

APPTING: A 4-Rule Process to Get Your Partner's Focused Attention without Asking, Nagging or Manipulating.

By Dr. Bob Huizenga

Introduction

I've been getting great feedback from a very simple but powerful strategy I've suggested to help build intimacy in a marriage or relationship of emotional investment.

It's called **Appting**: a combination of the words Appreciation and Texting.

In Appting you merely text words of appreciation and gratitude to the other.

(WARNING: make sure you read the crucially important rules below before you jump in.)

Those who have used it report these **remarkable results**:

1. The tension in the relationship is radically reduced.
2. The cycle of negativity and reactivity is squelched.
3. Touching, hugging and other forms of affection flow with greater ease.
4. Smiles are more frequent as well as the desire to be with each other.
5. There is a sense of anticipation in hearing from the other.
6. Each begins to feel like they know the other much more deeply.

Good results! Good stuff!

And, what you must do to create this is laughingly simple.

You merely text the other person what it is that you appreciate, like, admire or see as a strength.

But, you must be careful. Rules must be followed. And, this is **NOT FOR EVERY COUPLE**.

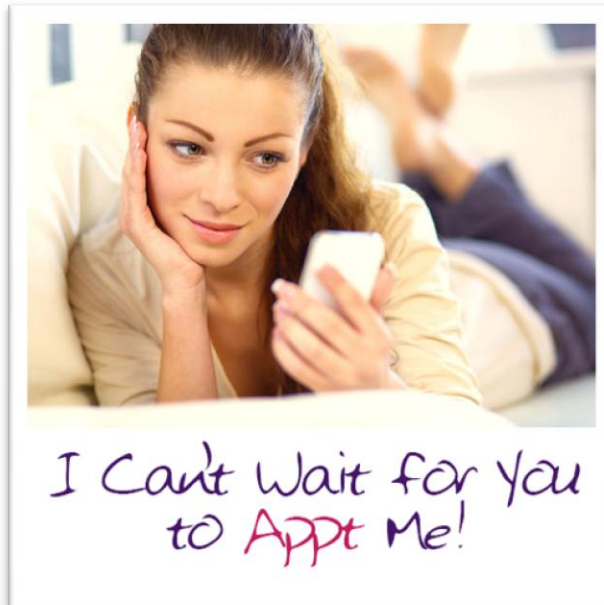


Rules of Appting

First, the rules:

1. You text once a day and once only.
2. You do not respond to the text. Ever. Let it rest. No thank you. No... awww that's so sweet! Nothing. Keep your fingers off the keypad.
3. Make no verbal comments about the text when you next see your other.
4. Don't get all bent out of shape if someone misses a day. Hey, life happens.

These are very simple rules. But it is vitally important to abide by them.



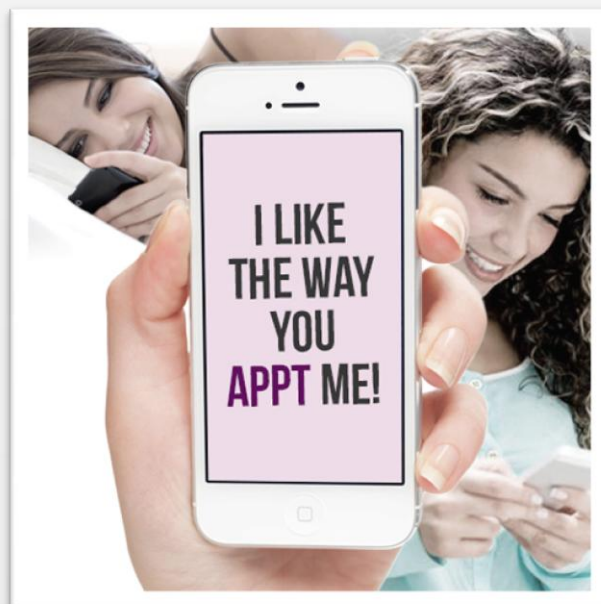
Reasons for the Power of Appting

Now, allow me to give you some reasons why Appting is so powerful and so effective.

1. You need not perform. You hear frequently that you must work on the relationship or you must do something to “make” or elicit from your partner the attention, kindness, love and affection you desire. You think, “What can I do to make this marriage or relationship better? What can I say or do that will capture his attention or heart?” You put the pressure on YOU! And, this is a pressure to perform. Performance is one of the 3 killers of deep and lasting intimacy in a marriage or relationship. **There is no need to perform when you use the Appting strategy.**

2. When a marriage or relationship starts to go downhill, it's like a snowball rolling down a mountain of soft sticky snow. The negativity and reactivity pick up steam and build until you feel as if you lose control of yourself and the relationship. Conversations quickly disintegrate – into conflict, distance, frustration, stony silence with one turning his back and walking away – at best. **Appting interrupts the cycle of negativity and reactivity.** It offers an opportunity for a positive life giving form of momentum to come to life.

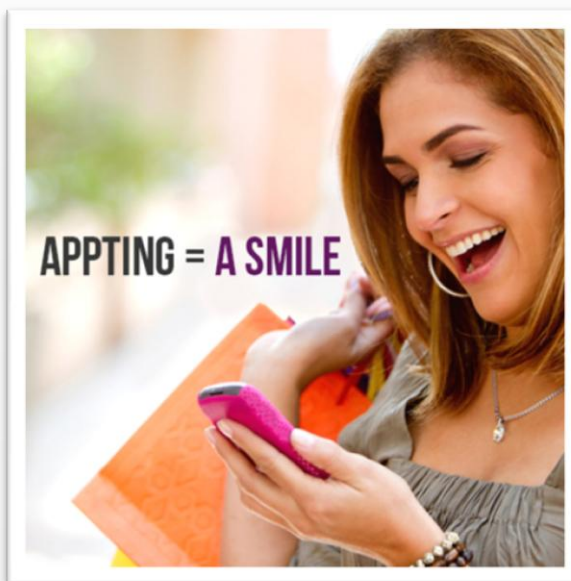
3. Words of appreciation beget words of appreciation. It is a law. Here's the essence of the old



cycle: pay attention to me! Love me! Tell me you love me! Show me you love me! Meet MY needs! Etc. And, how does your partner or spouse respond? Underneath the hesitancy is: I don't know how! If I give a little, more will be expected. What about me? I don't like others demanding from me! Etc. Words of appreciation and gratitude start with the other. Words of appreciation and gratitude are a gift. Everyone likes a gift! And, most like to give back cheerfully!

4. Do you feel like the spontaneity of your marriage or relationship is gone? Well, with the Appting , you never know when it's going to happen or what you will receive. **You look forward to the surprise.** You are curious. You wonder what s/he will throw at you in a wonderful way. **Your marriage or relationship has more zing!**

5. You will learn about your spouse or significant other. Underneath much of the marital and relational pain is a crying desire to be known – to be acknowledged; not superficially, but in a way that speaks of authenticity and depth. You will be forced to think about your spouse or significant other – really think. You will spend time moving deeper, touching on those aspects of his/her soul and power that, at this point, is left unacknowledged or unexplored. You will begin to see your spouse differently. You will be able to “look through” him/her.



6. You will learn about yourself. I have one firm belief: creating intimacy in a relationship of mutual emotional investment demands that you know you first; otherwise, you have absolutely nothing to give. You will learn about you. You will learn how your spouse truly perceives you. You will reflect on your spouse's perception and match it against your perceptions. You will begin to consider aspects of yourself you have taken for granted, thrown aside or just plain denied. You will be “forced” to honor your self!

7. And this follows: **you will build a stronger sense of well being.** You will become less reactive, less critical and less sensitive to others. You will be able to stand strong, stand tall and use what I call “charging neutral.” You will become less like a leaf blowing in the wind and more like a person who when you speak, you speak with power and others listen. You will lead, not out of aggression, a need to control or manipulate but out of the core of your known and valued standards and image of self.

8. You will learn when to say no. You will learn the power of self control. The “no responding” rule is important for this reason. You express yourself and you let it be. You speak and allow it to be. You hear and you have no need to defend, explain, go in depth, acknowledge or in any way continue the cycle of response. Enough is enough. No need to drag yourself through mud fields where you get stuck in the old patterns. Stick with what works. That's it!

9. You will learn to receive. No need to be gushy or appreciative when receiving, which often degrades the text, indicates you have difficulty accepting what the text says or have a need to downplay the strength just mentioned. Read it. Reflect on it. The text is yours. Allow your partner the joy of creating and giving with no strings attached. Break the strings of expected reciprocity which erodes the integrity and uniqueness of each.

Sounds good, doesn't it?

When Appting Works Best

But now, words of extreme caution.

The Appting strategy is **NOT FOR EVERY COUPLE.**

There are those couples who will use and will find extreme value; others should NOT use the Appting strategy.

Let's start with some general guidelines.

Appting is for and works best for you who:

- 1. Want more from your relationship.** You are bored. There is a lull in the relationship.
- 2. Life is busy, busy and more busy.** Children, vocation, family, errands and other duties consume your life and you feel like you miss each other: ships passing in the night.
- 3. You are recovering from a marital or relationship crisis** (infidelity, separation, etc.) and both are basically on the same page in wanting to restore and build the relationship.
- 4. You have just emerged from coping with a stressful circumstance:** child difficulties, extended family issues, death of parent, vocational change, relocation, health problem, money crisis, etc.) and need to reconnect.

The bottom line: both of you must agree at some level to try Appting and are willing to Appt to deepen your relationship.

Now, please know that, from my experience with thousands of couples over the years, one ALWAYS wants it more than the other. There is always an imbalance in the desire to "work on the relationship." The one who wants this might change over time, depending on the circumstances, but as a rule of thumb: one is the pursuer and the other is more reluctant.

Please accept this fact. It is normal.



Another key is the capacity for the two of you to talk about Appting.

All couples have glitches in their communication. One is usually more verbal and articulate than the other. Communication sometimes flows easily. Other times it's strained or lacking.

Go for it if one of you initiates the conversation about Appting and both agree or at least nod your heads that Appting offers possibilities.

Who Should NOT Use Appting

Do NOT use Appting or suggest Appting if:

1. You feel desperate, totally alone, are the pursuer and see Appting as an effort to save your marriage or relationship.

Please know that desperation is relative. We all, at some level, are probably "desperate" to connect and experience love. Maybe desperate is too strong a word in that context. We all desire that connection in our lives. But, when it turns to desperation our efforts to "make it happen" typically fail.

The desperate person, in expressing that desperation, in whatever form, scares the bejeebies out of the other person who turns and runs in the opposite direction.

I cover the pursuing-distancing dance extensively in what I call the Yellow Marriage, as explained in my ebook, ["Save Your Marriage – The 3 EASY LOVE Laws"](#)

The 1-10 Scale

On a scale of 1-10, with 10 being terribly intense, how would you rate your level of desperation? **If you rated it a 6 or more, don't Appt.**

2. If there is a third party involved or you suspect a third party, do not Appt as an attempt to "win him/her back" or elicit affirmation. The infidelity must first be addressed and resolved. I extensively outline 7 types of affairs and how to respond to each in my ebook, ["Break Free From the Affair."](#)

Get your copy of that ebook to first clear up the infidelity.

If the affair is addressed, ceased and there is a commitment to rebuild trust, then, by all means try Appting.



3. If you are in an abusive relationship or are relating to someone who is strongly addicted to a condition, do not suggest Appting. Appting will merely cover the addiction or abuse and prolong the agony.

To learn more, grab my ebook, [“Save Your Marriage,”](#) in which I give you checklists and charts to determine the extent of abuse and as well describe the Red Marriage; the dangers of a Red marriage, how to protect yourself and steps you take to move to from a Red Marriage to a Yellow Marriage.

4. If your marriage or relationship is stuck in never-ending, dead-end patterns, do not Appt.

There are three major indicators you are stuck in a dead-end pattern.

A first indicator is your feelings and associated thoughts.

You know when you approach the dead-end or impasse when those old familiar negative feelings grab you and won't let go. You feel awful. And, as you continue to talk and interact, you feel worse and worse. You know “it” is coming. You feel “it” coming – those old negative familiar feelings. Your negative feelings intensify in strength. You feel it in your body, mind and heart. Try as you might, there seems no way out.

As well, your negative thoughts assume a greater power. You increasingly think more negatively about your partner and/or yourself. A litany of critical and not-so-nice thinking consume your mind and only intensify the negative feelings.



The 1-10 Scale

Rate the typical negative feelings you experience when you reach your relationship dead-end on a scale of 1-10, 10 being terribly horrible.

If you rate a 7 or higher you probably first need to clear up the impasse or dead-end before you Appt.

A second consideration: How often does this negative dead-end experience occur?

Is it once every 3 months? Once every month? Once a week? Every weekend? Three times a week? Every day?

The more frequent this dead-end negative experience, the more you are bound to your negative pattern and the more useless and probably detrimental becomes Appting.

You have another red flag if you look back over the past few months and notice the pattern increasing in frequency.

And a third consideration: you believe you are at a total loss of how to break this negative dead-end pattern.

If you think nothing you say or do seems to ease the intensity or frequency of the pattern you have a problem.

Other indications that you truly are at a dead-end are that you think of yourself as limited, or seem at a loss, or use the words "I've tried everything and nothing works."

The cycle of negative feelings and thoughts that occur frequently and from which you feel you have no escape make the use of Appting problematic.

Now, please realize that this cycle is relative.

All relationships have a cycle that approaches and contains the negative. I believe relationships of emotional investment are given to us for the purpose of maturation, growth and personal evolution and we can only do that by acknowledging the fears we all naturally bring.

The 1-10 Scale

But, if your cycle ranks high on the 1-10 scale of negativity, pain and frequency, first address that cycle before trying the Appting which probably will be a waste of time.

If infidelity is destroying your marriage go to: www.break-free-from-the-affair.com. If your marriage is greatly suffering and you are stuck, go to: www.saveamarriageforever.com. Use my materials, coaching and 30 years of clinical experience to guide you to healing and change.

Conclusion

Appting for intimacy can be a powerful tool when used at the appropriate time in a marriage or relationship, when both agree to give it a try and when you are free of a marriage crisis or the marriage crisis recently passed.

Give Appting for intimacy a try.

Move your marriage or relationship to a new level of intimacy, understanding, appreciation and joy.



What You Do Next

Sit down with your spouse or partner and if you meet the qualifications discuss giving Appting a try.

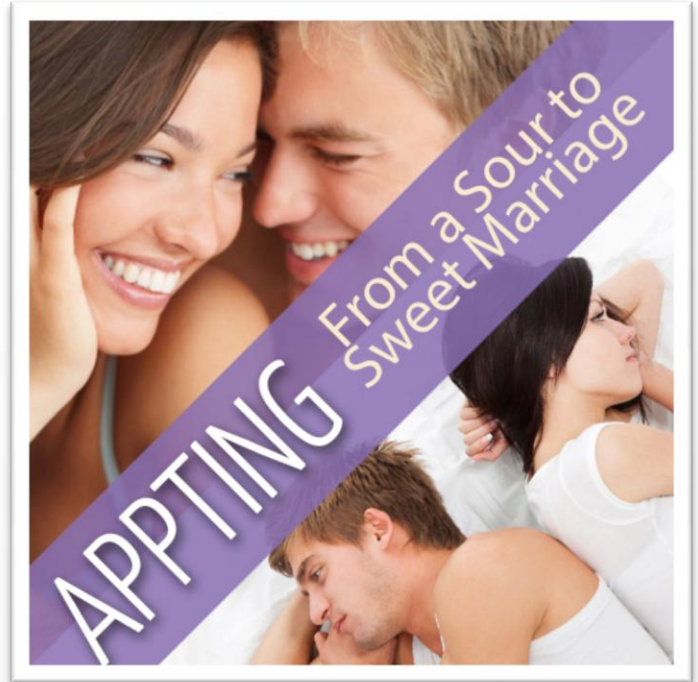
Try it for 7 days.

I will send you emails during that time encouraging you and most importantly, for me at least, will give you opportunity for feed back. You feed back will help me improve and fine tune Appting.

I will offer you a generous gift once you complete the feedback.

Happy Appting!

Dr. Bob Huizenga



Dr. Bob Huizenga is an author, researcher and coach specializing in relationships of emotional investment. He began his private practice as a Licensed Marriage and Family Therapist in 1981 working since then with thousands of individuals and couples wanting better relationships.

In 2002 he wrote one of the first and best selling ebooks on infidelity, [“Break Free From the Affair.”](#) In addition, Dr. Huizenga recently finished his new ebook, [“Save Your Marriage - The 3 EASY LOVE Laws,”](#) a practical step by step guide emerging from his research and marital clinical experience over the past 30 years.