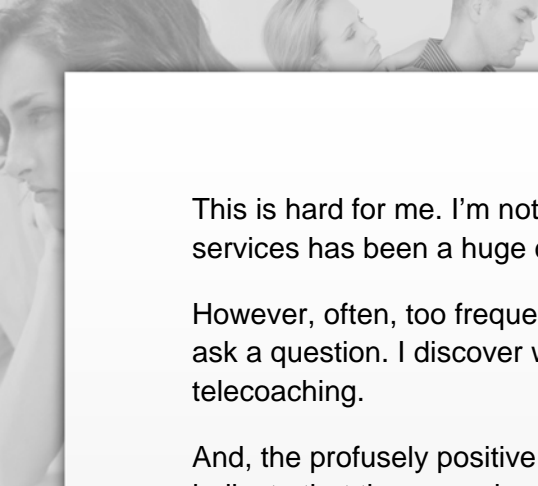


Marriage Survival

4 Keys to Keep Your Focus and Finish the Job

By: Dr. Bob Huizenga



This is hard for me. I'm not one that likes to call attention to myself; far from it. "Marketing" my services has been a huge challenge and often I detest it.

However, often, too frequently, someone will email me and thank me for an article or ebook or ask a question. I discover when I follow up that they had no idea I offered personal telecoaching.

And, the profusely positive comments I've received from those who used by coaching services indicate that those services provide immense value. You must, at least, be aware of those services. I cannot deprive you of something that might possibly dramatically alter your marriage or relationship.

My responsibility, at this point in my life, is to offer you my wisdom. My wisdom has emerged from literally thousands of hours of direct contact with suffering people and marriages, years of study, research, conferences and supervision and from my own personal and relationship journey, filled with it's pain and challenges as well. I think I've earned the right to say that I do, indeed, offer wisdom.

So, I invite you to consider a personal coaching relationship with me.

Over the years and hours of coaching I've identified 4 Keys that make the coaching relationship a powerful change force and accelerant that keeps you FOCUSED and helps you FINISH and job of creating the relationship or marriage you crave.

In this short report I will briefly describe those 4 keys - what you can expect, what others say about the coaching experience and offer you an opportunity, if you are so inclined, to sign up for a coaching package.

Key#1: Personal coaching counteracts the isolation and loneliness you feel when faced with a marital crisis.

Confronting a marital crisis can be extremely lonely.

Most people, your friends, family and relatives included, know very little about the dynamics of a marriage crisis. The advice they give is often simplistic and does not do justice to the complexity of your feelings and thoughts.

Family and friends can also be highly threatened if you discuss the crisis with them. It seems as if they fear that your "disease" might rub off on them. Or, they may feel the immensity of your pain and be at a loss as to how to respond, other than walk away or give that simplistic advice.

Another common theme is: I don't dare tell anyone because:

- I'm ashamed. I must have failed.
- If I talk to others and my spouse finds out it will only further damage my fragile relationship with him/her and push him/her away.

- Talking to others may be a problem if we work through and heal the crisis. What will others think once we are “back together?”

And so you isolate and carry within you, day and night, the terrible pain and thoughts. You alone bear that burden.

Isolation only slows your progress and you more easily fall back into old destructive patterns that prolong the crisis and your misery.

And, you need not be isolated or carry your burdens and fears alone.

- You can find the support you truly need. You can have a connection that will be an antidote to the isolation.
- You can experience a deep sense of calm and confidence as you know that you are in good hands, the hands and mind of a professional who has walked with thousands, some facing what you now face.
- You can go to someone to check out your reactions. You can with confidence find a credible person who will let you know if you are on target.

Key #2: Personal Coaching Rebuilds your Emotional and Mental Strength

An intense marital crisis is what they call in the boxing world a “low blow.”

It can incapacitate. Your self worth and sense of personal value plummets to the depths.

It is crazy time; thinking thoughts you never thought you would think and contemplating actions that seem straight out of a weird movie.

Gathering around you appropriate and effective support enables you to begin the process of rebuilding your Emotional and Mental Strength.

Connecting with someone who “knows” marital crisis and can empathize with your situation begins the building of your worth. Your pain subsides. The crazy images and thoughts lose their intensity.

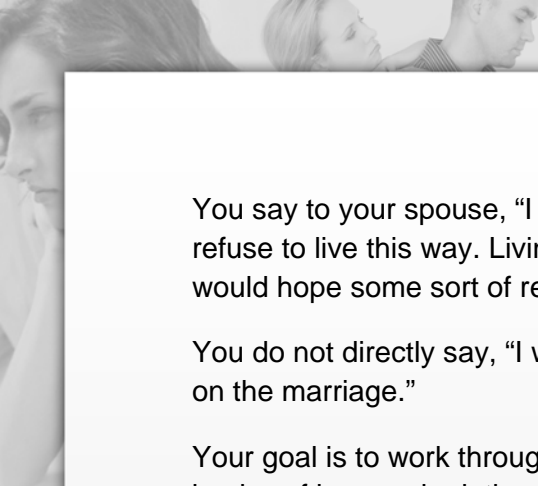
You begin to believe that yes, this too shall pass as a calm begins to descend and touches you.

This process of rebuilding your emotional and mental strength is accelerated in the personal coaching process – sometimes dramatically so. You discover that you really are OK! There is truly a source of strength, power and beauty within you.

Key #3: Personal Coaching Helps Move toward Resolution

Once you create a support system to rebuild your emotional and mental strength you are ready (most of the time!) to move your marital crisis toward resolution.

Notice I use the word resolution.



You say to your spouse, "I want this crisis and all the consequences and aftermath resolved. I refuse to live this way. Living with the reality of pain is unacceptable to me. I will move on. I would hope some sort of resolution can be attained."

You do not directly say, "I will 'take you back' under any circumstances." "Or, I want us to work on the marriage."

Your goal is to work through the first Module, attaining a sense of calm. Begin to relearn the basics of love and relationships from Module 2 and then slowly engage your other on a different level in Module 3.

There are 3 keys to this process that you must keep in mind.

First, it is vital that you keep on target with your strategies.

Easier said than done. You are easily pulled back into your personal need system, fears and typical way of responding to your cheating spouse.

Second, you must keep in mind the larger picture. You must be able to stand back mentally and emotionally and keep focus on the patterns and themes. You must refrain from reacting and develop a part of you that, under emotional pressure, can act in accordance with your chosen strategies.

Third, you will develop an acceptance of self and your spouse, which gives tremendous power to charge neutral.

Yes, you will be able to see your spouse for whom s/he truly is: a person who beneath the external armor trying to find love and belonging.

Key#4: Personal Coaching Helps You Discover and Express your Voice.

As you move through the Modules you begin to experience shifts and changes. You shake up the world, refusing to live with the old patterns. Instead of reacting, withdrawing, pleading and attempting to persuade you shift to express your desires, values and position.

You speak your voice, very clearly and powerfully without upset, without drama.

Your inner power emerges and s/he and others notice. You are a person to be reckoned with. You no longer can be avoided, manipulated or dismissed.

Your dynamics and the dynamics of your relationships are altered. You rehearse what you want to say. You create new words and new ways of stating those words.

You create a new world, and it is good. Others must decide how to respond to you.

You "charge neutral." Notice the conflicting dynamic of this phrase. You kindly take a very powerful position. You need not yell, scream or intimidate.

The emergence of your inner power says it all.

You not only speak with a new found voice, you act with purpose. What you say and what you do, now as a purpose and end goal in mind. You move intentionally toward resolution.

Read what some of my coaching clients say, as they embrace this step.

My approach with my husband became less confrontational as I adopted 'charging neutral' and 'step over nothing' methods with him. When I told my husband that I could see that he was feeling uncomfortable with what I was saying and that he was clearly troubled with his situation there was a glimmer in his eye which registered that he was almost relieved that I understood. It was important to me at the time. – Linda

There were issues I really wanted to discuss with my husband, but couldn't. However, I could bring them up during coaching sessions, and we could actually talk (with bob's help of course). - Joyce

I felt more in control and more proactive in the situation. I had tools to deal with my husband and even phrases to say which helped me deliver what I needed to say. The idea of charging neutral was very effective. I appreciated the listening aspect of your coaching and you are very good at reiterating and more clearly defining what I said. - Tar

I discovered the exact words to share with my partner to express what I was trying to say. This was especially helpful as I was trying to do the work needed to successfully confront our problem. Alan

Every time I explained something to Coach Bob, he seemed to either ask a question to help me go deeper or he rephrased what I had said in a way that helped me understand it better. Writing the letter and then finally giving it to my husband was the most powerful thing i did as a result of the coaching experience. i decided to write it as a result of a conversation i had with Bob during which he gave me the perfect words to say, but I couldn't see myself being able to say them. So I incorporated them into a letter and I think that letter may have made a difference in our situation. – Elizabeth

I'm offering a personal invitation for you to join with me and use of my wisdom and experience.

- I want this for you if...
- You feel stuck and you continue to recycle your marital garbage
- You need a sounding board; a safe and constructive place to heal and grow
- You need a new direction. The old no longer works.
- You want to accelerate the healing and change process. You are tired of waiting and wanting.
 - You want to keep your focus. You do not want this opportunity to slip by.
 - You want to finish completely the reclamation of your marriage so you can TRUST.



I welcome the opportunity to work with you.

The best,

Bob

P.S. Here are more comments from those who have shared their stories with me:

"My contact with you gave me the confirmation or validation of thoughts/feelings and the relief of being able to discuss the situation with a professional."

"I received support from someone who gets it -availability -great resource material that has become a bible."

"It was good to bounce off feelings and thoughts. Most important to me was the "feeling" that I was being supported by an expert in the field. As I reacted to my wife's affair it was valuable to check in and see how I compared to others and to get advice. Were my reactions valid?"

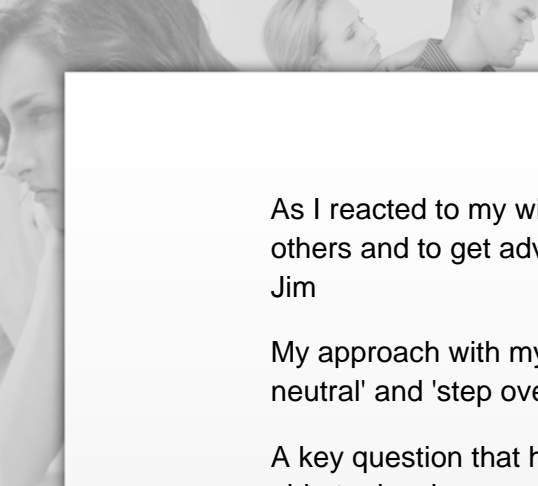
"At the beginning, even before the first coaching session you responded to my email by saying: Very wise. Very brave. Very right on. You are looking for something? Have always been looking for something? Not allowing yourself to find it, fearful that in finding it, you will lose it, but in the not allowing yourself to find it, you lose it anyway? Get all that? This statement has stuck with me and is something that has helped me to be more aware of myself in relationships. I'm more determined to communicate my expectations and needs clearly and openly. Each session was comforting and helpful and also reassuring. I went away each time with clear strategies and better understandings of how to deal with what was in front of me as well as things to think about in terms of changing myself."

I found coaching to be a confirmation or validation of my thoughts/feelings. I experienced tremendous relief being able to discuss the situation with a professional. - Judy

Coaching with you helped me gain my emotional & mental strength. I was much better prepared mentally for what happened next, what might happen next. - Bill

I felt that the coach had a great deal of empathy with me and helped me to feel calm. I became more 'empowered' with my situation and adapted my behavior according to the type of affair I was dealing with. - Jasmine

I felt more confident as I moved through the situation I was dealing with. I felt more in control and more proactive in the situation. – Mary



As I reacted to my wife's affair it was valuable to check in and see how I compared to others and to get advice. Were my reactions valid? I was able to keep on track. Thanks. - Jim

My approach with my husband became less confrontational as I adopted 'charging neutral' and 'step over nothing' methods with him. -Karen

A key question that hit home in coaching: What am I going to do for myself? I was also able to develop empathy for husband's mind set and see the reality of what he was, under the surface, dealing with. -Jenn

When I would talk through different situations, the re-enforcement that Bob would give me about the actual power that I didn't realize I was using, gave me the freedom to acknowledge and accept that power so it grew and was even more a part of me. -Corey

I was able to stay more focused. There were issues I really wanted to discuss with my husband, but couldn't. However, I could bring them up during coaching sessions, and we could actually talk (with bob's help of course). – Sally