

# **How to Break Free From The Affair!**

## **19 Live Infidelity Coaching Sessions**

**With Dr. Robert Huizenga – The Infidelity Coach**

## **Overwhelm! Questions! Should I Date?**

**Workbook portion of audio tape with Marcie**

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

## **Content**

**Part 1: Summary of Marcie's Circumstances**

**Part 2: Review of the Coaching Session**

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

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

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

## **Part 1: Summary of Marcie's Circumstances**

My age: 43

Husband: 42

Married: 17 years last October

Children: 3 boys -- 14, 11 and 5.

My husband and I have been friends since 1983 when we met in college marching band. We started dating in 1988 and married in 1989. We've always had a good connection and many, many commonalities -- too many to list here. Divorce was never, ever a remote possibility.

So after 16½ years of marriage of course we were not like newlyweds, but things were by no means horrible either.... just kind of in a lull. I was getting discouraged by the gradual decrease in affection and sexual intimacy over the years, but I wasn't too concerned because I knew that we had kids to raise and do their things but we'd have plenty of time in the rest of our lives together to reconnect. Then my world started to crumble. On August 12, 2006 he revealed (after MUCH pulling), that he wasn't happy but didn't know why. He said that he'd felt that way for a couple of years! He went to a Dr. for a check-up. The doctor's opinion was that it was stress related and told him to try exercising more regularly.

About the same time (beginning of August) he started going out with work friends to commiserate about the supervisor that they all disliked (one of his stress points). That turned into a weekly outing and that is when I think the affair started. It was with a married woman that he worked with. I was so very trusting and all the while I gave him my blessing for these outings because I knew he needed to get out. Ordinarily he's quite a homebody. By the time September began I pulled out of him that he just wasn't as attracted to me as he once was and also that he LOVES me but doesn't feel IN LOVE with me anymore. He also added that he didn't know if was too late for us but assured me that there WAS hope.

I discovered an article online about Mid-Life Crisis and started to put into practice what it suggested. I gave him space and time and my love and support. I also had him read the article and told him what I planned to do to help and that when he got through this and all the dust settled, I hoped he'd find his way back to us. He was very appreciative of this and I thought we'd be OK.

I found out later that all the space and time I was giving him by being a good wife was just paving the way for his affair. He'd go for walks or a drive or get on his bike and ride or go to the store for me. Now I know that he was using all of those excuses to meet her. I also wholeheartedly wished him well on a couple of 'alone' weekends that he requested. Those too I found out later that he had taken her along on to see, as he put it "if they were compatible."

Through the course of September through December I had asked him a total of 3 times if there was somebody else, and every time he said 'no'. He'd NEVER given me a reason before to not trust him, so I let it go. I believed he was in a depression and did get him to go to therapy alone. They even put him on an antidepressant. The medication hardly got a chance to start working because I discovered the affair on Christmas night. I checked his cell phone and discovered calls to a woman he works with. When I asked him why he was calling her his reply was, "because I'm in love with her." After much screaming, yelling and crying he handed me a letter he'd composed a month earlier telling me that he wanted a divorce because no amount of counseling or couples therapy was going to change how he felt 'in here' (his heart). He also said that he thought that she was his "best shot" at happiness.

All I know of her is that she will be 40 this year, of average looks and size. She's been married and divorced twice. She has no children. It is my understanding that she was crying on his shoulder about her unhappy 2 nd marriage during an after work get-together and that is how they came together... that and alcohol. She filed for divorce from her 2 nd husband about a month after my husband and her relationship became sexual. I'm getting the feeling that she's kind of a control freak and dominating from some of the things he's told me about her. I actually think he's liking that right now because I don't really even think it was me/marriage so much that he wanted away from as it was the WHOLE husband/father/provider role, and now that he's moved in with her (since 12/26/06) she's been taking care of him. From everything I know of her, they have very little in common, but

he says “she gives me all I need.” They are still living together in what I refer to as their little “Fantasy land”.

For about the first month or so I tried to get him to see the mistake he was making. It wasn't through begging by any means, but I did try to get him to see everything that he was throwing away. He'd actually listen to me, but it didn't seem to make a difference. He'd restate that he still loved me but needed to go be where he was happy and that he couldn't be happy here (home) anymore. He's not once (that I know of) had any second thoughts or regrets about this. He's left and never looked back. He filed for divorce in mid-March. I don't understand what the rush was when we've been married for so long. I don't know why he felt the need to be so hasty. I DO know that he's got plenty of shame and guilt though. The divorce isn't going very well. He's bucking me at every turn. For someone that wants to be free of me so bad he sure is making this hard on himself. I just think it must be a control thing for him. Part of me wants to be free of him as well because I don't even LIKE this man, much less love him. He is a stranger to me and everyone that thought they knew him including his children. Then the other part of me is looking back on our history and what we had, and how good we were together, and that part rips me right open again. I love and miss that man.

My questions are:

- What is your opinion of the type of affair he's in? By the way he says, “It's NOT an affair! It's MORE than that. It's special! We have a connection!” (Initially I thought “I'm In Love and Just LOVE Being in Love”, but now I also can see it could be “My Marriage Made Me Do it” even though he asserts that he wasn't out looking for anything. I believe that, but now that it's happened, I can truly see him using that excuse so he's not to blame.)
- How do I stop thinking of him/them together? I've tried several different distractions, including trying to focus on myself, yet I can't get them out of my mind. It torments me.
- If a couple still loves each other but is no longer IN love, is the marriage doomed?
- What is the best strategy to use? Force him to live in reality by taking responsibility for his kids and spending time with them, OR let him totally be free from ALL obligations so he can really

feel the emptiness of losing his family and the sense what he's throwing away?

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

**1. As you listen to the recording pick up on the sense of overwhelm and confusion.** Marcie was marching in different directions. Here are some of the issues she raised, all within the first 10 minutes:

- Do I move on and give up on the marriage?
- I think about him and her together and I can't seem to shake it.
- I'm racking my brain trying to understand why he did this.
- I think of all the good memories of the two of us and of our family.
- Is there hope for the marriage?
- If he wanted to come back, would I take him back?
- What do I do with my powerful need for affection and touch?
- Should I date?
- I'm feeling sad, frustrated, scared and excited.
- What about the children. What will we do with them?
- How do I deal with his reactivity?

**2. Marcie seems to border on overwhelm.** The thoughts keep coming; keep flooding, first one, then the next, then the next, then the next. Thoughts and feelings in one area lead to thoughts and feelings in another.

This is typical.

Marcie's circumstances are new. She's known about the affair and his declaration "I love you but am not in love with you" for a mere 4-5 months.

Her world is shaken. There is no peace. There is no stability. And, it may seem that new, sometimes disturbing thoughts or questions emerge weekly, if not daily.

It is within this timeframe that most confusion and feeling of being torn predominate. Answers to specific questions are NOT there. One, at this point, just does not know, nor can s/he have a specific and comforting vision for the future.

### **3. Marcie, beyond her specific questions, seems to have a couple strong needs.**

First, Marcie needs affirmation.

Am I OK? Is it OK for me to bounce from one concern to another? Are my feelings of frustration and fear valid? And, what is it with these strong feelings to enter into a dating relationship and be held by another man? Is THAT OK?

Marcie seemingly wants someone to affirm her by saying, "Yes, Marcie, nothing is wrong with you. What you are feeling and thinking is par for your situation."

Secondly, Marcie needs a compass.

What should she do? What is right? What is appropriate? She's in uncharted territory and needs guidance to find her ultimate destination.

The next step for Marcie probably will be seeking out input from chat rooms, forums, experts - those who have been there and done that - to pick apart each issue, examine it and make a decision based on what not is right and appropriate but best for her and her family.

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

- Marcie's situation is similar in regard to time of D Day, age of children and years of marriage. I can relate to her feelings of remembering the good times and similarities they had. I guess time is the only thing that is helpful for me. She states even though she is stressed, she can't leave, they have children. I resent that the spouse just severs those ties like we are disposable. I also relate to the anger he has when she hits "the target". My H does the same thing. I try not to do that anymore as the anger just continues.
- Concentrate on improving myself, not criticizing him. Be as friendly as possible towards him. Pretend to be ok and happy. Helped me to become it.
- I just prayed a lot, kept busy and focused on improving myself.
- I don't think I said or did anything that was particularly helpful, I was in too much of a turmoil. But, I was always there for him and eventually he came back to me and the last three years have been the best ever.
- My situation is similar other than I found out about the affair and like Marcie battled with all those questions but my partner would not leave the house to move in with her. He has fears that she is only after him for the security of her two kids and his healthy bank account. I found out about the affair February 2006 and eventually moved out to Spain in February this year. He still hasn't moved in with her and still only sees her twice a week as before. Moving to Spain gave me a new surrounding which helped for a while. Then he visited me for two weeks in May. We got on great but only as friends.
- I still did what I could for him even though he also said he didn't love me because I knew he was depressed and she was using him, knowing he was living in a dream. 2. Then I told him to leave and be happy which he knew wasn't reality with her, which made him think
- According to my husband who is back with me, one of the things I said that finally got thru to him was, "this is not like the movies dear, we will not bump into each other on the streets someday 2

or 3 yrs. from now, fall into each others arms and tell each other how much we regret our separation. I will be gone dear, totally. I will have restablished my life and will not be want u back in my life. It will be over!" The other thing he mentioned was that he could feel I was moving on, preparing to live a life without him. I had been to a lawyer, bought a brand new car and was looking for a smaller home for myself. He was correct in his assessment, I was moving on and was becoming excited (finally) about starting "new". The pain of my loss was dimihing, I could see that I would survive and not only that but "thrive" on my own and I was beginning to relish the opportunity.

▶ Marcie's story IS my story. I'm married 17 years to my college sweetheart; it's only been 4 months since I found out about my husband's "new love" the woman with whom he has a "connection" who came on to him at the office, after they worked closely on projects for the past year. She too was very unhappy in her marriage and leaned on my husband for support, and this continues through her divorce. Right now, I'm still amazed at how bonded they already seem to be as a couple - I'm still in shock over that aspect. And like Marcie, I was interested in finding my own experience of intimacy again, to the surprise of friends. Boundaries are So important now, although it sounds like her husband is not vindictive, as mine was. I immediately set out to establish some privacy via new internet passwords, my own credit card and checking account. I found comfort in sharing my feelings about dating and meeting someone new with a trusted girlfriend who helped me to come to terms with some of my irrational fears in that area and share some giggles about new possibilities! Also, I began a relationship with a therapist, to help me understand and process this relationship and it's failure so as to learn and make a healthier choice in my next relationship.

▶ Nothing was helpful.... I did exactly what she did plus I heard the same words from my husband that she heard..... The only difference is that I am now enrolled in school.... decided to go back and finish what I didn't do after 25 years of marriage. I have also changed my lifestyle since I've lost 23 pounds since this whole ordeal began... so working towards myself has helped.

▶ My situation is very, very similar to Marcie's except we had been married 32 years, and known each other for 37 yrs. 1. I made my

feelings of betrayal known-wedding vows, honor, etc. He really understood what he did to me and it helped me to remember why I had the right to be hurt and sad.

- Her story is so heart wrenching. It sounds like mine. I cut off all contact with him. That worked until I got a love letter from him and then I fell back in love with him. The main thing I did was to read "Crazy Times" by Abigail Trafford. She helped me see that I was not crazy, that I was just in a crazy situation caused by the man I loved. It helped to see in B/W the up and down and know that others had the same feelings and thoughts I had.
- Knowing that in giving him the space you thought he needed did not affirm his rationale for an affair. Thinking for yourself, what was missing from your marriage that was missing that he searched for from the other woman. Placing that along with better communication to heal your own marriage.
- It takes time to wade thru all of the emotions. You hinted that getting involved with someone else at this time will only add to the emotional unrest.
- Marcie situation is alot like mine. I thought it was helpful to hear mr H walk her through his analysis and ask what she wanted to do. He help to clarify what she wants and needs.
- I stopped him from know how much he had hurt me and that i needed him. I have tried thinking of my grandson when i find my thoughts racing to visions of him and her together.
- First off, Marcie's situation is extremely similar to mine. The first thing that was helpful was to simply stop trying to reason with my husband. When I listed the many reasons he should reconsider or the precious things he was throwing away by leaving, he would listen, but it wouldn't make a dent. Nothing could sway him from his course of action--not the love of his children, not financial ruin (even though he swore up and down those two things were his topmost priorities). I think all the arguments as to why he should stay maybe even tied him closer to her ("I've given up everything for her, now she's my everything!") It's almost as if, when you're in that fantasy-land state of an affair, being confronted with the harsh reality of what you're doing makes you retreat into the fantasy even further. The other thing I did that was helpful was (as I told myself over

and over) to "stop acting crazy." What I mean is, I'd learn some new detail of the affair or his new out-of-character behavior and immediately fly off the handle and call or e-mail him. Those calls never went well. I was either angry and suspicious or cold and hateful, and generally came off looking like a crazy person lashing out. Stopping that behavior was helpful not because of how those calls made him feel (which I imagine wasn't all that great--although who knows, maybe it made him feel superior?), but because of how they made ME feel--out of control. I learned to slow down, really think about each new development, and if it needed to be addressed, I'd do it in a way that avoided unnecessary bad feeling, helped me feel good about myself, and made me feel like a "together" person. Although to be honest, most things that came up, I found I could let go of once I gave myself some time.

- ▶ Realized no matter what I did in the marriage, I am not to blame for my wife's affair. That is a freeing statement. 2. Use this as an opportunity to recognize areas I was weak in my marriage to help me grow as a person and be better in future relationships.
- ▶ I feel that I charged neutral in my communications (from the most part!) I let him know what I see and challenged his choices when I felt that I could.
- ▶ -try to keep communication to email if at all possible-it takes down some emotion and makes it easier to review what was discussed -try to allow myself to feel the strong feelings- anger, grief, sadness, depression
- ▶ I recognize when I am about to "loose it" and call a friend to vent, cry and explain my emotions. 2. Prayer. I ask God to reveal whatever needs to be revealed to bring me direction and some peace.
- ▶ Seek many sources of support (church, 12 step, COSA {co-sex addicts}, friends, family, internet, love addiction resources [really helped to couch my strong need/desire for my wayward husband as withdrawal, increase self care, prayer, focus on kids, etc.
- ▶ "You made your choice and I wasn't it. Now, you need to go on and embrace this wonderful life that you have created for yourself."

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

- ▶ Marcie, I applaud you, with 3 children and all these emotions, to be the sand and stable parent can be hard. I am sure you have leaned on family and friends. Continue this and vent your feelings. It's healthy.
- ▶ dating just yet. Friendship yes, so she can see that she is still attractive, but nothing more. Make a list of goals for herself. What does she want to achieve today, this month, in the coming year?
- ▶ Am still going through it, am still getting mixed feelings my husband still till this day will buy me any and everything I want, he is in counseling his dad committed suicide when he was 6yrs, and we think he might have been molested or raped as a child( the dad) the counselor has told me my husband is still in love with me but is running away from it, i don't think if he was not in counseling i would be trying to wait things out only till the end of the year.
- ▶ Hang in there. There's no way it is going to last with this other person but it may take time. And, during that time, you will gain strength and a certain emotional distance which will allow you to retain your dignity. Don't force another relationship, Listen to what your HEAD tells you. .
- ▶ Like you Marcie it rocked my very foundation. You spend a lot of time punishing yourself. This woman obviously knows the right moves to make on a guy. Mine even came to the house to see me and tell what fun they were having. You don't mention if you have had any contact with this woman. Let me share with you something. One night whilst we were up in London on a business trip, she rang the hotel to speak to him knowing that we were in a double room. Knowing she was on rocky ground I went in the toilet and text her - r u lonely. The next day I flew to Spain knowing that there were lots of messages on my cell. When I got to Spain I listened. The abuse was terrible. No I'm not lonely you stupid cow. I have Ade my lover who sleeps in my bed twice a week. Go to Spain live there you F-ing ugly old. I thought if he heard that he would wake up and see her for what she really is money grabbing old witch. He didn't he believed her when she

said I have never done anything like that before. My point they believe what they want to believe.

- ▶ Think of you and the children first. Always be there for him even when you are apart because when you said he was depressed someday he may snap out of it and realize and if you are there for him even as a friend then he may then know what mistake he made. It never hurts to be nice even through bad times even if he is not to you because it makes you feel good about yourself.
- ▶ I would suggest that Marcie focus on herself. Re-evaluate her marriage...figure out and understand her mistakes...to hell with his. Once she has assessed her own flaws, then she should proceed with starting a new life for herself. I can almost guarantee her that he will at some point see the light and realize the terrible mistake he is making, but there is no way u can force him to see this until he goes thru the process. Also, the good thing about him going the distance like he is, that when he does return her, he is very aware of how close he came to destroying something really beautiful and has usually come to the conclusion that the problems were mostly in himself...by this I mean..his unhappiness was coming from within himself...obviously the marriage ws not perfect, but no marriage is. It is possible to have a truly WONDERFUL relationship after this, stronger, more respectful, more appreciation and much more fun. Look after yourself, you can't do anything about anybody else!
- ▶ Mostly, I think just don't judge yourself or your emotions, they are ALL valid, and are there to tell you what's important to you, what you VALUE. Listen to them and know only you can create the life and experiences you desire. You do not have to rely on anyone else, especially someone who has decided to walk out on you and your shared connection of many years, painful as that is. At first, I thought I was losing so much when my husband left, even my own sexuality (!)as he had been the main partner of my life. Then I realized how ridiculous that was. My sexuality is my own to share with whoever I choose, as well as my sense of humor, romance, fun, playfulness and ALL the things that make me who I am. And these will be appreciated by the right person at the right time. The most important thing is that I get to make the choice about WHO that is and WHEN that is. I am in control of my own destiny. I waited for my husband's decision

about our marriage because that's what MY values are, to keep our family together. Since he has decided against that, I will now go forward to continue to act in alignment with my values to get my needs for physical connection and emotional intimacy met.

- ▶ As hard as it gets try to keep busy so you don't think about him and her. Seek spirituality help from a church.
- ▶ Infidelity sucks..... have no clue what the difference is between "in love" versus "not in love".... Hello, after 25 years, it has become deeper not some fly by night thing. My husband has disregarded all family responsibilities, dealing w/ the dog, house, cars, etc..... All he cares about is making \$\$ and that's it. He has not seen his 9 month old grandson, talked to his daughters unless I initiate this.
- ▶ If you even think about ever taking him back(if he'd ever ask to come back)make sure you have really, really forgiven him in your heart and mind. 2. After you have written an email, wait 10 minutes, re-read it before you send it.
- ▶ Do not get into a "love" relationship too fast, but if one does come along do not pass it up. The doctors all told me that the pain would go away when I fell in love with someone else. That was true, but U should look at the new person's personality traits very closely. Read up on Psychopath, NPD, BPD Read the book, "The Boyfriend Test" and "Date Like A Man". If they call too much, know what the warning signs are. Remember to ask UR self, "Can I Trust Him With My Heart?" U have found out that U can B hurt the most by the man U love. Trust UR instincts. Keep UR eyes wide open.
- ▶ That no man or woman should totally ever trust their spouse. Never. Never, ever, give them total time alone with another person of the opposite sex. You may invite them to your home, you may befriend them yourself, but to allow one's spouse to have total freedom when you feel they need "space or time" is a prescription for trouble.
- ▶ That it's not her fault. She feels so awful, so hurt, so beaten down. An affair makes you feel worthless; you can hear it in her voice. She will find strength in herself if she focuses on her children, herself, her activities, her world. Her need for affection is accentuated by the failure of her husband. However the

answer is not another relationship yet, she needs to become more self sustaining, more independent. It's such an awful feeling, the longing for the feelings of love, the awful pain of losing that. If she wants him back refuse to sign divorce papers. Give it six months, make him squirm. Give the other relationship time to fizzle. He may just come to his senses, you just never know. She does not need to be in a hurry, unless there are financial reasons. In that case, bargain hard, get a good lawyer, get setup, make him take his position as a father, make him help raise his children. Sooner or later he will come to realize his kids really need him.

- ▶ I would have told Marcie not to be so hard on herself, She couldn't have know that he was so depressed and slipping into a midlife crisis and that he would be he would allow himself to have an affair. It happen slowly and over time they just withdraw a little more and when you ask or try to figure it out they just withdraw a little more and You try to rationalize it and think that it will improve and that you can do without sex, affection, intimacy, and companionship.
- ▶ It is not about you it is all about him. It was his decision to cheat and for that he is weak. He made the choice, he had other ones he could have made but he chose the easy way out and the weak one which is what my husband did. He also wanted no responsibilities and blames me for everything. That is one thing I now know for sure is it takes two people to make a marriage and it is easy for the one that is feeling guilty to place blame.
- ▶ This is nothing new, but focusing on myself (eating right, exercising, feeling good, looking great) was such a life preserver for me. The little compliments I would get throughout the week were a validation I needed, helping me feel attractive when I was feeling most rejected. Additionally, I feel she shouldn't beat herself up for her conflicting feelings. If, as she suspects, her husband isn't coming back, of course she feels like she needs to move on and start getting over him. At the same time, she feels like if does start moving on, she giving up on her marriage, something that is obviously very valuable to her, and she wants to keep hope alive. Holding these two utterly conflicting goals--moving on and keeping hope alive--in your head at the same time is so hard and confusing. But it's a real stage in the process--that period of being so torn. She should have patience with it and recognize it's a natural way to feel. That said, I get it

totally. If the marriage really is over, I imagine she feels like she's wasting such precious time in looking back, when she could be moving on. It can make you feel like a fool.

- Keep talking to people who can empathize and give you wise counsel. Not people who haven't been through it. 2. If you still want to be married, do what God leads you to do in your interactions with him, that's more important than what people say. Communicate your feelings to him however God leads you, even if it makes you vulnerable and sets you up for being rejected again. But do it with dignity and out of conviction. Have no regrets in the way you interact with him. If there is ever a chance for reconciliation you have to take the high road.
- To accept, not object. To give him the space he needs for the place he has chosen to be right now. Once she accepts EVERYTHING is beyond her control and truly accepts that FACT, she should be able to do this. I have written letters, carefully worded to keep my communication open. This way he can read/re read my thoughts and words.
- I don't have anything new. I'm currently wading through this myself. I found out about "her" on November 27, 2006. My husband of 20 years moved out in Jan. He is very firm about wanting a divorce, although he hasn't filed yet as far as I know. I filed for a legal separation in July for financial support. With only minor differences, Marcie could be me.
- Move on. There is a slim chance he will want to come back and if he did it would be very difficult to ever trust the man again. 2. Protect yourself emotionally, spiritually, financially so you can protect your three beautiful children. You are the only responsible parent and your kids need you.
- You do not want to be with someone who does not want to be with you. He has a lot of work ahead of himself before he is ready to be in a relationship.
- It's ok to have some hope still for the marriage.
- When my husband said, I love you, but I am not "in love with you." It took me a long time to realize that he didn't know what love looked like. I hope that she understands that and doesn't

take it personally. It does change. One day you will wake up and say good riddance. You're her problem now, not mine.

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

- ▶ It's the same situation I am in!! The same ages, kids, years of marriage and D Day. I can relate so much for the need of affirmation, love and just to be held. As women, mothers and wives we sacrifice this for others. We wait for our turn, and then it never comes. I just want hug. I now know from hearing Marcie, I am not selfish for this.
- ▶ I think that there were some good listening skills shown by the counselor, but he could have given her more of a plan on how to move forward. He could have helped her to develop some kind of goals list, or direction to go.
- ▶ The realization of just how stereotypical acts of infidelity are (see "I love you, but am not in love with you") Listening to the tape the thought struck me that only people who have gone through the agony of a spouses infidelity can understand the pain. It is sort of similar, I suppose, to members of alcoholic anonymous.
- ▶ The conclusions you came to I would agree with. It is obviously not over with Marcie. My question is how long does this madness take, before he comes out of fantasy land. My ex rings me most nights with the excuse of taking care of business. We have a dormant website which he has finally come to his senses and wants to work on again. Sometimes he's on Skype for hours. I am in the same position as you. Only now I know I would not wish to go back with him in the UK. Hope I have been of some help.
- ▶ Made me realize things are always worse before they get better and we all have to go through the rough times where there seems to be no end, but it will get better. She has her family and friends which I did also, so try to spend time with them.
- ▶ I was unable to access the tape and I dearly would have liked to. Her situation is almost identical to my own...only my h never filed for divorce...never stop financial support....never broke off contact in any way. He spent every vacation with me and our kids...
- ▶ Again, knowing I'm not alone in this strange, new world of emotions. Dr. Bob, how do you know JUST what to send to me

and when???? It's always amazing. I was starting to think I didn't need to read these emails anymore, that I was "over" this and moving on. Then I find myself weeping at a song on the radio or on a walk down my driveway. Then I listen to one of your tapes and know I am still in the thick of processing this pain and it's NORMAL. It's going to take a while and it's going to co-exist along with a growing sense of myself, my wants and needs, and an increasing sense of power over my own destiny. It's like the balance is shifting towards a positive place, I can definitely feel it, but it's not going to happen overnight.

- ▶ So many similar sayings of people going through the same situation such as: I love you but I am not in love with you. This is the best shot of my happiness. Good to know that i am not alone.
- ▶ I definitely would like to know Marcie's end result!!!! Plus, the other difference is that I am about ready to file for divorce.... not wait for my husband to grow up!???? Would like to hear additional stuff from Marcie..... get her back PLEASE!!!!
- ▶ Marcie's words, "he didn't abuse me, but he didn't love me either" hit really close to home. 2. I too thought I would live the rest of my life missing tenderness but maybe now I am free to find it again. \*\*\*\*\*I really wanted the question answered: How do I stop thinking about the two of them together??(Everyday things and sexually) Marcie needed this answered too in real concrete steps because this "Idea" haunts many of us and delays our healing.
- ▶ I can feel for her and know that there are others out there who are feeling for me too, even if it is not him.
- ▶ It affirms again, my feelings of trust and how easily it is to find oneself being vulnerable.
- ▶ You can't possibly know what best course of action to take until some more time has passed. The emotional confusion is devastating to one's ability to see a clear path. In her case, concentrate on those kids, their needs, the love they need. Sacrifice your needs, your feelings, meet the kids at their place of need. The rest will take care of itself. I feel so sad for her, it's so frustrating.

- ▶ I was think no ones situation was exactly like mine, there were part that of their situation that I could apply to mine but none were like my situation. Her situation sounds so much like mine. These are the same questions I have been asking myself. I didn't think there was much hope because my husband is refusing to talk to me our relationship, his feels, or explain this to me, lying about an affair, claiming they are only friends, file for divorce, still wants to be friendly and hang as a family!. I learned that it's really too soon for him to get this yet or regret his decisions. I also learned that my feeling to move on was normal and that I was those things my husband has been denying me - attention, affection, companionship, love! I need to continue on with setting boundaries - no contact. Continue living but be available and open for him to come back.
- ▶ One benefit is that it is so similar to my life and so I know I am not crazy. Also to know there is always hope but you can't live your life waiting.
- ▶ Well, the most obvious benefit was hearing a story that was so similar to my own. While satisfying and reassuring, it also made me view my own experiences from a third person lens--that was valuable. I'm not sure why exactly. Perhaps because I felt that, even though she was confused, I could view her situation clearly. That distance is something I've been totally lacking in dealing with my own situation.
- ▶ There are thousands of people going through what I am right now and I am not alone. I have confirmation that I am doing most things right as best I can.
- ▶ Unfortunately, I heard a scenario much like my own situation. It was painful to hear the anguish in her voice, as I know it only too well. It was good, though, to hear you affair that the affair will end and he will have to finally take stock of his choices.
- ▶ This tape makes me feel that all my confusion is normal & that recovering from an affair is a process. I can be aware of the process in spite of very strong feelings.
- ▶ I don't know. Right now, I'm just really sad. Listening to the tape just brought back my own feelings for our situation.

- ▶ Affirmation that I am doing the correct thing by trying to move and that there is no miracle to stop the pain. Unfortunately, we have to feel the pain of betrayal, death of the man we thought we were married to and our marriages. I guess by feeling the pain we know our hearts are still soft and not made of stone like our husbands who abandoned their children.
- ▶ It takes time to heal. She is raw with emotions. I wish Bob would of given her more advice. He did empathy a lot.
- ▶ I'm far from being alone in my scenario! 2) Remembering that emotional immaturity can be a red flag for vulnerability to infidelity.
- ▶ Some of it hit home. I feel my husband was also immature. He reacted a lot to what I was saying to him. It's like they are in a different world. Funny how each affair is different, yet they're all the same.