

How to Break Free From The Affair!

19 Live Infidelity Coaching Sessions

With Dr. Robert Huizenga – The Infidelity Coach

Emotionally Battered and Bruised by a Rage Affair

Workbook portion of audio tape with Lynnette

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Part 1: Summary of Lynnette's Circumstances

After 15 months of "hanging in there with the affair" Lynnette drew the line and said, enough is enough. She chose to gather his belongings and asked him to leave.

He responded with rage, moved out and continues to make life difficult through the initial stages of divorce.

Lynnette describes him as a consummate "game-player" who has a powerful need to exercise control and power over her. He arranged, before the divorce, finances in way which left Lynnette impoverished. Lynnette's attorney concurs with his devious nature and predicts it would take a long time to sort through the chaos and reach the final stages of divorce.

Lynnette continues to struggle with holding her own when facing him and negotiating child care and other issues. She reacts and finds her rational thinking abandoning her.

Lynnette is finding self-care strategies that help her tremendously. Periodically, especially when feeling negative, she "steps outside the bubble" and becomes an observer of the situation. This provides immediate and helpful relief.

Lynnette continues to find ways to take charge of her life.

Follow up Email:

Dr. Bob, thank you so very much for taking the time to post that for me. It really came at a time that I needed to hear myself and hear my own strength and remember our conversation.... 3 weeks ago my soon to be ex contacted me like nothing had ever happened, wanted to come over and have sex, and talks of maybe getting back together after the divorce.... I was thrown a real curve.... I told him that we don't have that kind of relationship anymore for sex and just talking. He admitted that he was testing the water to see if I hated him and maybe we might get together again. I told him I would know if he was ever serious and that he would not be with her and then maybe we would talk. He left last November. The affair is 2 1/2 years now. The divorce won't even have a hearing until December. So I am still "tied up" with him financially and we don't talk. He is not happy according to my daughter who hates to have to be dragged over to his girlfriend's house to see her dad. So, thanks again for posting the tape

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for me. It was just what I needed today.... If you don't mind, I will continue to keep you posted as to what happens in the future. This could be a very interesting follow up. I still love him and could take him back..... in the future..... But I don't want him to know that and bank in it. Respectfully, Lynnette

Part 2: Review of the Coaching Session

1. It appears Lynnette is coping with a Rage Affair.

It is extremely important to identify the Rage that sometimes lurks beneath the apparent revenge. In [Break Free From the Affair](#) I indicate that the dynamics of these affairs differ remarkably.

As well, the chances for saving a marriage or relationship are significantly better for a Revenge Affair as opposed to the Rage Affair.

Here's what I say in the ebook:

"There is another kind of revenge affair that holds less hope and is more destructive. A revenge affair may be the result of long-standing and unresolved anger or rage toward the opposite sex. There is a persistent pattern of the person pushing others away with rage or anger. There also is a great deal of projection, or this person blaming others for his/her situation.

This form of anger is more rage than frustration. The rage emerges from a desire to hurt rather than from the frustration of needs not being met. This person exhibits little concern, as well, for the other person."

2. Lynnette's personal physical safety is a primary concern if she faces the Rage Affair. Lynnette is not fearful of physical reprisal. His rage appears to be channeled more passively.

He went to considerable effort to insure her financial demise before divorce papers were filed. This action tended to be more passive in nature, but highly destructive nonetheless.

She also reported a long history of verbal abuse and put-downs.

3. A persistent lifetime of verbal and passive-aggressive battering takes its toll. The wounds to the soul eventually become scars that cover health and well-being.

And this process erodes one's self-esteem in a pernicious and cumulative way. Lynnette wakes up one morning and realizes how little she thinks of herself, how reactive she is to his every word and thought and how she no longer has a core of well-being from which to make decisions and act in life.

However, it seems as if a part of her summons the strength to make some initial and life-changing decisions.

4. Lynnette at one point made a conscious decision to be strong. She packed his bags. It was over if his behavior continued.

He did not know how to respond effectively to her stance, so he responded in his typical way: got mad and left, probably envisioning pay-back scenarios.

Another sign of Lynnette's strength and maturity was her capacity to look beyond herself to guide her decision making process. She had a daughter whom she loved dearly.

Lynnette KNEW she was making decisions not only for her future but also for the future of her daughter. Her daughter was watching her closely, deciding what kind of woman she would be and how she would do it.

For the present well-begin and future make-up of her daughter, Lynnette chose to "be strong."

5. Lynnette developed a powerful tool enabling her to "be strong." Actually, it was her 13 year old daughter who suggested it one day. She said, "Mom, you need to step outside the bubble and just watch. Be an observer." Now, where this 13 year old came up with this prescription defies logic.

I've worked with people for months trying teaching them to use this self-help concept. It sounds easy but when in the midst of the emotional entanglement it's easy to react and get emotionally overwrought and lost. Her daughter knew. And Lynnette knew her daughter knew.

This tool became a rallying point for the two of them. It guided their journey.

It became a powerfully strong growth tool for Lynnette.

6. Lynnette needs affirmation. A lifetime of verbal and emotional battering, as I stated, takes its toll.

Self-doubts reign and are difficult to banishing from one's thinking.

I sensed that and was intentional in praising Lynnette for her new found strength and for her capacity to keep at it.

I legitimately saw within her a power and desire and capacity to truly step back and redesign and reorient her life. I applaud that! Sure, there are gaps. Sometimes we revert back to old ways of thinking and acting.

But, for Lynnette to tenaciously keep on her path, in the midst of some of her backtracking, is certainly something to commend.

7. The end of the session involved problem solving on how to create less contact between her and her divorcing husband.

Contact with him was a powerful trigger. It required every ounce of her strength to manage herself with integrity and to maintain good feelings.

He would contact her rather frequently, even though he had no desire for reconciliation. Or, he would use visitation of the daughter as a tool for contact with Lynnette.

Lynnette had an attorney and we suggested possible ways to use that resource to cut down on the personal contact.

And, I threw out a good coaching question: "Can you think of 2-3 other ways you can set some boundaries around yourself to protect you?" More coaching with Lynnette would probably examine those, plus more ways for her to place a moat around her for her emotional financial well-being.

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

- ▶ First look up "Psychopath" on the computer. Read everything U can, Especially Divorce/Custody 3. Next U cannot deal with or speak to an abusive person. Never talk to them directly or on the phone. Inform him that U will only take calls left on UR answering machine or voice mail. At that time U will leave him an answer on his and will not talk directly or if it is a legal question U will have UR attorney get back to his. NEXT: U will lose all UR money past and future with 2 attorneys involved. Do not call them for anything...If they R getting \$300 pr hr \$3,000 is spent in 10 hrs. Each call is measured in dollars. Sit down and draw up a list of what U want. Take it to the attorney and tell him to file it and have it decided by a judge. Period. Not 2 or 3 yrs down the line. In most states, adultery has a penalty usually 10 to 25%. Don't waste UR time on justice or revenge (even if it is from him) because that is not what courts are for. That is what Dr's R for.
- ▶ I saved voice messages so that I could listen to them later, from a clear state of mind. I also "stepped outside the bubble" and began to observe in the early days after the affair, looking for behavior that would give me clues as to my husband's intentions towards me. I also began to FINALLY minimize contact after one too many disparaging phone calls where he badmouthed our entire marriage.
- ▶ My situation is very similar to Lynette's except for the threat of violence. However after 18 months of being reasonable I filed for divorce. It has shown me quite clearly that all my husband wants is to be in control and is prepared to lie to himself rather than deal with facts and the reality of the situation. The best thing I have said, and regret I took so long to say it - was telling him that I was divorcing him. Also told him that all who think he is "mister wonderful" are welcomed to him, because I definitely do not want him anymore! Letting him know that I was not prepared to tolerate his appalling behavior anymore, and that I had done something about it was most helpful to me. In fact it was then I really knew I was on my way to being liberated. Great feeling of empowerment.

- ▶ I said: "You made your choice -- and it wasn't me. Now you need to go on and live this wonderful life that you have created for yourself." "I just want you to be happy."
- ▶ I drew the line. I told him he needs to make a choice. I filed for separation.
- ▶ I found that acting boring and flat of affect helped create necessary distance. Stupid in not having ideas about how to reconcile; more inventive and generous about ways to cooperate about different issues. A muted, polite tone with undercurrents of resignation, no matter how shocking his manner or message. This was disarming: the Tar Baby approach. You prove him right about being a lame partner so he has to go somewhere else to get inflamed about things. 2. I did most of the things you're doing, about keeping track and recording things, etc. Very useful and it really discouraged him.
- ▶ After a long afternoon of hurtful discussion with my husband, I developed enough courage to call him and tell him I would go through the divorce process, but with him. He had been saying he wanted divorce for months, but would never file...saying that "I wouldn't let him." I do not want a divorce and he knows it. But, I...like Lynnette...had suffered that one final hurtful thing that pushed me to make stronger boundaries. In my case, my husband was very shocked that I had enough courage to push away from him. And, it has also been very hard for me to do so. Interestingly enough, setting that boundary and starting the process together has brought a change in attitude in him.
- ▶ I have done similar things. I won't talk to him about the divorce, I let the attorneys handle it. I try not to response to him. I cut off contact as much as possible. Think before I response to his request or emails.

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

- ▶ Read everything U can about Narcissism, Bi-polar, Border-line PD and "How to Spot A Dangerous Man" on the web by Sandra Brown.
- ▶ Remain strong. Tell more to your friends and observe their reactions, listen to their advice. That is likely to be eye opening - as she has been putting up with a lot for a very long time and can no longer see clearly. Also, journal some of these conversations and her feelings about them. Reviewing later will help her solidify her position of strength.
- ▶ Love yourself. Find yourself.
- ▶ It is very hard to do, but the best thing she can do for herself is to show him that what he does is having very little impact. Even though she may be dying inside try to adopt a "whatever" approach with him. Don't let him see that what he is doing is hurting her. She should even one day say to him - "I have cut you loose so you can go be with the woman of your dreams, why do you want to keep engaging with me". That would knock some stuffing out of him!!! The 2nd thing she can do is to only engage in absolutely necessary conversations with him. That way she will take back control that he is trying so hard to keep.
- ▶ To not let him get "under her skin." To hold on to the dignity and values that she has found within herself. We all deserve so much better than what "they" have to offer.
- ▶ Never give your power away to another person who is in emotional mess. Continue be proactive rather than reactive.
- ▶ Know that their relationship is not real. I was told this and couldn't believe or understand it for a long time. It's built on secrecy, lying, callousness and bullying; that's some of what they have in common in their capacity for human interaction-- nothing you possess. You can say this, in a thoughtful way: "I've come to see that you and she have more in common than you and I do." 2. They'll probably start fighting because they're so volatile, and won't have you to blame for it. They can't take constructive criticism and she will NOT like a protracted divorce, as it keeps you on his mind all the time, and in their lives. And if

you don't fight it, she can't blame you for the conflict. And 3. Deep down, she's ugly, and there are cruel things beautiful people do that change others' perceptions of them for a long time.

- ▶ Glimmers of hope that I could survive my current pain have come from learning to depend on others for their advice, their listening ears, and their support. I felt isolated and lonely, and was used to taking care of others, but not myself. I have been systematically finding things to do that make me feel joyful....going to the beach with my 20 year old son for dinner...going to have my ears pierced (at the age of 51!) with my 23 year old daughter. Watching videos with both, making it movie time at home with hot dogs and popcorn.
- ▶ I can feel some of the revenge actions in our relationship. I can feel him threaten me when he not getting his way.

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

- ▶ It helps me see how far I've come and to take my own advise.
- ▶ Once again, learned I am sadly not alone in what I have endured. I don't know why spouses can turn so ugly and cruel. I have rationalized that mine did to use it as fuel to make his departure from our marriage. No matter the reason it still hurts very much to be treated this way and it will take me a while to recover, if I ever fully do.
- ▶ Reaching out for ways to deal and cope.
- ▶ Very much validated for me that I was definitely on the right track.
- ▶ That when push came to shove my husband too, became belligerent. He wanted things to be all his way. He wanted to be the one in control.
- ▶ It is much more harder to deal with the person who has money and power, who is controlling. It will take a lot of energy and time to do what is needed to be done with this type of cheater.
- ▶ I was so impressed by your strength, purpose, and intelligence. You are awesome. My daughter was just like yours, wise far beyond her years, explaining commitment-phobia and the dynamics of unhealthy relationships to me at age 13. One of his sons, age 12, asked him from time to time, "Dad, why don't you treat her with respect? She's your girlfriend and you love her." They're a different generation and this knowledge is more available to them. They don't tolerate bad treatment as readily as we have. I was reminded of how terrible the relationship was for me, how bad it felt, and how right I was to break it off, no matter how much it hurt. I want to be as strong as you are about having to run into him.
- ▶ Hearing Lynette's sensitive and intuitive voice on the tape gave me an appreciation for the similar struggles we face when our spouses are acting out their anger by striking out at us. For so long, I truly believed that it was my fault...I was not good enough, I did not try enough...etc., etc. In Lynette's voice, I hear the sadness over things lost in the marriage, but I also hear

calm strength developing through the hurt. This helps me to know that I can survive as well. One specific tool that she has used...listening to recordings a second time in order to remove herself one step away from her primary reaction is a valuable thing. I also tend to react first...and not always in my own best interest. My situation is not as volatile as hers, but the idea of stepping away from the words, the actions, the feelings, etc. for just long enough to get a grip and look at them from the outside is very, very helpful to me. I am not good at boundaries and am trying very hard to create good ones.

- ▶ That I am doing some of the right things like distancing myself from him. Push forward with the legal advice and try to settle financial issues.