

How to Break Free From The Affair!

19 Live Infidelity Coaching Sessions

With Dr. Robert Huizenga – The Infidelity Coach

Banishing Him to the Basement Works

Workbook portion of audio tape with LaKeitha

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

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Part 1: Summary of LaKeitha's Circumstances

LaKeitha and her husband form a young marriage with two children under two.

Lakeitha knows of her husband's affair which he doesn't hide. He says he want to stop seeing the OP but "can't help himself." As well, he states that he doesn't want to be part of the marriage if he "can't stop."

Lakeitha suggests he move to the basement. He agrees.

This banishment sets off a "torrent of conversation." Lakeitha begins to identify what she truly wants in a family. She concludes that they are "blankies" to each other but she will NOT tolerate lying and cheating.

Lakeitha makes some startling self-discoveries in the coaching session that touch on powerful buried memories and feelings. These feelings and insight hold promise for the future of LaKeitha and perhaps the marriage.

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

1. LaKeitha, like many on the day of discovery, uses the frontal assault of pleading, anger, reactivity, and placating in an attempt to win him back and have him end the affair. Doesn't work.

At one point she decides to "give him his space." They discuss calmly the situation and agree on a separation. With money being a factor he moves to the basement.

This is difficult since both realize how important the touching and intimacy is to each other. It begins a consistent series of more meaningful conversations.

Lakeitha was able to call upon her personal power to take a firm stand. He knew it she meant, "I will NOT tolerate lying and cheating." And, she was able to say this without screaming, crying and begging. She truly "charged neutral," an important skill I talk about in [Break Free From the Affair](#).

2. Such a positive and powerful confrontation and banishment to the basement shook loose the impasse in the relationship. A new movement was created.

More conversations took place. There seemed to be new energy. The flow of the relationship changed.

But, what was it changing to? LaKeitha did not know.

And so, her first question in the coaching session was, "What's next?" They were going somewhere. They weren't going backwards. They were no longer swirling, going over the same conversations, the same feelings, the same thoughts, the same frustration and same endings. No, things were different.

But, where would this take them?

And, that's the power and that's the fear of confronting someone. You do not know the outcome. Your gut tells you something will change but you know not what.

LaKeitha's confrontation was an expression of her courage!

3. LaKeitha describes a relationship recently subjected to a variety of changes and transitions. The birth of a baby. Now two children under the age of two and the death of his father.

Individuals seem more vulnerable to infidelity in times of transitions. I see it time and time again.

The vulnerable times:

- The birth of a child whereby roles and responsibilities are stretched.
- The oldest child enters early adolescence. (The sexual identity quest of the adolescent often stirs unfinished business in that realm for the parent of the same sex.)
- The death of a parent (often unleashing under-the-surface issues of power, control and personal identity).
- Mid-life crisis. Is there really such a thing? I think so. The crisis: I did what I thought I was supposed to do and where did it get me? Years older and feeling a little more empty and disillusioned. I better grab it while I can.
- Empty nest or retirement. Oh, oh, here we are sitting across from each other at the breakfast table with nothing to do for the rest of the day and I'm scared. Who are you really? And, do I really want to be with you like this?

Times of transition and change hold possibilities for accelerated personal growth and development. It is good to maintain the perspective if possible. And, it is out of our vulnerabilities and fears that this accelerated growth evolves.

4. During the session LaKeitha gains clarity on her personal need for affirmation. Lying and cheating are anathema for her because they fly in the face of her need for affirmation. Lying and cheating demean her as a person. She will NOT settle for that. She will not be in a relationship where they become the norm.

She will not live that way. To live and breathe as LaKeitha she needs honesty. And, honesty not merely about one's infidelity or lack of it, but honesty about the thoughts, preferences and desires of her

husband. She grows on that. She thrives on that. Nothing less will do. Go, LaKeitha, go!

LaKeitha also becomes acutely and painfully aware of this personal need as she talks in the tape about a person not tied to the infidelity triangle. This surprises her and opens a deluge of feelings. Powerful. You will be moved when you hear the tape.

These powerful feelings can be tied fairly directly to his infidelity.

5. Infidelity is only part of the picture and it is often terribly helpful to explore the larger picture. The larger picture gives a context for infidelity and that context often provides relief and a common point to begin the healing process.

As well, a greater awareness of the larger picture helps answer the question, "What's next?" The fog lifts and the next move becomes logical.

I spend the last few minutes of the tape focusing on issues related to the larger picture: their time of transition, the death of his father and its possible meaning for him, and her personal need for affirmation which took on power in the face of his infidelity and his father's death.

Can the two of them march into these arenas?

6. I'm concerned that LaKeitha may be a few months or years ahead of her husband in terms of personal maturation. (Women usually are, aren't they?)

LaKeitha is "leaping" him. Leaping him is a skill outlined in affair #7: I Want to Be Close to Someone...but can't stand intimacy" in [Break Free From the Affair](#).

Can he keep up? Will his growth match hers or will there be an imbalance? Will they be able to identify and rectify the imbalance if it exists?

"Leaping the other" often is positive in causing forward movement in the relationship but it carries its risks.

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

- ▶ Letting him know it was ESSENTIAL to me to be treated with respect, and that I meant it when I said the marriage would end if that wasn't possible. And saying that I thought it might be difficult for him to talk about all this, and offering to talk and say the bottom line without freaking out, as a help to him.
- ▶ I talked to my husband about his grief when his mother died and how much she meant to him. I also listened to how much he hurt at not being appreciated more from his parents.
- ▶ We also went through transitions, such as moving, retiring, son getting married. I discussed all of these changes with my husband, but he still could not except it. He also, like LaKeitha's husband can not come to making a choice and I tried the one day at a time but it turned into years instead of days and the change never occured.
- ▶ I would cry and plead and finally I just said, "enough - you are going to do what you will." 2. I spent hours and hours closely examining my core principles, and I made a conscious decision to make choices based on those core beliefs rather than on my emotions.
- ▶ I wish her the best - my situation is similiar and I basically cannot function right now. Obviously, nothing I am doing or saying would be helpful to her...I am at the point of leaving because my hands are tied - it takes one person to start the affair but it takes two people to get over an affair. My husband just won't let the OP go so I'm out.
- ▶ LaKeitha's situation is different then mine. I feel I am dealing with I don't love you anymore affair.
- ▶ I drew a line in the sand and quit chasing and started dealing with the reality that I had more power over my life then I realized.
- ▶ That I no longer trust or believe my huband. 2. I want him to stop the friendship with the other person for the sake our relationship.

- ▶ Not pushing for an answer on commitment right away when another party is involved. Being patient, learning what went wrong, growing and practicing healthy changes before pushing for an answer. Practicing kind communication to heal the marriage.
- ▶ Not similar.... she is actually lucky that there is a connection and he is still within close proximity; they are somewhat talking with her leading pretty well into dealing with the situation
- ▶ The fact that my husband lost his father about 5 years ago. Our family is very close and it was a tremendous loss. My husband had never talked about it, he barely even cried when it all happened.
- ▶ The cheating while our first born was 10 month ! no father as a role model he was overwhelmed by his new fatherhood.I feel for her.
- ▶ My husband's Dad died 3 years ago also and I feel that is when everything changed. I felt the same way about his father, that he would defend me and take my side over his own son. I cannot put myself in her shoes because I was the one who committed the infidelity, however, I see a lot of my husband in her husband. I also do not have kids either. A lot of what she said reminded me of our relationship. I hope she can deal with this. I wish the best for her.
- ▶ When LaKeitha states what she wanted, no lying and cheating, I can relate to that.... In my situation, it was agreed from the start that we would not lie or cheat... in fact, he told me that if I cheated on him, that he would kill me. I never took that as a threat, but after the reveal of the affair that he was having, it was helpful for me to remind him in a non threatening way of the commitment that we had made to each other and that I had been living with the assumption that he honored his word. It gave me the strength that I needed knowing that I had kept my word and lived with honor.... he had not. I did not use it against him, I used it to help me understand him more and to see that he had alot of unresolved issues in his life that he needed to fix. I could not fix them for him. I could be there for him but they were his issues. I also had my spouse move to another room so he could make his mind up about what he wanted. That lasted

one night. He decided to return to our room and began to come home every night.

- ▶ Took it one day at a time at first, waiting to see what direction my husband would take--back to me or on to the other person. Build a safe space for myself with music, candles, incense.
- ▶ We have always known that Don's father was removed from his life by force and he has never got over that. I tried to let him see that side instead of the abandonment side that his mother had always told him. I think it brought him peace, but at the same time it pushed him away because it put the spot light on his mother.

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

- ▶ Get off the fence. Do care if he leaves or stays If he cheated when you were living together, he must think it's fine to continue.
- ▶ Keep keeping it real, girl! You are sounding very level-headed and not out-of-control, and that helps. Don't let him impose too much on your kindness and generosity, which you so obviously have, but offer enough for him to learn and grow if he can. Have you tried Dianetics or EFT to handle the grief and other feelings that "make no sense?"
- ▶ Spend more time conversing with each other/with family by not bringing "painful topics". Keep up sexual intimacy so that he does not go to OP. Communication and socializing together with the right kind of people to overcome pain.
- ▶ I would say that if she is able to, it sounds like her husband needs a compassionate friend to listen and show empathy for the pain he is experiencing and the grief he may be unable to articulate. It sounds like is trying to fill a void in his life with the infidelity. Or he may be trying to use fidelity as a way of escaping the pain he feels from the losses and grief he is experiencing.
- ▶ Give yourself a timeline. Don't wait forever for him to quit lying and cheating. And let him be aware of that and your deadline.
- ▶ To read the book Boundaries by Henry Cloud & John Townsend. It helps a person whose mind is clouded by the ravages of infidelity to reestablish self. It clearly explains how to extricate from manipulation and how to place protection around yourself and your children since the person involved in infidelity is focused on self-gratification rather than the good of the societal unit. 2. To establish a support system of trusted friends and family to listen to you and affirm you and, most important, encourage you to make healthy decisions.
- ▶ She is really strong and is going in the right direction.

- ▶ You need to set the example for your daughter about what is acceptable. I know she is young right now and you are showing her what compassion is by "working through things" with daddy. But, what about when she gets older, what if he hasn't stopped the affair, or the selfish behavior? What if she sees you accept it by default...will she think it is okay for a man to betray his wife and family continuously?
- ▶ Try to take care of yourself which is very, very difficult to do. All you can think about is the affair and if there is anything you can do to stop it. Sit and think about what you want for the future and if you really want to do this. That's the point I'm to. I love this man but do I want to take the chance that it might happen again.
- ▶ Therapy if you he won't go do it alone just talking to a Dr. specialist in that field, and or a close trusted friend, who is non judgmental in both people. and a strong church, take the kids.
- ▶ Continue to examine your motives toward him and continue to stand firm on what is acceptable behavior and the repercussions of unacceptable behavior. She must do so in a civil, calm manor.
- ▶ The lying and cheating can ruin the trust you felt from someone. It makes it hard to believe anything they say. 2. They have trouble expressing their feels so they find someone that they feel more in control with to talk too.
- ▶ They need to separate. He must have friends that he had an affair. He probably use the other women as someone to talk because he did not know his wife very well.
- ▶ Continue to work on herself Continue to practice kindness. Kindness begets kindness.
- ▶ To take care of herself and children. To talk with her husband/boyfriend openly, honestly.
- ▶ There's always a reason, and looks like she is going to get it.... even though husband is confused right now. Continue doing what she is doing and see if he can get into counseling w/ her; I actually see hope for them since the connection is still there..... they just have to get through some of the other life issues as well.

- ▶ You either commit to saving your marriage and have that mind set or be ok with the other fact that it may not work if you leave the ball in his court.
- ▶ Believe that his infidelity has nothing to do with you and do not pursue him and let him think he can continue.
- ▶ He is going through his own journey and nothing you can do to reach out for him can help. If you love him enough and he wants to go let him go .until he knows for sure what he wants. Just be strong for you and your kids nobody deserves to be on stand by begging for someone's feeling to change.
- ▶ I would suggest to LaKeitha that after she has finished grieving the stages of loss of her father in law,(denial, anger, bargaining, depression and finally acceptance)to focus on herself. Teach boundaries to your children, this is what your father in law would want for his grandchildren. Your father in law is looking to you to raise these children with dignity and self respect. It doesn't mean you have to hate your husband it just means to remove the focus from him and place the energy on your heart and your baby's future. You are a good woman and you are loved.
- ▶ I have learned that you have to channel your anger and frustration in more productive ways instead of letting yourself become vulnerable and make bad decisions that might put a strain or end your marriage.
- ▶ Remember who you are. This is his problem and his choice. He needs to work on his lying and cheating. You can be there for him to encourage him but you cannot do it for him. You can love him and hope that he will change, but the reality is..... he has to want to change. Take care of you and your children. If he wants to be in your life then he knows what is expected. You have made it clear now what you will and will not accept. In the past, you didn't seem to mind so maybe he was just expecting that it would be the same. Now that things are different and you have stated your expectations,then stick to them. He will be in the lives of your children and hopefully he will recognize the need to be a good example to them, and he needs to model the role of a good husband and father, just like he seemed to have from his father... good luck.

- ▶ Back off, and give them their space. Don't "chase" them. Also, charging neutral is the most effective way to get them to stop and look at themselves.
- ▶ Tell your husband how much his father meant to you. Stand your ground about lying and cheating being unacceptable.
- ▶ Infidelity is a choice and a decision. It was not like a car accident. It was to some point planned. I would not want to raise my two children with a father who is a cheater. He will set a bad example for them. There will be no right and wrong for them.

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

- ▶ Some have it much worse than I.
- ▶ I was surprised to hear that she was also grieving for her father-in-law. Sometimes we don't know it; we're so caught up in our urgent lives. But I still wonder how long grief is going to be allowed to disrupt all their lives. People die all the time. In my family, 3 of the elder generation died within 4 days of each other. And the "Other Woman" just made things worse by "being there for him" while I comforted everybody else. It totally sucked. If this man in the tape is far enough removed from the fresh grief to get on with life, he should do Dianetics or EFT or something and get the feelings out of the way so he can grow up and regain his own identity and get on with his life.
- ▶ Confirming that man do have mid life Crisis and that something always help bring them into one. Feeling older, death, children, and children growing up leaving home, or getting married or to school. jobs change just lots of thing that happen in life. I think there is also a gene that goes haywire in them and a lot of time one of their parents have had an affair or acted the same. Also has to do with their child hood life. There are too many men doing this and some women there is something like a sickness or illness in them.
- ▶ Gives an insight into the pain faced by the women who was cheated.
- ▶ It affirmed my decisions to try to be compassionate to my husband. It validated my efforts to try to understand my husband's losses and to be a friend to comfort him in his grief. It also affirmed my decisions to not react in anger or "beat him up" over his alcoholism and infidelity.
- ▶ I see myself in LaKeitha's situation, but it was 15 years ago and I stopped waiting for him to turn around last year. I wish her luck in getting her husband to realize that transition occurs every day of our lives, but some are little and others are gigantic, but each needs to be looked at head on to proceed in life. Life is just too short.

- ▶ The realization that it is important to take time to grieve instead of rushing headlong into life. 2. The reaffirmation that a support system is vital to recovery - instead of trying to handle everything on your own.
- ▶ Things seem simplified when you listen to these tapes, it seems like all the cobwebs are removed and you can see a simple picture.
- ▶ I am in this situation and know that I deserve better than to be with someone who lies and cheats and doesn't know why. At least her spouse will say it. Mine keeps denying it.
- ▶ One of the benefits is that to know that there are more people going through this than me. To stop and look at yourself.
- ▶ How somethings sound so completely wrong and so extremely belittling to the marriage each other. you can clearly see the way she's falling apart she didn't know she was missing his father until now. That tells me that these problems have been here or manifesting for sometime.
- ▶ I learned that life changes have more of an effect than we may not even realize. We all deal with those changes differently. This like 99.9% of marital problems could be eliminated through effective communication. In order to do that we need tools to better understand each other's position.
- ▶ I learned that changes in our life can bring changes in our behavior. The death of my husband father has really affected our marriage. His father was a supporter of our marriage and now that he's gone his mother dislike for me is now his only influence and she is working on separating us so she can have her son for her self.
- ▶ you need to love your self much better and learn when to let go of a relationship specially if it's going to your children.
- ▶ She became clear to say what she needed, even though I imagine she might have be fearful of having him leave the relationship. Remembering what was good in the marriage for her, and try to rekindle those activites.

- ▶ I learned that boundaries are flexible. LaKeitha had her H move to the other room, but she sounded open to reconcile and give him time to find out what he wants. I applaud Lakeitha for her patience and understanding towards her H, with 2 little ones at home. This is a tuff time, she truly isn't over the loss of her father in-law, plus I am sure her hormones aren't settled yet. I respect her honesty and feel her pain.
- ▶ Hearing how she handled the conversations, her ability to stand her ground without getting mad; able to get her husband to hear her..... wish I could do this on my end; but everyone's situation is different... All the best for them, I think it will pull through since it is apparent that they both have sincere feelings for one another.
- ▶ The realization that my father in laws death could be playing a huge emotional role in my husband's life and he's not addressing it.
- ▶ Realizing I have not grieved the loss of his family business and his parents, and that I miss depending on him for emotional support.
- ▶ It took me back to my pain the first time i found out about the cheating and i realized that i grew stronger since. It takes time to overcome the betrayal but it seems like i am finally almost ok.
- ▶ I received an introspection of someone else's love for her marriage. I benefited by writing to LaKeitha.
- ▶ I felt that I was not alone and this happens to a lot of people. I wish there was an answer to my situation. I hope I will be able to deal with this better, well we will see. Wish me luck.
- ▶ It helped to hear someone else in pain and realize that I am not alone. It also helps to listen to someone else's situation and since it is not my situation, I can be more objective and see the issues rather than feel the issues. I have learned to step out of the box and see what the issues are and not react to them. I take time to think about what is going on and to put it into perspective. Hearing someone else reinforces that skill for me. I listen to the situation and make an informed decision instead of taking sides or feeling hurt. It is good therapy and builds my own skills for the next encounter with my own situation where it

isn't quite so easy to remain calm and deal with the elephant in the room.

- ▶ How Robert spoke to her; asking open-ended questions, and getting her to let her guard down. That technique can work well between spouses, when trying to get the other person to share with you.
- ▶ Recognizing the probable effects of the death of my husband's father six months before he started his affair. It is my belief that he would not have done this if his father had been alive, but who knows. So it has been beneficial to me to connect his affair with the loss of his father. Everyone in the family he grew up in is now dead. His biological mother also died recently.
- ▶ Finding out about the big changes in life causing major problems, (death and so forth).