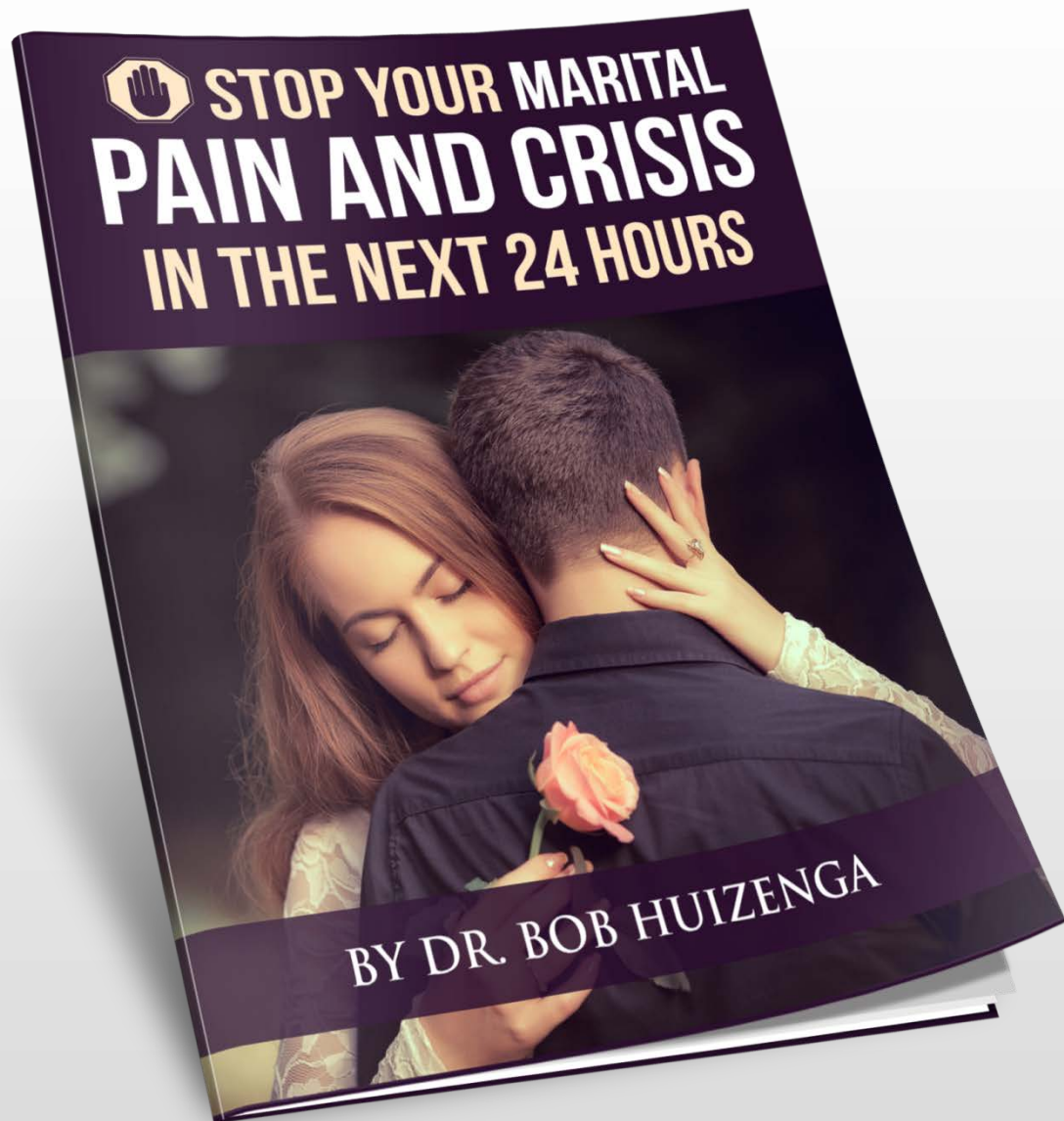




STOP YOUR MARITAL PAIN AND CRISIS IN THE NEXT 24 HOURS



Stop Your Marital Pain and Crisis in the Next 24 Hours

By Dr. Bob Huizenga



Introduction

I assume your marriage or relationship is in trouble.
Your other is pulling away, emotionally and perhaps physically.
You are afraid you will lose everything. You feel desperate. You are on the edge.

If you are like 80% of people I've encountered in my 3 decade practice as a Marriage and Family Therapist and personal coach, you want to get him/her back. You want to save the marriage and your sanity.

Your heart, mind and soul is solidly focused on the broken relationship day and night.
You cannot let it go.

And so, you follow conventional marital advice; suggest counseling, make personal changes (to be whom you thought s/he always wanted you to be,) try to talk about the problem and try to elicit feelings.

In essence, you try to persuade, convince, plead, beg and manipulate your other to move closer.

It doesn't work!

If you pursue, your other will distance. This occurs in 80 out of 100 couples. There are marital laws and dynamics at play here, but more on that later as we work more intensively together.

The dance of pursuing and distancing increases in intensity and frequency, which brings you here.

The follow infographic offers a solution.

Usually within 24 hours, if you are one of the 80%, you will notice a **SIGNIFICANT** change or shift in yourself and the marriage or relationship.

This shift is predictable. This shift is normal.

But these changes are only the starting point.

This one strategy can unleash your potential to **EFFECTIVELY** mend your marriage in the coming weeks and months.

This one strategy (one of many I teach) gets your marriage off the pursuing-distancing dance, releases your pent up tension and anxiety that keep you walking on eggshells, helps you to relearn the true essence of love and sets the stage for the two of you to radically reconnect with one another.



Turn Around Your Marriage in the next 24 hours

If your marriage is on the rocks..

...and you are feeling desperate, alone, scared
stiff, helpless and have tried everything



... stop doing what



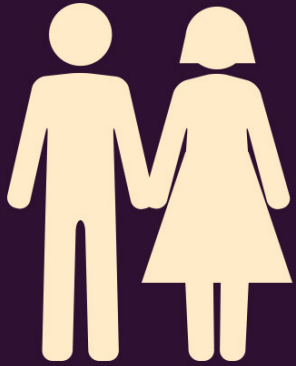
80%

of other spouses like you do

Stop pursuing

- ✘ Stop trying to get him/her to talk
- ✘ Stop “**working**” on the marriage
- ✘ Stop trying to please your spouse
- ✘ Stop trying to be who you think s/he wants you to be
- ✘ Stop saying “**I love you**” and want the marriage to work
- ✘ Stop suggesting marriage counseling





What will happen

- ✓ You will feel more empowered and more in control of you
- ✓ You will feel less like the powerless victim
- ✓ Your spouse will probably be surprised, curious and/or threatened
- ✓ Your spouse will probably change behaviors
- ✓ You will get a better read on the marriage

Key Points:

- Doing an about face and refusing to pursue means you abruptly change the rules of the relationship.
- Changing the rules means your spouse can no longer predict what you will do. If there is an emotional investment, your spouse will be disturbed by this turn of events.
- Your pursuing is predictable which provides familiarity, and enables him/her to continue what s/he has been doing. Your spouse relies on you being part of that pattern.
- 80% of couples do the pursuing – distancing dance.
- Pursuing means that all the responsibility of saving the marriage is on your shoulders? Do you want this? Not!
- If you “catch” your spouse will you truly have love or someone who is caught?
- You no longer need to give your spouse your power; neither of you truly want that anyway. Both of you, beneath the power game, want to know and be known, not play games.



What's next?

RELAX

Lessen your tension
and worry in your
marriage

REPROGRAM

What you were taught about
marriage is 90% wrong and
destructive to love

RECONNECT

Reconnect with your
spouse in new and
loving ways.

LOVE more **EASILY.**



About Dr. Huizenga

Dr. Bob Huizenga is an author, researcher and coach specializing in relationships of emotional investment. He began his 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 two online courses, The Infidelity Recovery Center and the Marriage Building Online Course, reflecting his research and marital clinical experience over the past 30 years. <http://infidelity-recovery-center.com/member-sp-7-17/> and <http://www.saveamarriageforever.com/member-sp-a/>