



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

What Happens Next?

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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I. Introduction

How are you doing?

This, most likely, is a very difficult time for you. And, I want to help you.

I want you to know that many people in situations similar to yours have faced the confusion and pain and prevailed. They have more than prevailed. They used their crisis to forge a new life and a new relationship that truly, for the most part, gave them the inner peace, confidence and love they were always seeking.

You are reading this, so you have the courage and determination to learn and create something new. You can do it! You deserve it! It is what this universe wants for you and needs from you.

This mini-ebook will get you and keep you on the path. This path of breaking free is not easy, but is manageable – if you have the determination, courage and tools to keep on it.

This ebook is a tool.

It is a tool that helps you with great accuracy identify what kind of affair faces you and what will most likely happen next, if the affair progresses to its conclusion.

I present key points for 7 different kinds of affairs. With a basic understanding of each affair, I then outline the predictable situations with which you must cope. Please understand that “what you can expect” is based on what typically happens as each affair progresses.

If you begin to make calculated interventions; change your typical way of responding to him/her, all bets are off. In a relationship of investment, the other person usually cannot not change when you change.

Of course, that is probably your goal. But first, you need to know the intended outcome for the changes you make. This ebook is a starting point.

Here are some benefits I hope you experience with this ebook:

- You will experience greater calm. We often fear the unknown and this fear

can paralyze and create havoc. Knowing what you most likely face gives you a knowing. And that knowing is comforting.

- As you begin to understand that not all affairs are alike, you will be able to stand back and objectively assess your situation. That not only offers relief from your feelings, but also enables you to begin strategizing for change.
- You will begin to feel as if you DO have some form of control. You also will know that some of his/her behaviors you cannot control and are NOT your responsibility or fault. Take a deep breath!
- You will become proactive rather than reactive. You will have a plan. You will stand firm. You will begin to know exactly what you need to do when to change the course of your crisis.
- Your confidence will be restored and renewed. You will see yourself as a unique person in and of your own right and not bound or responsible for the destructiveness of the his/her behavior.

One more point: some of the pictures I paint are not very pretty. I give you a realistic assessment of each kind of affair. I don't want to hide anything from you or convey that your path will be easy. (Although, once you have some tools, it is often easier than what you might think right now.)

I give you reality with the expectation that you will face it courageously and with power. It is often best to face and even search for the worst.

By confronting all you need to confront you assure yourself that this will NEVER happen to you again.

Conversely, I experience too many people minimizing and tolerating, with the intent of easing the pain as quickly as possible. They often pay later, a much higher price, for sliding over the painful but important realities of their affair.

So, let's get started!

#1: My Marriage Made Me Do It

Ask someone why they had, or are having an affair and you may hear something like this: “I have a lousy marriage. My marriage is dead. There is no intimacy, no sex, and no excitement. The love is gone. We’ve grown apart. I can’t stand the marriage. There was nothing happening in the marriage and the affair just happened.”

Key Points

1. It’s as if a marriage is an animal gone bad. **A marriage does not have a life of it’s own.** In reality, there is no such thing as a “marriage.” One is “married” as a result of making some promises and signing a paper at one point.

After the paper is signed, two people continue communicating and acting toward another in particular ways that they hope will help them get what they individually want.

Just as there is no “marriage,” there is no such thing as a “relationship.” There are, however, ways of relating for which each person is responsible. Remember the comedian Flip Wilson (that dates me) and his “The devil made me do it” skit?

2. **We idealize “marriage” or “romantic relationships”** with the expectation we will get what we want, without much effort to boot. The movies, popular public press and romance novels/stories don’t help much here. A “marriage” is behind the eight ball from the word go. “IT” can’t win.

3. From day one most of us **don’t have a clue about how to get, build, nurture and maintain healthy and intimate ways of relating.** We need ‘love 101’ and it’s not there. We rely upon experimentation or bad models.

4. **If the “marriage” is dead, why in the world would one choose to have an affair?** Talk about jumping from the frying pan into the fire. It really is stupid. You add a whole layer of deceit and shame that eventually will result in consequences more dire than approaching your spouse and saying, “I’m really unhappy. What I’m doing with you obviously is not working. I want out.” Oh well, maybe some people need more problems and suffering.

5. **If the “marriage” is bad, obviously, I don’t have to look at me.** I can blame “it” or the other. Some of us find it difficult to look at me. Some of us don’t know how to look at me. Some of us never think of looking at me.

Tip: If your partner/spouse is having an affair and blames it on the "marriage," don't buy into it. The "marriage" is not the problem. You are not the problem. Your spouse/partner chose the affair out of ignorance, fear or inadequacy.

What can I expect will happen?

1. Expect that your spouse will have a very powerful attachment to the other person. The other person will consistently be on her mind. Your spouse will shift energy away from you, the children, the household and her career to her affair relationship. She will be focused, but not on you.

Your spouse will attempt to push you away by avoiding you, ignoring you, closing off communication or walking away.

2. The affair will most likely be a long-term affair. It will be very difficult for your spouse to walk away from the OP. He may try on a number of occasions but will continue to gravitate back to the OP. He will hold on tenaciously.

This is probably the first or only affair for your spouse. Your spouse is not interested in playing or fooling around but powerfully attaching to the OP. The OP is the savior!

3. Don't believe that the affair was planned before hand because of a bad marriage. These affairs usually just happen. They usually happen with someone in close proximity: co-worker, neighbor, friend (frequently of friends with whom you socialize), etc.

The OP is usually the aggressor, your spouse lacking the confidence to seek out the affair. The rationale that it happened because of a lousy marriage comes after the affair is in bloom.

4. The more you try to persuade, convince or pursue, the more strongly he will attach to the OP. He will perceive your efforts as weakness and will want to attach more intently to the OP whom he at perhaps an unconscious level deems to be the powerful and loving answer-to-all.

5. Efforts to use moral or religious arguments to call a halt to the affair will be strongly resisted. Your spouse is not guided by rightness or wrongness. These standards have not been internalized and do not carry much weight, especially when it comes to the important chunks of her life.

The actions and thoughts of your spouse primarily originate from her need to attach to another person. **Any behavior or concept that serves the purpose of maintaining the attachment will be valued. Others are**

discarded.

6. Expect you will spend a significant amount of time and emotional energy in the next 2 to 4 years (especially if there are children) attempting to resolve the relationship. By resolve, I mean, coming to a point where each of you are fairly free of the emotional entanglement that holds you together and generates the pain and fear. It will be important for you to resolve the relationship whether you continue married or separate and divorce.

Again, if children are present, it is vital, let me repeat, vital, that you and your spouse or ex-spouse come to a working relationship free of emotional baggage and game playing.

2: I Can't Say No

People can't say no? Well, I believe we all have the capacity, at some level, to say no. However, not all have developed that capacity or reached that level to firmly say no and mean it.

Some have many "unconscious" tugs and pulls that lead to an affair. They are "stuck" and seem to lack the ability to consistently act on the "no." Please remember that all of us are "grabbed" by something and find it difficult to let go. One's history, personal development and internal blocks play a role here.

Key Points

1. **Sex takes on an inflated role or value.** Sex, sexual conquest, sexual release becomes a powerful force. Acting on the sexually impulse is a frequent activity.

Thinking about sex likewise consumes an inordinate amount of time. Multiple ways of acting out sexually (porn, strip clubs, multiple sex partners, etc.) are common.

2. **This activity is bound by fear.** The person lives with fear: the fear of getting caught, the fear of consequences, the fear of "being found out," the fear of being abnormal, the fear of being punished, and the fear of losing family, spouse, job and respect.

3. **A promise/failure cycle ebbs and flows** with the inability to say no. After an "acting out" episode the person usually experiences guilt/fear and

promises to self or others, "I won't do it again."

This will last...until the "urge" is acted upon again. The spouse may be aware or unaware (but sense that something is not "right") of the "roller coaster" and succession of broken promises.

4. Others are used or seen as objects for personal gratification. **No true intimacy is developed.**

5. **Sexuality is often confused with other needs or connected to unresolved past pain or trauma.** A child who experiences confusion around sexuality or sexual abuse of one form or another, may carry along that confusion and attempt to "work that through" in a marriage or extramarital affairs. (I worked with one woman who "used" a one-night fling with a significant person to "clear up" a particular issue.) She was free of that "urge" from that point on. No one ever knew. Could she have chosen a different way? Maybe.

6. Such a person lives in a distorted world. **They come to see the world and relationship through the eyes of their "addiction."** They have a great capacity to rationalize their behavior, deceive others and may lead a "dual" life.

Tip: If you suspect these characteristics fit you or someone you love, get some help before your world disintegrates further or falls apart. Life can be different. Life, sexuality, a truly intimate relationship IS different. You can get there. You are stuck, and need some true love, care and guidance to arrive at the next level.

What can I expect will happen?

1. **Expect a roller coaster ride and expect a long one.** There will be many twists and turns and ups and downs. You may threaten to leave and walk out the door and if you are convincing enough she will acquiesce and promise to change her ways.

This will last – for a while – but she will return to the other person or a different person or again engage in some form of sexual activity without your knowledge.

2. **The time interval between the sexual acting out episodes shortens during the course of your marriage.** The first occurrence may be followed by years. The second followed by months. The next followed by weeks until the episodes become more frequent.
3. **There is a progression to the destructive behavior.** Sexual acting out may take different forms. He most likely will have multiple sex partners.

He may be careless about his health, and yours. He never seems to get enough or there is a drive to experience more.

4. Her compulsive need to get more is compartmentalized and, in her mind, separate from the marriage. **She is blind to the detrimental impact of her behavior upon the marriage.** She doesn't get why you are so upset. (You're making too big a deal out of this!) She really believes this.

Her marriage is vitally important to her and is the part of her life that offers the stability and care she desperately needs. She separates the two parts of her life.

5. **You will be a hugely important player in her life.** She truly depends on you to hold things together and be there at all times and in all ways. **She will watch you carefully.**

If you deviate from focusing on her (as in begin to get a life of your own) she will revert to old patterns of behavior that traditionally "get you back in line." (i.e. make promises, be good for a while, meet your needs exquisitely, be charming, elicit guilt, throw a tantrum, etc.)

6. **You will experience more and more restriction and isolation in your life.** Your life will revolve around her life. You will increasingly live for her. You will cut yourself off from your friends and family.

You will put your life plans on hold. You will not "be allowed" to have healthy relationships with those of the opposite sex. She will work hard to make sure you won't leave.

7. **You will begin to think you are going crazy. Your world will shrink.** It will become more and more difficult to know what is true. The lies and deception will take their toll. It will be more difficult to trust your intuition and your sense of what is right and true.

Your self-esteem will shrink. You will increasingly doubt your self. Every so often the family will erupt into an emotional uproar.

8. **You will need outside help to shift the destructive course.** You won't be able to do this on your own. She will not be able to do this on her own. **The earlier in the marriage this is addressed, the better. Don't wait.**

#3: I Don't Want to Say NO

Some people just don't want to say no, and **they believe they don't have to say no.** The older term of "philanderer" applies. Their relationships are marked by a

series of sexual conquests, and that's what they basically are - nothing more than the thrill of the score.

Key Points

1. There is an **underlying need for excitement, thrill and adventure**. The thrill of the chase or hunt is what drives this person.
2. Once the “score” is achieved the person is likely to move on to the next conquest. **The chasing of these relationships is viewed as a game or hobby**. The person collects a number of “trophies” along the way that supposedly inflates his/her sense of well-being.
3. **The other object/person may be someone who seems highly unobtainable**, making the chase more challenging.
4. **The person seeks “quality”** – someone who is perceived to be beautiful, attractive, handsome, alluring, with position, power or with status. The person desires someone who will “mirror back” those qualities of perfection that seemingly flame and keep alive grandiose thoughts of self.
5. **This behavior is subtly admired in our culture, and often “excused.”** “Boys will be boys” you know. This behavior can continue with knowledge of colleagues, friends and even spouse provided it doesn't interfere in particular ways or “cause damage.”

People often “look the other way” so they might continue to be the recipient of or aligned with this person's “charm and power.”

6. This person will **only stop philandering if his/her behavior results in the possibility of losing something perceived important** – job, position, family, prestige, children, etc.

There is usually a huge, hollow and empty cavern in this person – marshmallows inside – that is exposed once the reality of a significant loss appears imminent.

7. Once the fear of loss subsides and/or the person talks and charms his/her way out of the difficult situation (I will never do this again!) and has not faced the internal emptiness, the **person usually resumes the chase games**.

Tip: If you are married to such a person, there is a major question to face: Am I willing to tolerate and put up with this behavior in exchange for the perceived benefits I receive from this person and what he/she provides? The affairs most likely will not cease. Where will you draw the line? How can you maintain your

integrity and what is the level of integrity you need?

What can I expect will happen?

1. **There most likely will be more than one other person.** He sees affairs as conquest, usually sexual, and not as a place to find intimacy. Actually he lacks many of the tools and the mind set to have intimate relationships.

He most likely will move from one conquest to another. His gratification on a basic level remains primary.

2. **He will have little internal conflict about the affair.** This differs markedly from the person who can't say no. Your spouse will view the affair or affairs as entitlement. He deserves them.

He deserves to be adored. He deserves to have excitement and personal gratification in his life. He has earned it. There is nothing wrong with this. Actually others, perhaps you included, ought to understand this!

3. **He will operate in a world that supports his illusion and behavior.** He will surround himself with those who look the other way or actually encourage his philandering behavior.

You will probably not find yourself welcomed in this world. He and his colleagues and friends collude to maintain their world.

4. **You might run into a problem with the other person or persons.** Remember Fatal Attraction? The other person might attach herself to him with specific expectations to be cared for and perhaps married – perhaps part of his strategy in his conquest efforts.

When she is “dumped” or the expectations fail to materialize she may pursue revenge. You might be involved.

5. **You may not experience a great deal of conflict with him.** There is no talk of divorce. Your life might be quite copasetic – unless you rock the boat. He has his playtime and you fill another specific role of quiet support. Keep the balance and life moves along fairly seamlessly.

6. There is one problem, however. **The problem of aging.** Depending on his social context, you might become a liability as you increasingly fail to project a young attractive vibrant image.

He wants those around him to reflect back beauty and perfection. If you fail in this regard you may be cast aside. Part of this depends on the financial cost of such “trade-in.”

7. His fragile, illusionary world and yours may crumble if he encounters failure. **Failure is his Achilles heel.** Unfortunately, the distortion and illusion he lives under do not always coincide with reality. He pushes and bends the rules to his advantage.

He may not pay close attention to the consequences of his behavior. Those consequences – legal, financial or health – may bite him at some point. He most likely will count on you to be there for him, to cry on your shoulder (perhaps literally) and help him regain his confidence.

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

I find this dilemma rather common for **younger couples**, probably mid or late 30s and younger. Usually one reports, “falling out of love” and is truly disturbed by this shift. He/she (and this is not merely a female problem!) wants to “recapture” those feelings.

This person has found a “significant other” who has stirred those dormant feelings and this person once again “feels in love.” They are determined not to “settle” for a less than ideal relationship, which means, of course, feeling the love feelings.

Key Points

1. Unfortunately, our culture (movies, songs, romance novels, soap operas, romance comedies) teaches us that this is how it’s supposed to be. **“Falling in love” is the norm – the implication being, that if it doesn’t happen, or if it goes away, something is wrong** – with you, your spouse or the marriage. A good relationship must first unlearn a great deal.
2. The person pulled to find “that loving feeling” (reminds me of a song..) usually **experiences a high degree of guilt and conflict.** He/she is often married to a “good” person and the desire to “find that loving feeling” seems selfish (which it is) and immature (which it is). Intuitively (and this person usually has a great deal of intuition and sensitivity) it is known at another level that he/she is not on the right path.
3. 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.

4. There is **little understanding or perhaps healthy models of the shifts needed as a relationship matures**. For example, “falling out of love” usually happens when the attractors become the distracters. For example: His love for fun and spontaneity, which drew her initially to him, becomes irresponsibility. Her stability and calm, which drew him initially to her, become control.
5. 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.
6. 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.
7. **Sexual intercourse does not need to be a part of these relationships**. Sexual activity may indeed END the relationship or at least move it to the point where the attractors become, again, the distracters. The idealized images may be held together by long phone calls, gifts, holding, love letters, e-mails, etc.
8. **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.

People are especially vulnerable for this type of affair after the children are in school and/or the oldest child reaches early adolescence. (There are good reasons for this, from a family systems perspective, but I won't get into that here.)

Tip: If your spouse is struggling with this type of relationship, make sure you hold and care for your self. Your spouse does not have the capacity to do this for you (or anyone) at this point. Yes, you are ok. Her/his affair says less about you and much more about the emptiness within her/him. It is time for you to know you better. Model for him/her what it means to be a person with a core, with integrity, with boundaries, with values, with meaning, with purpose and actively figure out what you need and get them met. Maybe she will ask questions. Maybe she will not. Maybe soon. Maybe later.

What can I expect will happen?

1. Hang on to your seat. This may be some ride, much like a thrill ride at Sandusky. There is likely to be many ups and downs, spiced with the

dramatic flair. Watching your spouse go through his gyrations may leave you somewhat dizzy.

He will give his all to this new-found 'love' and at other times might find his way back to you.

2. Typically you will struggle with being ignored and feeling rather awful that you can't provide the 'love' this other person seems to provide. You might find yourself questioning your capacity to 'love' and your desirability. His affections will obviously be centered on that other person.

3. He may want to tell you about this other person. Not only might he want you to know about the other person he may desire to share with you some of the details of this relationship. He might want you involved.

This creates an intense triangle that juices the drama. (Most classical love stories are dramas, complete with a triangle; he 'falls in love' with the forbidden or unattainable princess. Often the drama ends as a tragedy – Romeo and Juliet.)

4. Expect some juvenile behavior such as love letters (e-mail), special names, special promises, secrets only for the two of them, etc.

Some of these affair relationships are the result of **unfinished business from adolescence.** Perhaps he was responsible for family or beset by some trauma or internally or externally imposed injunctions that precluded him from dating, socializing with the opposite sex, and 'falling and in out of love' a number of times that is so important and vital for adolescent development.

5. You may hear the persistent phrase, **"I love you, but I'm not in love with you."** He may truly 'like you' and depend on your stability, goodness and understanding. The thought of losing that may keep him connected with you.

His fear of losing that which is stable and enduring may conflict with his need to follow his feelings. As well, the possibility of loss may point to the internal emptiness that stirs up very uncomfortable feelings and thoughts. This is part of the roller coaster ride.

6. He may feel very badly about his 'inability' to love you and his 'inability' not to love the other person. He may express great remorse for the dilemma. He may profess deep sadness for 'hurting' you – but, as you know, he has no control. His feelings drive him. His 'concern' for you indicates his superficial understanding of relationships. Or, his 'concern' for

you may be a manipulative attempt to find an easier exit from the marriage.

7. Expect his feelings for the other person to fade. They will fade quickly if this is a pure ‘I’ve fallen out of love (and just love being in love)’ affair. The ‘romance’ of adolescent love affairs starts quickly and ends as abruptly. If, however, other issues come into play, such as, resentment and/or the inability to say no, you have a more complicated situation that takes longer to resolve.

#5: I Want to Get Back at Him/Her

This is the revenge affair. It occurs in a marriage in which one feels slighted in some manner and seeks revenge by engaging in an affair. It is less a movement toward the other person and more a movement away from one’s spouse.

Key Points

1. The affair **may be a direct response to the affair of the spouse.** “I’ll show you! Take this! I want you to hurt as much as I hurt.” Or the affair may be revenge for some other form of cut-off or perceived emotional injury: “I’m not getting enough here, so I’ll show you!” Or, “There, I got your attention!”
2. This typically **occurs in a marriage where effective personal confrontation does not happen or happens ineffectively.** There is a mistrust of expressing one’s self fully to the other person. The marriage relationship usually is marked by civility, but the two, in essence, do not know each other very well. They are polite, but there is no fire. They may want more, but are not sure how to get more.
3. **The fire that does exist is a smoldering tension under the surface of the marriage.** The tension may be the result of the frustration that one or both experience when they believe their needs are not being met. There is a genuine desire for more – from the spouse – but it’s not happening.
4. This form of revenge affair serves as a **wake-up call** for the relationship. If, and I use the word if advisedly, the couple can “get it out” – drain off the tension – and begin talking about needs; yes, the relationship stands a very good chance of turning into something wonderful. One or both must say with a great deal of passion, “I REALLY want you! I no longer will settle for the boiling frustration and seeming indifference to my needs. This is what I need and expect.....”
5. There is another kind of revenge affair that holds less hope and is more destructive. **A revenge affair may be the result of long-standing and unresolved anger or rage toward the opposite sex.** There is a persistent

pattern of the person pushing others away with rage or anger. There also is a great deal of projection, or this person blaming others for his/her situation.

6. This form of anger is more rage than frustration. **The rage emerges from a desire to hurt rather than from the frustration of needs not being met.** This person exhibits little concern as well for the OP (other person). Whereas someone more frustrated because they want needs met, are usually more considerate of the OP.

Tip: Begin to make distinctions between rage and frustration. Determine the type of revenge affair you must face. If it is rage, learn to protect yourself and set boundaries. Begin to take exceptional care of yourself. Begin to say no! If it is an affair of frustration, begin looking at your needs. Identify and express those needs. Take a risk. Turn up the passion button. Dare to engage about needs, both yours and the others.

What can I expect will happen?

As above, these expectations apply to a revenge affair, not necessarily a rage affair. **Rage is more primitive and more deeply engrained and is much more difficult to deal with.** See if these expectations fit the revenge affair, if indeed, that is what faces you.

- **It may become obvious that he really wants you to know about the affair.** He will not be very careful in covering his tracks. There will be clues, some obvious and others not so obvious, that he is engaged with someone else. And he might anticipate and at one level welcome an intense response.
- **There will be moments of quiet whereby he withdraws and those moments will be punctuated with outbursts or some form of crisis.** You are never sure when or where it is going to come from. You will feel on edge, vigilant, waiting for the next outburst.
- **He may sometimes in a fairly passive manner rub the affair in your face. He may draw comparisons between you and the other person.** And of course, you come out on the losing end. He may “misplace” notes or leave e-mails for you to find in which you feel diminished. He may spend more money on her or take her to places the two of you talked about visiting. And of course, you will find out.
- **It might seem like a game. He won't let go of you but he keeps the other person on the string, and reminds you of that fact.** He probably won't confide in you about the nature of his relationship with the other person. He wants you to guess. Will he? Won't he? He claims he doesn't know what

he's going to do. And, you feel like you have no clue.

- **There is an undercurrent of hostility.** You feel it. It seems as if he is seething most days, but it's just under the surface. Although he works hard at being a "nice guy" his body language, tone of voice, the words he uses drip with this hostility.
- **If confronted, he will most likely deny that he is hostile or angry.** You are aware of the tension you feel when he is around or when you think of him being around.
- **Your relationship with him feels like a tug-of-war.** This is different from the roller-coaster feeling that some marriages experience. Your relationship with him is a constant struggle. You pull in one direction and he pulls just as hard in the other. You can count on it. There seems to be no meeting, no negotiation, and no discussion about what is happening. The hostility poisons that possibility.

#6: I Need to Prove My Desirability

Let's face it: **Most of us are on pretty shaky grounds when it comes to our sexuality.** Look at the models before us on TV, the big screens and magazines. Geezzz-louise, how is anyone ever to feel as if they measure up or are desirable?

Also, a key in a marriage is the degree to which **someone feels wanted.** I want to be wanted. After "familiarity" sets into a marriage, self-doubts are easily rekindled. (A key component of "being in love" is the giddy feeling of thinking I am deeply wanted or adored. If one does not understand the stages of marital growth or lacks a core sense of self from which to live, he/she becomes prey to confusion and disenchantment.)

Key Points

1. **General feelings and thoughts of inadequacy may emerge as the passion of a committed relationship fades.** This typically triggers deeply engrained negative ways of thinking culminating in: "There must be something wrong with me!" This person may begin a quiet internal nagging dialogue about his/her intimate/sexual relationship.
2. **The perceived area of inadequacy and desirability may be very specific.** He/she may feel very inferior with particular parts of foreplay or intercourse or sexual thoughts or fantasies or body image or ability to relate intimately with the opposite sex.
3. A relationship outside of the marriage may emerge that seemingly offers an opportunity to explore those areas of concern and perceived inadequacy. **The relationship may seem safe.** Geographical distance, background differences, strong family commitments or other issues mean that the length and degree of true

intimacy in the relationship will be limited.

4. **The affair is usually of brief duration and will probably be the only affair in that person's life.** Sometimes it's a matter of a one-night stand. A huge drive to "find out" is met. Some internal changes usually take place that internally realign his/her thinking and feelings about sexuality and intimacy.

5. **Intense guilt** usually is a by-product of this affair. The person will feel legitimately terrible about what he/she did. Remorse prevails.

6. Others view the affair as very **uncharacteristic of this person.** No one expected that he/she would do such a thing. They are puzzled. They are even more puzzled when they ask he/she why they did it and they hear, "I don't know." Truly, they may not know or be aware of the power or source of the underlying quest to be, in their minds, desirable.

Tip: This type of affair is a great opportunity for a married couple to move their level of sexual and emotional intimacy to new levels. It is crucial to talk... talk some more...and more. Often sex can be surprisingly passionate and powerful once the disclosure is made. The "wounded" spouse must work hard at not personalizing the affair and provide a warm accepting environment to talk...and talk more...and more. The "offending" spouse must open up and continue exploring in detail his/her sexuality.

What can I expect will happen?

- Secrecy. She will be very reluctant to tell you what happened or is happening. You might pick up on her not "being the same" but **it will be difficult to pinpoint exactly the problem.** She might appear more withdrawn and she might pull away from you when you approach her. Or, she will make sure that she places herself in situations where she doesn't have to talk to you or confront you.
- **You may see tears and much remorse.** The tears may flow freely but she may find it very difficult to talk about them. You may ask and she may not respond. She truly may NOT know what to say. She hasn't figured out within herself what is or has happened and truly has not words, just tears. Her behavior may seem incomprehensible to her.
- **You may see tears and much remorse and she may know exactly where they come from, but will find it very difficult to share that with you.** This arises not out of her desire to push you away but out of her guilt and shame. It literally pains her to think of what she did or is doing. Her **guilt and shame**, in her mind, reinforce her negative thinking that tells her, "You really are not desirable or ok."
- **She may threaten to leave you or walk out.** She may pack her bags or

leave for a while, saying she needs her “space.” It’s not that she really wants to leave, but at that point does not see herself as worthy or capable of being with you. It’s also doubtful she will go to the other person. She truly may need some time to gather herself, apart from anyone else.

- **She may very slowly and tentatively approach you with herself.** She will send out clues, some very subtle, that she is willing to talk...a little. She is sending you a message that you are important to her but she needs to know it is safe to be around you. She anticipates that you will reject her. She needs to know and experience safety with you.
- **Her affair may serve the purpose of ameliorating and resolving left over sexual abuse or sexual trauma issues from her history.** If so, the process will take longer. She will want you to hang in there with her, although she will not be able to tell you what that means.
- **If past sexual encounters contribute to her pain, she will begin to experience more clearly images and feelings “locked” in her from her past experiences.** These may be very frightening and powerful. She truly may not know where they come from. Her life and your life with her may take on a chaotic and unpredictable flavor.

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

A marriage or relationship of investment is a **dance** – a dance of joining and distancing. A couple moves close with the purpose of joining and being one and after a fashion moves apart to claim their own space and uniqueness.

Usually we choose or are attracted to someone with the same comfort zone in the distance/joining continuum or with a similar capacity for joining and/or distancing.

The couple does their dance to balance the pull for joining and the push for individual space and expression. Intimacy is the capacity to talk about and the freedom to move between joining and individual expression.

Someone has an affair because ostensibly they say that want to be close to someone. However, a **relationship with a third party is NEVER intimate**, but may serve the purpose for that person of never having to be intimate with anyone, although someone may feel close. Got this!?

Key Points

1. Affairs of this nature **may be fairly long term in nature**, usually with only one other person. The affair serves to siphon off the tension between the spouses as the

two experience difficulty in talking about their needs for joining and distancing and successfully working out agreements (usually unspoken) to achieve a balance of being close and apart.

2. The affair **may be a highly guarded secret**. This secret, in itself, almost guarantees that the marital relationship will remain stuck and not develop in intimacy. A secret is like a blanket that smothers growth.
3. The affair **may not be a closely guarded secret**. The other spouse may have knowledge of the affair or have a strong inkling but chooses not to bring it up or say anything. There will be consequences to face the elephant sitting in the room.
4. **The three parties walk somewhat of an emotional tightrope** to maintain the balance in the relationships. There is an underlying sense of unease or emptiness.
5. **Those nearby will usually pick up on the underlying tension**. (At one level, children KNOW what is happening.) Children will sense the tension and may display disturbing symptoms such as illness, acting out, withdrawal, poor performance, etc. as a way of responding to the elephant in the room.

Tip: The biggest obstacle for this couple is garnering the courage to face the truth. Truth telling (either, I'm involved with someone else or, I know you are involved with someone else) will begin the healing and growth process. Both will have an opportunity to evaluate the relationship, explore and define their needs and begin charting a future that holds for them greater freedom and enhanced capacity for intimacy. They will begin to LIVE, whether they choose to maintain the marriage or divorce.

What can I expect will happen?

- **If the affair is “in the open” you can expect a great deal of “waffling.”** He will sit on the fence and find it difficult to make and keep a commitment to either the marriage or the other person.

He most likely will do with you what he does with the other person. At times you are hopeful that some resolution will take place and then your hopefulness is dashed as he heads in the other direction.

- **You will find him very difficult to read.** This has always been true but more so now. He will play his cards close to the vest, so to speak. His behavior may externally appear very consistent. You may notice him “staring into space” but will not have a clue about the content of that staring. And, he will not acknowledge his staring or will dismiss you as seeing something that doesn't exist.
- **He most likely will display some secretive behavior.** He may go somewhere and not tell you. He may hide his briefcase, mail, schedule or other parts of his life from you. This hiding may not be related to the other person, but you do not know. And, he will not volunteer information to help

you move off center. A nagging suspiciousness will follow you around.

- **He may make promises to leave her or end the relationship.** He will tell you when he is going to do that – if you just leave him alone. He says he will take care of it. However, he usually doesn't follow through.

He probably fully intended to end the relationship but did not. And, he may not tell you if he tried to end the relationship or what happened if indeed he did attempt. In reality, he probably “ended” the relationship a number of times, but found himself wandering back.

- **Some form of crisis may develop.** The underlying tension takes its toll on him, you, his coworkers, and your children, if you have them. It takes its toll on health and healthy functioning.

Do not be surprised as the tension mounts and as you try to move to some form of resolution that illness develops, an accident happens, a work crisis develops or one of your children begins acting out or do what they do to deal with the unspoken about stress and tension. The functioning level of your family system loses its effectiveness.

- **Find yourself giving a tremendous amount of energy to the process.** It takes great effort being around him. It takes great effort communicating verbally with him. You are emotionally taxed at every turn. It's like “pulling teeth” as you attempt to elicit from him some form of self disclosure. He gives you a little but not enough. You throw up your hands and he offers a little more. You ask for more and he backs away. Balancing the teeter-totter is work.
- **You feel like tiptoeing.** Perhaps you sense and underlying fragility about him. Perhaps you sense that at any day or any moment his world might come crashing down, that his mechanisms to hold his world together will not longer work. You are concerned about how he responds to what you say or what you don't say. You are concerned about how he responds to what might be happening with the other person. You are fearful to talk about the elephant sitting in the room.
- **Without any of the basic patterns altered, expect that it will take months to end the affair, if indeed it does.** His wrenching apart from the other relationship and moving toward you takes energy and time. It is a fairly slow process for this kind of affair.

Change does not happen easily with this deeply engrained ambivalence. The tendency to hang on drags effective resolution and change to a snails pace.

Understand that this mini-ebook is part of my larger, more comprehensive ebook:
Break Free From the Affair.

Break Free From the Affair provides in-depth analysis of affairs, giving you the knowledge, confidence and a game plan to know exactly what you must do to break free from the affair more quickly.

Break Free From the Affair gives you 14 specific skills that are uniquely used for 7 different kinds of affairs. You formulate exactly what you need to say and do for your situation. I help you every step of the way, so you have the confidence and guidance to end your nightmare, beginning now!

Here's more of what you get

- Characteristics of the person involved in each kind of affair
- Will they live happily ever after?
- What are the odds of saving the marriage?
- Do you really want to save the marriage?
- What you can specifically do to increase the odds of saving the marriage

You also receive at the end of the ebook:

- 7 Powerful Tactics to Break Free From the Affair and Stop it NOW
- 12 Unattractive, Ugly, Typical Tactics Most People Use to Prolong the Affair and Guarantee Their Own Misery

To download **Break Free From the Affair** now, go to:

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