



The Self-Healing Relationship

The 11 Step Process

BY: DR. BOB HUIZENGA

The Self-Healing Relationship ...The 11 Step Process

Benefits:

- Shift the energy and focus of your relationship away from the pain, anger and fear to acceptance, understanding, joy and love.
- Remove your burden of “doing it right” and “I must do more.”
- The old patterns that bring you disappointment and emotional distance will evaporate as you uncover a new road map to warmth and love.
- Experience a personal sense of freedom in assuming control and direction of your relationship rather than living the life of a victim.

Key Points:

1 The 11 Step Process is a life-long tool. New material in your life will always emerge. You will continue to experience new healings and transformations as you use the tool.

2 Print a number of copies. Use the tool whenever you feel stuck or experience a breakdown in your relationship.

3 Keep used copies. Reviewing the sheets in the future helps mark your progress and points out themes and patterns.

4 It is not necessary that both you and your partner use the tool simultaneously. (Although it would be great if both share a mutual commitment to use and reflect on the tool together.) When one shifts and transitions the other cannot not respond. Your shift changes the rules and dynamics of the relationship which has fall out.

Instructions:

1 Use the tool whenever you experience an upset.

2 Place date and sheet # at the top. Revisiting the sheets in the future help determine progress and see themes and patterns.

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The 11 Step Process to a Self-Healing Relationship Date: _____ Sheet # _____

Premise: The purpose of this worksheet is to remove the tension and anxiety fueled by hostility, fear and/or indifference from your marriage/relationship so the marriage or relationship naturally heals and a free flowing love emerges.

First identify the pain points that are triggered in your relationship. Bring to mind a tense/painful interaction or situation.

1 I (Your Name:) _____ I recall this situation or incident which caused me great upset.

2 This situation triggered my feeling of _____. (The two major feelings are fear and hostility. Other feelings only point to either fear or hostility.)

3 My feeling was the result of my thinking. I thought: _____

4 (What did you do?) I reacted to this situation by _____

5. And, how did you punish yourself? _____

Take a deep breath and allow for the details and feelings to emerge.

6 What were you trying to make happen? What did you want? _____

Your actions and feelings sapped you of energy and led you to be who you truly don't want to be. Remember other situations in your past that resulted in the same feelings and outcome.

Breathe. Reflect on past similar situations.

Your fear and hostility, your energy drain and being less than who you want to be are derived from your personal history, the coping patterns that no longer serve you well and from misguided information about relationships.

It is time to give up your fear, hostility, energy drain and assault on yourself. You CAN give it up! It doesn't work!

Take a deep breath. Reflect.

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Commit to a new direction of healing and integrity.

7 I choose to delete or give up my objective (#6.) I no longer will try to make that happen. Write Goal #6 here: _____

Repeat to yourself: My goal (#6) is a result of my personal history, cultural beliefs and my channels of unresolved pain and lack. I therefore choose to delete and make void that goal. I give up my feelings, my thinking that creates my feelings, my story, my drama and how I typically react when experiencing hostility and/or fear.

8 I now shift to embrace a new love.

I move toward the release of old patterns, erase outmoded beliefs and clear out channels of pain and lack.

I acknowledge that my efforts to get what I truly long for are limited by my history, beliefs and channels of pain. Often, the harder I try, the worse it gets.

I am willing to go thru the healing process and come to know that the love answers are within me. I am lovable and my marriage/relationship is most powerful when I am uniquely ME.

9 I acknowledge there is a force that brought us together and this same force can generate healing and restoration.

10 I invite the healing force to awaken in me the feeling and belief that I am uniquely lovable, heal patterns that generate my feeling of _____, gently remove my channels of pain, hostility and fear and create a space between me and my partner that welcomes a deeper love, acceptance and awareness.

I want to trust that this great force moves beyond my limitations and clears out my channels of pain, fear and hostility buried beyond my conscious awareness.

11 I now feel and see that

12 Instead of 6, I now set this loving goal

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/>