

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

## **19 Live Infidelity Coaching Sessions**

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

## **When Sex with the OP is Horrorific!**

**Workbook portion of audio tape with Mike**

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

Four months ago Mike caught his wife exiting a hotel room with a man. But this was odd: she was ashen white, walking 10 feet in front of the OP and looking terribly disturbed.

After the "affair" she committed to the marriage.

However, it's been anything but smooth.

She approaches Mike but hits a panic button and bolts away.

Mike agonizes about the future, the well-being of their daughter and what he can do to "make it better."

A secret from the past sheds light on her unpredictable behavior and raises questions for Mike about his role and the time frame for reconciliation.

## Part 2: Review of the Coaching Session

**1. This tape explodes the myth that sex in an extramarital affair is always spectacular. It became very clear in the final few minutes of the tape the exact nature and purpose for her infidelity.**

Mike's wife was living out [affair #6: I Need to Prove My Desirability.](#)"

There is a fine distinction I want to make in this kind of affair. A person may enter into an affair with hopes of discovering that some part of his/her sexuality is affirmed. S/he wants to believe that s/he is indeed adequate and worthy at that point.

Some enter into this kind of affair because it comes close to replicating a past sexual trauma. They "set themselves up" to experience the pain they experienced previously. This is not done with conscious thought.

The intent, however, is positive. At some inner level they want to undo or be healed from the memories, feelings and ways of thinking they have taken along with them as a result of that trauma so they can experience more freedom and health in the present moment.

Mike's wife's affair fits almost to a "t" into this category - a rape at 17.

Here are parts of my comments in Break Free From the Affair:

"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."

This describes exactly what you hear in the tape.

**2. Mike's life is cast into an unknown cauldron of uncertainty and confusion. She can go only so far in describing her agony. She can move only so close to him before bolting.**

Mike struggles with his helplessness. She seems to be controlling the tempo and the relationship. They move somewhat close and she panics. Mike is concerned for their daughter's well-being. He wonders what sort of family she will experience.

You can feel the frustration and anxiety in Mike's voice. He feels like he's losing his world and his new emerging world has many unknowns that strike at what is vitally important to him.

### **3. Trying to get her to talk or discover what she's thinking and desiring will go only so far.**

She doesn't know. She doesn't know "why" she did what she did. She doesn't understand why she bolts from him, is fearful of a small kiss or runs in panic from the family gift opening on Christmas morning when Mike touches her foot.

It's as if she lives two lives. The one attempts to be a good mother, a good wife, a good friend, and a good manager of the family. She tries to assume the normal and familiar roles.

Another part of her, at times is beyond her immediate conscious awareness. But it's there. This part has been wounded beyond belief. She may vaguely be aware of this part. Other times it is absent. And, sometimes it jerks her with the pain and vague memories.

She may move from one part to the other. External triggers may spring it (Mike rubbing her foot) or internally some thought, image or memory may serve as a trigger.

### **4. I outline two important needs for Mike's wife. These needs will be crucial for Mike to understand and embrace for healing and restoration. And, it will be important for Mike to hold and manage well his own fears and anxiety so he might be able to honor these needs.**

First, his wife needs a place of safety.

She found that place. Her psychologist obviously provided a safe context for her to heal. The psychologist very adroitly conveyed explicit boundaries. His wife knew that this was a safe place. This was a place where she would not be hurt. This was a place to heal. And, this was HER place. This was not a place for Mike or anyone else.

Second, his wife needs constancy from Mike.

She needs Mike to be a "constant object." He needs to be predictable. He needs to be there, but not too close, at least at the beginning. He needs to understand that the next 6 months are hers, for her healing.

She needs a rock that doesn't move or waver.

**5. It is also important for Mike to define some clear steps, some hopeful steps, some realistic steps from the next 6-18 months.**

Here are some steps we touched on briefly in the last couple minutes of the session:

Mike can spend time calming his frustration and anxiety. He can build a firm foundation for himself. He can believe more in his power and influence. He can learn about her world and what it will take for her to heal.

Mike can help keep the healing on a forward path. He can encourage her to continue seeing the psychologist, even when she wants to back away.

He can begin preparing for intimacy. He can start reading the signs when she needs him to move close, how she wants him to move close and where the triggers or panic buttons reside once he moves beyond a particular boundary she sets.

Mike can work intentionally on being a rock. He can plan family activities. He can be there for their daughter when it will be difficult for his wife to do so. He can hold the family together and share a disproportionate load of the responsibilities.

Mike can listen. He can tune in and read her subtle messages. He can learn to be an exquisite communicator. He can share his needs and concerns in ways that elicit understanding and cooperation.

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

- ▶ My only situation that is the same or somewhat the same is that of things seem better and then all at once they seem drastically worse. I believe for myself that I almost fear "good" things between us and that maybe when that happens it is not allowing him to "pay" for what he did wrong, or maybe it seems he is getting off the hook too easily by his faults. I have realized that this seems to almost be an unconscious decision on my part. Perhaps at times I almost sabotage the good things and either find myself in a meltdown situation or the next day will be horrible. It's like 2 steps forward, 3 steps back situation at times. I find that he needs good days, or we both need good days at times in recovery...

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

- ▶ I had a similar experience of a family member becoming too friendly with myself. It was not rape, but was too much touch and actions were not comfortable. I was a young child probably about 11 or so? I never thought about this as an issue as I had pretty much put it in my past and never addressed it nor saw it as a problem as we never had sex. But, my suggestion would be to continue exactly as he is with loads of patience and support. Time does seem to make things a bit easier. Also, I would suggest counseling for Mike! Someone he could talk to more often than 15 minutes at a time and they can work toward couple counseling at some point.
  
- ▶ Mike as hard as it is, respect your wife's space and the time she needs to heal. Continue to foster and build the family relationship with your 2 year old as best you can. Talk positively about mom in front of daughter.

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

- ▶ I think I may need to uncover how my past may have affected my choices in life. I have never had an affair, but now see that my past may have not let me choose wisely in some of my decisions. Also, though my husband was the one that had the affair, I see his needs more clearly in needing those good days to build himself up for working on our marriage.
  
- ▶ panic button that was interesting and helps me with why my H runs whenever he is here at home. He tends to be eager to leave.