



SPECIAL REPORT

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07

TIPS

ENDING THE AFFAIR FOR GOOD

7 Tips for Permanently Ending the Affair



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by **SUZIE JOHNSON, CPC**



**SOULMATES ARE NOT MADE IN HEAVEN.
THEY ARE CREATED RIGHT HERE ON EARTH.**

Ending the Affair for Good

Special Report

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ABOUT THIS SPECIAL REPORT

Dallas, Texas

7 TIPS FOR PERMANENTLY ENDING THE AFFAIR

Welcome to my special report on **Ending It for Good: 7 Tips for Ending the Affair**. This report is intended for anyone who has found themselves caught up in the web of an affair where things have become so complicated... that ending the affair has become a struggle as well as a source of anxiety.

YOU KNOW YOU'RE READY FOR THIS REPORT WHEN...

You realize you *just can't live like this anymore*, when you find yourself thinking *this has got to stop*, and

when you're tired of the cycle of breaking up and getting sucked back in. When you keep thinking *there's got to be a better way...* when you can honestly say you're tired of carrying the guilt, living with the secrecy and off all the lies (especially the ones you tell yourself).

IF THIS DESCRIBES YOU, DON'T DESPAIR.

Because as out of control as things may feel right now... there's a way out that is totally under *your* control. And even if you've tried to end it before and have failed over and over, you're about to discover that

there is a failproof way to exit the affair. And it's my goal in writing this report to give you great tips for doing just that.

PLEASE NOTE.

I offer no judgment about how you came to be where you are today - because that is not my interest.

My interest is in helping you to get from where you are today... to where you want to go. And to help you do that with the minimum amount of steps, and with as little stress and trauma as possible.

These tips are the bridge that makes that possible for you. With that said, let's get started on your journey.

Suzie Johnson

Dallas, Texas

HOW TO GET THE MOST FROM THIS REPORT



1. READ THE TIPS WITH AN OPEN MIND.

Keep in mind, some of what I share, you already know... and yet, knowing isn't enough. The goal here is for you to connect with the information at a deep enough level, so it causes you to question your current beliefs, inspires in you a shift in perception, and strengthens your resolve to better understand. Staying open gives you the best chances of doing that.



2. DO THE PROCESS QUESTIONS.

At the end of these 7 Tips, I've provided you with 3 process questions similar to the ones I use with my private clients. The goal of these questions is to take you deeper than reading alone. And as far as I'm concerned, it's taking the time to answer these types of questions that will end up being the difference that makes the difference for you.



3. FOLLOW THE NEXT STEPS.

I've provided you with a "next steps roadmap" to follow (if it makes sense in your situation). Please note: My next steps are just one of the many options you can take. If my recommendations make sense for you... great. If not, then that's also okay. The key here is to remember that this is a marathon (not a sprint), and to survive, you've got to keep moving forward.

7 TIPS FOR ENDING THE AFFAIR FOR GOOD

TIP 07

MAKE AN UNWAVERING DECISION TO END IT



Right now, here's what I want you to do. Make an unwavering decision to *end the affair*. Notice the word "unwavering". This is far more than just making a decision. You must absolutely resolve - once and for all - to *remove any excuses* to cop out, renege or otherwise weasel out of your decision to end it.



EXIT DECISION CHECKLIST

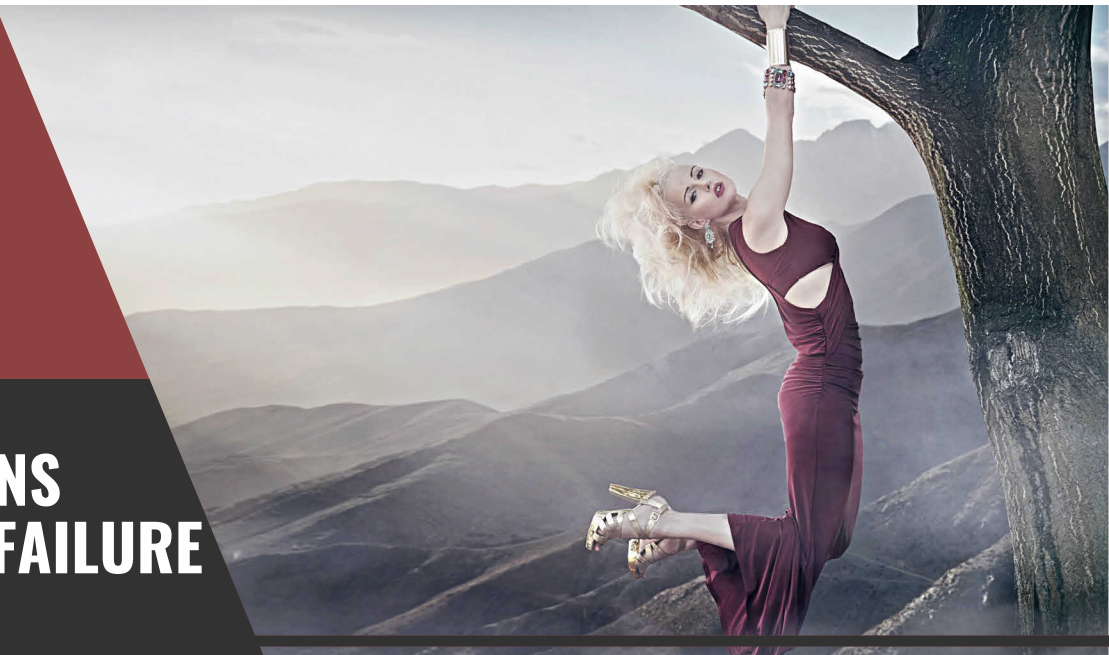
- You must be 100% impeccable with your decision to exit.
- You must come out of denial about the lies you've told yourself (the ones that has kept you stuck up until now).
- You must discard any excuse to go back.
- You must commit to keep moving forward, no matter what.

MOST IMPORTANTLY...

You must honor this decision for the rest of your life. Do you think you can do that? I know you can. How can I be so sure? Because you had a life prior to the affair, and therefore you'll have an even better life after.

TIP 06

LETTING GO MEANS FREEDOM - NOT FAILURE



When fear of letting go of the affair partner strikes and grips you... you can hold on to the thought that "letting go means freedom – not failure."

AND REMEMBER...

Just as you can choose to hold on to someone that's not really yours to begin with... you can also choose to let go of someone that's not really yours, right now.

DID YOU NOTICE?

Both choices are yours to make. This means the end of the affair, as the beginning, are both *your* decisions.

THINK ABOUT IT.

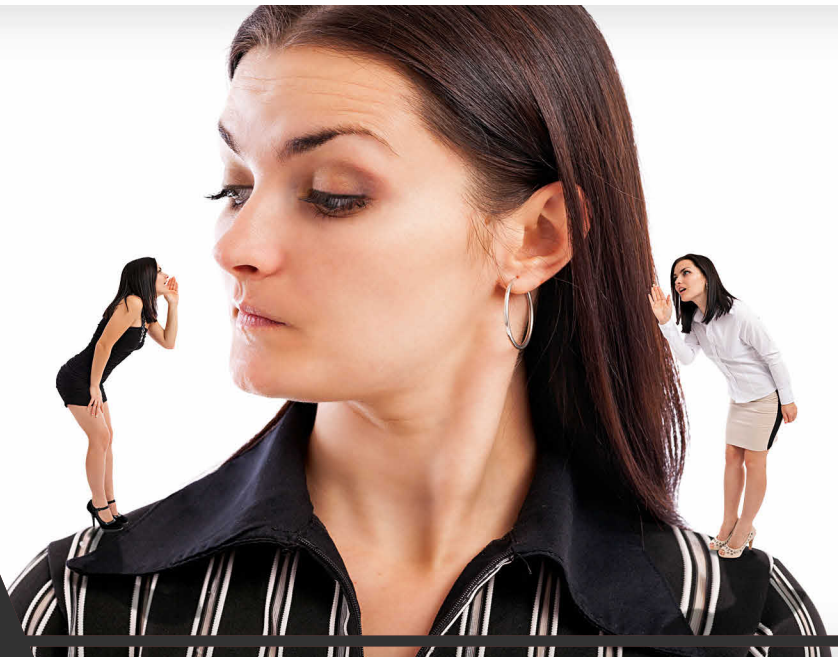
The very act of letting go is a choice. *You* are the one who says when, who, why and where. This means you are always in a position of power. The ball is (and always has been) in your court.

BOTTOM LINE?

Powerlessness is just a feeling - it's not a fact. My suggestion? Banish any thought that tries to tell you that letting go is a about losing... or failure, because it's not. Think about it like this. How can you lose by letting go of that which is not honoring your highest values in the first place? That's right, you don't.

TIP 05

REMOVE ALL EXCUSES TO STAY IN IT



Do you know what led you into the affair in the first place? If you said "feelings," you'd be about half right. But there's another half to this equation that people very rarely talk about. You see, while it's easy to blame the feelings of love, specialness, excitement, desire and significance the affair delivers... those are not the real culprit that keep people in affairs. The real culprit is their excuses.

SO, WHAT EXACTLY ARE EXCUSES?

They are logical arguments we use to convince ourselves that a poor decision or a wrong action is right (or justified). Therefore, the job of an excuse is to make it okay for us to proceed with a wrong course of action. When we use our intellect to do this, it should be called rational-lying (notice the spelling).

IF YOU DON'T BELIEVE ME, THINK ABOUT THIS:

Even with the intensity of feelings... if you didn't have an excuse (or a way to rationalizing) your behavior, could you really continue doing what you did? Chances are, you could not.

Please notice you are not alone.

We all (myself included) default to finding creative ways to rationalizing our poor choices and wrong actions at some point or another. The key here is recognize that when you are ready to end those wrong actions - you'll need to remove the excuses and

rational-lying that you used to give yourself permission to remove the excuses and the rational-lying that you used to give yourself permission to do them in the first place.

DO THIS

STEP # 1: Sit down and make a list of your excuses and rational-lies you told yourself to make having an affair feel "ok" for you. To get you started, here's some examples from previous clients.



END OF THE EXCUSES CHECKLIST

- 1. **RATIONAL-LIE:** What they don't know won't hurt them.
- 2. **RATIONAL-LIE:** It's not harming anyone.
- 3. **RATIONAL-LIE:** What we have is just too special to let go.
- 4. **RATIONAL-LIE:** I can't live without them.

You get the idea. Now, it's your turn.

STEP # 2: Once you've made your list, print it and then I want you to set a match to it and watch it burn.

{rational·lies}



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{def·i·ni·tion}

LOGICAL ARGUMENTS USED TO JUSTIFY WRONG ACTIONS

7 TIPS FOR ENDING THE AFFAIR FOR GOOD

TIP 04

ENDING AN AFFAIR IS MORE THAN JUST SAYING "IT'S OVER"



Many people think that just saying "It's over" is enough to break free. Not true. In fact, nothing could be further from the actual truth.

HERE'S THE REALITY.

There's a huge difference between endings, exits and closure. When we talk about exits, we talk about the way we leave the affair... in other words, the break-up process. But that's not the same as the end of the affair. Because people exit affairs many times without ever ending them. And when I say the "end of the affair," I'm talking about that moment in time where there's a final conversation, final email, and finally, a goodbye. Note: This is not the same as closure either... because people can end affairs and never actually let go. And closure means letting go. It's beyond just leaving, walking away or ending the affair. It's the process of letting go, accepting and moving on. See *the difference?*

ANOTHER WAY TO THINK OF IT IS LIKE THIS...

If "exit" is the door, "the end" means stepping through that door. And closure is the actual closing of the door

and walking away, *without looking back*. Closure, then, is not just a state of mind... it's a forward course of action. To permanently end the affair, you need to exit (close the mental and emotional doors) and move on with your life (without ever looking back). Anything less is just playing mind games with yourself.

EMOTIONAL CLOSURE CHECKLIST

- SAY IT'S OVER (and mean it).
- EXIT THE AFFAIR (and close all mental and emotional doors)
- KILL THE HOPE (and stop wishing for a different past or future).
- FIND CLOSURE (and don't ever look back)

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CLOSE
the door
after
you exit.

TIP 03

STOP, BLOCK & PURGE



There are four key action steps that act like a 4-digit security code which breaks you out of the affair. No access means no relapse. It's as simple as that.

STOP, BLOCK & PURGE CHECKLIST

- STOP:** Stop all communication. Stop all contact. Stop going to those places where you could connect with them. This means you cancel gym memberships, stop driving the same route, stop going to the same coffee shops and remove yourself from places and locations that you used to go with them.
- BLOCK:** Block all incoming or outgoing paths of communication. This means block their emails, cellphones, Skype, chat, un-friend them from Facebook, LinkedIn, etc. Block all avenues out.
- PURGE:** Eliminate all signs of affair life including deleting all emails, texts, discard all photos, keepsakes, presents, and gifts (any physical object or manifestations from the affair).



KEEP IN MIND...

You do this not for them. You do this for you. Where there's no access - there's no relapse.

* SIDE NOTE:

For those who have to work with or be in proximity to the ex-affair partner, there's a fourth step: walk away. This means when you see them... walk away... you don't engage. Remember. Silence communicates.

TIP 02

ALLOW YOURSELF TO GRIEVE



One of the things that may come as a surprise to you (or not) is just how many people experience some of the symptoms of grief after the affair is over. It may sound strange, and yet, it does happen.

Why is this? Grief is a natural response to loss of any kind. For example, if you lose a job, you lose a position, you lose a pet or you lose a wallet... you hurt, and you grieve. It's normal. So don't be shocked if, at the end of the affair (wherein you lose the object of your desire and you lose a source of attention and affection)... you also experience symptoms of grief. Don't worry. Not only is this normal, it's actually healthy.

END OF THE AFFAIR CHECKLIST

- 1) Recognize that sadness and grief are normal after a loss.
- 2) Allow your feelings to be as they are. (Don't judge them.)
- 3) Don't use heartache, sadness or loneliness as an excuse to contact.
- 4) Remember, the pain is temporary (this too shall pass).
- 5) Keep moving forward.

BUT HERE'S WHAT I DON'T WANT YOU TO DO.

I don't want you to use the sadness or heartache associated with the stages of grief as an excuse to slip back into the affair, because that would not be okay.

REMEMBER...

The pain is temporary but your self-respect is forever. Your job now is to allow the process to unfold without interfering with it. Remember, the discomfort is not in vain. There is new found freedom and self-esteem waiting for you on the other side. *That's a good thing!*



7 TIPS FOR ENDING THE AFFAIR FOR GOOD

TIP 01

FOLLOW THE “DNC” RULE ALL THE WAY UP TO FOREVER



What is the DNC RULE?

It means Do Not Contact. Here's the thing. Following the DNC rule is the only thing that ends the affair for good. (Read that again.) Anything else is just another mind game. In other words, when it comes to communication in the affair, silence is the only acceptable type of communication. And when it comes to ending the affair, you must commit 100% to having no contact/communication with the affair partner ever again. So do I really mean forever? Yes! I really do.

AFTER THE AFFAIR CHECKLIST

- ✓ **1. YOU WILL NOT CONTACT THEM.** This rule goes into effect today, and lasts all the way up to forever.
- ✓ **2. YOU WILL NOT STALK OR MONITOR THEM:** No drive bys, no checking up via social media.
- ✓ **3. YOU WILL NOT RESPOND** to any of their attempts to connect with you (no matter what).
- ✓ **4. SILENCE IS THE ONLY ACCEPTABLE** form of communication.

IRREVOCABLE LAW OF ENDING AFFAIRS

100% NO CONTACT after the affair.
(Note: 99% compliance - is non-compliance.)

PLEASE NOTICE...

Following the DNC rule is for your own good. It's not a favor you do for someone else. This is something you do for yourself.

WHY? BECAUSE...

No contact = No loss of control
No contact = No relapse
No contact = No guilt

MOST IMPORTANTLY...

Without contact, there's no restimulating the feelings – they will go back to neutral. Eventually you'll find days turn into weeks, which then turn into months. And then years go by where you don't even think about them anymore. Which is what you really want, isn't it?

BOTTOM LINE?

With time and distance, all feelings fade. Could it really be that way? Yes, because it is.

FEELINGS FADE DISTANCE TIME WITH

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FINAL THOUGHTS



So there you have it, my **7 Tips for Ending the Affair for Good**. Follow them and your success is assured. Modify them and your success is hit or miss. Ignore them at your own peril.

Keep in mind they do work, but only if you put them to work.

Because there's a big difference between *wanting to end the affair* and being willing to end the affair. And until *you're wanting to* becomes *you're willing to*... the wish to end the affair remains... just a wish... a fantasy that feels beyond your control... and yet the opposite is also true.

In the instant that *you're wanting to* end the affair becomes *you're willing to* end the affair... the balance of power shifts to your favor. And suddenly, that which used to feel impossible for you to do is not just totally doable... it's easily done.

And if you're ready for the moment to happen for you today... here's 3 things that can help you close the gap.

MY FINAL 3 SUGGESTIONS FOR YOU

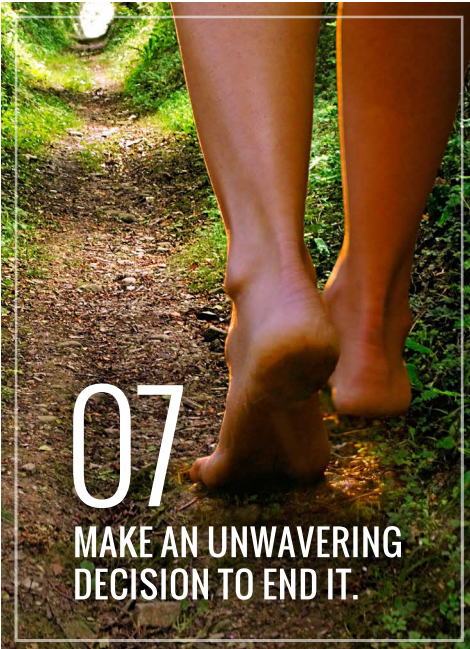
- 1) Print the **7 Tips to Ending the Affair Infographic** (next page) and use it as a visual guide to help you stay the course.
- 2) Enroll in my newest **5 Steps to Ending the Affair online workshop**. I believe it's a really positive next step for you.
- 3) Take the time to do **Process Questions** (last page). This will help you go deeper into your own psychology and help you connect the dots to what led you here.

Until we speak again,
Remember... Love Wins!

07
TIPS FOR

ENDING THE AFFAIR

FOR GOOD



07

MAKE AN UNWAVERING
DECISION TO END IT.

05 REMOVE ALL EXCUES
TO STAY IN IT.



04

ENDING AN AFFAIR IS
MORE THAN JUST
SAYING IT'S OVER.

03 BLOCK,
STOP &
PURGE.



KNOW THAT
LETTING GO
IS
FREEDOM
- NOT FAILURE.

06

02
ALLOW YOURSELF
TO GRIEVE.

01 FOLLOW THE "DNC"
RULE ALL THE WAY
UP TO FOREVER.





NEXT STEPS



Register for my

5 STEPS TO END THE AFFAIR ONLINE WORKSHOP

- ✓ Break free
- ✓ Neutralize the feelings
- ✓ Forgive yourself
- ✓ Heal & move on

DISCOVER
A MORE STRESS-FREE
WAY TO BREAK FREE

CLICK TO GET ACCESS

PROCESS QUESTIONS

ENDING THE AFFAIR FOR GOOD

Anne Frank became famous for keeping a diary during the Holocaust. What many people don't realize is that writing is a powerful way of processing pain. So, although Anne didn't have a therapist, she did have a way to process what she was going through. I suggest you do the same. Start with these 3 process questions and don't stop here. Keep your own journal. You'll find it can help you tremendously. And should you decide to work privately with me... then bring along these notes, because I have found working directly with you using the reflections you've written down is a more effective way to go.

QUESTION #
01

Finding yourself as the "other woman" or leading a double life... is painful because it forces us to reexamine our basic beliefs and values. It makes us ask questions about who we are and what we really stand for. Describe here what basic beliefs and values this experience is causing you to examine about yourself.

QUESTION #
02

Try as we could to avoid it, we all end up hurting others. And sometimes, the ones we hurt the most are the ones we love the most. Describe a time before now where you've hurt someone you love.

QUESTION #
03

Superheroes, like Spiderman, don't use weapons to subdue their foes. Rather, they rely upon a few special tools and their own ingenuity. Describe your own super power (the thing others most admire or compliment about you), and then describe how you could use this super power to overcome this experience.

“

THERE'S A BIG DIFFERENCE
BETWEEN BEING A BAD PERSON
AND BEING A PERSON WHO
HAS MADE A BAD JUDGMENT.

”

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