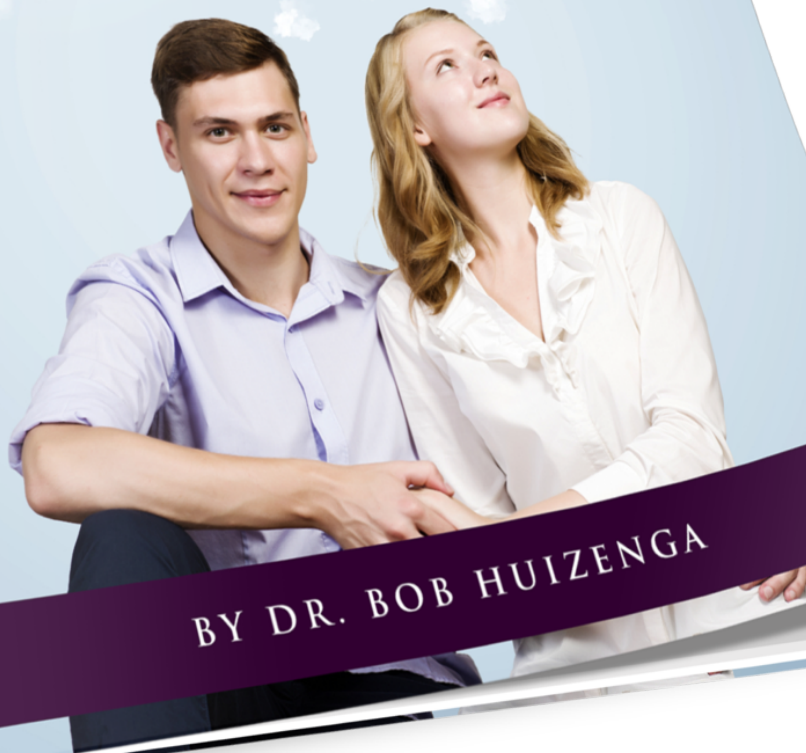


THE **BASICS** OF **CHARGING** **NEUTRAL**

How to Get Your Spouse
to Respond Differently



BY DR. BOB HUIZENGA

The Basics of Using Charging Neutral

How to Get Your Spouse to Respond Differently

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Introduction

“Charging Neutral” has been acclaimed by countless individuals and couples I’ve worked with as a “miracle” tool that turned their marriage around and gave them not merely hope, but a framework to create a love they could trust would live forever.

This article sets down the basics of learning and using “Charging Neutral.”

The Goal for you in the next 48 hours is to find relief, knowing you have at your fingertips a Tool that holds the power, and therefore you also hold the power, to influence the direction of your marriage or relationship.

Another Goal is to get results, to observe a change and shift in yourself, your marriage and your partner.

For maximum gain, print out the Tool and add your memories and comments where indicated.

The Beginners Charging Neutral Tool

STEP 1 REMEMBER YOUR WORST TIME

Remember a time when your marriage or relationship was it its worst. Bring to mind a specific event.

Picture it. Relive it. (uggghhh) When did it happen? What day of the week? What time of day? Where were you? What were you wearing? What was the weather like?

Be specific. Paint a picture in your mind. Relive it.

What specifically did your spouse say or do that triggered your upset?

Visualize the expression on their face. Notice their body language. Hear tone of voice and rate of speech. Remember the words they said, if any.

STEP 2 IDENTIFY THE FEELING

What did you feel? Remember the feeling. Use the Feeling Wheel to help identify the feeling. (Feelings usually have fear or hostility at their core, with fear often residing beneath the hostility.)

Where in your body did you feel the feeling? (Feelings are physiologically based.)

Rate on a scale of 1-10 (10 being the worst) your feeling.

STEP 3 IDENTIFY THE THOUGHTS

What thoughts went through your mind? Remember the negative thoughts? What were you saying to yourself (your internal self talk?) What were thinking about your spouse? the situation? What thoughts of criticism and judgement arose? Thoughts can be many and varied. Check this jumpstart list on identifying thoughts.

STEP 4 IDENTIFY THE ACTION

What did you do? How did you respond? Did you fight, argue, plead, back away, yell, become quiet, give in, refuse to give in, become logical, cry, pout, name call, condemn, accuse, blame or something else?

KEY POINTS

1 Your responses to each other's triggers become the "game."

2 Your responses are largely unconscious, emerging from a long history of individual, family and societal learned ways to cope with relationships of emotional investment where love is threatened. (Much more on that in the Marriage Intensive Modules.)

3 This "game" over the years is played out more frequently and intensely. The "game" becomes predictable. (You know it's coming!) It becomes more and more difficult to stop. (You want it to stop but seem powerless to do so, or what you say or do to stop the "game" merely amplifies it.)

4 If you are able to complete Steps 1-4 you have the capacity to step back and not "play the game." It means...

there is a part of you that notices the trigger that sets off the "game."

a part of you is smart, observant and non-judgmental.

a part of you can refuse to get sucked into the "game."

YOUR ASSIGNMENT

Read the next drop down item: "Charging Neutral" - Getting Your Spouse's Attention FAST. This article offers many case studies and overview of Charging Neutral.

For the next 48 hours you will use this observant, smart and non-judgmental part of you to Charge Neutral.

You will employ the Neutral part of Charging Neutral.

- 1 You will refuse to get hooked by the triggers. (Walk away, if need be)
- 2 The observant part will be on guard when your spouse sets you up for the “game.”
- 3 You will be emotionally non-reactive. You will control your feelings.
- 4 Because you use the observant part, you will not fall into the negative feelings.
- 5 Because you use the observant part, you will not fall into negative thinking.

Typical Outcomes

- 1 Your spouse will be confused, perhaps upset or curious because you refuse to play the “game.”
- 2 In a relationship of emotional investment your spouse at a deeper level does not also like playing the “game” and looks for something else as well.
- 3 By Charging Neutral you assume leadership. Charging Neutral opens the door to understanding, acceptance, self disclosure and compassion for one another.
- 4 You will feel much better. You will feel more confident and empowered, knowing you are no longer victimized by the “game” that sucks life and love from your relationship.
- 5 You will develop hope; there are better ways.

Read the ebook on Charging Neutral for more input and case studies.

Conclusion

- 1 The success you experience will be temporary.

Why? The pull of the unconscious is powerful. Some believe 95% of responding to another emerges from the unconscious.

Do you ever think your spouse is becoming like their parent? This happens frequently because what we experience, what we are covertly taught about love and marriage we carry within us. Some believe it may be transmitted through our DNA.

- 2 So, how DO you make change (love) permanent? I cover that in the Marriage Intensive Modules. You will learn about the fear-based laws you unconsciously live by. I present a step by step process to break free from the unconscious pull and welcome a deeper and lasting love.

These Modules move you through a guided well thought out sequence of Tools and learnings formulated from my research, study and clinical practice since 1981.

Also know that I provide individual and couple phone and skype coaching. Many have found this invaluable in accelerating the healing process, keeping on target and finding personal support to keep going.

Learn to RELAX, REPROGRAM and RECONNECT.

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/>