

How to Break Free From The Affair!

19 Live Infidelity Coaching Sessions

With Dr. Robert Huizenga – The Infidelity Coach

Turning Point Changes Your World

Workbook portion of audio tape with Jackye

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Part 1: Summary of Jackye's Circumstances

Never suspecting and caught totally off guard, Jackye learns of his infidelity - and other secrets.

After weeks of pain, something clicks and Jackye makes a huge internal shift.

She describes the triggers that sets her off and finds powerful ways to counteract them and move into her future with less fear and anger.

Jackye sets up a 2-year program based on self-care, self-advancement, model parenting and a relationship built on honesty and trust

Part 2: Review of the Coaching Session

1. It is often helpful to allow or give yourself a "holding period" or "time-out." You often need time to adjust, to think, to stand back and evaluate your circumstances.

You need not rush to make decisions.

Friends and family often push you to decide. They, however, have a vested interest and offer their advice with a desire for you to feel as little pain and agony as possible.

As well, a knee-jerk decision may prove to be disastrous. And, once it's made, there is often no turning back.

Jackye was wisely able to do just that. She shifted her focus away from him and what he was or was not doing, away from the memories and the pain of those memories.

She entertained the questions: What is best for me? What do I want my future to look like? What do I want for my children? What would be the best possible way for my family and me to move gracefully and productively through this trauma?

She eventually settled upon a 2-year plan, well thought out, whereby at the end of two years she would be able financially and emotionally to remove herself from the marriage if need be.

Her 2-year plan generated hope and a new feeling of empowerment.

2. Now, how was she able to do that? That process is often easier said than done. Intentions may be great, but follow through leaves something to be desired.

My experience tells me there usually is a turning point.

There comes a time when an internal shift or decision is made and the flow of thinking and the actions change dramatically.

Agony may exist to that point. But, the agony is knowingly or unknowing addressed and examined. It may be a painful period, but a necessary and productive time for thinking and feeling to align differently.

When Jackye reached that turning point she began to realize there was nothing basically wrong with her. She began to identify and appreciate her strengths and was formulating ways to use them.

She let go of her anger and hurt. They dissipated. They lost their power.

Jackye moved from seeing herself as a victim and subject to the influence of his behaviors to a person who no longer needed to react to him but could, through her own power, begin to design her future - with or without him. (It is best to think first of a future without him.)

3. Jackye still remained susceptible to various triggers that had the propensity to ignite negative feelings and thoughts. Of course, this is a challenge for all of us.

When the triggers began to set off the negative feelings and thoughts, Jackye was able to consciously and intentionally initiate interventions that changed the flow from negative to positive.

She experimented with self talk and found the exact phrase that would modify her thinking and therefore feeling. She also found that listening to particular music had a quick and effective way of altering her internal life.

Jackye was able to change the flow and direction of her life. How wonderful!

4. A strong firm foundation for one's life is crucial, especially when coping with a crisis such as infidelity. A basis for decisions, a basis for thinking well of one's self, a basis for solving problems and a basis for other relationships are important.

From the tape you will hear Jackye developing her foundation.

Her friends were not very understanding of her circumstances. Like most uninformed but well intentioned friends, they were easy to give advice. Most of the time, Jackye was moving in a different direction.

She was able to craft a position and convey that position to her friends in a way that Jackye could feel good about.

Jackye was able to set firm sexual boundaries with her husband. She let him know what kind of relationship with him she would accept and desire. Again, she planted her feet and said, "Here I stand. Like it or not!"

And lastly, Jackye though this change process was able to see herself as a creator rather than a victim. She called upon her strengths, identified those strengths and took action that would create for her the best possible life under her circumstances.

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

- ▶ You are amazing. I pray that when I am sick or injured and freaked out you will be my nurse. Maybe I'll save enough money to hire you to care for me throughout my entire old age. 1. I was upbeat with him after a while, without feeling in the least that this meant a commitment from me or any kind of trust implied. I laughed at his jokes and complimented his cooking and so forth. It was genuine but I felt no obligations. 2. I didn't share anything with my child until she was older, though she figured out that he was being stupid when she was 3. But at that point I didn't lie, and neither did my friends who experienced this kind of repeated betrayal. It is important for the children to know that such behavior is very destructive, though it can be manageable and lived through. If it's kept secret you look enabling, guilty, weak, and contrarily a martyr. Messy.
- ▶ I'm at exactly 4 weeks into discovery, my husband moved in with the OW. At first, I was really the one arranging for us to talk, there was just so many questions. My husband is still in emotional block out from everyone. A week ago, I decided also to back-off, I changed my mobile, i change my daughter's mobile and put in some boundaries (I did not change home numbers still). I'm on my 8th day now of no communication with H and I am also holding on, still ups and down - My appetite is slowing getting back and energy to go back to work is also getting there. Like Jackye, listening to music really helps the hurt or shift back the focus to my two children and myself, looking at a life without him. It also helps me focus by doing self-talk 'I will make it' as what you mentioned in the e-book. When there are times that I am distracted at work (just like now), I write to myself 'OK, you will sink in this until 10:30am only after that get back to work!' I find it amusing and amazed that I really can do it.
- ▶ Detaching and reconnecting with old friends and current friends for support.
- ▶ I was in therapy, at least once a week with a Good therapist. To accept the gravity of what these people have done to UR relationship. To realize that these people have a serious problem that I can't fix and most Dr's and medication can't fix. People

cannot change who they R no matter how they wish to. The truth will always prevail in the end.

- ▶ Her situation is similar in certain ways, such as me empowering myself, and the part where answers aren't forthcoming.
- ▶ So very similar but this is the first go around for me and I lost myself and just in the process of finding my faith again in myself and I Know I am the better person also and this was not my fault.
- ▶ Jackye's situation seems EXACTLY like mine! I also talk myself out of a depression a lot of times when I feel myself going down that road. I also try to think about my son and myself more and him and his "girlfriends" less.

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

- ▶ Her husband seems to be a habitual cheater who will likely never change. It is good she seems to have finally reached this realization. I would advise her to trust the instincts she has that have finally kicked in, believe in herself, continue to revise her plan for her financial future, develop and maintain a strong support network of friends and family who truly want what's BEST for Jackye, and continue to do the little things that nurture her spirit as she goes through this.
- ▶ It's great that you're working on getting your life together and satisfying your own needs. 1. This is also a good time to catalogue 1) what you found out you don't want and 2) what you do want in a partner, while he's here serving as Exhibit A. It's kind of funny observing him as a specimen, when he doesn't know it and is bumbling around being himself, and it gets really funny when he realizes that that's what you're doing. You can take on a clinical expression and even take a few notes, and watch how cartoonish his behavior gets. 2. Find someone to call you and tell you you're beautiful, happy birthday, get better soon, etc., and make it a male. An appreciative, trustworthy male voice on the phone in a reliable way. It brings serenity and confidence.
- ▶ Infidelity was a conscious choice and decision of cheating partner - it is never about you, and you need to believe that for yourself - whether your partner does not acknowledge it or just him verbally saying 'it's not about you' (which to me is an easy way out). 2) Lack of trust is not the main core that destroyed my marriage; it was the lack of care and protection to me and my children at one of the toughest moments in our lives. My husband is sooo in-love with OW and they have a child and verbally said that 'I love you but do not want to hurt you any longer' and knew right there and then that are gonna live together and start a new and leave us hanging.
- ▶ Jackye is doing great but she sounded like she was still being a "good girl"... if she can try not to get tied into survival issues (external) but get with who she really is and think about the Law of Attraction. "The Secret" or look at the books written by the Hick's on the subject.

- ▶ Continue to stay strong and show independence. Stick with your plan for school, even if the marriage reconciles you will have some independence.
- ▶ To realize how sick he must be to hurt the ones God has put in his charge. To trust the bible for advise more than ANYONE person.
- ▶ I would suggest to Jackye that if your deep down feeling is telling you something is wrong, then you should listen to it. No matter how much you love someone, when they betray you like this, you're the one that has to be strong and not take their blame.
- ▶ I think she is doing a great job kudoo's for her. I am also a strong person but this hit me at a time when my Mom had just passed away and it was too much for me all the way around. Bad timing for this to happen never had a chance to grieve for my Mom's passing made it ten times worse. When I left to be with her on her last days he called me every day said he missed me and when I got back I got the shock of my life and that was 2 years ago in May this year and found out this had been going on for two plus years I was devastated by it all my mind could not handle it all and I had a heart attack due to the stress. I am better now but just found out he is riding back and forth to work with her again and last night I told him this was totally unacceptable. He fumed and does not respect my feeling at all nor me and I have done nothing wrong. I confronted him and he said he was going to tell me but did not know how it is not a big deal nothing is going on and he was going to yesterday. I could not believe my ears so here we go again if it was so innocent then why did he not tell me himself. I told him I was not happy about this and I trust him but not her she is never going to give it up and I know that she must be like the cat with a bowl of cream. I love him with all my heart but staying much longer is not a option foe me I see that it is all about him. When time is right and the money issue is settled then it's my turn. I am just having a bad day. Wish her the best she sounds like a great lady and doing all the right things for herself. I envy her in that way she sounds great. Wish I could say the same here. I have my strengths in different areas and that is because of time going on 19 years next month. Best to everyone.

- ▶ First I'd commend her on being so strong. I'd tell her to STICK TO HER PLAN! I wish I had a plan that was as strong as hers! Also - like I told my husband today - I may not always be a WIFE but I will always always be a Mother and that's where my strength comes from. Good luck Jackye!

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

- ▶ Once again it is amazing to hear real women who are dealing with the awful, destructive issue of infidelity. For some reason we women think so little of ourselves that we should put up with it, at least for a while, that we have caused it, or can actually do something about it or to change our husbands. REAL change does not come about until we listen to ourselves, discern our own needs and begin to take action to meet them according to our own values. Happiness comes through accessing our own inner strength, listening to our hearts and trusting our instincts.
- ▶ It took me a long time to get where you are, with my husband. I still feel bad about myself sometimes, years later. He and she made fun of me and he was very critical about my looks and habits and so forth. She was much younger and aggressively seductive, and I was more restrained. It was awful. But mostly I just had to learn the hard way to decide that I had a future, too--they weren't the only ones--and eventually got so much positive feedback about me on all levels that my strengths and gifts came back and flourished. I get a lot of male attention and that still unnerves him. And he's just getting older. It's a good thing we're not married anymore; just friends. Thank you for being such a fine example.
- ▶ Having a concrete and laid out plan in writing- this is something I have not started to think about, I think this will help me visualize what I want for myself and my children down the road, with or without my husband - that either way, I know that I can make it happen.
- ▶ If she can do it I can, She goes! GO Jackye!!
- ▶ The different strategies she used to help with triggers.
- ▶ What she said about men can do sex ...no matter what they have done to hurt U. Don't get caught in the obsessive thinking. And that this form of abuse has to be stopped with each generation.
- ▶ The benefits are just knowing that someone else has the strength to learn from the affair and not do anything about it. After the initial shock of the revelation, you start to make

changes for yourself and set a game plan for the future. If the cheater chooses to come on board on your team fully, and meet your expectations and rules, then there is something to work on. If they want to continue to live in the unrealistic and selfish world they are in, then they will find out too late what they selfishly threw away.

- ▶ I heard the lady that has the same issues as I have had and still having but it too shall pass as soon as I can empower myself a bit more I will be better off for myself. Thank You for this Dr. H you have been a life saver in lots of ways.
- ▶ I realize that I'm not alone... Jackye and I'm sure many other women are going through this same thing. After listening to Jackye - I realize that there are ways out - I'm NOT STUCK... I just need a plan and a way to work towards my goal.
- ▶ The Jackye tape was somewhat powerful in switching me out of victim mode and into empowered person mode. However, the words written as the lead in were what did this shift. I would like to see a tape of power models... men and women whose spouse in an affair, and how these individuals found their own power, and the road map they used to do this.. And what their course of travel was over a phase of several years. At the moment, as I sit here in this place of my husband packing up and truly moving out (instead of having all his stuff here, and still living with OW in another state), I find myself both relieved, and afraid. The victim and glimmers of ME... my power. ME coming back home to me.