the details of architecture and paint colors on old houses. I admired people's gardens and got ideas for mine. I actually saw other people walking (and smiling) and didn't encounter one episode of sidewalk rage. Avoiding traffic and parking hassles I made it to the market and thoroughly enjoyed the produce, flowers, and handcrafted items. It was then that I made the horrifying discovery - I had to walk home. Walking one way meant walking back. This came as a shock but I sucked it up and walked home. I awarded myself extra "virtuous points" for the day. If you think you're ready to give it a go, here are some tips for putting exercise into your life.

- Something is better than nothing. If you don't have an hour to go the gym, go for a 10-minute brisk walk. Park farther away. Take the stairs.
- Have fun. If you hate stairs, don't buy a stair climber. Do some form of exercise you might actually enjoy. Keep thinking, something will come to you.
- Make exercise purposeful. Exercise researcher William Morgan, Ph.D., calls this "Factor-P." In other words, why drive to the gym and work out when you could walk your doggie or walk to the corner market for that carton of

milk? You could actually mow the grass by walking behind the lawn mower instead of sitting on it.

- Find an exercise friend who will help you stick to your commitment. It's a great way to socialize while taking care of yourself.

Now that I've exercised for the day, I'm going to go rest. I'll probably check the paper just in case this is the day that exercise warning appears. Until then, maybe I'll see you out walking.



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

Presents:

## **Communicating is Not Optional** **How to Listen So Your Partner Will Talk**

By [Larry James](#)

By Dr. Robert Huizenga - Providing tips, information and personal guidance on breaking free from the affair

*Discover how the affair in your marriage may be the best thing that ever happened to you.*

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# Communicating is Not Optional

## How to Listen So Your Partner Will Talk

### Part 1 of 4

Larry James

The #1 problem in relationships is "Undelivered Communications!" Withholding important conversation from your partner nearly always proves to be the destructive force behind the, "My partner will not listen to me!" or "My partner will not talk to me" complaint.

Instead of complaining, deliver the communication - in a loving way - to your partner.

We withhold for many reasons. The main reason seems to be that when we do get up the courage to say what needs to be said - something our partner would rather not hear - our partner gets into the conversation and begins to deny or justify their position. "Let the disagreement begin!" Usually the decibel level goes off the meter and the argument escalates! The result would be different if both partners would only listen when their partner speaks.

Communicating is not optional. It is an absolute necessity for the success of the relationship. Not communicating with your relationship partner - or not allowing them access to your thoughts and feelings - can exact a heavy price. A communications gap doesn't only undermine the potential of the relationship; it can, and usually will eventually destroy the relationship.

The sound of silence in a relationship is deafening. The silent treatment sends many messages - "I'm not interested," "I have nothing of value to say," "Whenever I say something you argue with me," "I give up. . . what's the use?" and more.

What stops you from communicating is not making a decision to do so. "Take all the time you need to decide, but the ice cream is melting!"

When your partner decides to communicate with you, he/she does so to fulfill a need.

Everyone manages emotion, communication and conflict from habit - patterns and styles developed early in life. In this context the past greatly affects your present relationship. To have a happy and successful relationship, you need to take control of how you interact with your partner.

It is my opinion that some of the greatest needs of human beings - after physical survival - is to be understood, affirmed, validated, forgiven and appreciated. The best way to get your needs met is to communicate those needs.

Never assume that your partner knows how you feel. People tend to rely heavily on assumptions to communicate. The problem with that is that you can't be sure if someone's assumptions are the same as yours, unless you communicate. Your partner cannot read your mind. Hints don't work.

Your methods of communication are more important than the messages themselves. Your tone of voice is also more important than what you say.

There is no such thing as a relationship without conflict! Some conflicts are small. Others are colossal and difficult to manage. How you resolve the conflict, not how many occur, is the critical factor in determining whether a relationship will be healthy or unhealthy, mutually satisfying or unsatisfying, friendly or unfriendly, deep or shallow, intimate or cold.

In the midst of a disagreement, we often have ears that listen with prejudiced views. Learn how to speak so your love partner will hear what you are really saying.

You get a higher return on your relationship investment by communicating openly and honestly. Reach an agreement to talk about anything and everything, all the time. It's a promise that may be difficult to keep, however the fact that the promise is in place makes your commitment to it much easier to keep.

When you shut down and your partner feels the need to call your attention to this promise, you are more likely to get back on track and less likely to be upset by it because of your initial agreement.

It takes courage to talk about something you know your partner would rather not discuss especially if you know that in the past it has nearly always sparked an argument that ended with no resolution and hurt feelings.

When coaching couples about how to better communicate, I recommend the following process. Here's how it works:

**Step #1.** The first night - It's your time to talk and your partner's time to only listen.

**Step #2.** The next night - Your partner talks and you only listen.

**Step #3.** The third time you get together is two or three days later - Have a mutual, low decibel level, interactive conversation (two-way communication) intended to reach some mutually agreeable solutions. This part of the process is about negotiating a win-win situation.

This protocol helps you to avoid the pitfalls - hostility, defensiveness, contempt, retaliation, and withdrawal - so typical of many disagreements. Only one person at a time "has the floor" each night in steps 1 and 2.

**The intention of this process is twofold:**

1. To help you learn to better communicate what needs to be said.
2. To help you be a committed listener when your partner needs to communicate with you.

If you want the emotional healing that can come from voluntary disclosure to your partner, you must probe your feelings and emotions with renewed passion. Be aware

that past traumas and the memory demons that accompany them are real and they contain trapped energy that must be reclaimed for you to feel happy and powerful.

It takes a lot of energy to remain confused. If you feel stuck, perhaps it's time to get clear about confusion. As long as you remain confused, you will not have to commit to and/or take responsibility for a plan of action such as communicating with your partner.

Trapped energy causes you to cling to misconceptions about your relationship. This process will help you convert painful emotional energy into powerful energy you can use to move your relationship forward. Once the precious energy that was trapped as a painful experience becomes free, it can then be expressed as forgiveness, goodness, beauty and love.

Attitude is everything. Begin with the right frame of mind. You must approach this process as two equal partners working together to solve a problem.

Flip a coin to see who goes first. If possible, choose a time when things seem to be going rather smoothly, no lingering disagreements in the air, no anger. Arrange to meet in a quiet place where there will be no interruptions.

Be very clear about the "just listen" part of this process. One night "she" talks and "he" only listens and the next night "he" talks and "she" only listens. Bring some notes to keep you from getting lost, forgetting your point or the intention of the process.

What issues are relevant to your relationship - really relevant? Speak the relevant truth. What is important to your relationship right now? The answer to these questions will assist you in only speaking about what affects your relationship currently. To bring up irrelevant past issues is inconsistent with this process.

It's time to openly and honestly communicate by telling the truth about what has been missing in your relationship that has brought you to this point in time.

Before you begin, ask yourself this question: "Do you want to be right or happy?" Privately address each issue with the question, "Will this be important to me tomorrow, next week, next month?" "Is it all that important in the whole scheme of things?" Once you have answered these questions honestly, you will then know what issues are truly important and the order of their importance.

## Communicating is Not Optional

### How to Listen So Your Partner Will Talk

#### Part 2 of 4

[Larry James](#)

#### Step #1 - When it's your turn to talk:

Begin by telling your partner how much you love them. Be sincere.

Let them know how you are feeling about being in a relationship with them. Make your comments germane to the issues you present. Be specific, not general about how you feel. This is your opportunity to really be heard, don't leave anything out.

Choose your words carefully and say them in a loving way. It's okay to come with notes so you won't forget anything. You may even want to rehearse a bit by first writing down how you really feel, then edit your notes to be sure you don't use this opportunity to attack your partner, but only express how you feel.

Clarify your feelings. Don't be accusatory about your upset. Begin by presenting the issues that have caused the most difficulty like this:

"When you (fill in the blank), I feel (fill in the blank)."

This is important. By saying it this way, you avoid blaming your partner for anything; you shift the emphasis to your feelings. There is a big difference. Your comments are not about them or what is wrong with them, but about how you are feeling. Owning your feelings is more truthful and always less hurtful to your partner. This helps open the door to clearer and more productive communications with your partner.

When using "I" messages you take responsibility for your own feelings, rather than accusing the other person of making you feel a certain way. It also may prevent your partner from becoming immediately defensive or intimidated.

No one can argue with your feelings. They are your feelings and you get to choose them. "You" messages begin the "blame game." Avoid this deadly game like the plague.

Feelings are emotions, and sensations, and they are different from thoughts, beliefs, interpretations, and convictions. When difficult feelings are expressed, the sharp edges are dulled, and it is easier to release or let go of the bad feeling.

You can also change your mind about how you feel. That is also only and always your choice.

If your partner is guilty of doing things that need to be forgiven, this is the time to offer forgiveness. You may want to ask for forgiveness too. Offer this as part of your opportunity to share. Read: "[Forgiveness... What's it For?](#)"

Do not make your message too complex, either by including too many unnecessary details or too many other issues. Although there is no time limit, it is not wise to drone on and on for hours. Thirty minutes to one hour is appropriate.

In closing, present a list of 10 things you love about your partner and make it part of the conversation. When you have said what you need to say, reassure your partner that you do love them and would like for both of you to continue to work together to communicate better.

Lovingly express to your partner how it felt to have them be a committed listener. You might say:

"Thank you for listening to how I feel about our relationship. It feels good to know that you care enough to hear what I have to say. Thank you. I love you."

Give them a hug and do not have any further conversation together about it that night.

## Communicating is Not Optional

### How to Listen So Your Partner Will Talk

Part 3 of 4

[Larry James](#)

#### Step #2 - When it's your turn to only listen:

Communication is the singular activity we all share. Expressing our needs, wants, thoughts, feelings and opinions clearly and effectively is only half of the communication process needed for interpersonal effectiveness. The other half is listening and understanding what others communicate to us.

Empathic listening gets inside your partner's frame of reference. You begin to see the relationship the way they see it, you understand their paradigm, and you begin to understand how they feel. It is human nature to want to work with, not against, someone who understands you.

Being inattentive indicates a lack of interest in what your partner is saying and possibly the relationship. Pay attention. This you must do for this process to work.

Listening must also be intentional. When you are not intentional about listening, you only hear about half of the conversation, if that much. It would be wise to assume that one-sided conversations do not work. Intentional listening can only be effective and only occurs when you listen without expectations of what will be said and without judgment of what was said or for what reason it was said.

To be a committed, empathic, intentional and thoughtful listener is to demonstrate a high degree of respect for your partner. Good communication is not about allowing your relationship to function on autopilot; it's about being intentional about saying what needs to be said and listening thoughtfully to what is spoken.

Practice this process and not only will your communication methods be improved, but the content of your messages will get better too. You will learn to talk with - not "to" - each other more clearly and effectively.

This process does not allow you to talk when it's your partner's time to talk. You have nothing to say, nothing to fix, no denials, no justifications, no answering, no explaining, no nothing. You only listen.

No smirks that may signify belittlement or disagreement. Facial gestures and not looking into the eyes of your partner are inappropriate. If you can only say,



"Hmmm," "Say more about that," "What else?" without an attitude, then do it. Otherwise, it is much better to say nothing.

The purpose of saying nothing is to honor your partner's right to express their thoughts and feelings. Listen. Show respect.

When listening, resist the urge to formulate your own rebuttal to what your partner is saying. This will only inhibit your ability to truly hear what is being said. Pay attention. Put aside your own personal beliefs, judgments, evaluations and notions about what is being said.

It's okay to take an occasional note while your partner is talking if you need to remember to spend some time thinking about a particular point or to let them know how you feel about it when it is your turn to talk.

Identify the distinction between merely hearing the words and really listening for the message. When we listen effectively we understand what the person is thinking and/or feeling from your partner's own perspective. It's called empathy.

Your own viewpoint may be different and you may not necessarily agree with your partner, but as you listen, you begin to gain a better understanding of the feelings of your partner.

The only thing you get to say comes after your partner concludes and that is:

"I listened carefully to what you said and I appreciate the opportunity to only listen. I will continue to do my best to be a better listener. Thank you. I love you."

This acknowledges that you were listening.

After you both have had some time to absorb the information your partner has presented, it will be time for you to both talk and both listen and reach some workable solutions.

When both of you have had your turn speaking, you must agree to get together to mutually discuss solutions to the issues you have together. Think about what your partner communicated to you.

## Communicating is Not Optional

### How to Listen So Your Partner Will Talk

#### Part 4 of 4

Larry James

**Step #3 - Have a mutual, low decibel level, interactive conversation:**

If you have appreciated being listened to by your partner, then the first time you both enter into a two-way conversation about your issues, it will be different than previous conversations, hopefully more on target, with an intention to work together.

No raising of voices. Be calm and collected. No "shooting or shouting matches!" It's about mutual respect.

This is also a time to ask for clarification if you did not fully understand any of your partner's comments. Do your best to reach some agreeable solutions about your top two or three issues. Do not attempt to fix all your issues in one session.

When you cannot find an alternative solution that you can agree on, look for an option that is acceptable to both of you, or negotiate an agreeable compromise. Neither gets everything he/she wanted, but each gets enough to be satisfied.

Look at all options. There is never only one solution to every problem. Do your best to translate the big picture into specific actions that you can mutually agree upon. A common mistake is focusing too much on what you might lose and not enough on what you both could gain.

You will most likely need to schedule more time to talk over remaining issues as well. You also may need to schedule additional time to be listened to. I recommend that you do this process more than once to get accustomed to treating your partner with respect when they have something to say.

Two-way communication breaks down when either partner fails to communicate in return or when one partner holds on to being "right" about their position without any regard for the happiness of the relationship.

If you experience a break down during the conversation and it deteriorates because both of you become so emotionally distraught over an issue that neither of you can effectively function, declare a "time-out."

If you want to doom this process to failure, keep talking when you are angry. That doesn't work! Agree to cool off, and come back to talk the next day. It's important to decide on a time to continue.

If no resolution can be reached, perhaps it will be time to schedule a [relationship coaching](#) appointment to have a third-party assist in negotiating the situation.

• • •

When emotionally charged disagreements occur in the future, and they will, stop short of name-calling, verbal assault, blaming, etc., and take a time-out to think about what the disagreement is "really" about. Next, use this process to help you get back on track and watch your relationship go from mediocre to magical.

Old habits die hard, and a couple trying this process for this first time usually will find it an exhausting experience. Communicating requires a sustained commitment.

It takes 21 to 30 days to establish a new habit. It is a wise couple who will make plans to take time every day to share loving conversation with their partner. Having a specific time each day is another important factor that helps to assure the other that the conversation will take place.

Remember, relationships are something that must be worked on "all the time," not only when they are broken and need to be fixed.

Also remember to mutually agree upon a signal that you can use when one partner begins to get off track, raise their voice, rehash the past, etc. This is very important. Give the "time-out" signal. Say with a gentle voice and a forced smile, "You're doing it again" and calmly walk away from the conversation.

Treat each other with kindness. Catch your partner doing something right and acknowledge them for it. Look for the good in your partner, rather than focus on what you don't like or dwell on past mistakes.

The next time you're feeling frustrated about your relationship, relax and stop trying to make everything perfect. Learn to accept the things you cannot change. Being too active about pursuing change limits your ability to enjoy those aspects of your relationship that are already good. Review the [Serenity Prayer](#).

There is no future in the past. Once you have completed this process, bringing up old stuff over and over again only and always reopens the wound. What you think about and speak about, you bring about. Think only "good" thoughts about your partner and watch what happens.

Never criticize, condemn or complain. Avoid the "blame game." It's easy to blame your partner, however, relationship problems are shared problems. Accept responsibility for your share of the problem and communicate this to your partner.

These are great guidelines to follow and difficult at best, however, doing so will help you communicate more clearly and effectively, contribute greatly to the success of your relationship and help you move beyond the #1 problem in relationships. . . undelivered communications.

Communication is a requirement for a healthy, wholesome, happy and successful relationship. There is no other way. This process will help you create a safe, trusting place to speak openly with your partner.

**Trust is the very foundation of a healthy love relationship. There can be no trust without conversation, no genuine intimacy without trust.**

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#### **Stage 4: Redesign of life and relationships**

- Be a Powerful Communicator
- Smile??!!
- 101 Attitudes and Characteristics of a Super Satisfying Love Relationship



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

## Be a Powerful Communicator

*Powerful Communication is a MUST to  
Break Free From the Affair*

Coaching Material

From Coach University

<http://www.coachu.com>

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by Dr. Robert Huizenga - Providing tips, information and personal  
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## CERTIFIED COMMUNICATOR PROGRAM

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### 1. How well do you come across?

*These are how others would likely describe your communication style.*

1. Loud	1 2 3	Quiet
2. Fast/slow	1 2 3	Natural
3. Charged Up/Down	1 2 3	Neutral
4. Complain	1 2 3	Pleased
5. Flat	1 2 3	Expressive
6. Speak at	1 2 3	Share with
7. Heavy/Significant	1 2 3	Light
8. Pedantic	1 2 3	Simple
9. Suspicious	1 2 3	Friendly/Trusting
10. Rigid	1 2 3	Flexible

### 2. How well do you listen?

*How well do you hear what is being said, and not said?*

11. Listen hard	1 2 3	Be with
12. Hear info/facts	1 2 3	Hear it all
13. Wait for evidence	1 2 3	Trust inklings
14. Acquires info	1 2 3	Learn
15. Listens passively	1 2 3	Knows what to listen for
16. Prepares response	1 2 3	Hears the person
17. Doubting	1 2 3	Accepting
18. Interrupts	1 2 3	Prompts
19. One thing at a time	1 2 3	Can handle multiple inputs
20. Hears 10-90%	1 2 3	Hears 90-100%

### 3. How well do you articulate?

*How well are you understood?*

21. Talks at	1 2 3	Contextualizes
22. Lectures	1 2 3	Educates
23. Rambles	1 2 3	Succinct
24. Clichés	1 2 3	Messages
25. Jargon	1 2 3	“English”
26. Rote	1 2 3	Personalizes
27. General terms	1 2 3	Specific Terms
28. Holds back	1 2 3	Says it all
29. Convoluted	1 2 3	Clear
30. Limited vocabulary	1 2 3	Extensive vocabulary

### 4. What do you converse about?

*What do you focus on and talk about with others?*

31. Symptoms	1 2 3	Source of the problem
32. The negative	1 2 3	The positive
33. The past	1 2 3	The present/how things are
34. Could's & should's	1 2 3	What you really want
35. Reactions	1 2 3	Chosen responses
36. Swaps info	1 2 3	Dances
37. Responds to facts	1 2 3	Gets the gist
38. The “What”	1 2 3	The “Who”
39. Facts	1 2 3	Concepts
40. Others	1 2 3	Yourselves

### 5. How well do you converse?

*How often do you have fluid, two-way conversations?*

41. Repeats/Echos	1 2 3	Improves Phrasing
42. Reactive	1 2 3	Responsive
43. Speak (half-duplex)	1 2 3	Speak & listen (full)
44. Unaware of mood	1 2 3	Matches mood
45. Distracted	1 2 3	Attentive
46. Confrontive	1 2 3	Evoking
47. Delayed response	1 2 3	Immediate response
48. Add s a spin	1 2 3	Adds no spin
49. Non-sequitor	1 2 3	Tracks/follows
50. Pepper w/questions	1 2 3	Clarifies what was said

### 6. How authentic do you sound?

*How real are you and how real do you sound?*

51. Pretentious	1 2 3	Non pretentious
52. Puffs up people	1 2 3	Is accurate with praise
53. Sneaky	1 2 3	Forthright, forthcoming
54. Dishonest	1 2 3	Completely honest
55. Overstates	1 2 3	Accurately states
56. Performs	1 2 3	Relates
57. Knows it all	1 2 3	Seeks to learn
58. Is “affected”	1 2 3	Real
59. Full of it	1 2 3	Legitimate
60. Ingenuine/Insincere	1 2 3	Genuine

### 7. How big are you?

*How flexible, respectful and generous are you?*

61. Critical	1 2 3	Constructive
62. Excludes people	1 2 3	Includes people
63. One-ups	1 2 3	Endorses
64. Disrespectful	1 2 3	Respectful
65. Result -driven	1 2 3	Person-oriented
66. Judges	1 2 3	Tolerant
67. Pushes agenda	1 2 3	Shares your views
68. “On”	1 2 3	Not “on”
69. Rigid	1 2 3	Open
70. Digs	1 2 3	Builds a person up

### 8. How mature are you?

*What does your communication style tell others about you?*

71. Hesitant	1 2 3	Confident
72. Fearful	1 2 3	Goes for it
73. Speaks haltingly	1 2 3	Fluid
74. Repeats/mimics	1 2 3	Synthesizes
75. Gossips	1 2 3	Doesn't gossip
76. Childish	1 2 3	Adult
77. Blames	1 2 3	Owens
78. Clueless	1 2 3	Speaks w/ wisdom
79. Speaks from theory	1 2 3	Speaks from experience
80. Righteous	1 2 3	Compassionately accurate

### 9. How free are you of Communication Blocks?

*What's holding back your effectiveness as a communicator?*

81. Compulsive talker	1 2 3	Listens more than talks
82. Personally needy	1 2 3	Has plenty, a reserve
83. Adrenalized/up	1 2 3	Present
84. Ignorant	1 2 3	Informed/educated
85. Toxic personality	1 2 3	Clean and healthy as a person
86. Attached to past	1 2 3	Creating a future
87. Stressed	1 2 3	Calm
88. Unconscious	1 2 3	Conscious/Aware
89. Blind spots	1 2 3	360 degree view
90. Conspiratorial	1 2 3	Cooperative

### 10. How effective are you?

*How good are you at producing results?*

91. Hints at	1 2 3	Asks directly
92. Silent/says little	1 2 3	Speaks up/Requests
93. Dealing in past	1 2 3	Dealing in the present
94. Immed. gratification	1 2 3	Long-term investor
95. Win-oriented	1 2 3	Win-win oriented
96. Problem-oriented	1 2 3	Solution-oriented
97. Book knowledge	1 2 3	Street smarts
98. Shares a goal	1 2 3	Inspires with a vision
99. Bounces around	1 2 3	Sees/Gets right to problem
100. Talks about stuff	1 2 3	Is *for* stuff

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

## Smile??!!

Coaching Material

From Coach University

<http://www.coachu.com>

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By Dr. Robert Huizenga - Providing tips, information and personal guidance on breaking free from the affair

*Discover how the affair in your marriage may be the best thing that ever happened to you.*

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## PROGRESS CHART

Date	Points (+/-)	Score

## 100 SMILES PROGRAM 100-POINT CHECKLIST

#	SECTIONS			
	A	B	C	D
25				
24				
23				
22				
21				
20				
19				
18				
17				
16				
15				
14				
13				
12				
11				
10				
9				
8				
7				
6				
5				
4				
3				
2				
1				

GIVE YOURSELF CREDIT AS YOU GET POINTS FROM THE 100-POINT PROGRAM. FILL IN COLUMNS FROM THE BOTTOM UP.

# 100 Smiles Program

VERSION 3, 4/99

There is a theory that goes like this: When a person has identified the 100 things which really makes him/her smile, automatically, life finally becomes one's own.

The **100 Smiles**<sup>™</sup> Program is the place to create and write down those things which really make a life for you. What type of things?

- ☐ Recreational activities
- ☐ Favorite Pastimes
- ☐ Personal Pleasures
- ☐ Exciting Projects and Endeavors

The objective of this program is to have you re-orient your life to spend your time doing **ONLY** these 100 things. And yes, you may have to upgrade or change your job or money-making work. One of the points here is to replace all the stuff that you don't like, with the stuff you LOVE. And this process helps you create this wonderful life. Instructions are on the last page.

Developed by the staff, trainers and participants of

## COACH U, INC.





### A. WITH MYSELF

WHAT DO YOU MOST ENJOY DOING WITH YOURSELF?

[illegible]

\_\_\_\_ Number of boxes checked (25 max)

## B. WITH 1 OTHER

WHAT DO YOU MOST ENJOY DOING WITH ONE OTHER PERSON?

[illegible]

\_\_\_\_ **Number of boxes checked (25 max)**

### C. WITH A GROUP

WHAT DO YOU MOST ENJOY DOING WITH A GROUP OF FRIENDS OR ASSOCIATES?

[illegible]

\_\_\_\_ **Number of boxes checked (25 max)**

## D. JOYS & BIG ADVENTURES

## WHAT *REALLY* TURNS YOU ON?

[illegible]

\_\_\_\_ Number of boxes checked (25 max)

## Objective

To have your life perfectly oriented around the 100 things that make you smile, automatically.

## Why this works

1. Just coming up with such a long list helps the person define what they want and who they are.
2. Learning how to select things that make one smile automatically helps the person tell the difference between wants/joys/fun and shoulds/have to's/oughtas.

## How to create your Smiles

### NOT FULLY

#### ARTICULATED

Eating ice cream.

### FULLY

#### ARTICULATED

Sharing a hot fudge sundae on a warm summer evening, sitting on my deck after spending the day with Martha.

See the difference?

## Here's the "checklist" for full articulation:

- ☐ Specific activity, using as many adjectives as possible
- ☐ With whom?
- ☐ Time of day/year
- ☐ Location
- ☐ Before or after what?

There are more you can include, but you get the picture. By fully articulating the event, situation or activity, you are making it much more real and exciting. As a result, you are much more likely to go do more of it because it resonates. It is amazing.

## Examples

What do you *most* enjoy doing alone? Reading, napping, writing, watching TV, painting, bubble baths, cleaning, cooking, videos, listening to music, singing, grooming, playing with the dog, journaling, crafts, shopping, walking, exercising?

## Exercise

- ☐ Start by making a list of 5 things that make you smile.
- ☐ Now, expand on one of the 5 things. Make it so perfect and appealing that you want to go out RIGHT NOW and go do it.

Now, can you imagine what your life would be like if you spend every waking hour **ONLY DOING THINGS ON THAT LIST?** Not possible, you say? **WRONG.** I do it, so can you. So, who would you have to be to simply be and do your 100 list? What commitments would you need to make? What changes would be necessary and appropriate?

## Finally

It takes about one year to re-organize your life to be like this list. It is worth it, if you're in the right space for it.

## Procedure

There are 4 steps to completing the **100 Smiles™** Program.

**Step 1** Write down 25 smile activities in each of the 4 sections.

**Step 2** Fill in the squares. Give yourself credit when you have completed it or do this activity *regularly*. Add up the number of checked boxes and keep a current tally at the bottom of each of the 4 sections.

**Step 3** Color in the Progress Chart on the front page. If you have 9 squares filled in for the Self section, color in the bottom 9 boxes, and so on. Always start from the bottom up. The goal is to have the entire chart be filled in. In the meantime, you have a current picture of how you are doing in each of the four areas.

**Step 4** Keep playing until all boxes are filled in. You can do it! This process may take a year or two but you can achieve a Full Smile! Use your coach or a friend to assist you. And check back once a year to upgrade and track your progress.

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

## 101 Attitudes and Characteristics of a Super Satisfying Love Relationship

*Catch the Vision*

Coaching Material

From Coach University

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## PROGRESS CHART

Date	Points (+/-)	Score

## LOVE 101 PROGRAM 100-POINT CHECKLIST

#	SECTIONS									
	A	B	C	D	E	F	G	H	I	J
10										
9										
8										
7										
6										
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4										
3										
2										
1										

GIVE YOURSELF CREDIT AS YOU GET POINTS FROM THE 100-POINT PROGRAM. FILL IN COLUMNS FROM THE BOTTOM UP.

## Love 101™

VERSION 3, 4/99

### A coaching program for couples

If a fantastic romantic relationship is what you want, then Love 101™ was designed for you!

We've identified 101 key attitudes, behaviors and styles characteristic of individuals in highly successful and satisfying intimate relationships.

Focus on these ten areas:

- A. Self-Care
- B. Values and Commitment
- C. Communication
- D. Resolving Disagreements
- E. Friendship and Partnership
- F. Sex
- G. Spirituality
- H. Trust and Affection
- I. Family and Community
- J. Magic

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Developed by the staff, trainers and participants of

## COACH U, INC.



## A. SELF CARE

You Me

- ☐ ☐ I am in this relationship because I choose to be, not because I need to be.
- ☐ ☐ I am authentic; I feel and express my feelings without fear or shame.
- ☐ ☐ I am not suffering in this relationship or enduring unwanted criticism.
- ☐ ☐ I take time alone; private time and space is available to me when I need it.
- ☐ ☐ I am whole when I am alone; being with my partner increases my happiness.
- ☐ ☐ I take extremely good care of myself; I don't rely on my partner to take care of me.
- ☐ ☐ I take care of my body and my partner supports vitality.
- ☐ ☐ I present myself well; I enjoy looking and being my best.
- ☐ ☐ This relationship is completely consistent with my personal integrity.
- ☐ ☐ I have a coach (or other strong supporter) who keeps me true to myself.

\_\_\_\_ **Number of boxes checked**

## B. VALUES and DEDICATIONS

You Me

- ☐ ☐ I know my partner's most important values and them.
- ☐ ☐ I understand my partner's long- and short-term goals and support them.
- ☐ ☐ I understand the difference between what I want/need from the relationship and what my partner wants/needs from the relationship.
- ☐ ☐ I give to my partner based on his/her wants and needs, not based on mine. (This is *the Platinum Rule of Relationships*.)
- ☐ ☐ I frequently ask my partner what I can do to be more supportive.
- ☐ ☐ I have an vision for my life which inspires me and includes my partner.
- ☐ ☐ I am satisfied with the way we manage our finances, separately and together.
- ☐ ☐ I know how my partner feels about having children and our intentions are compatible.
- ☐ ☐ I choose to be honest, committed and faithful to my partner.
- ☐ ☐ I know I can count on my partner's commitment to our relationship, even in times of discord.

\_\_\_\_ **Number of boxes checked**

## C. COMMUNICATION

You Me

- ☐ ☐ I tell my partner the truth, even about the little details.
- ☐ ☐ I have addressed everything that matters to me; I feel current with my partner up to this minute.
- ☐ ☐ It is easy and comfortable to talk with my partner; we check in with each other often.
- ☐ ☐ I feel our initiative is balanced; we make decisions easily.
- ☐ ☐ I feel heard and respected by my partner, even if we disagree.
- ☐ ☐ I take responsibility to communicate what I want and need; I don't make my partner guess.
- ☐ ☐ I am aware how the attitude I choose affects the quality of our communication.
- ☐ ☐ I listen to my partner fully; I don't interrupt or contradict my partner when s/he is speaking.
- ☐ ☐ I respond to my partner in a way which honors his/her best self; I do not react impulsively.
- ☐ ☐ I don't complain about or to my partner; I make requests.

\_\_\_\_ **Number of boxes checked**

## D. RESOLVING DISAGREEMENTS

You Me

- ☐ ☐ I let myself feel angry and express it truthfully.
- ☐ ☐ I respect my partner and do not insult or speak sarcastically, especially when I am angry.
- ☐ ☐ When I am angry I act like an adult; I do not say or do things which I regret later.
- ☐ ☐ When we disagree, I listen carefully to my partner's point of view.
- ☐ ☐ I know what provokes my partner, and choose not to push his/her buttons.
- ☐ ☐ I am aware of my tendency to criticize my partner and I apologize when it happens.
- ☐ ☐ When I make a mistake, I say so, and apologize for any negative consequences.
- ☐ ☐ I honor my partner's dignity; I do not separate myself by being patronizing.
- ☐ ☐ We resolve problems quickly and easily and learn from them.
- ☐ ☐ I value our relationship far more than being right.

\_\_\_\_ **Number of boxes checked**

## E. FRIENDSHIP and PARTNERSHIP

You Me

- ☐ ☐ I am doing everything I can to contribute to the success of our relationship.
  - ☐ ☐ I trust my partner is trying his/her best to help our relationship succeed.
  - ☐ ☐ I support, encourage and champion my partner to reach his/her aspirations.
- It feels rewarding to me to make my partner's life easier and more enjoyable.
- ☐ ☐ I collaborate with my partner; I do not compete in order to feel superior.
  - ☐ ☐ When we work together, the relationship is more important to me than the project.
  - ☐ ☐ I am comfortable with the way our common interests fit together.
  - ☐ ☐ I like the parts of myself which our relationship accentuates.
  - ☐ ☐ My needs for closeness and independence are balanced in this relationship.
  - ☐ ☐ I am present with my partner; I do not remove myself from the relationship by "numbing out," withdrawing, getting sick, having accidents, or self-medicating with alcohol, drugs, TV or adrenaline.

\_\_\_\_ **Number of boxes checked**

## F. SEX

You Me

- ☐ ☐ I am aroused by the presence of my partner. Our lovemaking is richly satisfying for me in both quality and quantity.
- ☐ ☐ I am fully present with my partner when we make love.
- ☐ ☐ Our intimate environment feels creative, adventuresome, new and fun.
- ☐ ☐ I enjoy making my partner feel great and my partner tells me what s/he wants.
- ☐ ☐ I enjoy receiving pleasure from my partner and easily communicate my desires.
- ☐ ☐ I accept and respect my partner when s/he chooses to say "no."
- ☐ ☐ I have communicated my personal needs around sex and intimacy, and they are understood, accepted, and being fulfilled in a way which feels good.
- ☐ ☐ For me sex is a choice, not a compulsion.
- ☐ ☐ After intimate, erotic time together I feel great.

\_\_\_\_ **Number of boxes checked**

## G. SPIRITUALITY

You Me

- ☐ ☐ I am grateful for the love I feel in this relationship; my partner lifts my spirits.
- ☐ ☐ My partner sees and appreciates my deepest, truest self.
- ☐ ☐ Our relationship is aligned with my sense of purpose.
- ☐ ☐ I respect my partner's centermost spiritual values.
- ☐ ☐ Our relationship inspires me to connect with my spiritual source.
- ☐ ☐ The quality of the silence between us is usually rich, peaceful, connected.
- ☐ ☐ I completely forgive my partner; I accept apology and let go of blame.
- ☐ ☐ I am aware of my tendency to judge, and I practice acceptance of my partner.
- ☐ ☐ I am generous with my partner; I trust my partner is trying his/her best.
- ☐ ☐ Our relationship heightens my personal power, passion, and vivacity.
- ☐ ☐ Our relationship increases my ability to relate to myself and others with compassion.

\_\_\_\_ **Number of boxes checked**

## H. TRUST and AFFECTION

You Me

- ☐ ☐ I trust my partner as much or more than anyone else in my life.
- ☐ ☐ I know that I can count on my partner's word.
- ☐ ☐ I keep my word to my partner; if I see an obstacle I express it as soon as possible.
- ☐ ☐ I am careful about what I promise; I do not set my partner up for disappointment.
- ☐ ☐ I respect my partner's friendships with attractive people; I do not worry or get jealous.
- ☐ ☐ I look for opportunities to keep our romance fresh and exciting.
- ☐ ☐ I receive all the kind of affection and touch I want from my partner.
- ☐ ☐ Our relationship has moments of tenderness, kindness and gentleness.
- ☐ ☐ I laugh at my own humanness and can tease my partner lovingly
- ☐ ☐ I like the amount of lightness and play between us.

\_\_\_\_ **Number of boxes checked**

## I. FAMILY and COMMUNITY

You   Me

- ☐ ☐ I feel continually surrounded by people I care about who care about me.
- ☐ ☐ I create time to be with my children and my close friends.
- ☐ ☐ I accept my parents, siblings and extended family for who they are; I don't try to change them.
- ☐ ☐ I have expressed myself completely with my friends and family; I am current with everyone.
- ☐ ☐ We surround ourselves with people who model what we want in our relationship.
- ☐ ☐ At least one person speaks objectively with us about our relationship (such as a coach, therapist, close friend or family member).
- ☐ ☐ I support and encourage the relationships my partner develops to pursue his/her goals.
- ☐ ☐ I have all the friends I want, male and female.
- ☐ ☐ As a couple we are attractive; people seek our company.
- ☐ ☐ We contribute to the lives of people around us as a way of life.

\_\_\_\_\_ **Number of boxes checked**

## J. MAGIC

You   Me

- ☐ ☐ I am so connected with my partner that I can often feel his/her presence.
- ☐ ☐ I have listened to my partner so well that I often know what s/he is thinking.
- ☐ ☐ My partner knows me intimately, sometimes even better than I know myself.
- ☐ ☐ We are perfect for each other right now; I am growing as a person in this relationship.
- ☐ ☐ We are constantly doing what we want and are present to what we are doing.
- ☐ ☐ We befriend change and evolve together; our fear of the unknown does not hold us back.
- ☐ ☐ I inform my partner how to bring out the best in me; I get what I need and more.
- ☐ ☐ Sometimes I am overwhelmed by gratitude, love, or admiration -- and I express it.
- ☐ ☐ We fill our lives with symbols of love, shared communication and traditions/rituals which enhance our connection.
- ☐ ☐ I pay attention to details that are important to my partner; I give great gifts.
- ☐ ☐ We invite serendipity and synchronicity; we notice and appreciate fortunate coincidences.

\_\_\_\_\_ **Number of boxes checked**

## INSTRUCTIONS

There are five steps to completing the LOVE 101™ Program for Couples. Take this assessment independently. You will each need your own copy. It is a powerful tool for couples to discuss together. Complete it on your own first.

**Step 1:** Read each item. If it is generally true for you, check the box in the "Me" column. Be completely honest with yourself.

**Step 2:** After you and your partner have both taken the test, copy your partner's answers to the "You" column of your assessment.

**Step 3:** Score each section. An item with two checks earns a point. At the end of each section, add up the number of items which you both checked, and write the total in the space provided. Then add up all ten sections and write the current total in the box on the first page.

**Step 4:** Color in the Progress Chart on the first page. If you have five points in the Communication section, for example, color in the bottom five boxes. Your challenge, if you choose to accept it, is to fill in the entire chart. In the meantime, you will have a current picture of how your relationship stands in each of the ten areas.

**Step 5:** Keep playing until all boxes are filled in. This process takes between six months and five years. You can do it! Work on one item at a time with the assistance of your coach, therapist or trusted mentor. Retake this assessment quarterly to measure your progress.

**Important Note:** This "test" is a structure that was created to increase the amount of love and understanding you have with your partner. It must not be used as a means to convey criticism! Feel free to rewrite or reword any items in this assessment to better suit you, your needs and your life. The program is a tool and a measure for you to use; don't let it use you! The love you have for each other is the only real measure of the relationship.

*Dedicated to all the people who contributed to creation of the Love 101™ program. We learned from every comment and from the model of your wonderful relationships. Our love and gratitude to each of you!*



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<http://www.break-free-from-the-affair.com/coach.htm>

To purchase his practical and hard-hitting E-book, "Break Free From the Affair," go to: <http://www.break-free-from-the-affair.com/ebook.htm>