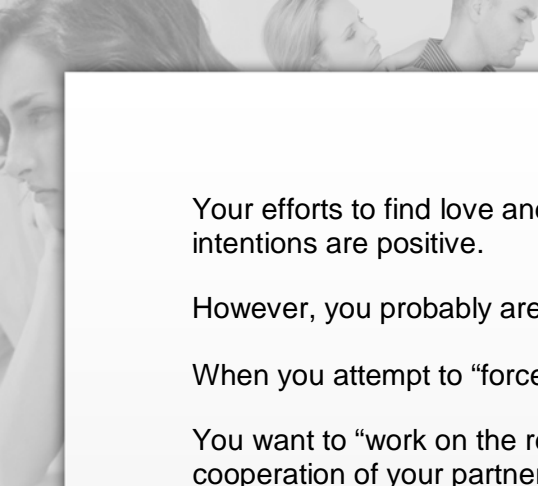


The Power of Charging Neutral

By: Dr. Bob Huizenga



Your efforts to find love and the intimacy you deserve and desire are to be commended. Your intentions are positive.

However, you probably are trying TOO hard.

When you attempt to “force it” or “fix it” you set into motion a cycle that defeats what you intend.

You want to “work on the relationship” so you embark on a campaign to enlist the efforts and cooperation of your partner. You focus on him/her to engage with you in more conversation, better communication, more romance, more intentional time together, send articles, keep texting, or even suggest and strongly encourage couples’ counseling.

And, the more you persist the more resistance you encounter. You pursue, your other distances. Your efforts are met with resistance at best and failure at worst.

You feel another level of rejection and distance. Your state of frustration hurt and anger amp up another notch.

And, you try harder. You recharge your efforts. Perhaps you focus on another strategy; this time a weekend retreat or self help workbook. Or, you come across another strategy from an expert that will “make” your spouse responsive and you implement that suggestion.

Again, you bump into another round of rejection, distance, perhaps passive aggressive resistance or more conflict. Or there may be a positive responsive, but it just doesn’t feel genuine. You don’t trust it.

The anger, resentment, perhaps helplessness, powerlessness, distance and pain build.

However, you believe that if you stop trying to work on the relationship, your marital situation will deteriorate and perhaps divorce will be the only option.

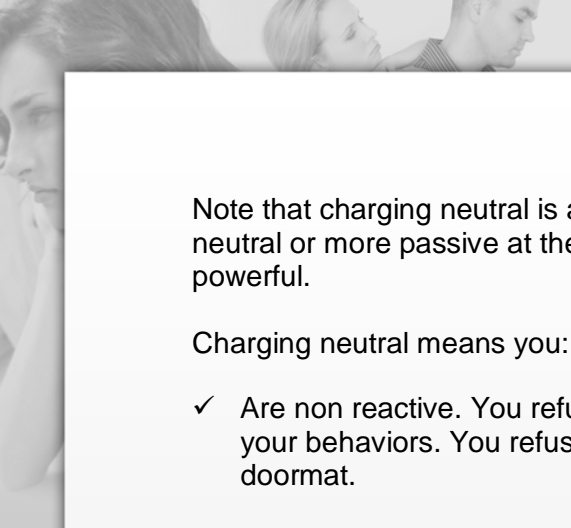
It feels like a catch 22.

Or over a period of months or perhaps years, you give up, live with a low grade level of weariness, a marital crisis such as infidelity emerges or the two of you unconsciously agree to be “married but single.”

The first step in “working on the relationship” oddly enough is shifting to neutral.

STOP trying so hard. Become aware of your tendency to look to him/her for your health and well being, stop believing the result is rejection and stop performing or twisting yourself into a pretzel to get his/her attention and love.

A powerful tool I teach is called charging neutral. Charging neutral is a basic concept I teach in “Break Free From the Affair.” Of all the concepts I introduce, this one concept of Charging Neutral has proven, beyond a doubt, to be highly effective as a catalyst for change. I’ve lost count of the testimonials I’ve received over the years from those who say that charging neutral saved their lives and relationships.



Note that charging neutral is an oxymoron. Is it possible to be charge or be aggressive and neutral or more passive at the same time? Yes it is. That seeming incongruence makes it powerful.

Charging neutral means you:

- ✓ Are non reactive. You refuse to fight. You refuse to defend yourself. You refuse to explain your behaviors. You refuse to walk away and sulk. You refuse to back down and be a doormat.
- ✓ Charging neutral means you have no buttons to be pushed. You refuse to take the bait and respond to the trigger that sets off your distance creating cycle. You refuse to do what you've usually done that enables your other to go to his/her comfortable or predictable mode of distance.
- ✓ Charging neutral means you are clam. You do not exude tension or anxiety. You stand firm, unshakeable without internally or externally quivering.
- ✓ Charging neutral means you eyeball without blinking.

Now, when you shift to neutral I want you to be aware of possible consequences, since you will no longer be playing the "distance game," and if your partner has an emotional investment in your relationship this could be disturbing.

1. Your partner may amplify what s/he does to get you "going" so that the predictable outcome of distance results. You may experience the withdrawal intensify, the anger intensify the arguing intensify, the passive aggressive behavior intensify, the sniping intensify or whatever his/ her pattern may be.
2. Your partner may express curiosity, ask questions or raise eyebrows at your behavior.
3. Your partner may attempt (usually unconsciously) to set up situations that reboot and kick into gear the distance creating scenarios.

Just be aware and notice. Your goal is to be neutral and continue that position.