

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

## **19 Live Infidelity Coaching Sessions**

**With Dr. Robert Huizenga – The Infidelity Coach**

## **Self Esteem and Eric's Wife's Predator**

**Workbook portion of audio tape with Eric**

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

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## **Part 1: Summary of Eric's Circumstances**

How do Eric and his wife pick up the pieces after she falls victim to a narcissistic, perhaps sociopath predator?

Eric and their daughter didn't have a clue of their bi-yearly rendezvous which took place for a number of years.

Eric (and she) describes her relationship with the OP driven by periodic episodes of intense and kinky sex.

How could she compartmentalize? How can Eric regain any sense of self-esteem and well being?

She wants it to go away. Eric says "loose ends" must be addressed.

## **Part 2: Review of the Coaching Session**

### **1. Recovery issue #1: How could I miss it?**

Part of Eric's personal recovery is answering the question, "How could I miss it?" Here, they were, meeting a couple times a year, for a number of years, engaged in high power sex of different varieties. He felt foolish that he didn't have a clue.

And, what was wrong with him that he was clueless?

A powerful need in the recovery process is to validate one's internal personal radar system, sometimes called intuition or instinct. A person relies upon that system more than s/he realizes. It subtly guides relationships and other decision making processes. A person relies upon on it for decisions of moving close or backing away, of discerning the next statement in a conversation or ferreting the truth.

Eric's trust in his internal guidance system was shaken. He called into question his capacity to know the truth and his ability to find his way through complex relationships and situations. Was he defective?

Of course one is usually selective with this system. A person may choose to block or filter out an internal signal especially if it is deemed highly threatening or unpleasant.

But this was not the case with Eric. Nor was it the case with their daughter who, when she discovered, was as shocked as Eric.

Eric's wife had the capacity to dissociate or what she described herself as "compartmentalize." This was another life she lived. And, this life in no way, intersected with her marriage and family life. Emotionally, physically, internally they were separate.

Yes, this does and can happen.

### **2. Recovery issue #2: Self Esteem**

Eric felt "second string."

And, there were obvious reasons for this. The OP was extremely wealthy, powerful and socially influential. Since our culture applauds such characteristics, it is easy to understand Eric's feelings.

As well, after discovery, the OP directly threatened him and made it clear that he was competing for his wife and would use any means to achieve his goal.

Talk about cavemen and who has the biggest stick! (Sorry, Geico) Bloods runs faster when confronted by such primitive forces and one questions, "Am I up to this?"

Eric would wake at 3:00 am with questions and images swamping his mind.

Then, there is sex. Was he adequate there, especially since she and he had done everything possible? And, not only that. She divulged to Eric that sex was so intense they would shred and tear the clothes off each other.

Was he to be more "adventurous?" Or, would this be perceived as competing with the OP and doomed to fail? He described their sex life as good. But, was that enough?

### **3. Recovery issue #3: The need to understand**

What happened? Why did she do what she did? Why with such intensity? Why was she able to compartmentalize?

What is the world was going on?

She entered intensive individual therapy after disclosure and ending the infidelity. She chose not to disclose to Eric the content of those sessions or the areas she was exploring. Especially off limits was the sexual activity and its nature.

No history of sexual abuse or trauma was reported.

OK, so what does Eric do with this? How much does he need to know to satisfy his need to feel progress in the recovery process? Can he live in a relationship with a cloud over this history between them? Or, will images, thoughts and questions, not based on reality, become a wedge for them?

Will the healing of the relationship and future growth of the relationship depend on her disclosing more and more of her reasons and dark internal struggles with this episode? My guess it will. But, Eric and his wife are in the initial stages of recovery. More is to come.

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#### **4. Recovery issue #4: Will Eric be safe?**

Is the OP truly out of Eric's life? Are there dangers that lurk? Is he truly out of Eric's wife's life? Or will he instigate contact out of a need for power, control and/or rage/revenge?

The passage of time with no contact alleviates some of the worry. As well, a pattern for that personality is to move on to other conquests.

Just as important for Eric is the question, "Can I trust her?" Will she go there again, with him or another person?" She says no, but, again, what are Eric's instincts telling him when she says that and can he trust?

More self disclosure from his wife and the passage of time will soften that question.

#### **5. Recovery issue #5: Sophistication with Charging Neutral**

Eric used religiously my concept of Charging Neutral. It is a non-reactive way of approaching potentially highly volatile emotional circumstances. It allows one to make clear statements and be in charge of self. It allows one to make powerful statements calmly.

Charging neutral proves invaluable for Eric in providing stability and consistency for a relationship that could easily blow. Most likely, this is deeply appreciated by his wife.

Eric also has focused on her circumstances, trying to understand, listen and be accepting. This, no doubt, has kept the relationship intact.

Charging neutral has helped weather the initial storm.

The tendency with charging neutral in such relationships is to downplay the intensity of one's needs or concerns. Although this is not the intent of charging neutral, it typically happens during the initial weeks of discovery and intense feelings.

The next chapter involves taking charging neutral to another level. This level involves allowing the intensity of one's needs and concerns to be expressed with more power and clarity - while employing the skill.

In other words, one expands on his/her needs and concerns. More conversations with more depth and more probing take place. The layers of the onion are peeled.

Charging neutral enables this happen in a way that respects both involved parties.

This, most likely, will be the next stage for Eric and his wife as they forge a new marriage.

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

- ▶ My spouse also had a "sleazy" type of affair - his was more emotional though. I think that I would accept his blaming of me for a short while just to get him to keep talking. I knew that it was a way for him to justify what he did after awhile I then rebutted and let him know the way that I felt things really were and that with a few exceptions I was not going to take the blame.
- ▶ Again, my situation is similar. I was unable to say anything about the predator boyfriend because she would not admit the relationship, even in the face of incontrovertible evidence. Her friends, her employees and even her children despised the "slimy" boyfriend and could not understand her attraction to him. I believe part of it was both of them had alcohol abuse problems, and my wife was seeking male/father figure approval through casual sexual encounters, etc.
- ▶ Geez, right on the mark regarding my situation. My husband had two affairs each lasting 2 years in length. I had a couple times I wondered about something that seemed inappropriate, flirty email, or spending too much time at his friend's house, etc. Always to be told I was silly or stupid, they were friends, etc. I believed it all and now feel totally stupid/gullible? What was helpful? Remembering that though we had problems it was HE who stepped outside our marriage. Not ME. Holding him responsible for his actions. Taking time to heal. His affairs were years ago, with what he calls a few "burps". Mainly, he says he was already over them and never in a million years wanted me to find out and be hurt. Well, I found out.... and it did hurt. Now, I am living it in the present and trying to put the pieces together of how, when, why? He's already over it and feels I'm running him thru the mud by having to relive it. Take time to heal. And the spouse has to understand it takes time and they always need to be supportive.
- ▶ He has the same need to know what happened sexually, to feel that he satisfy his wife.
- ▶ Open communications with safe friends; female friends (safe) helped re-establish confidence levels.

- ▶ Total forgiveness and alot of talking. Try to understand your mate.
- ▶ I ask my husband questions that he didn't want to answer but after a while he gave in an answered them. I let him know that no matter what he did we would try to work things out, even though I was hurt through and through I always let him know I loved him.
- ▶ I told her I would never go through this again, and if she wasn't done with the OP I was done putting up with having a OP in my life. 2. I have continued my surveillence. Not because I don't trust but because I want to.

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

- ▶ He is much further along than me, but I would suggest that he takes good care of himself. It is too easy to let yourself be last on the list when your mind is constantly on the situation. I might suggest that he keeps a diary or notes. Seemed like once I had everything down I did not feel the need to keep rerunning everything in my mind over and over again.
- ▶ My wife had an emotionally and physically abusive father, which became significant at puberty and thereafter. Her father is also a bi-polar person and her recent actions seem to mirror that of her father's earlier life of affairs, abuse, highs, and lows. My wife would go from wanting to work out our marriage, to completely ignoring me and behaving almost as if she's a single person.
- ▶ If you have a thought or even think something is going on... it probably is. In retrospect, I'd get a undercover person to catch him, I'd have the computer bugged, I'd do whatever to prove to myself that I am either right or wrong. Two reasons. For my sanity. For my health. Infidelity offers that extra problem of possible STD's. Take care of yourself and don't let the situation be worsened by not protecting yourself and your health.
- ▶ I cannot give too much advice right now because I am in the early stages. But if you really care for the other person I think it is worth sticking it out.
- ▶ I would tell him to continue to focus on himself; I would suggest counseling to provide tools for thought stopping & I would recommend an in depth study on forgiveness.
- ▶ Don't give up if you believe in yourself and in your partner. We all make mistakes, but sometimes these mistakes are hard to face. Help yourself first and then work on your marriage. Good luck.
- ▶ Infidelity is not always your fault, believe in your self. Sometimes you can have a great sex life and completely satisfy your partner and in them there is a deep desire to go further and keep it to themselves, this is not your fault either, your partner should tell you all the desires they have so that you can do all they want.

- ▶ Respectfully, do something in your life that you have always wanted to do that makes you 'feel good' about yourself.
- ▶ Eric did nothing to deserve this. He deserves better and must demand better. 2. If he demands better and does not get it, he must be prepared to find happiness somewhere else and that may mean being alone for awhile.

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

- ▶ I realized that it is possible to be TOTALLY duped by a spouse - I do not feel so dumb for not having a clue.
- ▶ I learned that my wife's history with her father's abuse, beginning sexual relationships with older guys at a very young age, abusing alcohol at a very young age, and her mousy mother whom never protected her all tie in. She is a physician, and it seems like she completed medical school to prove to her dad that she wasn't a "nothing" and to gain his respect. It only partially worked. I was a trigger, not the cause. I don't know how to rectify the problem, though. She quit counseling, she won't even discuss the issues, she projects blame on me for almost everything going wrong in her life right now.
- ▶ I understand others go thru the same situations. This woman that actually was predatory. She searched my husband down without even knowing each other's names, then developed a friendship and waited to the opportune moment for him to be vulnerable after a stressful union meeting. She offered him oral sex, to which I have NO idea why. But then, with time the relationship grew and continued for 2 years. So, now I look for problems or possible other encounters. I try to keep him happy at home, sexually, mentally and physically. I want to offer him happiness and I hope at some point closure. However, I too see that I need time to heal, where he is moving too fast for closure.. I'm not there yet.
- ▶ The feeling conveyed remind one that they are not alone; it refreshed my memory of the charge neutral concept in which I fail too often.
- ▶ To know I was not the only one this has happened to. Sometimes the one that deceives you really needs more help and understanding in order for both partners to reconnect.
- ▶ I have learned that we all have the same feelings and questions when our spouse cheats on us. Most of us feel that it is our fault somehow, but after a year and a half, I realize I was not at fault, it was all my husbands. We have to realize that our partner did this on their own to satisfy that inner feeling they want satisfied.

- ▶ Realizing that you are not alone.
- ▶ I am not alone, we are not alone in this. Most people think of infidelity as a man's disease and yet all the seemingly pure wives (just like mine) are committing this fraud of behavior right in front of us. Of course she wants it to all go away, who wouldn't after getting caught doing something like this.