

How to Break Free From The Affair!

19 Live Infidelity Coaching Sessions

With Dr. Robert Huizenga – The Infidelity Coach

**You Will NEVER go
Back to the Bliss**

Workbook portion of audio tape with Lisa

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Part 1: Summary of Lisa's Circumstances

Lisa thought she had an understanding with her husband. If ever either one of them began to stray, they would talk about it. It was agreed upon before the marriage. It was written in stone.

And Lisa wasn't a prude. She considered herself an open person who knew sexual attractions exist outside the marriage and that probably her husband would have a desire to "make-out" with other women periodically. The making-out was ok, provided he shared his desire with Lisa.

Lisa perceived the marriage as blissful.

And, then she found out. There was a secret. Out of guilt and fear of discovery he divulged to Lisa a brief encounter 6 months ago. He felt badly and would never do it again. As well, he was extremely attentive to Lisa and was attempting to help her through this experience.

Lisa was devastated. Couldn't eat. Couldn't sleep. Her world was shattered. Her bliss was shattered. How could she ever trust him again?

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

1. Lisa and her husband openly talked about his personal need for attention from women before they were married. "Cheating" was a part of his history with women.

An agreement was reached. They would talk about any urge he had to stray before it happened. Lisa was totally open to such talk, in reality thinking it might add a little spice to the relationship.

Lisa's needs were met with this agreement as well. She saw herself as an open and trusting person and an agreement to talk about possible attractions embellished this perception as well as created a marriage contract of openness and trust.

As a side note, her husband's affairs most likely represented parts of "I Fell out of Love...and just love being in love" and "I Need to Prove my Desirability." Both types emerge more out of personal need systems. The "I Don't Want to Say No" affair emerges more from characterological issues and as such, he probably would not have embraced their agreement.

2. His affair or brief fling, as some might call it, stirred deep pain and resentment in Lisa. Lisa could more openly accept a brief fling or sexual encounter than the fact that he kept it a secret. This was betrayal.

This was a broken promise. This was a denial of their marriage contract spoken before the marriage.

Lisa trusted the relationship. She trusted him. She trusted the agreement would remain intact. Sure, a little flirting and maybe even making out could be understood and tolerated. But, the breaking of marriage vows that spoke specifically to his potential problem was unimaginable.

3. Lisa was grieving for the past.

The years of marriage where in her eyes, for the most part, blissful. Lisa in her openness and trust embraced life and lived it to the fullest.

And now it was gone.

How would she trust again? How would she recapture the feelings of well-being and bliss? How could she and her husband go back to what was?

But there was another level. In the tape I asked a question that leads to deeper richer levels of awareness and understanding. I asked her: "What does it mean to you that this happened?" And, then I asked her the question again.

Lisa came to understand that not only was trusting her husband problematic, but she had lost a great part of how she perceived herself. She took pride in being a trusting open person. And well she should.

But, now, no longer could she act in trusting open ways. Now she guarded her openness. It seemed as if the part of her was eradicated. Could she become that again? If not, who would she become and how would she get there?

4. Lisa looked ahead and saw a bleak future.

Would she be doomed to a life of suspicion? Would she feel a need to continually explore ways to spy and monitor his activities, without him knowing? Would she live with this wet blanket of mistrust covering her and the marriage? Was this really living?

And even more powerfully, would she find her zest for life, for openness, for exploration and for embracing the novelty and joy of life irrevocably removed?

Or, would she spend countless hours thinking, wondering, in individual therapy in couple's therapy trying to reclaim and find a way back to the past?

These scenarios tore at her. She did not want this!

What was left?

5. Lisa acknowledged that the affair was a wake-up call. In some ways the marriage was sliding - taking each other for granted. Some of the spark was gone.

Lisa and the marriage would NEVER go back. The relationship would be different.

Efforts to revive the past were doomed to misery. Both would constantly experience failure as they attempted to "act out" their memories of bliss. Just couldn't be done.

But, neither wanted to live with Lisa under her blanket of mistrust and he trying to assure and comfort her that it wouldn't happen again.

Through the coaching session, Lisa began to see that perhaps a new chapter was opening for her and her marriage. They were sliding into something else, although that was not clearly defined at this point.

6. I confronted Lisa with the fact that they would NEVER go back to her bliss. But, maybe there was something different? And, maybe, after a fashion, she would find that something different to be a little richer and deeper than what she experienced before.

It would demand some shifts in thinking. It would require an openness to new ways of acting.

Lisa had no clue what that might be. She was locked into some consistent but not productive ways of approaching her husband.

Both are wiser. Both are weathering the storm. Both are committed. Lisa has more skills and maturity to forge with her husband a different, lasting and more mutually satisfying agreement this time around.

The last 5 minutes of the coaching session proved very helpful for Lisa. We put flesh on new possibilities for their marriage and new possibilities for them entering this emerging chapter with hope and tools to create a satisfying level of bliss.

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

- ▶ Specified what i needed from the person to begin recovery and if they could not do this we should separate. However, i would also need to make changes in my own approach and understand that our needs are different but both must be fulfilled. If either person cannot meet needs should be honest and say so and make decision if to remain together. Stated that i honestly needed time to know if i really wanted to remain with the person. Specified a period of time within which i would make my decision and they were to use this time to see if they needed to be with me or someone else. All out honesty - but forget about asking details of cheating - it is pointless. Ask reason.
- ▶ I have no advice on this issue since this is probably the number one for me. My husband had his affair with the same woman for 3 years, and I, like Lisa, trusted him completely, and never suspected that he could do this..or would even consider sleeping with another woman, let alone for 3 years. I was so devastated I wanted to end my life. Still the biggest issue for me is trust, so I just continue to spy on both of them openly. It's been over 2 years ago now, and I still spy, and I don't know if I'll ever even want to stop. I feel the same way Lisa does...like The open trust I had with people is gone forever. Although her willingness to let her husband "make-out" with other women baffles me...I could never share something like that with another person, and don't believe it's right in any way, and may contribute to her problems in my eyes.
- ▶ I let him know that there was hope for our relationship, as long as the communication continued, and understood that there were some emotional deficits in him that needed to be healed. Needing is not a problem, but being too needy shows signs of something maybe broken in him.. I made it clear that what had been for 26 years was dead, and it was up to BOTH of us to start over again.
- ▶ I did not tell any of my children or my family. If we manage to survive this I don't want them to regard him any differently. I told him that I know I had some responsibility in the deterioration of our relationship that it got to this point.

- I let my H know how much I needed to be aware of what he was doing with his time. I let him know how much his openness with me was helping me, how it calmed my fears
- It's hard but I continue to focus on rebuilding our marriage by first accepting what has happen and mourning the loss of what I thought our relationship was. Second, moving forward by accepting that we cannot go back, that I love and want to continue to have a relationship with my wife and lastly that we can emerge from this tradegy with a more rewarding and intimate marriage.
- I am floundering severely after two years. I have tried to shut down my emotions completely so that I will not get hurt again. I have lost all trust, faith, and the unconditional love that I felt. I don't know how to get it back. I cry.
- Lisa's situation is very similar to what my fiancée is experiencing right now. We are currently living apart and not communicating right now as she requested time away from me to try and sort things out in her head.
- I told my wife to stop hiding and since that didn't help and love seems not to be the binding element with us I felt after a long time not doing any other thing than hanging on to her and being desperate by seeing that she was incongruent all the time... I told myself..' no more'...Let Go, let God. I read your 7 tips and that really kicked in. Second....I told her to move on and stop it all Maybe not the things you guys are looking for. I really tried to make it work....but from early on she is los since we married 2,5 years ago. I had to finish this to protect myself.
- I asked him to be transparent regarding his online activities. I asked him to let me know in advance where he would be staying when he travelled for work.
- Right now it is an ongoing situation with myself and like lisa it was betrayal but not only with my partner but a good friend of mine. so I don't what too say that would be helpful.I know that I have to try and keep talking and that we need to take time out as a couple.

- ▶ I tried to concentrate on keeping myself busy in my business and with friends & family. I also spent a lot of time reading various books on relationships, self help, etc.
- ▶ Tell the bum to leave.
- ▶ Lisa's situation is not similar at all. My situation is more complex. It involves the whole family, my in-law, parent, and the triangle relationship. Lisa has more advantage; her husband is willing to change and help mine confuse well I think. Back to List 1. Don't stand checking email or spying coz it will become addictive and you can't stop.
- ▶ I encouraged disclosure. 2- I dug deeper into "why" or "what" exactly my husband hoped to get by starting the flirtation.
- ▶ The only things that were similar was me asking him to do things that I could trust, and though he tried, he is choosing the other woman.
- ▶ Lisa's situation is similar to mine in that my husband appears to have a need for approval from other women. Instead of saying anything helpful about this, I took this need in him as a threat to me. I took this as him saying I was not enough... and that he was out trolling and would eventually get caught up in the lures of some of these other women who looked at him as this charming, handsome, airline pilot. Indeed, my prediction appears to have come true as he is now living with, and "in love" with another woman 16 years my junior. Instead of saying and doing things helpful, I pushed him away with my neediness and the devastation of finding out that this woman he now lives with was so consuming of him after 19 years of marriage to me (and two kids). I got angry and hurt and attempted to justify my self-worth by defending myself as he slipped farther under her spell and saw me as a most awful person in total (or so it seems from what he tells me now). Mostly, 18 months into his true love for this other woman and his demand for divorce asap (though he has not filed out of what he terms "niceness" to give me time to work on MY issues), we have sold an investment property, and he is coming here to fix up this home we designed and built, (and the one the kids and I still live in), in prep for selling it.
- ▶ My ex-husband and I had the same agreement basically, but it was to give the other person the right to get out. He did not do

this either. Nothing could have saved us when that happened because he had emotionally left the marriage.

- Situation was similar in the fact that the lost trust hurt me most. I'm not really sure if I did anything that was helpful. Since we separated I feel it was my spouse that broke the trust and I'm trying to coach myself into trusting again, even though I'm pretty sure I will be less trusting from now on.
- Talking about it with him to get what happen 2. getting the event in order ...feeling like I had all the background so I could plan for the future.
- That the lie hurt more than the infidelity. That the robbing of my sense of what was real, affirmed by him (lies) was false. That he needs to slow down and really give solid demonstration that it won't happen again.

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

- ▶ Asking many questions is pointless focus on the future if the affair is really over and put it out of mind - hard- i know. let cheater know that you need to think about what you really want and he needs to know what he wants - don't try to hang on to person let them know that you will not stop them if they are in love or can't stop seeing other person.
- ▶ Constantly berating him over this will not make him remorseful just resentful. He will not turn to you if he fears your reaction.
- ▶ I would tell her to keep her eyes open and don't be fooled again basically. I do identify with her but I too am having trouble getting past the trust issue. And I'm not so sure I should.
- ▶ That trusting will take time, hating the place you are in is a good indication that you need to find that inner forgiveness of yourself first and then translate it back into the relationship. Because of the state of the world and the connotation placed on sex today, that trusting your spouse sometimes is not enough, you must trust spiritual awareness to guide you through. Letting go is a large step in this process that will catapult you into the person that you will become next. The Old people and the relationship is dead forever.
- ▶ I have no more experience than Lisa. It is only 6 month since I discovered he was in love (but not having sex) with our much younger Japanese boarder.
- ▶ That "making out" or kissing another person is not acceptable. It just opens up for a full blown PA.
- ▶ Don't hang on to the pain, I somehow kept the affair in the front of my mind and my h never felt like he going to get off the hook. While I thought we were healing and becoming closer than ever when the OW showed up again he made the choice to be with her. I said words that I can never take back, don't let your anger & hurt cause your mouth to inflict more pain for yourself.
- ▶ Human beings are fallible and that while I must be accountable for my shortcomings in our marriage, I am not at fault or responsible for my wife choices and behavior. Second, taking

care of yourself. My wife's affair has caused me to lose my sense of self. I have been an emotional wreck, lost my job, and when I get scared I emotionally beat my wife up for betraying me and only feel relief when she tells me what I need to hear so the pain goes away. If I was more secure in self and was not so dependent on this relationship to feel safe, I would be miles ahead of where I am now. I have a lot of work ahead of me. It is very hard.

- ▶ You cannot let your guard down. Your relationship will never be the same. To date, mine is worse, not better.
- ▶ Put down the crack pipe, girl. You admitted that he's cheated on every other girl....why would it be any different....especially since you allowed him to "make out" with other women. You were setting himself up for failure by encouraging the behavior.
- ▶ I have learned that my infidelity was based on my need to be desired since I grew up without love and am needy. I would suggest to Lisa that she takes your advice. She should search within herself to think of things her husband can do for her to rebuild the trust.
- ▶ If you feel something is going wrong...most often you are right. I have found out that myself. So...trust your inner and true self. Confront your spouse with the (emotional infidelity) and just plain cheating...it might not get pretty but by keeping it unresolved it sure will end up in misery. So, start working on your marriage...and well from right now right here.
- ▶ You no longer can trust this man. You seem to be doing all the work to restore your marriage while he is allowing it. Make him do some of the work to convince you he can be trusted or can earn trust back.
- ▶ I have been on both sides on the infidelity problem and it's not good, she should not ever blame herself for her situation and always make sure that whatever decisions she makes are good for her and her family.
- ▶ That the hurt of betrayal by someone you love and trusted goes so deep. But it is important not to let it take you over. Be strong, concentrate on improving yourself. Learn from the past - but concentrate on the future.

- ▶ Look after yourself first.
- ▶ Not to be cut off from her feelings, giggling, and laughing and calling the affair "this little incident."
- ▶ Not to act as a "prefect". Lisa seems dogmatic about the secret issue, this is odd, but she even laughs about it, she says she doesn't really care about other women; it is the secret part she is hurt by. To me this is playing with fire. 2- Lisa's position has to be stricter or compassionate but not a combination of both while she laughs about it but says she is hurt, this sends mixed messages.
- ▶ Since he is being so open and trying, give him a chance to prove himself. Also, to relish the opportunity to make the relationship even better than it was.
- ▶ In listening to her it sounded all most as if she was justifying his temptations. On the one hand she allowed him to "just" kiss and hug and perhaps have an intimate emotional relationship with other women, and yet, knowing he had a wayward issue, she was then surprised when he again strayed. I wonder if he is like any other addict that must be encouraged to stay the course, as opposed to being tempted by his addiction. I would encourage Lisa to more clearly identify what, in her own life is important to her and be aware of HER needs. It may be that fidelity really is not so much the issue for her (it sounded like she might be fuzzy on this at first). Perhaps she has a need to "save" her husband from temptations... or not. Perhaps she has a need to save herself from temptations!
- ▶ She says that she can share her husband with other women...but...she does this when it happens, I think it shows that we are not made that way. Most people will not even eat after other people and to go behind another woman is un heard of to me. I think she is fooling herself. One suggestion I would give her is that he told her from the start that he was a cheater and from past experience I would say that she should listen VERY well from now on when someone says something so drastic. The other would be that U have 4 children, where is the option not to put her or the children through this kind of thing. I do not like divorce but I would want someone who I could trust with protecting and providing for me and my kids. He does not

sound like someone who will stick with U through thick and thin. If the shoe was on the other foot, what would he do? WWJD?

- ▶ In her case they seem to be able to work at the relationship so I would suggest: 1) Do not get drawn into spying - it is a self-destructing behavior and not worth it and it is a waste of your precious time 2) Don't try to work everything out alone - get your spouse to TELL you what it is they need in order to feel their life can be as good or better than when they first entered into the relationship with you.
- ▶ Not sure, I am still learning myself. I think Lisa should 1. not stop in her progress...try all the suggestions and see what ones fit for her. 2.always do a self-check in....meaning make sure she is doing what works for her not what works for everyone else...ie her spouse, her parents her friends.
- ▶ If he was an unfaithful person before she met him she has to see he has that hardwired to some extent. You Go Girl as far as having your head on straight about the hardwiring of his behavior affecting your open, happy go lucky style.

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

- ▶ I realize that all affairs have the same basic traits although they may occur for different reasons. However, the cheater needs to know that a recurrence is a deal breaker and the spouse needs to not try too hard to keep the cheater. The cheater must recognize that the trust has been destroyed and must be earned again. The old relationship is finished and a new one must develop or the couple must move on.
- ▶ I can hear the anger in my voice more clearly as I noticed it in her's.
- ▶ It makes me feel like it can really happen when I hear other "victims" saying that they feel that they can turn their experience into something positive for their marriage...make it even better than it was before the affair. I know that in the past 2 years since his affair, he has practically lavished his attention on me every chance he gets, and I in turn do the same. I just wonder if this is something temporary or if it's going to last.
- ▶ Communication is crucial It is ok to voice needs that evidently were not being met. The new relationship can ultimately be a better, stronger and more viable one than the latter. Thank you Dr.!!
- ▶ The question about what was he not doing to get the right needs met by me.... if only I could get him to talk.
- ▶ I am checking his emails, personal belongings etc and I feel very bad about it. He has a personal email I can't get into & he won't show me. He insists it was not an affair but he fell in love with her & did not send her away. If he thinks he has done no wrong it can happen again. There is currently no contact between them that I know of but he is going to Japan next year to teach English. It became clear to me during this tape that unless he is fully open with me and declares he will have no contact with her again there will be no stable base from which to repair and improve our relationship.
- ▶ That my anger at the betrayal is a common feeling of BS's.

- ▶ It reinforced my feelings about the fact that an old relationship before infidelity cannot be revived to its original state after infidelity, but that something new can be born out of learning from past events.
- ▶ I wanted/want to go back to what we had, to the love, trust & friendship. But from what was said on the tape I can't. We need to figure out how to make a new relationship; he needs to figure out how to ask me and not her he needs. He has had OW for almost 6 years now and I don't think he wants to let her go. I need to figure out what direction I need to move. The tape showed me I can't just stay in the same spot forever.
- ▶ I feel relieved knowing that Lisa has the same challenges that I do with letting go and accepting that there's no going back and that our relationship will be much different going forward. The tape also reinforced that I need to move past my loss and stop feeding my pain so together my wife and I can redefine our relationship moving forward. Letting go and trusting must happen or I am going to drive my wife away because she is not safe emotionally with me because one minute I love her and the next minute I am attacking her because I'm scared and afraid I cannot trust her despite her efforts to reassure me that the affair is over and that she will never betray me again.
- ▶ Things that the Dr said that caught my attention. Having the two of them openly discussing their personal needs. Too often we are not willing to open up and discuss those things that are at the core of what we want from each other, yet this type of closeness and openness really bonds two people together. "Trust is a function of predictability"
- ▶ That we can't bring back what we had. We have to create a new, stronger relationship. Understanding of the trust factor that my fiancée is struggling with now and some suggestions I can make about both of us listing what we need from each other.
- ▶ It's reassuring that my decision to end my marriage. It is also good to hear there are actually more people who have an understanding that lying is harming so much more than only a fling. To be honest for years it turned me on hearing when my 1st wife would have a sexual experience with someone else...but we discussed it all...we were honest...that is what is priority. Both of a couple should feel safe to share everything

possible....even the fantasies you are so afraid of what others might think of it.

- ▶ Forgiveness; ability to believe he can change.
- ▶ I realize that I too was an open trusting person and that I can't go back to that person and have to move on and find the middle ground. Myself and my partner need to talk more to find out about our needs.
- ▶ That things will never be the same. Don't try to make things as they were, because the past is gone. Concentrate on building a new and better life either with your spouse or going forward by yourself or with someone else.
- ▶ I realized that many other situations apply to me.
- ▶ That people can be persuaded to say things when they are "under the lights and in public viewing" I felt sorry for Lisa. She sounded disingenuous as though she were minimizing the whole affair. She is in denial. Who would want to stay with her husband, anyway. Not me.
- ▶ The sky is falling my mind thinking of 100s way how I can improve my situation. Listen to someone else may help me pick up some useful tips. Lisa is no like mine at all. Sorry cannot help here.
- ▶ I leaned people can be so contradictory in their views even in hurtful circumstances. 2- People's voices are such a giveaway of the contradictions and this puts the listener in a foggy position. How can I tell a person: you HURT me by not telling me you broke something important to me, you promised to tell me! There is a control issue here that maybe push the husband to "test" Lisa's warning. To my view Lisa had a casual attitude to the husband's flirtatious attitude but then she wants to "regiment" his behavior with her...as if the behavior with the other women is not part of the same person her husband is when he is with her. There is more dogma than true understanding here.
- ▶ Dr. Bob is a very wise man!

👉 My needs... his needs. AUGH! My brain has been in victim mode to such an extent I was caught in anger over his love for this other women, and could not either hear his needs, or (worse) my own needs. In truth, I am still not sure I can clearly speak my needs.... or identify them beyond I love this man still (but not what he is now doing/has done), and care for him more than any other man on this planet. I am not sure he can clearly speak what he needs, beyond my not being angry and his need for a quick divorce. Dr. H... to be honest, I hear that he loves other women. I notice this must be that limerace love thing, and seems with his "cosmic twin, soul mate, mirror image" view of her to certainly be deeply smitten. For now. In the long run, once reality comes back into him, I do not understand how he can find happiness pushing away his wife and children (our kids have not seen him in months and months). Despite my heartbreak, that "white noise in the brain" devastation and weight loss, no sleep that went on for months and months, as I emerge from my on fog of betrayal, I find I still love this guy. Not his behavior now. Not his meanness and all most tantrum like manner when I dare disagree with him in anyway. (I need to learn the charge neutral!). As I listen to this tape and your words to this woman, more and more I recognize my part in pushing him away, and my lack of ability to be attentive to his pain, as I was grieving the loss of my family of origin. Listening to the tape caused me to be more and more clear I have a huge need for "family", and this man is my family, even though my brain says to let him go to love whom he believes he does. And logically I know that a man who can lie to me for months about his affair, then justify it by demonizing me... and then moving her into my family of origin home (with my mom's ashes in a box a few feet from their love bed), is not a man sane enough to love. Yet I continue to make excuses for him and blame it on the other women's predatory ways (this ow marks my H as her 3rd married man in a row... and all have had kids). I demonize her. I also to an extent, demonize me. As he does. As I was listening to the tape, I heard some of my husband's issue. His "I fell out of love... and just love being in love" perhaps a factor. But when I read the book, I am pretty clear his is a "I don't want to say no" affair, compounded by something with his dx of PTSD (just guessing). In the write up to the tape you wrote about the type 1 affair being "characterological issues"... and this has me thinking. IF a type 1 is my husband of 20 years situation (and it seems so), then there is likely little I can do... beyond learn to shut up all my words, and charge neutral (I need coaching on

this!). I notice in me this heartbreak might feel even deeper due to the loss of my birth family (death and rejection), and my husband moving the other women into my family of origin home with such disregard to my feelings/needs. After listening to the tape I was confounded by commitment... how a man as her husband really is still committed. And how my husband, who I was so sure loved me (and he does admit to this still), is committed to divorce. His excuse is I treated him worse than a friend by accusing him of not tending to our marriage and his putting the needs of other women ahead of me, and the kids. As I write this, I suddenly (FINALLY!) start to think of MY needs beyond that of venting anger and somehow getting him to recognize that he has broken my heart and nearly destroyed me, is destroying our family as he continues with this ow. (And maybe I should question if this is really true... is HE destroying our family by living with her... or ?). In listening to the tape, at the end you spoke of consistency being an important issue. I think this is true for him... and me. His actions with other women conveyed to me a lack of stability that was compounded by the events of our life that shouted NO consistency... basically a message that nothing was reliable. In our family we experienced 9/11 and the impact on aviation (he was on flying one of the last aircraft to land in US airspace, and lost a pilot friend on that day), a head injury for me, an unprovoked assault for him where he tells me he believed he killed a man, the death of my mom, my brother's estrangement of me since my mom's death, a 62% cut in pay for my husband and loss of his pension from the airline, the sudden death of our friend and next door neighbor from a motorcycle accident, and now, his living with and loving this other women and demand for divorce, and the need for selling the home we designed and built, etc. All of this since 2001! Prior to this our live was "exciting".. and we always had the consistency of know our spouse was there. The better or worse, sickness or health, richer or poorer thing. I never strayed... and until recently, I thought he never did either. We moved 19 times in as many years (military and then commercial aviation). Lots of evidence here that we were always there for each other... until my mom died and I retreated into a mild depression... and his assault (2 months prior to my mom's pancreatic cancer dx, and 6 months prior to her death!), when he appeared to have a huge need to find himself by being needed and loved by other women and perhaps men too.

- ▶ It helped me remember to listen to what others are saying. I once heard a saying, "If U want to see into a man's thoughts, Look at his actions. Some people cannot be trusted with other people's hearts.
- ▶ A confirmation that I could have/should have been told about my spouse's what we could do to prevent our marriage from supposedly getting monotonous.
- ▶ I liked the questions that Lisa should review with her husband...what did he need that he did not ask for from her prior to infidelity? Also how can they redefine their relationship knowing what they know from his character (other women) Also developing more than just talking and telling each other about attractions but actual safe guards (boundaries)situations not to put oneself in.
- ▶ That trust is a function of predictability. That he needs to not just whine about what he's not getting but WORK WITH ME (rather than guess at) eliciting the response that nurtures BOTH of us.
- ▶ I am pleased to hear that they are still together and they are still making a go of their marriage. May be there's still hope yet for me.