

How to Break Free From The Affair!

19 Live Infidelity Coaching Sessions

With Dr. Robert Huizenga – The Infidelity Coach

How Sue Catapulted Through Her 3 Week Crying Jag and Meltdown

Workbook portion of audio tape with Erin

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Part 1: Summary of Sue's Circumstances

I am 43 and my husband is 45. The OP just turned 28 this week. The physical affair has been going on for 11 mos and I've know for 8 mos...suspected for 10mos.

I knew something was wrong in our marriage going back about 2 yrs ago. I didn't know what and we continued to have a really nice connection and made time for each other every night. I asked for marriage counseling 'just in case'. He assured me all was OK. He now says he did not know anything was not OK at the time....but sees how not OK it was.

At the end of June last year he was 'hanging out' with one of our tenants. She and her sister lived in another unit of ours for 2-3 years. When this sister decided they should live on their own, an apartment we have in our town became available and she moved in. The other sister died tragically about 2 months later. We helped this girl through this mess.....me on the periphery, and my husband more through direct contact. Well, at the end of June I told him I was very uncomfortable with the time he was spending with her. Wasn't tons, but it seemed inappropriate.

As the summer wore on I became more and more suspicious as his behavior was changing in subtle ways....what time he wanted to go to bed, etc. I confronted him on several occasions only to be met with denial and reassurance. His work schedule had been very demanding so I was looking at this as a time period to 'get through' and that it would end in September (his work can be cyclical).

The last Wednesday of August I went to bed and actually said out loud to myself "OK Sue. You are going to have to get used to living alone." I woke up that night at 3AM to find that he wasn't there. Had taken the recycling down and kept driving.

I waited up and when he returned an hour later, it all (well not all!) came out. I would have gone there if he hadn't taken my car and his keys. The real hell had begun. After two wishy washy weeks he came home on our 14 y anniversary (been together 20) and told me he couldn't give me what I wanted. That he couldn't leave her. I summarily told him to get out. It was ugly. He got drunk and she totaled his car that night. All bad.

The next couple of weeks I told them to get out of our apartment in the center of the town.....our poor kids! They are now in 6th and 7th grades and were 'aware' of all of this before I was. I never told them as they proclaimed it as knowledge.

Doug and I went to look at a house for him to move into. He rented it and she moved in immediately and they both live there to this day.

During the holidays he spent the time with us and we traveled to his sister's together and spent New Year's Eve with our closest group of friends. We had a great time. He told her it was over New Year's Day. I think that lasted about a day. He and I continued to spend time together until Feb 16th. I said that was it. He has shut himself off from all friends and family throughout this...except for that holiday period. No one has met her except for me. And I did meet with her in those first two weeks.

3 weeks ago he told me when asked to picture how he sees himself growing old, he purely and clearly saw me. Since then he has sounded much more grounded and honest.

Now, there has been many terrible hurts along the way. He has taken her to tropical destinations on 2 occasions instead of spending time with his kids on their vacation. One of those times he took her to where we got engaged.....I cried for 3 weeks straight.

The kids and I have done a tremendous amount of growing. We have been away twice and I just went away 2 weekends ago all by myself for the first time ever. It was life changing and truly wonderful.

Doug and I still have a tremendously strong connection. He is talking with her about having her move out. I am talking about moving on. I want the marriage, but am very ready now to go in either direction and feel quite good about that.

I should also tell you we did see a marriage counselor for a few months (until Feb 16th) and we both see people individually. Here's another kicker.....we also see a 'seer'..something that most people don't understand. But to say that this woman has been anything less than a miraculous help is an understatement. I can explain more if you are interested.

So now I feel ready for whatever happens. I could have really used you coaching before!

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I am unsure about specific questions at this point. I am more interested in guidance at this point as to how and when to draw the final line...meaning divorce papers. It will be a challenge to remain clear when the feelings are still there, but I am so focused on me now and have walked through so much pain that I truly feel I can do this.

Thumbnail stories are probably hard to come by! I may have more questions as each day is different, but I've been sitting in this new solid place for 2 weeks now. And I know from each new level I've taken that the good won't go away now. It may become obscured if I'm not careful.....but I won't let it go away.

THANK YOU!!! for all that you have done. Your site has been instrumental in getting me to this point. I can't say enough about it. I am the Sue you talked to in the chat room one night.

Part 2: Dr. Huizenga's Review of the Coaching Session

1. There are the "firsts" after infidelity discovery. The first Christmas. The first birthday. The first Valentine's Day. The first anniversary. The first visit to a special restaurant. It can be a long list.

Each is a hurdle. Each is a foreboding moat to cross.

For Sue, it was getting on a plane and taking her first trip alone. It was her hurdle - and as it turned out, her last major hurdle.

Prior to her jump over this last hurdle, Sue had a meltdown - a night and day crying jag that lasted for 3 weeks. Heart wrenching. Painful. Will-never-seem-to-end agony.

And then, one morning, it was over. A new day. A new perspective. New feelings. The pain, the agony, the endless days of tears were done.

What happened? What thrust her through that wall of agony with such power, force and finality?

2. Sue describes 4 strategies for breaking through the wall of pain a 180 degree shift in feelings.

If you listen closely you will hear four powerful strategies that Sue used and you can intentionally use as well to break through and break free.

Rather than summarizing them here, I want you hear Sue describe them. You will enjoy her words, her wisdom and how she conveys their power.

3. It takes courage to face the crud. You hear Sue and her experience of hitting the wall - the 3 week crying jag.

These tears were different than the tears/pain felt upon discovery of the affair. They had a different flavor and different purpose.

She knew she could not run away from these tears. If she did, they would only appear later, perhaps in more powerful destructive forms.

Was this "work" for Sue?

Did she invite these tears or did they just happen?

Did she have any control over them?

How did she break through?

What was on the other side?

Sue addresses these questions in the tape.

Also, as you listen, hear her insightful comments about her desire to yell and scream, make knee-jerk decisions and take action she might regret. (This has great application, in all affairs except perhaps #2: "I Don't Want to Say No.") See Break Free From the Affair for the characteristics of the 7 kinds of affairs.

4. Sue talks about the importance of waiting and the stages of waiting. Three periods of waiting:

1. Waiting for her crazy husband to change. (waste of time, but perhaps the first phase or stage of coping with infidelity)
2. Waiting for herself to be comfortable with her before she acted. (Now this is a challenge, but well worth the struggle)
3. Waiting for the process to complete. (Sue is now waiting to see what growth and decisions her husband will make. She has a timeline of a few weeks [not months or years] to wait. If he continues down a path with the OP she will file for divorce. However, she is confident he is growing toward her and the marriage. Recent conversations and his changing behavior indicate so.) Sue can now wait with confidence, purpose and calmness after breaking through the wall of pain.

One more goodie from the tape: expectations.

Sue offers her wisdom and thinking on dealing with expectations. Great nuggets of truth.

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

- ▶ I did not run out and file for a divorce. I can't say that was helpful because his stance is that "U made me do it or in other words the marriage made me do it" and I KNOW now that the marriage has no hope due to the %. It has been 2 years.
- ▶ I cannot say I am in her exact situation. I still do not feel comfortable with myself. I struggle with being blaming towards myself and my husband having an affair. Perhaps one of the things our counselor said was "things don't happen in a vacuum." Therefore, there must have been problems on both of your sides for him to have looked outside of marriage. So, maybe it wasn't worded well for me... but it's left me feeling very blaming towards myself in his affair. I still struggle with finding fault in myself... and I would be the first to tell you I'm wrong or bad... or guilty of this. But sometimes I just don't understand the whole big picture yet. But, I blame myself in not giving him the attention he needed or trying to communicate harder.

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

- ▶ UR expectations may still be too high. I pray that I will be proven wrong. In the 12 step program, they have an old saying; believe only half of what U see and none of what U hear. Do U really want him back if he would do this when UR children knew before U.

- ▶ Looking to those around you for support. And at the same time looking for the support you need, and perhaps even needing to distance yourself from "bad" support. I had some people who stated they would never talk to me again if I didn't leave my relationship, as he had done me wrong, and they felt I struggled with low self-esteem. They truly feel he is playing a game and I'm a pawn and will be hurt again and again. I have learned I have to do some things for myself, no matter the hurt involved. I've lost some dear people in the process. Also, we have lost some friends that either have distanced themselves, dumped us and a few that are right there all the time. It's learning who is really your friend and your support.

- ▶ She has it all figured out and was an inspiration to me; I'm stuck in the crying jag where it's just sinking in that he may never come back (after 31 yrs of marriage / 37 yrs together since age 16).

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

- ▶ I have benefited from the Listen, Listen, Listen...Don't "re-act" I feel that has been my problem all along. I will go to the chat room. With information like that who wouldn't. What is a "Seer"?
- ▶ The things I have rec'd is hope and the hope for peace.
- ▶ I learned what I'm going through is normal and is a stage I must go through to break through to the other side. I also learned there is hope, that I will be okay no matter what and it definitely inspired me to keep going. I will also start utilizing the chat room. Thank you so much!
- ▶ I too am waiting to be "comfortable" before filing for divorce. There are people who can't understand why I would not file for divorce immediately when I know that my husband is having an affair with another women; I, myself, always thought if I was in this situation, that I would never just sit and let someone treat me this way. But I tell my husband and everyone else who thinks I should file NOW, that I will file for divorce when it is right for ME, not for them. Even after my husband found out that the other woman was pregnant, and me asking him if he would like me to file, isn't ready for me to file (she has since had an abortion). The biggest benefit I received from the tape is that it is okay to wait, to make sure that I am comfortable with any action I need or decide to take. I am just waiting to be at that same place that Sue is now. I think I have a long way to go, since I'm fairly early in the process. She has given me courage to go to the chat room too. It would be great to have others to talk with who are in similar predicaments.