

CHARGING NEUTRAL

Quickly Defuse Your Marital Crisis

"Of all the relational skills and concepts I've taught in the past 30 years as a Marriage and Family Therapist, none have elicited as many positive responses as this... It's not even close!"



- ✓ Changes the Rules and Gets Results
- ✓ Neutralizes the Upset
- ✓ Practical and doable
- ✓ Case Studies Show You How

Hello,

Dr. Huizenga here.

Most Powerful Tool in 30 Years as a Marriage and Family Therapist

I received another email yesterday, one of many, from someone who turned around their marital crisis using “Charging Neutral.” I was thanked profusely for teaching “Charging Neutral.”

Of all the relational skills, tactics, strategies and concepts I’ve taught in the past 30 years, none have come close to eliciting the positive responses as has “Charging Neutral.”

It’s not even close.

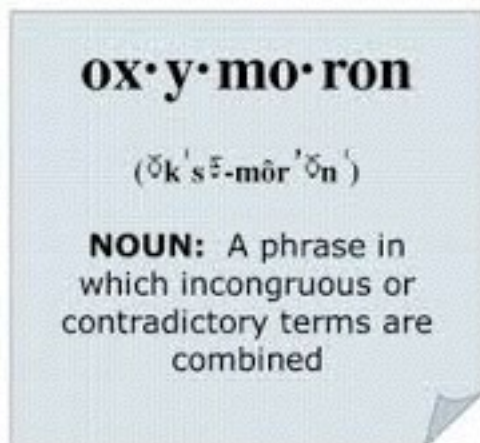
“Charging Neutral” can quickly defuse a marital crisis. I teach “Charging Neutral” in my ebook, “Break Free From the Affair.” It is especially powerful when confronted with infidelity or a cheating spouse.

I want to make “Charging Neutral” available to you with the intent of changing your relationship, especially if it’s in crisis. I want to change your thinking about what makes relationships of mutual emotional investment truly work and thrive.

I will liberally sprinkle in stories and Case Studies of those who used “Charging Neutral” to find their sanity, their health and in some cases their relationship or marriage.

Learn. Implement. Enjoy.

What is “Charging Neutral?”



“CHARGING NEUTRAL” IS AN OXYMORON

“Charging Neutral” combines “Charging” (as in being aggressive, direct, to the point) with “Neutral” (more passive, as in calm, poised and non reactive.)

The power of charging neutral lies in that seeming contradiction.

QUALITIES OF “CHARGING NEUTRAL”



1 When you “Charge Neutral” you control you feelings and thoughts.

If you are like most, a marriage or relationship crisis or break down rips you apart. You wear your feelings on your sleeves. You react to your spouse. You communicate fear, worry, angst and/or anger with every fiber of your body and in every intonation of your voice.

Your intense reactions trigger the pain, fear, anger and/or distance in your spouse or partner. The ugly feelings and interaction begins to spin out of control.

When you “Charge Neutral” you communicate with neither an Up or Down but Neutral charge. You communicate calmness and poise, in your tone of voice and also in how you carry your body.

Sharon says, “I just want you to know that your advice to “charge neutral” was hard for me to understand when I was first dealing with the reality that my husband was having an affair. It has taken time but I “get it”!!! Charging neutral is the way I can keep anxiety and emotional reactions out of the picture.

“Charging Neutral” is Managing Your Emotions

Charging neutral is all about your emotions. What are they? How do you express them? Where do you feel them? When do you begin to feel them? What do you do when you begin to feel them? What are the thoughts that accompany the feelings? What do you do with those thoughts? Is there another part of you that stands back and knows your feelings are emerging? Can that part take action?



Aware of your emotional energy is vital in managing your feelings and fears, especially of being alone, when coping with a marital crisis.

Charging neutral is managing your emotions. Here's an example:

I never knew that what I was doing was “Charging Neutral.” Thank you for putting a name to it and (very important) giving me more information about this. I never would have dreamed the implications of this behavior without your input. every time I read about this technique in your newsletters I am more and more empowered. My husband abandoned his affair a few months ago. The OP took a job 1000 miles away. I think that this happened because I refused to react to their relationship. At the time she took the other job, the affair was already waning, but I think my calm stance (due to your ongoing advice, thank you) made her give up. There were many times I felt like

confronting her or him, giving the affair my full-blown attention and all the emotional energy that goes along with a confrontation like that. Your emails stopped me. Thank you. It worked. My children were spared all the drama and upset., I was spared the sordidness of a fruitless confrontation. I know that i might have to face this at some other time, but "Charging Neutral" will help me through it again.

2 When you "Charge Neutral" you speak the truth. You Charge with the truth. You point to the hidden meaning of words and behaviors. You state your position without rancor or self pity.

You make comments about the situation, your self or your partner or spouse. You refuse to blame, judge or condemn. You imply, "This is how it is."

You think long term. You point out consequences. You move beyond the negative swirl of the moment. You concretely point to what will happen if a particular course of action is taken.

3 You display leadership. "Charging Neutral" is THE indication of leadership.



You take the lead in your relationship. You point it to health, understanding, acceptance, validation, reality and hope. (You are not guaranteed your partner or spouse will follow, but "Charging Neutral" gives you the BEST CHANCE of resolution.)

4 "Charging Neutral" enhances your experience of personal power.

"Charging Neutral" removes you from the victim role. You now take charge, not of your spouse or even

the relationship, but of YOU. YOU become a significantly power player in the marriage or relationship.

Here's a word of WARNING: your spouse or partner WILL notice your shift from the victim role to one of health and leadership. Odds are, your spouse will be terribly uncomfortable. "Charging Neutral" means you change the unspoken and often unaware rules of interaction. This WILL have consequences.

Therefore, you as a couple will need to "readjust" your relationship.

Problems with Implementing "Charging Neutral"

1 Some fail to understand the depth and power of "Charging Neutral." They equate "Charging Neutral" with being "nice" or accommodating.

Some say they quickly grasp “Charging Neutral.” However, once I explore their responses in their relationship I find they have little understanding of the depth of ‘Charging Neutral.’



NOT ENOUGH “CHARGE” IN THE “NEUTRAL”

Below is a case study in which the woman believes she is charging neutral, but there's not enough charge in the neutral.

She gives this away when she says, “Charging neutral is a welcome tool, but I think there are many other serious issues that still need to be addressed.”

“Charging Neutral” enables and empowers you to address the serious issues WITHOUT an uproar or someone walking away.

Read what she says:

I am, by nature, a somewhat passionate communicator. (I am a teacher and inspirational speaker.) I love my life and eagerly get into verbal conquests with my friends who enjoy the stimulation and see me as a gifted, compassionate person. In my marriage, this basic quality of my personality has been invalidated repeatedly. Thus, I can now see that the only way to communicate peacefully is to act against my own nature the majority of the time (a.k.a. walking on eggshells...) This is a tremendous amount of work and I am not sure that it has improved a lot. I often walk away feeling put down, with my concerns trivialized. The infidelity ended three years ago and there is still no sign of empathy and our generalized communication remains poor. **Charging neutral is a welcome tool, but I think that there are many other serious issues that still need to be addressed.** The other problem is that there is no agreement for the infidel to get the in-depth counsel that is needed for dealing with narcissistic tendencies, and the denial that abounds. It appears easier for this person to project blame than to recognize the depth of responsibility that exists when one chooses to go outside a marriage for a relationship (two-year embedded affair after at least one known emotional affair.) We are just co-existing at this time, I am staying in the shadows most of the time trying to maintain peace and show love to my young adolescent children.

Here are some comments on her situation and charging neutral:

1. **Charging neutral is not being passive**, it is not burying yourself or staying in the shadows.

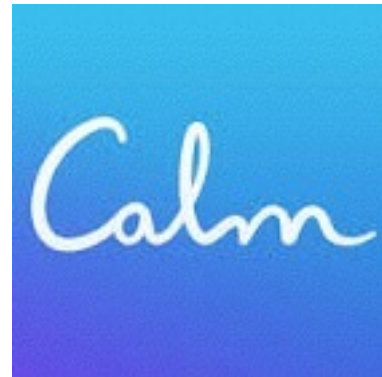
2. She is right. There seem to be **underlying issues of control, power and personal protection**.

3. She is very fearful of blame and criticism, and who wouldn't be after sloshing through the mud and mire of an affair.

4. **“Charging Neutral” is middle ground between being sweet and nice and reacting angrily with little control of words and actions.**

5. **“Charging “Neutral” means stating one's position and self clearly without apology and with inner calmness.** (Easier said than done!)

6. Allow me to put some words in her mouth that might move her toward using very powerfully the skill of “Charging Neutral:”



- I am an passionate person. I've been affirmed by others. I would like to be affirmed in an intimate relationship with a man.
- I will continue to express myself passionately. That is a huge part of who I am. My intent is not to overwhelm you or be critical of you. I just want to state my position and what is important to me in a passionate manner.
- I believe you at one point loved my passion, didn't you? Remember? I remember feeling loved and accepted by you, especially when passionate. I wonder what happened?
- I don't like walking on eggshells. And that's how I feel a great deal of the time. I hate it. I want to feel free with you. I feel tension when I'm around you. I wonder sometimes, what's it going to take for me to change that. (I wonder what there is about me that is afraid of you.)
- Maybe, I'm afraid that what I say will be criticized. I hate that feeling. My stomach turns, I feel like crawling away. My self-esteem has taken a huge hit, and I've struggled with that. It's time for me to begin believing in me. (Better watch out, buster!)
- I'm not sure how long I can continue living this way. At some point, and I'm not sure when, I will draw a line or something

will happen that will draw the line. I will NOT live like this forever.

- I wonder why it's so important for you to blame me? I wonder what frightens you? I wonder why you hang onto yourself so tightly...

2 “Charging Neutral” takes a lifetime to master.

There is always another level of “Charging Neutral.”

Your personal power is unlimited. There is always more to uncover, explore, value and put into practice.

Your position always is expanding and evolving. Your life grows. Your marriage grows. Your spouse grows. There is always a new world waiting to explore, define and attend to.

“Charging Neutral” is not a gimmicky tool to use in a one and done situation. You carry “Charging Neutral” with you in all walks of life, marriage, family, vocation and friendships.

3 Some find “Charging Neutral” easier to use effectively.

People are different. You may wear your feelings on your sleeve. You may be an extrovert who relishes and derives energy from communicating with others.

You may be more private. You typically keep your feelings and thoughts to your self. You gain your energy from your internal world.

You may be a problem solver. This whole idea of talking about feelings seems like a waste of time. You want to get to the bottom of the problem and fix it.

You may be confused with the tension hanging on the tip of your tongue and sometimes the tongue spews forth what you might not truly want to say.

And, there are more of you.

The idea of “Charging Neutral” in a marriage crisis for you may seem an insurmountable task, since it seems to go against your essential patterns of handling feelings and thoughts.

My suggestion: Fake it 'til you make it. Take an hour or day at a time. Make the shift to remaining calm and in control of yourself.



My experience teaches me that if your fear of losing what you have is great enough you WILL be able to do this, at least for a limited period of time.

Or, you may find that “Charging Neutral” is something that comes naturally; you were “Charging Neutral” without knowledge. Some of the Case Studies below indicate such a person.

4 “Charging Neutral is a general framework that enables better use of other relationship skills and tools.

I teach 16 different relationship skills in “Break Free From the Affair.” Each skill is best used in a particular type of affair.

However, “Charging Neutral” is the one tool or skill that applies to all types of affairs, some more than others. “Charging Neutral” establishes a foundation for using more effectively the other skills.

“Charging Neutral” has proven extremely effective for those who first bump into the infidelity or marital crisis. It is THE tool that most quickly and powerfully changes the dynamics, stirs up the disturbance and offers the most immediate positive impact.

You will find that an initial focus on “Charging Neutral” helps you more effectively move to other relationship tools or skills that address more concretely your specific situation or dynamics.



Please note particular themes of “Charging Neutral” in this Case Study.

1. Charging neutral is moving away from trying to attain particular results. **Charging neutral is NOT results oriented.**
2. Along with that, charging neutral keeps you **focused on the present moment**. You focus on what is happening in that moment. Your mind is not anticipating your next phrase or word or worried about his/her next response.
3. Charging neutral occurs when you move beyond your personal neediness in that moment. This is a tremendous challenge since, for most of us, our neediness runs below the surface of our lives and unknowingly controls our actions and responses.

4. Charging neutral means you **learn from each encounter**. You become curious about who you are and how you respond.

CASE STUDY: I CAN'T SAY NO

My husband has been involved in a "I can't say NO" type of affair. This summer he moved back to our town and out of her house (that was in another town.) All in hopes from what he told me of rebuilding our relationship and getting relationship help. Well as of Oct 1st he allowed her to move into his place here in our town. He didn't have to come out and tell me. I knew from his actions and lack of communication on the subject what was going on. Its been over 2 yrs now and I am just plain emotionally drained and can't take this yo-yo emotional roller coaster any longer. After the weekend he came over to talk and cried about how ashamed he feels and lost about his life and the decisions he is trying to make. I charged neutral...cuz **I just plain don't care about the outcome any longer**. I am working on being his friend and supporting him to get counseling and the help he needs to find himself and the strength he needs to decide what he wants for his life and future. It's been a long hard process to get to this point. So I learned that I don't need him anymore...yes I would like to keep our family together but it is a nice want but no longer a need. That **shifted my attitude to neutral** and I feel it has shifted him too. He's getting help to deal with this emotional hold she has on him and working toward ending it with her and we'll see where that takes us. But I know now I will be okay with or without him in my/our life.

“Charging Neutral” Means No More Game Playing

Charging neutral takes place when you refuse to play games. **You refuse to buy into the old patterns that created confusion, angst and destruction.**

In the case study below, note how “Charging Neutral” took away the "juice" that the cheating spouse and the other person were obviously receiving from the wounded spouse's participation in the triangle.

As well, the wounded spouse, in attempting to deal with his cheating wife, rediscovered his personal power.

CASE STUDY: MRS. SAMSONITE

I have just had a recent conversation with my wife, and although she currently lives with another man we are trying to get through this infidelity after 24yrs. of marriage. She filed for Divorce soon after leaving and moving in with her new Lover. We are trying to settle our legal matters and I am informed by "him" that they are in Love, and plan to get engaged and marry as soon as they get the Divorce decree. Instead of ranting or raving or getting excited, I charged neutral and said"



well that's nice", in a calm tone, maybe it will work for you. I felt a silence at the other end that I felt surprisingly seemed to empower me. I said "I let go of her" you can have her now. This seemed to take some of "his" power away, he didn't know what to do with this because he thought being with my wife really bothered me so the more I fussed the more it empowered him, so I've learned a new technique. When I spoke with her I said, "So we should finish up and sign the Divorce papers so you can move on and get married" in a calm confident tone. Again there was a moment of silence. It was although she was expecting something else, from me to make a big fuss about it.....and...I didn't. So then she tried to tell me what a great sex life they have together, great sex every night!. I said, "that's nice" good for you, maybe its what you needed. So to me this felt more empowering, by taking away their power over me, to think it would tear me apart and hurt me more, but I wouldn't let that happen. So although this is a work in progress, "Charging Neutral" can be very powerful when used at the right time. It will be interesting to see how long a "re-bound" marriage can last without giving time to heal from a previous one. I like to view it as he will be marrying "Mrs. Samsonite", cause he'll be carrying her baggage for a long time.

"Charging Neutral" is not a tool only used when facing infidelity or an extramarital affair. It can be used with tremendous benefits in all realms of life that tend to set you on edge.

"Charging Neutral" Empowers and Creates Movement

By charging I mean continually addressing the issues that are extremely important in building deeper and richer intimacy, understanding and the capacity to hear and be heard.

You do this in a neutral way - by not reacting, by not exploding, by not being passive aggressive, by not explaining, and by not defending.

Yes, there is a charge in "Charging Neutral." That charge often creates movement, clarification, release and relief from the stuffed feelings and nagging thoughts.

CASE STUDY: NO MORE TUNNEL VISION



I have learned that by reacting to my spouse's affair, my spouse would get into a defend mode. And when a person is in this defend mode, they have tunnel vision and can only see what they want to see or think they see, and cannot hear any kind of reasoning; they only hear what they want or think they have heard. Also, when in this defend mode, words fly

that maybe neither one of us didn't really want to say or mean. So, I have practiced "Charging Neutral." I stay very calm, almost no emotion

involved, and always look them in the eye to show this is NOT going to hurt me like they think. So when my spouse and I had the "affair" talk, my spouse is the one blowing up and in a rage. I on the other hand stayed calm and would repeat what was just said to me, as to confirm to my spouse what I just heard. Most times my spouse will hear from me what was just said, and boy does it sound stupid to my spouse. If my spouse yells that we are done, I may just repeat what was just said in a different way; "well I know you want to live by your self." Then I follow up with, "I hope you realize that you have the chance of losing everything." Again, by speaking in a non caring and calm manner, they can actually hear you, or hear what they just said. How can they, the one having an affair, justify to themselves or to us, any of their reasoning as being a good enough reason to have the affair in the first place? This "Charging Neutral" way of speaking is so non threatening to them, they have nothing to defend their actions, and they start to rethink their own actions. By the way, my spouse's affair almost did us in. Only by me going to therapy and me reading these newsletters did I finally learn how to handle this bad situation and learned how to save my marriage. I am a very strong person emotionally and mentally now, so if this is ever presented to me again, I now have the courage and power to turn the table around and kick their butt out the door with no regrets. No regrets on my part because I am in control of myself, but my spouse will not know what hit, and will be so confused and hurt by their own actions.why? Because of staying and being calm and having a non caring type of an attitude, even though it hurts like hell.

"Charging Neutral" Demands Practice

CASE STUDY: I FINALLY GET IT

Thank you for all your advise. I have been going through this since I found out about my spouses affair. The other women called my teenage daughters and told them everything. I still to this day don't know when it started with them. My spouse has never come clean, he says its over and that he wants to come home, but he is a Jekyll and Hyde. One minute I know him and the next minute I don't. He is living with his mother and hates it. We have been married over 20 years and this was a total shock. The thing that really bothered me most is that he never made any attempt to make things right with my daughters or myself. Very self centered. Winter is coming now and I know that he wants to be back in our house. I packed up all his winter clothes and took them over to his mothers house the other day. He went crazy, knowing that I didn't want him back. He cried and told me he loved me, that it was over and that he wanted to come home. I told him we had to work on it, but I think his idea of working on it should be one more talk and then move back home. We decided to meet and for him to come clean. I guess this scared him, so he called me and said he didn't want to get together. Thinking I was going to lose it, I just said to him "I think your lies are hurting you more than they are hurting me." I "Charged Neutral." He's been calling me constantly. I care about him deeply and worry about him, but I know that he has to be the person I knew and lived with for the last 20 years. I also have to consider the feelings

of my daughters. He has been raging at me, telling me horrible things, accusing me of all the things he probably did. I read your book back in March, and had trouble understanding this "Charging Neutral." I finally understand it. I get it. I think it took me a long time to understand how I needed to approach the situation. I practiced, and I finally understand. I don't know what the outcome will be and I hope it is good, but I finally have control of my own feelings, and won't let his mistakes control my feelings anymore. Thank you again, I continue to read your submissions. Joanne



“Charging Neutral” Neutralizes the Anger

CASE STUDY: BEGINNING TO HEAL

It has been about two months since I found out about my husband's six month affair. At first I was really angry and went through a lot of different stages to get to where I am now. I began Charging Neutral and didn't even realize it. My husband and I talk a lot now, almost everyday about the affair. I feel no hate, malice or anger to him or the op for what has happened now. In the beginning I felt I needed to prove that I was

the better choice but I quickly realized I didn't need to do that because he would not have come home if he didn't believe this himself. He now feels free to talk about anything he remembers at anytime and knows that I'll not get angry or feel hurt because this is something that has already happened and he already acknowledges he completely hurt and disrespected me in the worst way so it doesn't need to be said anymore. I quite agree it is one of the best ways in beginning to heal even if we find we can't stay in the marriage anymore we will at least be friends again. And that is important for the kids.

Please remember that using charging neutral also depends to a great extent on the kind or type of extramarital affair facing you.

“Charging Neutral” Means Making the Other Right

A characteristic of the skill “Charging Neutral” is almost always "making the other person right."

Ok, now take it easy. Make him/her right!!!!??? Are you kidding me??

Hear me out.

In almost all cases of a marital crisis there are underlying motives, unfinished business, levels of immaturity, questions about adequacy, a sense of lostness or lack of purpose or direction that triggers the crisis.

"Making him/her right" means you develop the capacity emotionally disengage from your tendency to argue, blame, criticize, attack and form negative judgments about that person.

Give plenty of S P A C E and dig beneath the obvious. And, then hang on to your self as you truly take the risk of knowing this person.

CASE STUDY: DINNER GAMES

My spouse told me many times that the low level of intimacy in our relationship made him insecure and he found some of the security with the op. One of the reasons for the feeling of not connected with me that he mentioned was that he never really felt that we both truly knew each other. Although I do not find it to be in any way a justification for cheating on me for two years (or longer), I thought it would be great to get to know each other a little bit better. One evening we met up at a local restaurant. I asked if he would like to play a game (asking each other questions about our likes, dislikes and desires). The game soon developed into a conversation about how he always desired to experience sexual freedom. Have I not known that I need to charge neutral, this conversation would have ended up in me screaming at him or crying most possibly- both). I would get him all defensive and my goal (making him analyze himself with possibly reaching the realization of all the inconsistencies in his thought patterns) would be even further away. Instead I remained calm and supportive. It was amazing to me how honest I could be, without him feeling rejected or judged. I did not praise him for anything, I was even able to tell him how I felt about the issue. He actually felt more understood and relaxed after the conversation. He even shared with me that he realizes wanting things that are mutually exclusive (me and the sexual freedom). We still have a long way to go, and the future is uncertain, however, if there is anything that makes me hope at all it would be the charging neutral skill. I can imagine that using the neutral charge in communication would be one of the building blocks of a truly honest and loving relationship.

“Charging Neutral” and Facts

CASE STUDY: JUST THE FACTS, MAM

When my committed boyfriend of 3 plus years had an affair with a married Mom of 4 I was devastated of course. I put 10 plus days of distance btw us. When I wanted to talk finally I took this approach and



spelled out "what exactly is one to do when the person you know you love has acted in such a manner?" During the original conversation we had I was very calm but sad, straight forward in stating the facts of the whole ugliness of the situation. I do feel my boyfriend was not sure how or why I was remaining calm but this approach kept the communication going and we are 5 months into trying to deal with the hurt of it all. We are doing OK but realize that communication has to remain open, non accusatory but honesty on both sides.

“Charging Neutral” Provides the Space to Prepare

CASE STUDY: WAITING

When I first heard the words, "I've been seeing another woman" I had already suspected that. I charged neutral, but not deliberately, it just so happened I was at the point where I no longer gave a rats butt. I told him I really don't care what you do, just don't you dare pull the rug out from under me, let me get a plan. I walked out of the room and avoided him for the next 3 days and, we did not speak one word to each other. I was the one to break the ice, I had days to think and I asked him what does he want, he broke it off with her. 2 years later we are still together. Although I am no longer committed to this marriage, because I believe if I ever get strong enough to stand alone (I am currently in a support group) I will leave this marriage. A little background info: we have been married 25 years, in that time he has had 5 affairs with 5 different woman. I knew about 2 of them the rest I just found out about after this last episode. I'm 64 yrs old, it will be hard to start over, I should have left 20 years ago. Carol



“Charging Neutral offers Options

CASE STUDY: BEACH BOY

My husband likes to party at the beach with his "friends" who happen to be girls in their mid to late twenties. He is in his mid fifties. He knows I do not like it. He needed to spend the night and he said he would stay at one of the girls' houses. I said, "That's not appropriate," and walked out of the room. I came back later and said, "if you want to go to the beach, go ahead. I don't want you to stay home if you don't want to." I went into the bathroom to get ready for bed and did not say anything more about it.

My tone was level and matter of fact. The next day he decided not to go.

“Charging Neutral” Speaks Reality

CASE STUDY: TAXES DUE

When I had been in a car accident and didn't recover instantly, my spouse justified dating by, of course, "the marriage made me do it" reasoning. "My girlfriend can do things with me that my wife can't. She admires me for all the athletic things I can do that my wife doesn't want (!) to do with me any more, etc." When he screwed up our taxes by filing a joint return and faking my signature on it, making me liable for his immense taxes, which I could never pay, this was too much. He also kept saying he had cut off communication with the woman and I found evidence that he had not. When I asked him about this, he said, "She admires me more than you do!" I simply said, "You haven't done her taxes, have you?" And he said no more about it, and their association began to get some reality into it and after a few more truth-seeking expeditions, was evaporated.

“Charging Neutral” Worked 100 Times Better

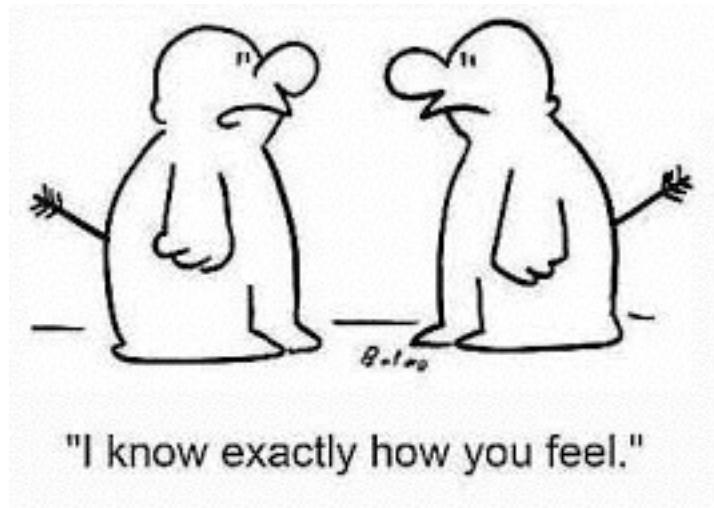
CASE STUDY: TOO ANGRY TO TALK

I told him he had to leave and enforced it. I told him I would not tolerate infidelity and an extramarital affair. I told him to make sure he used protection with his mistress unless he wanted to pay for an unexpected child. I told him, all in a calm and strong voice, that he had six months to figure out his confusion, but that I would always be his friend because of our children. I sent him reasonable apartments to rent. I told him therapy could help him decide and that I too was going. I joined a gym, got busy with friends and night classes, and took some weekends away to visit friends. I did not always answer his call or be at home when he came to pick up belongings, but explained it was because I was too angry to see him. He was begging to come back home within three weeks. It was over within two months. The times I charged neutral were 100 times more effective than the times I lost control in changing our situation. And it made me feel so much better, more in control, of my life and the devastating situation I was in.

“Charging Neutral” and Empathy

What makes charging neutral effective in the following Case Study are two critical factors:

1. Her spouse seems to be pretty much on board in terms of wanting to repair the marriage. Taking her reactivity out of the equations helps the healing process.
2. She talks about her affair years earlier. This fact gives her empathy and understanding for the plight of her husband. Charging neutral then is an easier skill to employ.



CASE STUDY: NO MORE ONE UP

After my initial shock of finding out my husband had been having an affair for about 2 years, I acted like most people yelling screaming throwing things. I stood back and decided I really wanted our marriage to work. He had made the decision to break away from the affair when I did discover about it so I think that sort of made it easier for me. I think I used the "charging Neutral" method by sitting down with him and acting very cool and just stating the way I felt and what we both must do to try and make it work. I stated the facts like we have been married for 30 years and we do still have a good relationship that we can make it happen again as long as he wants to. I had also had an affair 10 years ago and at that time I told him face to face he did not find out any other way just me telling him. So we bought that up again and discussed the fact that he felt like me all that time again and we made it work again once so why not this time. Maybe my circumstances are a little different to most but it has now been 2 years since his affair was discovered and I think we are through it. I do still get moments where I want to check a few things out to make sure he has really made a clean break but I think that is normal!

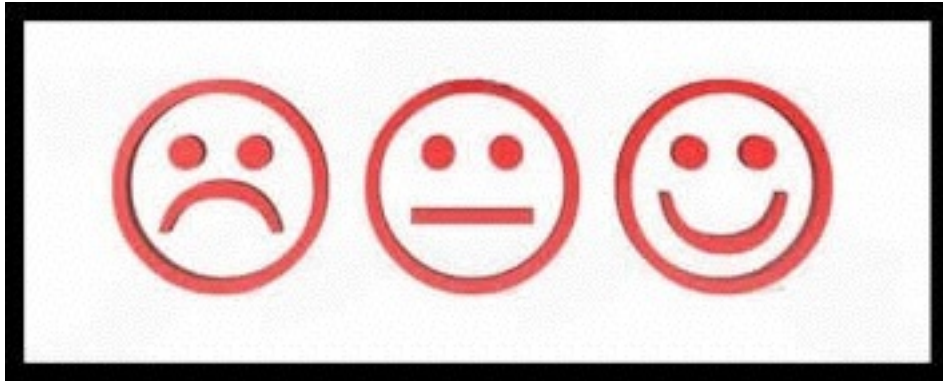
“Charging Neutral” Key Points

1. You can “fake it til you make it.” Of course it is impossible for anyone facing the trauma of a marital crisis not to have feelings or be upset. However, you don’t want those feelings or thoughts (since many of them are distorted and are illusions) to control who you are and offer the possibility of doing further damage to the marriage or relationship. But you can try to calm yourself and maybe have the capacity to first, fake it.

2. “Faking it til you make it” is easier for some than others. You may not have the capacity to fake it. Or, you may have taken along with you the ability to detach or remove yourself from emotionally intense situations. “Faking” it will be easier for you.

3. Experiment. Do not expect perfection. Be kind to yourself when you find it impossible to be neutral.

4. The ability to Charge Neutral is a life long learning process. A part of us always wants to scream or react in one form or another. No one “Charges Neutral” all the time.



5. Initially Charging Neutral is similar to what some call the “180,” where you do the opposite of what you typically do in the relationship. The purpose of the initial charging neutral is to upset the balance in the relationship. And, often it leads to abrupt and radical change. However, this is only temporary. Much more work is needed after the initial change.

6. Shifting to neutral is the first step. The charging part of the charging neutral comes later when you begin to use messaging and other forms of self disclosure and confrontation. Self disclosure and confrontation becomes much more powerful when grounded by emotional neutrality and action rather than reactivity.



Warning: Charging Neutral’s Results are Temporary

Charging Neutral may bring about wonderful results. You have their attention. They are concerned. They may watch you closely. They may stop behaviors that just a few days ago drove you bananas.

Charging Neutral is especially effective if you are in pain. Pain is a great motivator. You are acutely aware of the pain and you want it to end. If you believe Charging Neutral will end or diminish your pain, you go for it, usually with gusto.

Charging Neutral works if you’ve had enough. You’ve reached a limit and at some level chose or committed to a different path. You are determined.

But, the odds of these behaviors and attitudes lasting are slim.

The Tip of the Iceberg

Here's why:

Charging Neutral demands you step back and be objective, for the most part. You can do this for a period of time, but maintaining your objectivity has a shelf life.

Charging Neutral demands an element of conscious choice and will power. Both are limited in their capacity to change your behavior and feelings.

It is nearly impossible for you and your partner not to go back to your default ways of coping and reacting. You plead, beg, please, get irate, persuade, reason, submit or do whatever you did before.

Your default ways of coping are deeply engrained and largely unconscious. They are the 90% of the iceberg that sits beneath the surface of the water. You know: you do what you don't want to do and wonder why you can't do it.



Eventually you will find your default patterns and the default patterns of your spouse or partner regaining power and control of your lives and the relationship.

Your spouse will eventually want you back to your default setting. They are familiar with that setting and are experts at pushing your buttons to get you there.

Your spouse will, most likely, crank up their displeasure or intensify the game playing to keep you in the default coping mode.

You return to recycle your hurt and pain, not because you want to, but because it is familiar and at your core level seem to have no other options.

The Real Power of Charging Neutral

- Charging Neutral gives you confidence and empowers you. Yes, change, healing, a new awareness and a budding love can be created by you.
- Charging Neutral offers hope. If you can elicit this depth of change in 48 hours, imagine what you can do over the next 48 weeks! You and your marriage are not doomed to a love life of mediocrity.

- Charging Neutral gives you a baseline for your personal power and bringing about good feelings. You now know what it looks and feels like.

Your Next Step

You have available to you in my Marriage Building Online Course additional and sequential modules that build upon Charging Neutral and get the the CORE and sometimes hidden areas.

You sustain your gains. Day by day you build a solid marriage or relationship, a lasting and true love that will not fade or disappoint.

Especially love altering is my 11 Steps to a Self Healing Marriage. These 11 steps condense the path that couples I've worked with over the years have found vital to building their marriages. It's like having marriage counseling on steroids. You get the best practices in a simple, step by step format.

You will be introduced to new ways of thinking about love and marriage that keep you from recycling your default settings.

You will orient your marriage or relationship around the 3 LOVE LAWS. These LOVE LAWS emerged from my practice as a MFT and guarantee you will have a marriage where love is strong and experienced each day.

And, you will have an opportunity to engage in one-on-one personal coaching with me, your ultimate gift of support and guidance that accelerates your healing and change process.

So, if you haven't already, consider an Upgrade which gives you access to many more Modules.

Click this link if you want to Upgrade to the Marriage Building Intensive Modules (Beginner, Intermediate and Advanced):

<https://lv130.infusionsoft.com/app/orderForms/64f0ea3a-70cd-4271-9594-cd098577f5b8>

Click here if you want to Upgrade to the Jumpstart Coaching Module - 4 Half Hour Sessions with Dr. Huizenga - (which INCLUDES the Marriage Building Intensive Modules:)

<https://lv130.infusionsoft.com/app/orderForms/83f84707-e6e3-400d-bf39-d9e459774922>

Click here if you want to Upgrade to the Advanced Coaching Module - 4 Half Hour Sessions with Dr. Huizenga + between session email privileges - (which INCLUDES the Marriage Building Intensive Modules:)

<https://lv130.infusionsoft.com/app/orderForms/06d1ab51-5af5-47f0-8cf7-6b362b3cfbe3>

Dr. Huizenga is a pioneer in the field of relational and individual well being, researching and condensing his 30 years and 25,000 direct client hours as a Marriage and Family Therapist into tools and practical concepts that generate self healing for the individual and couple.

He was the first, in 2002, to write a best selling ebook on infidelity, *"Break Free From the Affair,"* that continues to set the pace for coping with infidelity. He has written numerous other ebooks on infidelity and in 2010 published the ebook, *"Save Your Marriage Forever - the 3 EASY LOVE Laws."*