

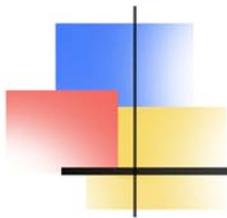
# **Nine Steps to Save Your Marriage**

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## **For Husbands**

By Ken Johnston

T9-hall



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## Step 1: Self-talk

We know a lot about what you're going through right now and we're sorry for your pain.

Your wife may still be with you, but she's left you emotionally, or she's talking about divorce, asking for a divorce, or she has left you. Okay, you love her and you want her back. We're here to help you win her back.

To win her back, the first barrier you must overcome is pride. Pride can defeat character and honor. But, as you stand firm people will admire your commitment, honor and character. If you want to be proud, be proud of overcoming those hurt feelings to keep your marriage together.

You may also have to overcome well-meaning friends who might be saying, "Let her go. She doesn't deserve you. How could you ever forgive her?"

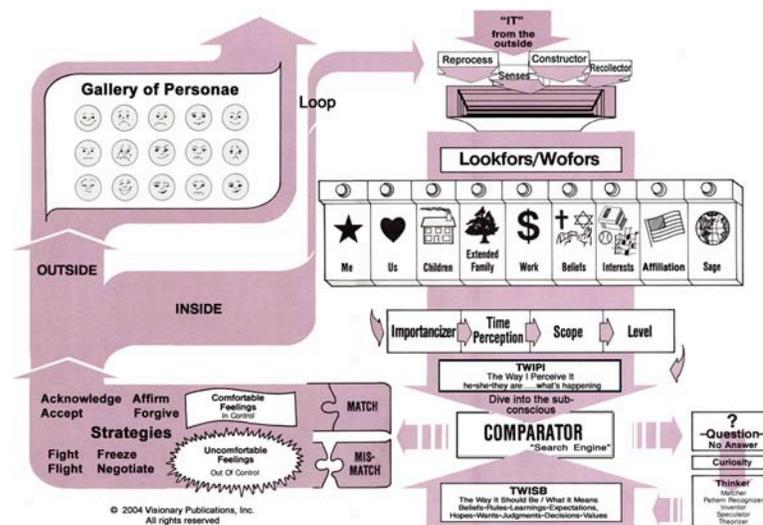
It's your marriage, and your wife. If you want to keep her, we'll show you how. It's a set of simple steps, and it almost always works.

### Self-talk

The steps themselves are easy, but you'll have to overcome your own natural instincts, and your inner dialogue, and maybe even your well-meaning friends as you take these steps.

### The Sage Model

This diagram will illustrate what we mean about inner doubts and arguments that can make up the self-talk you're experiencing. This is a model of how the mind works. We're not going to teach it fully in this course, but we do teach it in those books that come with this course.

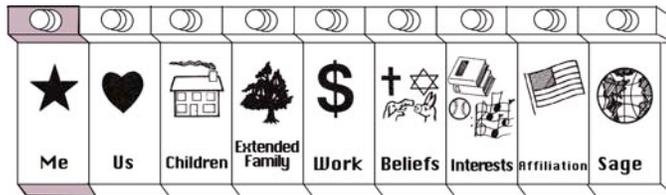


At this point we just want you to see that you have a whole bunch of different parts of you. Each part has different interests and different needs:

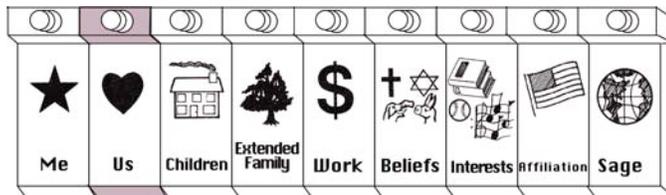
**The Parts**

You have a whole team of parts that wants to keep your marriage that wants to avoid divorce, wants to have a loving relationship, and get each of their individual needs met within the relationship.

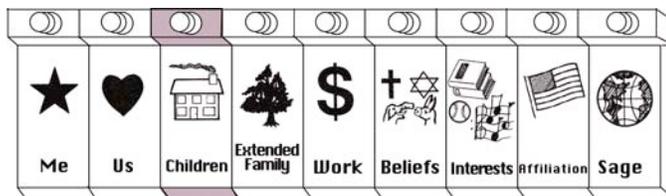
We’ve identified nine different parts that you and everyone else has. Each part has different needs and interests. Later on in the readings, you’ll discover how all of these parts can get their needs met, without fighting and arguing inside your mind. Getting them all together on the same team is the key to peace of mind. But right now you don’t have peace of mind. You have many parts in conflict with each other.



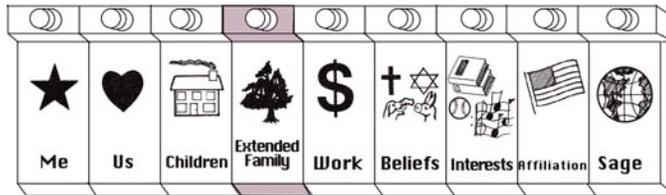
This is your Me-part. It really cares only about you. It puts what it thinks is your interests first, “Me, me, me.” This is the part that feels vanity, jealousy, greed, pride and it also makes sure that you eat, and sleep. It keeps you alive if you’re in danger. It’s a vital part, but it tends to be selfish and self-centered.



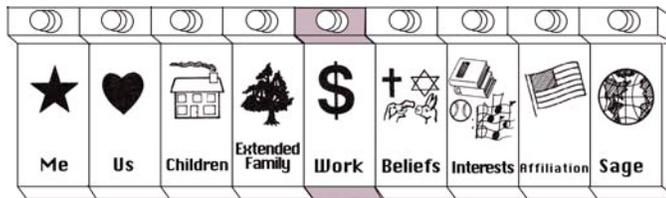
The Relationship-part cares about your marriage. It’s the part of you that puts the needs of your wife and the relationship above your own. This part sacrifices for her and your marriage. This Relationship-part wants a partner to love and to be loved by.



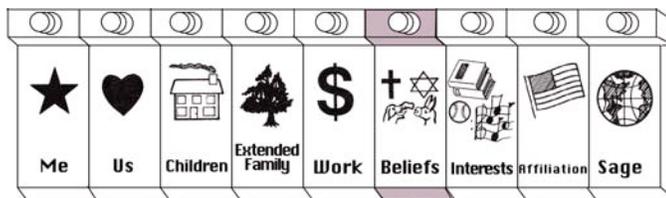
The Children-part cares about children, and takes care of them and nurtures them. It puts the child's needs ahead of your own. The Children-part wants a loving partner who loves the kids you have, or wants kids in the future.



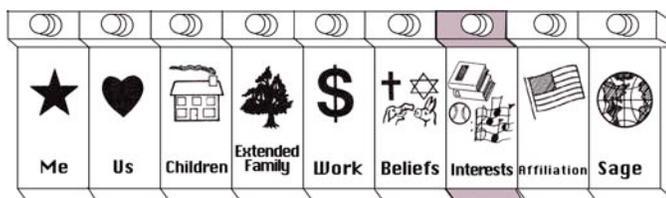
The Family-part cares about the extended family on both sides. You know the saying: 'blood is thicker than water.' There are times when you put the needs of your extended family members above your own, or your wife's, or even your children. The extended Family-part wants to keep both your family and her family relationships at peace.



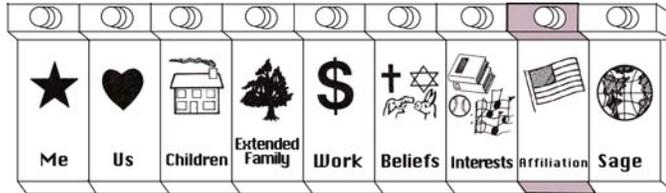
This is your Work-part. When you're working, or thinking about work issues, it may from time to time put those duties above your own needs, or any other parts.



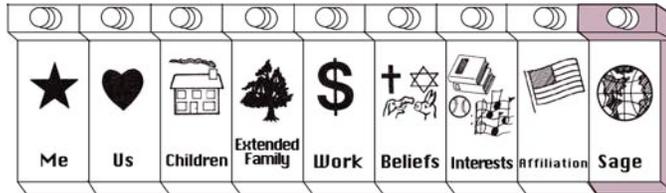
If you have strong beliefs, this is the part of you that honors them. And you may have strong beliefs about marriage or divorce. This part can help you have the strength to do what it takes to save your marriage.



Maybe you and your wife have mutual interests, maybe not. In the future, you might join with your wife to find something that interests both of you. Then this part will unite with the others in strengthening your marriage.



Your Affiliation-part has a stake in all the friends, neighbors, acquaintances, fellow worshippers, and all the other groups that you know and who know you. This part wants you two to stay together and will gain support from all of your established friendships.



And, you can be sure that your Sage-part, that is, your wisest part, knows that it's wise to keep your marriage, to get a fresh start, and to build a loving relationship.

### Conflicting Self-talk

What happens when a wife wants a divorce, or walks out, is that all of these parts are thrown into distress. And, all of these parts are talking to each other. That's what we mean by self-talk. Maybe you've even stopped to listen to what the parts are saying. We'll help you to discover what your parts are saying to each other now, and we'll talk later about how you can change your self-talk so that you can have happier, calmer and more satisfied feelings.

The Me-part thinks and talks about humiliation, pride, embarrassment. The Me-part carries all the resentments from past hurts. This part remembers the slights, can rattle off a list of your wife's weaknesses, her failings, her mistakes, her flaws. This is the part that asks,

*"Why should I change? She should change. Anything missing in our relationship was her fault. Whatever I was seeking outside the relationship was something she didn't provide."*

The Relationship-part might say,

*“Oh, no, I really, down deep, love my wife. I’m losing my partner, I’ll be alone, I don’t want to start over.”*

The Children-part worries about the effect on children.

*“They’ll be damaged in some way,” or “Now I’ll never have any.”*

The Family-part agonizes,

*“Now we’ll lose her whole family.”*

And the Beliefs-part may worry about your vows and the sacred nature of your unity.

Your Affiliations-part may worry about all of the friends and people you’ll lose if you break this marriage up.

Your situation may differ from others, but every husband in this situation faces the same chaos. All of these parts distressed at once can make your mind go back and forth. You can feel totally confused, overwhelmed, in chaos.

*“I’ll let her go. She’ll never forgive me. No, No, we gotta’ get her back, for the kids, for the family, for my church. I want to stay in my neighborhood. I’ll do it, because it’s wise. The relationship is more important than my selfish pride, I’ll be proud of saving it!”*

### **Torn and Upset**

The conflicting self-talk and these racing thoughts can make you feel torn and upset. We understand that. That’s one reason we admire you for wanting to take a stand to persist through the inner conflicts and keep your marriage together. Even though part of you may say she doesn’t deserve it and it may be hard to forgive her for what she’s done to you and your marriage. This is the inner battle you may be fighting. Most of your parts want her back and your marriage to be loving. On the other side, is your “me” part, the part capable of some pretty nasty feelings, like jealousy, envy, and maybe the most dangerous: pride.

You can be very proud of yourself for deciding to keep your marriage. You’ve overcome a lot to make the commitment. You’ll have a little more to overcome if you do what it takes to bring her back. But you can do it. You’ve already dealt with the hardest parts. You’ll just have to keep strong and not let selfish pride defeat the whole team of parts within you that values your partner and your marriage.

That brings us to the end of the first step. You’ll do the exercises associated with step 1, and you’ll make some fascinating discoveries about your self-talk. You’ll begin to gain control over those thoughts that may be racing around in your head and causing so much turmoil.

**PLEASE CONTINUE WITH THE EXERCISES.**

## Exercises – Step 1

### Objective:

At the end of this module, you will have identified some of the conflicting “self-talk” that you’re experiencing and will have selected several thoughts that are causing the most “noise.”

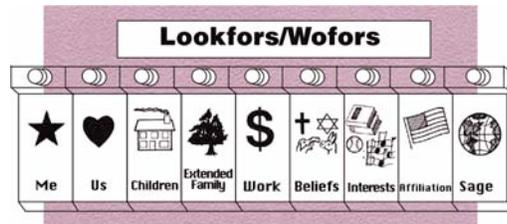
### Exercise:

Please read the following information about the nine parts. Write down at least one thought for each of the parts. A full copy of the map is included at the end, if you wish to refer to it.

## The Nine Parts

Before we expand on the parts, let’s look quickly at the Lookfors and Wofors.

### Lookfors and Wofors



Your parts create *Lookfors* when they need something. Your Me-part creates a Lookfor when it’s hungry. In that case you’ll find yourself screening the outside world, looking for any sign of something to eat. If your Us-part has no SIGO (significant other), then you’ll find yourself ever alert for anyone who could become a possible SIGO for you. If you have a SIGO, but no children, you might find yourself with a Lookfor for any child; a child coming into your space will immediately cause your Children-part to take over and give attention to the child.

*Wofers* are things your parts have asked you to “watch out for” — things that represent danger or threat. For example, when you’re first in line in your car at a red light, you may look carefully to the left and right when the light turns green, to be sure no one is still entering the intersection. Or, if you’ve had a bad experience with a dog, you might set up a Wofer to watch out for any sign of a dog in your space. If you spot a dog, immediately you’ll begin reacting to the dog, regardless of other needs that may have brought you to that space.

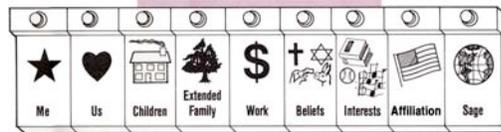
Lookfors and Wofers are the tools your parts use to screen the environment for things they need and things they fear. Lookfors and Wofers are the tools your parts use to gain control when they are needy or are alarmed.

## Your Parts

At least nine separate and distinct human needs have been identified. By the time you reach adulthood, all of your needs have developed. Each need creates tension in you until it is satisfied.

If this is the first time that you're learning about your separate parts, you may feel surprised. That is not unusual. As your conscious mind learns about them, and you become aware of their unique personalities, you'll discover you're really a team of parts. Most people find this to be a delightful revelation.

To understand these needs, it is helpful to think of yourself as having a separate sub-personality for each of your needs. We call these sub personalities "parts." For example, you have a part of you that needs to bond with a significant other. You also have a part that needs to work or contribute to the world in some way. When you're involved in meeting your bonding need, you're using a separate sub-personality from the sub-personality that you use when you're involved in work. The two parts look, talk, and behave differently. They hold different beliefs; they use different strategies; they produce different feelings. Different things satisfy each of them. They may have different levels of okayness; they have different needs for dominance or submission; they may have different levels of motivation. They often come into conflict with each other as they each strive to get what they need.

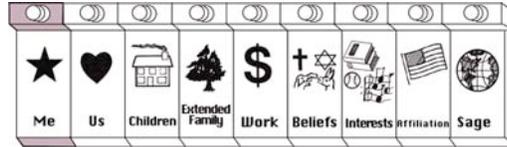


The parts take turns in taking control of your mind, based on the amount of tension (or urgency) they feel, to get their respective needs met. At any instant in time, one part and only one part is in control of your mind and it's processing. Sometimes two or more parts are interested in the same input being processed, and they will switch control from one part to another so fast that the conscious mind cannot keep up.

As long as you aren't aware of the separateness of the parts, each must do what it can to get its needs met. Frequently they must compete with each other to get what they need. For example, there may be times when one part of you wants to do your work, and another part wants to be with your family or significant other. This causes internal conflict and you may feel pulled in two directions at once.

The goal is to get all of your parts working together as a team, in order for you to get all of your needs met and still achieve peace of mind and inner harmony.

## The Me-Part

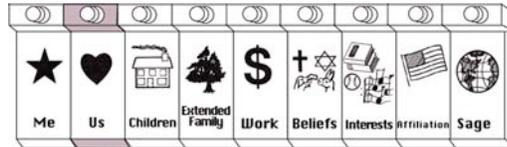


The me-part is the part responsible for you and you alone. It is not concerned about others. It wants what it wants when it wants it. This part has all of your physical needs and appetites to satisfy. It gets hungry, has sexual needs, feels hot or cold, and needs to sleep. It likes to play, and it likes to rest. Your other parts might call the me-part your selfish part, because it is only interested in what it wants.

Whenever you have some physical need, the me-part will take over from the other parts to take care of it. If you don't allow it to get what it wants, it may distract your other parts and could even try to keep other parts from getting what they need.

**What is your Me-part saying about your present situation?**

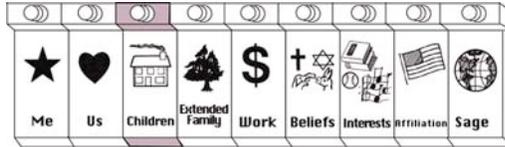
## The Us-Part



Your Us-part is responsible for attracting, courting, and bonding with a significant other. It cares as much about your partner's needs as your own. The Us-part becomes attracted, feels attractive, gets infatuated, and falls in love.

**What is your Us-part saying about your present situation?**

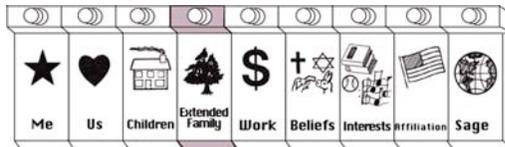
## The Children-Part



Your Children-part is the part of you that responds to your need to have and to care for children. The Children-part loves and bonds with children. The Children-part is less concerned with your needs than with the needs of your child or children. You also use this nurturing part in caring for the sick or elderly or those who need your help.

**What is your Children-part saying about your present situation?**

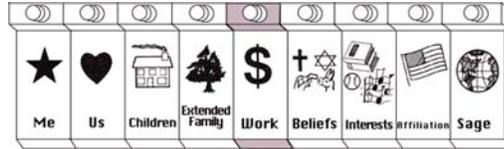
## The Extended-Family-Part



Your Extended-family-part has a special bond with your mother, father, or whomever raised you. It has special caring and bonding with brothers and sisters, aunts, uncles, grandparents, and cousins. It has special loyalties that it reserves for your extended family. Later in life it is this part that feels the need to be a grandparent and has special affection and bonding with grandchildren. Your Extended-family-part is the part that feels that “blood is thicker than water.”

**What is your Extended-family-part saying about your present situation?**

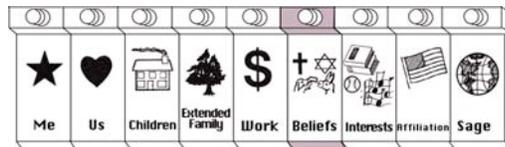
## The Work-Part



Your Work-part is the part that works or contributes to society in some way. The Work-part has special needs for achievement, accomplishment, responsibility, recognition, and growth. Your Work-part might get special satisfaction out of the work itself. Your Work-part is willing to put self-interest aside and serve someone else, or serve an organization that serves others.

**What is your Work-part saying about your present situation?**

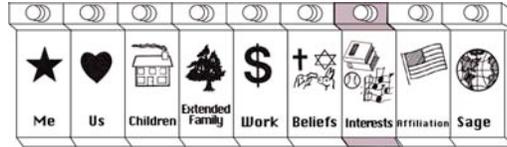
## The Beliefs-Part



Your Beliefs-part is the part responsible for choosing your beliefs and honoring them. This is the part that takes you to your selected house of worship, and supports others with shared beliefs. This part has political beliefs and opinions. It puts your interests behind those that it believes in. Your Beliefs-part might be willing to join protest marches, write letters to political leaders, and sign petitions. It may make contributions to causes that it believes in. This is the part that people use, for example, if they choose to become missionaries, or to fight holy wars.

**What is your Beliefs-part saying about your present situation?**

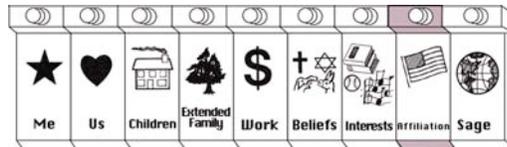
## The Interests-Part



Your Interests-part enjoys hobbies or learning. If you're curious about something and eager to learn about it, that is probably your Interests-part. It may collect stamps, study history, read biographies, tour museums, travel to foreign countries, or climb mountains. It may want to watch birds, grow orchids, collect butterflies, and watch public television programming. It has the need to satisfy curiosity and discover the outside world.

**What is your Interests-part saying about your present situation?**

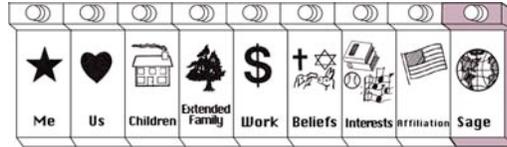
## The Affiliation-Part



Your Affiliation-part is the part of you that seeks affiliation and has needs to join and be part of packs or groups. It's also concerned with *place* and bonds with others who share that place. Your Affiliation-part creates your sense of home where you live, and the sense of neighborhood around your home. It is patriotic and has a special loyalty that it shares with others from your homeland. It is the part of you that roots for your team (your school, your town, your state, etc). Your Affiliation-part is willing to put all other needs aside and go to war to fight to protect your home, town, state, nation, or pack of nations.

**What is your Affiliation-part saying about your present situation?**

## The Sage-Part



Your Sage-part is that part of you that possesses your innate wisdom. This part has the potential for growing beyond the special interests of your other eight parts. Your Sage-part sees the world as one people. It cares for the future of the earth, and feels responsible for protecting the environment for future generations. The Sage-part is willing, when asked, to become responsible for resolving conflicts between your other eight parts, and resolving those conflicts in such a way that all parts get their needs met. The Sage-part respects and appreciates all beliefs. The Sage-part respects and appreciates all nations and all places. The Sage-part feels family loyalty and love for the widest possible family — all mankind.

**What is your Sage-part saying about your present situation?**

**Exercise 2: Doubts and Arguments**

There are many thoughts that may be racing around in your mind. Write some of the “loudest” messages below. If you have some idea of which part each thought represents, write that down. If you’re not sure, don’t worry.

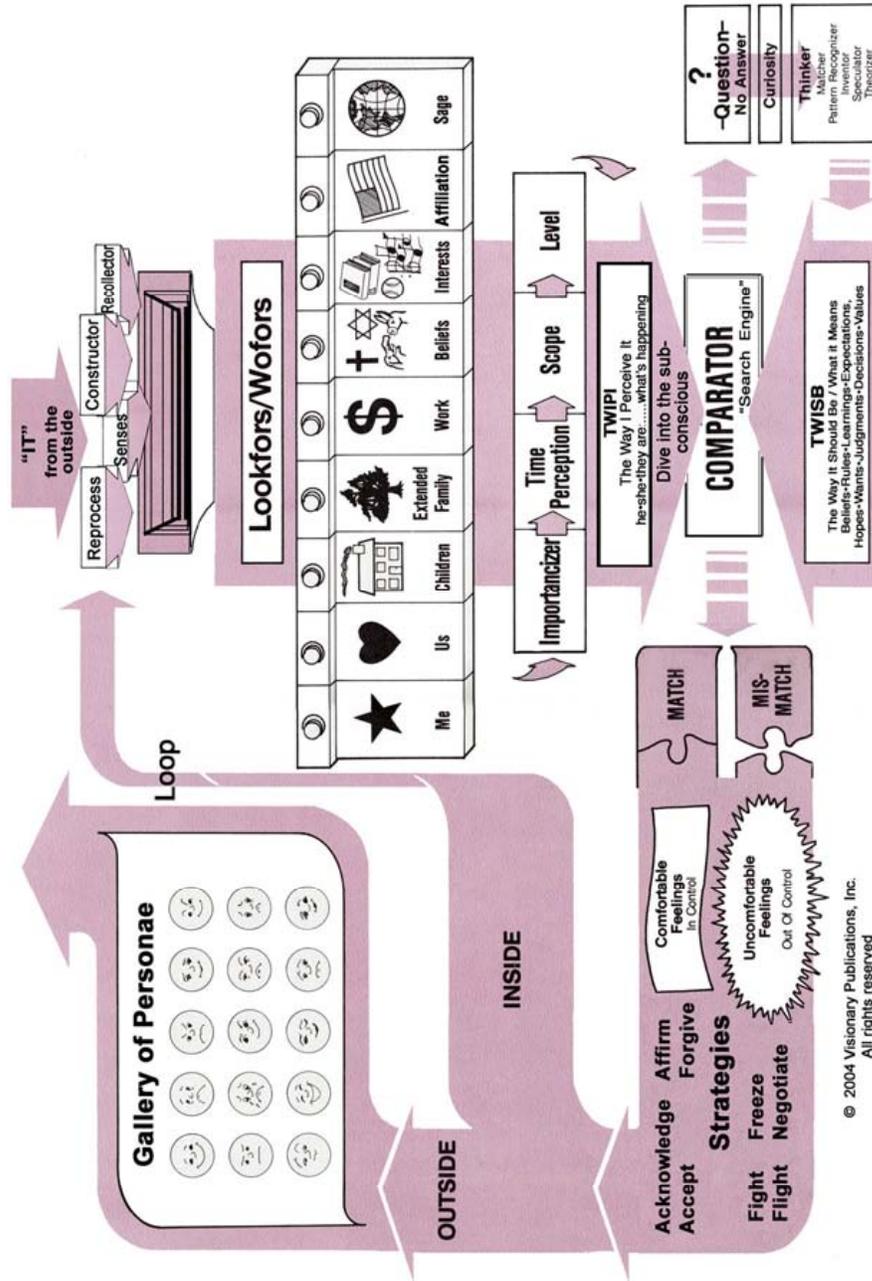
Date: \_\_\_\_\_

	Thoughts	Part
<input type="checkbox"/>		

**Exercise 3:**

Select the top (loudest) four or five arguments going on in your head (put a check mark next to those). Put a date on this page so that you can come back to it at a future time to check progress.

## Map: The Sage Model



PLEASE CONTINUE WITH STEP 2: MAKE A FRESH START

## Step 2: Make a Fresh Start

The second step is nothing more than a decision on your part to make a fresh start.

At the end of this step we have an exercise where you'll decide whether you have the kind of commitment it takes to do what we teach. Our steps are the most powerful and will work the most often, but they require some courage and commitment on your part.

At the end of this step, you'll be making a decision. You want your wife back, but you don't want the same old relationship back!

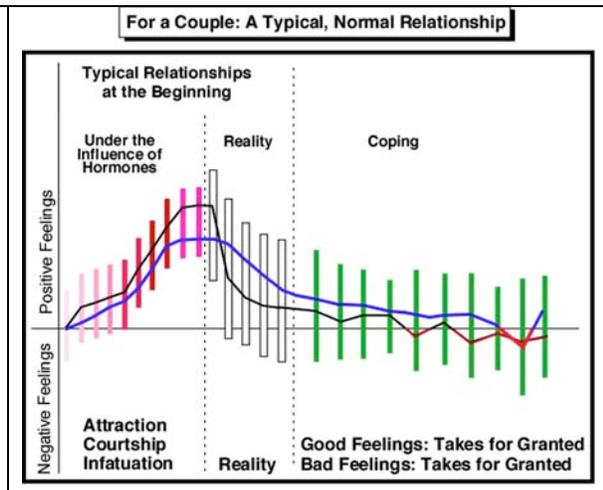
That's so important, I'll repeat it. You want to get your wife back, but you don't want to continue the same relationship that drove you apart.

If you try to get your wife back to the same old relationship, you could fail, and if she does come home you still might not ever feel real secure.

Here is a diagram of how relationships usually begin. The different phases are attraction, courting, maybe infatuation, then reality, and coping. (If you read the Wife's module, the following discussion will serve as a review for you.)

### A Typical, Normal Relationship

Notice this bar here. This represents the range and strength of the feelings you have about your partner. The top represents a strong good feeling, the bottom a bad feeling. At the beginning most of your feelings are good. The few bad feelings — little niggling concerns — aren't very strong. So, on balance between your good feelings and bad feelings about your partner, your total feelings are well above the neutral line.



If you experienced infatuation, Wow! This is the stuff of romance and magic. If you were infatuated with your partner you loved every little thing about her. She was the funniest, the prettiest, the sweetest, the nicest. You were blinded by infatuation. Even her failings were not so bad. You never know if she'll show up? That means she's spontaneous. Her giggles are so cute. When she drinks too much, she gets so hilarious, and so on. The worst feelings you had about your partner during this phase were still very positive.

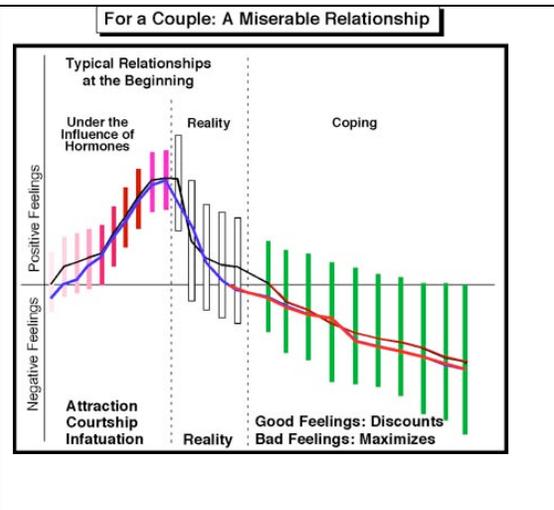
### Coping

Then, because infatuation can only last two to three months, maybe six months at the longest, reality kicks in and all of a sudden everything isn't quite so funny, or cute, or reliable, or caring anymore. After reality, that's when coping comes into play and coping is the key to the rest of your life in a relationship.

The key is to keep positive feelings strong. If you cope well you can keep them strong and you have a lot of them. You want to keep your negative feelings mild, and have few of them. Sadly, we aren't taught coping as young people, so sometimes we get it wrong. We have lots of bad feelings, and not enough good feelings about our partner.

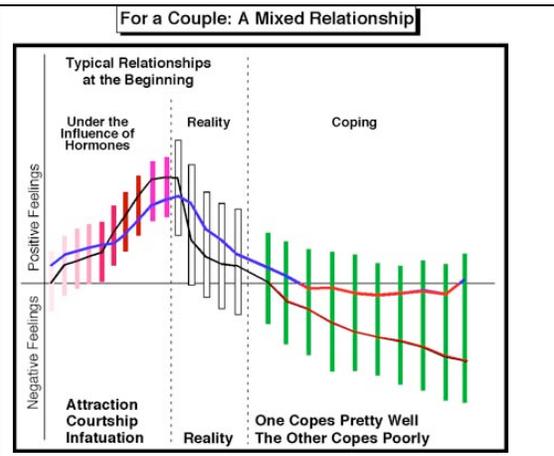
### A Miserable Relationship

Let's say that your wife becomes more critical, or you feel like she's trying to change you. Or, she seems too ready to argue or dispute what you say. Or she seems much less interested in sex than she once was. The quite natural reaction is to be less attentive to her needs: "Heck. If she does that to me, I'll do it back to her," and the act and counter act begins. If that happens, and both partners participate, it's possible to turn a wonderful, loving relationship, into a truly miserable relationship.



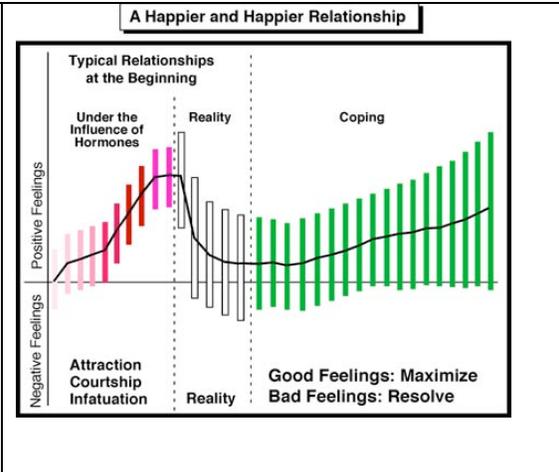
### A Mixed Relationship

Or, it sometimes happens that one person copes pretty well, and the other doesn't. Coping takes some skills. They don't teach those skills in school, so we're each on our own in a relationship. In this diagram, one person copes poorly, and the other does okay. That explains the relationship where one person is really unhappy and the other doesn't think the relationship is in trouble.



## A Happier and Happier Relationship

There's a whole book, that explains everything about relationships and the secrets of coping. Once you and your wife are back together you can start a fresh new relationship, and this time, do it wonderfully so the relationship rises above the line and stays there, and grows stronger and stronger over the years. But, that isn't what you need at this moment. This course is about how to get you two back together, even if you're separated, even if she has a lover.



## I'm Willing to Start Over

This step is all about starting your relationship over again. I'll tell you why that's so important. The main reason women leave a relationship — or look outside the marriage for affection — is they mistakenly think the husband is at fault for everything that's missing in their relationship. They've lost hope that their husband will ever change. By starting over — making a fresh start — you'll be changing in a wonderful and appealing way. You won't be changing because she nagged you into it; you'll be changing because you've decided that you want to change, that you want a fresh start, and you want a loving relationship.

She'll come back willingly. She'll love a chance to start all over again.

She loved you completely once and she still has love for you. There is some left to rekindle, no matter what she says. Down deep, she still loves you. She may even have said she doesn't, or said she hasn't, for a long time. What she really means is, she doesn't love the relationship. She doesn't love the way she feels when she's with you in the *existing* relationship.

If you like the idea of starting over, forgetting all that's gone wrong, being loving again, you can get her back and we'll show you how to do it, step by step. We'll help you figure out exactly what to say, and things not to say. We'll show you exactly how to act. You'll practice until it fits you perfectly.

We want you to be the authentic you: the man she fell in love with, the man she still cares about today underneath the pain of the relationship that didn't work for her.

## The Goal: A Terrific Relationship

Let's talk about the goal. What kind of relationship do *you* want to create? Some marriage counselor experts aim for something a little better than it was. We call that the "baby steps" strategy. It's a marriage counseling strategy. Ten or twenty sessions, and baby steps toward a better relationship. Well, baby steps aren't going to bring back a wife who's gone, or one who has a foot out of the door.

Our course aims for a really terrific relationship. Why? Well, if you aim high and fall a little short, you've still got something a lot better. And, it's actually much easier to aim for a really terrific relationship, because it's such a big difference from what you have had, that it's very noticeable and very appealing, and you want your wife back, with her having some hope and optimism.

We're going to aim for the kind of relationship you had when you first fell in love. We're going to teach you how to "jump" there. It's actually easier than the "baby step" strategy, because it leaves all the "baggage" behind.

Maybe you and your wife took some marriage counseling. Maybe you "worked" on your relationship. Well, in our experience, "working" on the relationship is often the last step before divorce, and the statistics aren't very encouraging. So, we discourage "working" on your relationship. We suggest you jump to a new one, an appealing one with a new you.

## The New You

What's going to be appealing is the new you — a chance at a 'fresh' start — no baggage to rummage through. You, the way you were when she fell in love with you. No, not your flat abs, or full head of hair. You the inner you, the personality you, the you that loved her, that made her feel wonderful, that found her attractive, that made her want to be around you, that made her feel good about herself.

Now, do you think you can be that loving man again? Do you want to be? Are you willing to be? Are you too resentful? Too Angry? Too hurt to love her again to make her feel loved?

Are you too humiliated to make her feel good about herself? Because, if you are too hurt, too resentful, too angry, too humiliated to love her like she really needs and wants to be loved, then maybe, just maybe you really don't want her back. And, more importantly, it will be hard to get her back.

## Choice Point

So, you're facing a choice point: very pivotal. Your choice here will determine the outcome of this entire process. We've outlined three possibilities:

**Possibility 1:** You can get past your damaged pride; leave the baggage in the past; accept her as she is; forgive her and yourself for any damage you did to the relationship. You can be loving again to her. *You welcome a fresh start and you really want her back and a loving marriage.*

**Possibility 2:** You want her back, but you can't forgive or forget. You can't overlook the past and can't accept her unless she changes. You can't feel loving towards her, unless she changes. You might be thinking that you'll never forget what she put you through. *You want her back so you can make her life as miserable as she's made yours.*

**Possibility 3:** You really want her back, and you want a loving marriage, but you don't feel real loving toward her now, and you have difficulty imagining how you could forgive or forget what she's done to you. You can't accept her as she is; she has to change. *You're really torn.*

If you choose possibility #1 this course is for you. You can be almost certain to get your wife to come back to you, and you'll learn to build a wonderful, loving relationship, by jumping to a brand new "fresh" start. Or, if you choose #3, and you just don't know, then the odds are still good this course will work for you. We can show you how to overcome your reservations and teach you a lot about accepting and forgiving.

If you chose #2 we suggest you find some other answer to your search, however, if you change your mind and decide to be more accepting and forgiving, come on back.

**PLEASE CONTINUE WITH THE EXERCISES.**

## Exercises – Step 2

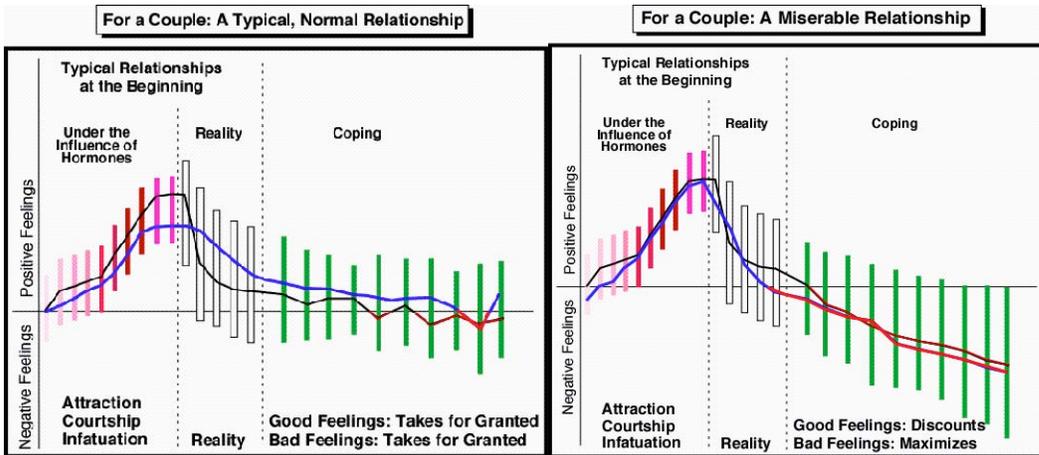
**Objective:** At the end of this step you will have selected among three choices, for a decision of how you will go forward.

**Exercise 1:**

Please review the charts that were described previously.

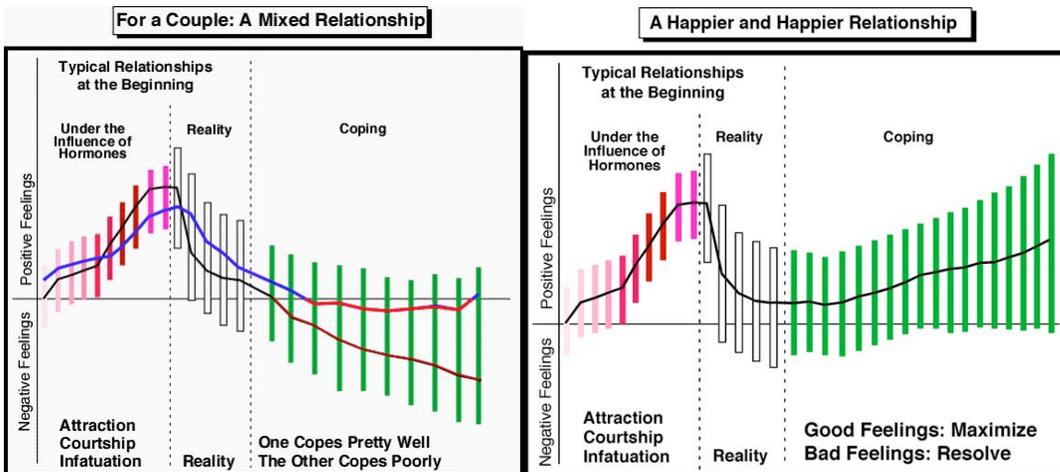
A.

B.



C.

D.



**Exercise 2:**

Look at each of the charts and select the one that comes closest to your present relationship. On that chart, draw the line that represents your situation.

**Exercise 3:**

How well you do cope? On a scale of 1-3, where 1 is almost always, 2 is often, 3 is sometimes, 4 is seldom and 5 is almost never, rate yourself on the four aspects of coping:

	<b>almost always</b>	<b>often</b>	<b>some- times</b>	<b>seldom</b>	<b>never</b>
I keep positive feelings strong	1	2	3	4	5
I have positive feelings often	1	2	3	4	5
I keep negative feelings mild	1	2	3	4	5
I don't have many negative feelings	1	2	3	4	5

If your score is 9-20, you can make great progress as you go through this program, concentrating on the positives, and shortening the amount of time you spend in negative feelings.

If your score is 4-8 you're doing well. Concentrate on letting negative feelings go and maximize the positive feelings.

**Exercise 4:**

Read Book Six from the *Metamating Series* (it's short, only four chapters).

**Exercise 5:**

Consider the three options. Read through these, and put a check mark next to those statements with which you agree. Then make your choice.

Some advice: even if you are tempted to choose #2, continue with the program, then come back to this at the end, and see if your feelings have changed.

**Possibility #1: I want her back, and I can:**

- get past my damaged pride
- put the baggage in the past
- accept her as she is
- forgive her and myself
- be loving again
- welcome a fresh start

Bottom Line: *I really want her back, and a loving marriage.*

**Possibility #2: I want her back, but**

I can't forgive or forget  
I can't and won't overlook the past  
She has to change  
I'll never forget (some situation)

Bottom Line: *I want her back, so I can make her life as miserable as she's made mine.*

**Possibility #3: I just don't know**

I'm torn  
I want her back  
I want a loving marriage

Bottom Line: *I don't know if I can forgive or forget she has to change.*

**My Choice:**

**PLEASE CONTINUE WITH STEP 3: SAY "YOU WERE RIGHT."**

## Step 3: Say "You were right."

Congratulations! You're committed to saving your marriage. You're ready to do what it takes. What it takes is for you to change the only thing you can change: yourself! When you change yourself, any relationship you're in also changes. The other parties to the relationship have to change as well. So, by taking charge of yourself and changing yourself you'll soon find yourself in control of the relationship with you and your wife. I know it may not look that way or feel that way, but that's what's happening. So, let's start the change process. Let's set some goals.

### Goals

What do you want from this new relationship that you're going to create? You'll have a chance to make a very specific list later, but most men want some or all of these things: They want

- to feel competent and capable
- to be appreciated for whatever you bring to the relationship
- to be respected as a man and as a husband
- to make a woman happy and satisfied
- to have fun and enjoy spousal companionship
- to be a good sexual partner as often as your needs dictate.

You're going to get these things, either from your current wife when you're back together, or failing that, in your next relationship. Now, the second most important secret: to get your goals met, you must meet your partner's goals, first and continually. *To get, you must give.*

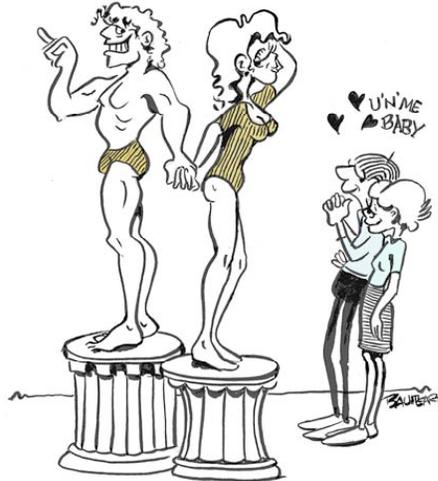
What do you suppose your wife's goals are? You'll get a chance later to list exactly what you think they are, but here's a starter list of what virtually every woman wants in a relationship.

- to feel loved
- to be appreciated
- to feel attractive
- to be respected
- to feel like she's a good wife
- to have fun
- to enjoy companionship.

Pay lots of attention to this list. Because this list is what you're going to help your wife achieve, if she stays in the relationship. And if you help her meet her goals, she'll help you achieve yours.

## The Early Days

When you were first married, you helped your wife feel all those things. That's the main reason she married you. You helped her feel great about herself.



You may know that about 50% of marriages end in divorce, and the other half last. The difference is all about these lists. Relationships can seem awfully complex, but at the same time, these lists make them pretty simple. If each party helps the other one achieve their goal, the union continues, happier and happier until or unless one party messes it up.

## A Deteriorating Relationship

Doesn't matter who starts it.



It won't matter if the other party doesn't react, but at least half of the time the other party does react.



*“If you won’t give me what I want, I won’t give you what you want. So, there!”* So, one party withdraws, or criticizes, or ignores the other, or makes the other feel unattractive, or incompetent, or unloved, or unmanly, or disrespected, and certainly not appreciated. Each of these goals becomes a “hot button.” Doing the opposite of what’s on your wife’s goal list is exactly what you can do to “get back” at her for not meeting your needs.



So, the circle of deterioration begins, and one good kick deserves another, and pretty soon, no one’s getting their needs met.

And now, two lovers, who swore to love, honor, and cherish, are both guilty of diminishing, hurting, belittling and disrespecting and not appreciating the other.



Who’s fault was it? Who started it? It doesn’t matter. They both messed it up. It was both of their faults. No matter what the first one did wrong, or didn’t do, the other could have let it go and continued to treat their partner with love and respect, have fun and good companionship and continued to help the other partner feel wonderful in the relationship.

Unfortunately, husbands and wives are also human, and most of us haven't yet learned the magic of acceptance and forgiveness. But, suppose one party *does* learn the magic of acceptance and forgiveness? What happens?

### One Person Can do it

If one party learns to accept and forgive, the relationship will not deteriorate. Who's going to attack, or chisel away at the self-respect of a spouse who keeps them on the pedestal? Nobody, that's who.

So, it's proven, one party can — by himself — keep a relationship sound and happy for her spouse, even if not getting his needs met.

This drawing illustrates what you can do to save your marriage, fight off divorce, and bring back the love and mutual respect to the marriage. Forgive, accept, love, and rebuild the pedestal.



We're making this point to show that one person can turn a troubled relationship around, and if one partner in a troubled relationship puts the other partner back on the pedestal, the one now on the pedestal almost always responds very positively.

That's what we meant by the big jump. We're going to teach you the easy and quick way to rebuild her pedestal, overnight!

Our goal, and your goal, is to have you both back on the pedestals, for the long term. It's exactly the same thing as the vicious circle, except it's a virtuous cycle.



## The Steps

So, how do we get from where you are to where you want to be? Here are some of the steps in the process:

### Stop Fighting the Separation

First: totally stop fighting the separation. Make no further efforts to “save” this already dead relationship.

### Write the Message

You'll put together a message that's perfect for your situation, and your skills. If you can, it's best to deliver the message personally, or by phone, but if you don't feel comfortable with that, you can send her a letter, e-mail, voice mail, whatever works for you.

The words will be up to you, but the message will indicate this:

<p>You were right to want to break up our unsatisfying relationship. I'm not going to fight the breakup. I see now what I did wrong. Sorry about that. It was great for a while, I'll never forget (something memorable between the two of you). I'm sad it's over, but I'm really excited about the future. I'm learning so much about relationships. More later.</p>	<p>You were right to terminate our relationship. I won't fight it. I see now what I did wrong, and I'm sorry about that. It was great and I'll never forget the good times. I'm sad it's over, but I'm really excited about the future. I'm learning so much about relationships. Well, I just wanted you to know. Bye</p>
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### Deliver the Message

Then, after you deliver the message, just wait until it sinks in, she's free, you're not fighting her. She has no guilt.

### Start Your New Life

So, start getting on with your life. Take the necessary and appropriate steps, but not permanent ones, because you may have to cancel them.

Small talk, that's all you'll do now is small talk: normal, everyday happy issues; little tiny pleasant things that will remind her of you being together; short discussions, "Oops, gotta go now."

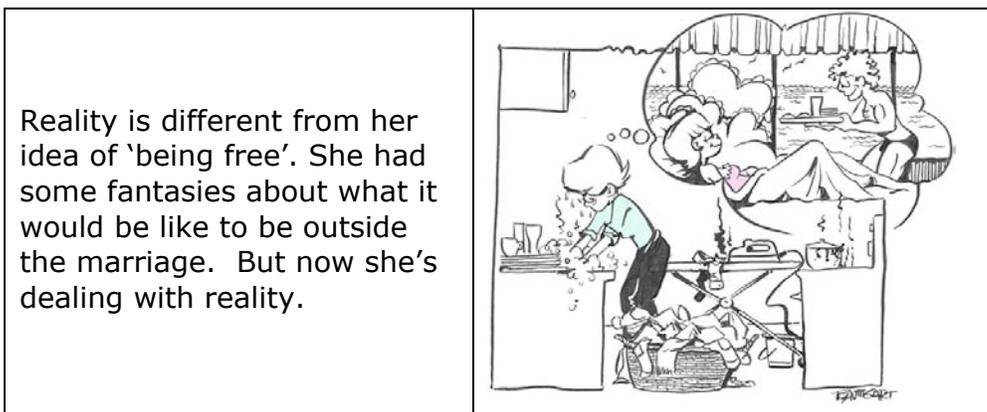
This is important, if you can still do it: wherever possible keep your life the same, and see that her life changes as much as possible. If you can, make her do all the moving and changing.

### She's Free but Uncomfortable

She's free, but she's uncomfortable. Change is uncomfortable for everyone. For her, everything has changed. No more normal. She's uncomfortable, yet free, but missing her old life and her old comforts, so don't go out of your way to make things easier for her.

She may be curious, and want to provoke you to prove you haven't changed, or test to be sure you have.

Remember, no serious talk; short, small happy talk only. Listen, nod, agree.



Now, it's time for your exercise: this is where you craft your message that you've changed, he's free, and you're excited about the future.

**PLEASE CONTINUE WITH THE EXERCISES.**

## Exercises – Step 3

**Objective:** At the end of this step you will have written a statement for your wife that essentially says that she was right to terminate the (existing) relationship.

**Exercise 1:**

Make a list of what you think your wife wants to feel. Here is a starter list. Check those that apply, cross off those that don't, and add any that you wish.

Characteristic	Priority	Y/N/S
<input type="checkbox"/> to feel loved	___	___
<input type="checkbox"/> to be appreciated	___	___
<input type="checkbox"/> to feel attractive	___	___
<input type="checkbox"/> to be respected	___	___
<input type="checkbox"/> to feel like a good wife	___	___
<input type="checkbox"/> to have fun	___	___
<input type="checkbox"/> to enjoy companionship	___	___
<input type="checkbox"/>	___	___

**Exercise 2:**

Choose 5 or 6 and put them in priority sequence, with “1” being the highest priority for your wife.

**Exercise 3:**

Of those you chose, think about how well you met those needs. Put a “Y” for positively yes, “N” for “no, hardly ever, and “S” for sometimes.

**Exercise 4:**

Now you have some idea about what to say in your statement. Feel free to use any or all of the following statements to construct your message. Fill in the information within the parentheses, with what you want to say.

You were right to terminate our unsatisfying relationship.

I'm not going to fight the breakup.

You're free to go — guilt free.

I see now what I did wrong, and I'm sorry about that.

I see now that I didn't give you (the love and acceptance) that you deserved.

I'm sorry for everything I did or didn't do.

I realize now that you were right about (what she said, thought, felt).

I've discovered something really important (since you left; asked for a divorce; etc.).

I didn't (give you, make you feel), (something she would consider important in the list above, where she considers you to be seriously short), that you deserved.

The way I was, I didn't deserve you (optional if you think it's valuable).

I'll give you what you want, and won't fight it (divorce, separation, break, etc.).

It was great for a while and I'm sad it's over. I'll never forget (something memorable for both of you).

I'm really excited about the future. I'll be spending my time learning what I should have learned before we married: how to create a really great relationship, be a good wife, and meet a man's needs.

You're free now, and unless you change your mind, we're over.

**Your statement:**

**Exercise 5:**

Think about the method you want to use to deliver the message, e.g. e-mail, letter, voice mail etc. Choose one then deliver it.

**Exercise 6:**

After you deliver the message, give her time to absorb it, while you continue with your studying. When you do talk to her, keep it light, no heavy discussions. Practice being

- accepting
- forgiving
- calm
- gentle
- cheerful
- optimistic
- positive

**PLEASE CONTINUE WITH STEP 4: PREPARE AND PRESENT "THE PROMISE"**

## Step 4: Prepare and Present “The Promise”

Let’s review the plan: You’ve delivered the statement that you prepared in the last lesson. As far as possible you’re keeping your life the same, and to the extent possible her life has changed a lot. We’re letting the tension and stress of radical change build. You’ve stopped fighting what she wants. She is free, and with little guilt.

How do you make her feel totally free? Do everything you can to maximize the changes she experiences, while minimizing the changes that you experience, however that works, and whatever that means in your particular relationship.



Leave the door open for coming together. It’s totally her decision, but overall, the course is teaching you that it’s best if each of you goes your own way, and does your own thing. For example, if you’ve always handled the bills, you might make sure she has her own checking account and does her own bills and balancing.

She’ll be curious. What are you doing? Studying relationships, learning for the future — very exciting stuff — getting on with your life. Her life has changed.

### What have you learned?

What have you learned? To not discuss the old stuff, the bad stuff; to put that behind you; to forgive and forget and to get on with your life.

You’re not fighting her or the split. She’s free, and increasingly uncomfortable.

What do you two talk about? You mostly listen and empathize. Talk about little things, anything about which she would have been interested before, not stuff you found interesting and she didn’t. Plan ahead. Save things you know she’d be interested in, to mention briefly. No serious discussions of what went wrong. Leave the baggage behind. You’re going to a fresh start in life, learning how to create a happier and happier relationship, next time. Stay open at all times for her to raise the question of coming back. Don’t bring it up until she does. The door is open, but it’s totally her decision.

## You're Still Learning

You're still learning about relationships. Prepare her for the promise. *"I'm learning something really, really important. I'll talk to you about it later, when I've learned it. But, Wow! It's really exciting."*

Mention some of the things you're learning in this course about great relationships, how they have mutual respect, lots of appreciation, and good companionship. *"I'm sorry we didn't have enough of that for you, but I didn't know then what I know now."* Another hint of change in you.

Wait until the tension and stress of change has built in her. When you sense the time is right share the promise, the promise that you've made to yourself. Describe it with positive feelings and excitement. *"I've promised myself in my next relationship with somebody new, or you, to be a loving, appreciative, respectful partner. I'm sorry I couldn't have learned that earlier, for you."*

Next, you're going to use your worksheets to tailor the promise to exactly what you believe and desire for the future. Write it to fit you and your situation. Rehearse it, say it again and again to yourself. *"In my next relationship, (or second chance) I promise myself..."*

This is a commitment you make to yourself, for yourself. Mean it. Believe it. Say it again and again to yourself and be ready to share it with her when you feel natural and comfortable and committed to it for your future.

**PLEASE CONTINUE WITH THE EXERCISES.**

## Exercises — Step 4

**Objective:** At the end of this step you will have written a promise to yourself as to exactly what you believe and desire for the future.

### Exercise 1:

Review what you've learned so far, and be sure you are ready to move forward. The steps that you've taken are:

- You're not fighting the split.
- You don't discuss the old stuff (baggage).
- You're practicing forgiving and forgetting.
- You mostly listen, and talk about little things.
- You're studying how to build a magnificent relationship.
- You're getting on with your new life (being sure her life has changed).
- You're staying open.

### Exercise 2:

Work on writing your promise. There are some examples below. Underline (or mark) those sentences that seem to make the most sense for you.

- I'm learning how important it is to appreciate the good things that my mate brings into the relationship. I didn't do that enough with you. I'm sorry. I've promised myself, in my next relationship, I'm going to be grateful every day for the strengths the sharing and the many contributions that my partner brings into our relationship.
- I'm learning how important it is to accept your partner just the way she is, and not to try to change her, improve her or criticize her. I wasn't that way with you. I'm sorry. I've promised myself, that in my next relationship, I'm going to accept my partner just the way she is, without being critical or trying to change her.
- I'm learning how important it is to be warm and loving toward my partner. I didn't do enough of that with you. I'm sorry about that. I've promised myself that in my next relationship I'm going to be the warmest and most loving partner a woman could ever want.
- I'm learning how important it is to always make your partner feel good about herself and her contributions to the relationship. I didn't always do that with you, and I'm sorry. I've promised myself, that in my next relationship, I'll do my absolute best to make my partner feel really good about herself, appreciated, respected, and loved.
- I'm learning how important it is to have an enjoyable and peaceful relationship. I wasn't as much fun in my relationship with you, and I didn't

make the relationship very peaceful. I'm sorry about that. I've promised myself, that in my next relationship, I'm going to really lighten up and have fun, and respect my partner's need to have a peaceful, loving home.

- I'm learning how important it is to have a loving, fun, sexual side to a relationship, that's never held hostage to anything my partner does. I didn't do that with you, and I'm sorry. I've promised myself that in my next relationship, I'm going to do everything I can to have a fun, loving and exciting sexual side, no matter what my partner does or says, or doesn't do or doesn't say. I'll do it just because it's vital to having a great relationship.
- I've learned how important it is to respect my partner, and to make sure she knows how much I respect her. I didn't do enough of that with you. I'm sorry. I've promised myself, that in my next relationship, I'll start each day with a moment of being grateful for my partner, and commit to show her the respect and love that she deserves.

**Exercise 3:**

Here is a list of elements that make for an extraordinary relationship (see Exercise 2 above).

- appreciate the good things my partner brings to the relationship
  - accept my partner the way she is
  - be warm and loving toward my partner
  - make my partner feel good about herself and her contributions
  - have an enjoyable and peaceful relationship
  - have a loving, fun, sexual side to the relationship
- a. Rank them from top to bottom — the way you think your partner would score *you* on each element. It doesn't matter whether you agree with her or not. (Odds are good that you *don't* think she is right.)
  - b. You'll structure your promise around the two or three elements that you think she would most like you to do differently, if you ever got back together.
  - c. You'll state what you're learning from this course, and how important that element is.
  - d. Acknowledge that you didn't do enough of that for her.
  - e. Apologize for that.

**Exercise 4:**

State your promise, as to how you're going to be different in the future, in your next relationship, whether with her or someone new. Make it as honest, and true to yourself as you possibly can.

If you can't honestly make a promise regarding the item you think would be tops on her list, see if you could make a promise on the second from the top of the list as you imagine she would rank them.

If you can't honestly assert that you didn't do very well with that element, try to modify the statement to say something like, "I know you didn't feel I did well on that, and for that I'm sorry." If you can't feel genuinely sorry, say, "I'm sorry that you found me wanting in that area." Do your best to include an honest, heartfelt apology. If you can't, better to leave out the assertion.

Tell her what you've promised yourself to do differently in your next relationship, whether with her or another.

**Write Your Promise**

**Exercise 5:**

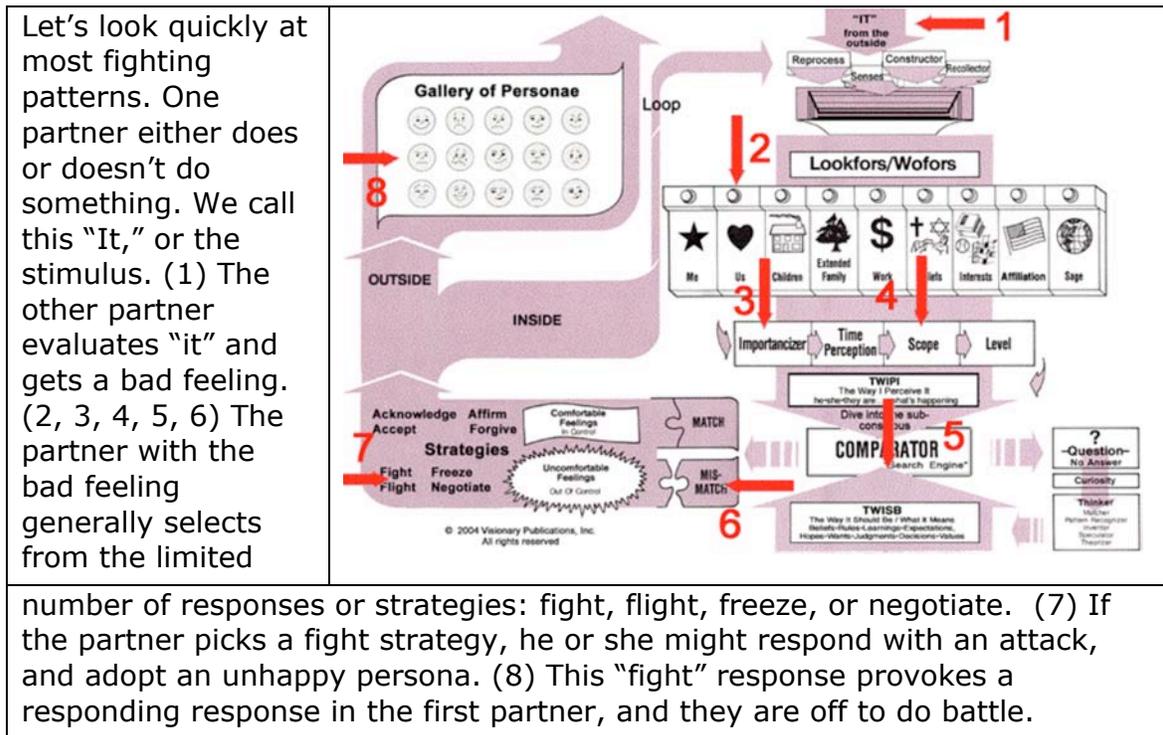
When you're comfortable and have practiced the promise, deliver it verbally to your wife. You don't need a response from her.

**PLEASE CONTINUE WITH STEP 5: STOP FIGHTING**

## Step 5: Stop Fighting

We're going to talk about fighting, because fighting damages a relationship and it drains the fun out of it. It makes it unpleasant, uncomfortable, less loving, and provokes partners to say hurtful, accusative, mean, and unloving things to one another. Fighting is the opposite of what we're working to achieve. So, this session is about fighting and how to avoid it.

### Fighting Patterns



Early in a relationship these fights can continue for a long time. At stake is the issue of "who wins." One partner wins by "being right" and the other partner loses by "being wrong." One wins, one loses. But, rarely do either one think they're wrong. Eventually, fights can become so draining that partners move to withdrawal, using personae like disgusted, or the silent treatment. Or someone just walks out of the room. Finally, there can be a certain deadness that people speak about. One or another of the partners just ignores the other, and no communication exists.

If you and your husband went through one or more of these phases, it's vital that your transactions during this tenuous time don't become replays of the kind of transactions that caused you problems in the past.

## Two Approaches

We're going to suggest two different approaches that work well to avoid fighting. One is an *affirming strategy* and the other is a *level shifting strategy*. You'll find both of these techniques covered extensively in the books with this course. But, you may find this module, and the practice in the workbook to be an easier and simpler way of learning these new skills.

### Change Levels

Here's where we're going. Following the path of a thought in the Sage Model, (1, 2) we can see that to shift levels (3) means that you are changing the thought that is causing the bad feeling (4, 5). We'll show you how to do that.

The diagram illustrates the Sage Model process. At the top, 'IT from the outside' leads to 'Reprocess Senses' and 'Constructor/Recollector'. This leads to 'Lookfor/Wofors', which includes categories like Me, Us, Children, Extended Family, Work, Beliefs, Interests, Affiliation, and Sage. Below this is the 'COMPARATOR' (Search Engine) with filters for Importance, Time Perception, Scope, and Level. The path continues to 'Strategies' (Acknowledge, Affirm, Forgive, Fight, Freeze, Negotiate) and 'Feelings' (Comfortable, Uncomfortable, Out of Control). A 'MATCH' or 'MIS-MATCH' is determined, leading to 'Question-No Answer' or 'Curiosity'. Red arrows indicate the path: 1 (IT from outside), 2 (Lookfor/Wofors), 3 (Level filter), 4 (COMPARATOR), 5 (MIS-MATCH), and 6 (Affirm/Forgive strategy).

### Change Strategy

The other is a change in strategy. Following the thought (1, 2, 3, 4, 5): instead of fight or withdrawal you adopt an affirming strategy (5, 6, 7) which is one you normally use when you have a good feeling. So, you can change the thought that's making you feel bad, or you can

This diagram is identical to the one above but highlights a different path. Red arrows indicate: 1 (IT from outside), 2 (Lookfor/Wofors), 3 (Level filter), 4 (COMPARATOR), 5 (MIS-MATCH), 6 (Affirm/Forgive strategy), and 7 (Acknowledge/Accept strategy). This path leads to 'Comfortable Feelings'.

change the strategy you use to deal with the bad feeling. We'll show you both. You can try them out, and see what works for you.

## Affirming Strategy

Let's start with changing the strategy you use when something happens to provoke a bad feeling. Let's say you're meeting with your wife and you mention something you did and she says, "*Why'd you do that? That was really stupid.*" It's likely you'll feel an angry response welling up inside you. You freeze, you look at your options. You can affirm either the comment or your wife. Or, you can change levels.

Let's start with some affirming options: listen to some possible responses for affirming the comment "*Why'd you do that? That was really stupid.*"

"Yeah! I suppose it was a little stupid."

"Yeah! Sometimes I can act stupidly."

"Well, you make a good point."

Did you hear from your Me-part? Did it feel to you like you would lose if you agree with something negative she says about you? Well, here's the secret you need in order to handle that Me-part. Why don't you decide to let your wife be "right" anytime she wants to be? Just think to yourself, "I'm willing to let her be right about any little thing, as long as I get to be right about building a great relationship." When you do that, no fighting happens. *The relationship trumps the transaction.*

Or, the second way is affirm *her*: don't respond to the content of "*That was stupid.*" Respond with something about her. Here are some examples. One of them may feel more comfortable to you than another. "*That was really stupid.*"

"Well, if you think it was stupid, maybe it was."

"If you'd been there, you would have handled it better."

"If you weren't so darn clever, I might argue that."

"If you weren't so sweet, I'd take offense."

You've heard examples of affirming the *content* of what is said, or affirming *her*. You'll get a chance in the exercise to create some more of these, ones that fit you and your wife exactly, so that you'll have them ready anytime she seems to be provoking a fight. Remember, it only takes one person to stop a fight.

## Change the Level

The other easy way to stop a fight is to change the level. You don't deal with the content. You deal with the *kind of statement* it is. We'll illustrate that with some examples. The phrase, "*That was really stupid,*" could be described as an insult. Or, it could be described as an invitation to fight. Or, it could be described as a judgment subject to debate, and probably other ways as well. So, if you choose to stop the fight by changing levels, you could respond at a different level, responding not to the *content* of the message, but the *type* of messages. Let's illustrate

Here are a few examples of things where you talk *about* the statement or situation. In the exercise, you can practice these, and the other things you've practiced until you find something that really works for you. Notice this. By changing the level in any of these examples, you not only avoid a fight, you get to shift the conversation to where you want it to go. You take control. You set the agenda. You become a powerful figure in the relationship and that's a wonderful thing to do, if she was the power figure in your old relationship, because it marks such a huge change in you.

She says: *"That was really stupid."*

You respond: *"Let's not exchange insults. I'd rather be friendly."*

*"Let's not fight. I'm all through with fighting. I want to have a warm, friendly relationship with you."*

*"Let's not argue or debate. That was our old relationship, and we're both tired of that kind of thing."*

### **You'll Be tested**

What a wonderful thing you've learned: how to avoid fights and trade fighting words for affirming words. If our plan is working, you'll need these skills pretty quickly, because you'll be tested. Your transformation will seem "too good to be true" to her, and she'll have to test you and find the limits of "The New You." How will she test you? Be alert for one or several of these ways of testing the new you. Depending on your wife, and how she approaches things, you might expect her to tease, attack, provoke, or say something outrageous or do something outrageous.

We're pretty sure you'll be tested, and because your ability to avoid fights is still so new, you'll make mistakes. Mostly, you'll make mistakes because your wife knows all of your buttons — those things unique to you that she has spent some time learning how to push — to get you to react.

If you know exactly what button she'll push, you can practice and rehearse how you'll handle that, and that's smart. But, she knows you pretty well, and if one button doesn't work she may try another button that catches you off guard.



So, you're going to prepare and practice an error statement that you can use when you falter: one that is exactly right for you; one you create in the exercise and practice in your mind until it becomes easy and automatic for you to say.

### Error Statements

An error statement has four parts. Deliver this in a cheerful manner:

1. "Oops," or some verbal acknowledgement of error
2. "I'm still learning," confirms your intent and commitment to the new you!
3. "Sorry," or some apologetic behavior or statement, and
4. "That was the old me," (admission that you're human and that you once were different than you are now learning to be).

Use your error statement anytime you wake up to find yourself fighting, being angry, striking back, or any of the old patterns. As soon as you recognize or become aware, you shift to your new persona.

In the exercise, you'll adopt a new persona one that fits the real, authentic you, with attitude, facial expressions, gestures, voice tone, and everything that fits you. You'll aim to be positive, happy, confident, and good humored. That's the new you, the you you want to be when you're with her, and it's got to be authentic. By that I mean, the natural, normal you that is there, that you're just going to put together in this new persona.

Wow! You've come a long way the new you is coming alive. You won't fight any more and you've got some nifty things to say and do if she tries to fight. You're building an error statement to use when you make a mistake and you're adopting a new cheerful and happy persona

We've given you a lot to practice. Enjoy the exercise

**PLEASE CONTINUE WITH THE EXERCISES.**

## Exercises – Step 5

**Objective:** At the end of this step you will be able to respond in two different ways to criticism or attack (affirmations or level shift). You will have identified your hot buttons, prepared an error statement, and selected an authentic persona to practice.

### Exercise 1:

Circle any of the strategies that you've been using when in a confrontational situation with your wife. Add any of your own.

#### Anger:

attacking (verbally, e.g. "you are," "you always," "you never")

accusing

yelling

other: \_\_\_\_\_

\_\_\_\_\_

#### Disgust:

shaming

trying to make her feel guilty

demeaning remarks

other: \_\_\_\_\_

\_\_\_\_\_

#### Withdrawal:

pouting

silent treatment

sulking

other: \_\_\_\_\_

\_\_\_\_\_

#### Other:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Exercise 2:**

Identify the “over and over” kinds of situations (hot buttons) that result in the above strategies. What is she doing when you choose that strategy?

Example: A hot button: She isn’t listening to me when I tell her something important. I get upset; I look angry; I act like a tyrant; I feel discounted; I say, “You never listen to me.”

A hot button: she \_\_\_\_\_

I get: \_\_\_\_\_

I look: \_\_\_\_\_

I act: \_\_\_\_\_

I feel: \_\_\_\_\_

I say: \_\_\_\_\_

A hot button: she \_\_\_\_\_

I get: \_\_\_\_\_

I look: \_\_\_\_\_

I act: \_\_\_\_\_

I feel: \_\_\_\_\_

I say: \_\_\_\_\_

A hot button: she \_\_\_\_\_

I get: \_\_\_\_\_

I look: \_\_\_\_\_

I act: \_\_\_\_\_

I feel: \_\_\_\_\_

I say: \_\_\_\_\_

**Exercise 3:**

Make notes about the following concepts and how you feel about them. Determine how seriously you can commit to use or apply them.

- “*My relationship trumps the transaction,*” (the relationship is more important than winning the argument).

\_\_\_\_\_  
\_\_\_\_\_

- “*It only takes one person to stop an argument.*”

\_\_\_\_\_  
\_\_\_\_\_

- “*I will let her be right when she wants to be. I will be right about the relationship.*”

\_\_\_\_\_  
\_\_\_\_\_

**Exercise 4:**

In the program you learned two new strategies for responding in situations where your “hot button” is being tested. In other words, instead of responding in your usual way, you can *affirm something(her)*, or *change the level*. Some of the examples below may be uncomfortable for you. Look for ones that will be comfortable.

**A. Affirm: either the content or your wife.**

Examples for affirming the negative content for “*You’re stupid!*”

“Yeah, I suppose it was a little stupid.”

“Yes, sometimes I can act stupidly.”

“Well, you make a good point.”

Examples for affirming her for “*You’re stupid!*”

“If you think it was stupid, maybe it was.”

“If you’d been there, you would have handled it better.”

“If you weren’t so darn clever, I might argue that.”

“If you weren’t so sweet, I’d take offense.”

Write your own response for a provocation, criticism, or attack.

**Example 1:**

When she says: \_\_\_\_\_

I will say: \_\_\_\_\_

**Example 2:**

When she says: \_\_\_\_\_

I will say: \_\_\_\_\_

**Example 3:**

When she says: \_\_\_\_\_

I will say: \_\_\_\_\_

**Example 4:**

When she says: \_\_\_\_\_

I will say: \_\_\_\_\_

**B. Change the Level by not responding to the content of the message.**

Examples for responses to: *"You're stupid."*

"Let's not exchange insults. I'd rather be friendly."

"Let's not fight. I'm all through with fighting. I want to have a warm, friendly relationship with you."

"Let's not argue or debate. That was our old relationship and we're both tired of that kind of thing."

**Example 1:**

When she says, "You can't do anything right."

I will say, "Let's not fight. I'd rather spend time making it right."

**Example 2:**

When she says: \_\_\_\_\_

I will say: \_\_\_\_\_

**Example 3:**

When she says: \_\_\_\_\_

I will say: \_\_\_\_\_

**Example 4:**

When she says: \_\_\_\_\_

I will say: \_\_\_\_\_

**Exercise 5:**

Write some kind of error statement that includes:

1. “Oops.” (Some verbal acknowledgement of error.)
2. “I’m still learning.” (Confirmation of your intent and commitment to the new you.)
3. “Sorry.” (Some apologetic behavior or statement.)
4. “That was the old me.” (Admission that you’re human and that you once were different than you are now learning to be.)

Write it out and practice it until you’re comfortable delivering it. Practice a cheerful manner when you say it (a persona that fits you, is happy, positive, confident, good humored and authentic). You may want to practice with a mirror so you can be sure your facial expressions, gestures, body language, attitude etc. match the intent of the error statement.

**Error Statement:**

1.

2.

3.

4.

**PLEASE CONTINUE WITH STEP 6: BUILD A LIST OF APPRECIABLES**

## Step 6: Build a List of Appreciables

When she comes back, or makes herself available to you again, the plan is to make her feel really good about herself and highly valued by you.

To make a “fresh start,” that is, to start a damaged relationship over again, you’ll need to take extra care. It’s a bit like courting again. You want to make sure your partner feels loved, respected, and appreciated. You’re taking the lead with the idea of the ‘fresh start,’ and the exercise that follows this, will give you the tools.



It may seem like you’re doing all the work, but when she comes back, it’s very likely that she too will take extra care. She’ll follow your lead, and respond to the new and sensitive way you’re handling the “fresh start” to your relationship, even if your future relationship is simply going to be “friendly exes.”

During the separation — or ‘breathing space’ — you’re not openly declaring your love, because you’ve accepted her decision, and unless she changes her decision, you’re getting on with your life.



Your wife’s going to have mixed feelings. You’ve changed, so her decision — which is based on her mental list of reasons for splitting — is being threatened. In order to defend her decision to herself, she has to continue to chew over in her

mind any and all shortcomings that she thinks about, and remembers from your relationship. She's increasingly uncomfortable, however, because everything is new and unfamiliar, and all the comfortable, everyday, routine habits and comforts are missing.



Your job during this time is to give her nothing new to add to her list of reasons for splitting, and without being obvious about it, do a few different things that might even challenge the things on her list. For example, if you've always disliked her brother, say something nice about her brother. If you've always hated reality shows on TV, let it drop that you watched her favorite reality show recently. Mention, every time you think of it, how much you *now* appreciate a particular thing she used to do, or a contribution she used to make to the relationship. Regardless of reality, her perception will be that all of the good things she brought to the relationship were not fully appreciated.



Your Challenge, during this time, will be to find new things about her that you can appreciate and admire. The exercise will help you with that.

It's normal in a declining relationship for each partner to focus on the negatives in their partner and discount the positives. You might find that that's been true for your case as well.

For example: if she was always distracted by the kids or her family, or didn't listen to you, or didn't seem to appreciate you, it's likely that you focused more on that than you did giving her credit for making things comfortable at home, or handling the many things she took care of in your relationship.



If you did focus on her negatives — and took her positives for granted — this exercise will be powerful for you.

It's normal for a nice guy to feel a little guilt as you go through this exercise. You might end up “beating yourself up” for not appreciating her enough.



The normal reaction to “beating yourself up” is then to defend yourself by thinking about all the negatives again, and that's more negative self-talk. The risk is that you might allow yourself to have bad feelings about yourself and your wife. As bad feelings arise, just be aware of them; let them pass, and focus on your goal of preserving your marriage.

Congratulate yourself on having the courage to let the past go and to fight for a woman and a partnership that you value, although not necessarily that same past relationship.

Remember: your goal is to win her back and save your marriage. Once she's back, your goal will be to avoid the vicious circle. You'll need to be regularly appreciative of all of her contributions, and this list is critical to your mission.

Here's a helpful hint for this exercise: it's valuable for you to "stretch" a little. For example, maybe one of her chores was to plan and cook dinners. As you list this contribution, you might find yourself thinking something negative like, "*Yeah, but she was too tired so often, from work or the kids, that I'd end up picking something up, or do the cooking myself.*" If that kind of thought arises, just count it as one of the negative thoughts that you'll let pass, and give her full credit for her contribution of planning and cooking the meals, because you can be sure that she'd remember the times she *did* take care of the cooking, and won't remember the times she *didn't*.



Your challenge is to see things the way she probably sees them as you do this exercise.

**PLEASE CONTINUE WITH THE EXERCISES.**





**Exercise 3:**

Select from the lists above the ones that you think she would consider important (not the ones that were most important to you), and prioritize them.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

**Exercise 4:**

Use this list to drop into your short, happy chats. The higher the item would rank on her list, the better. Mention casually how you *now* are more appreciative of the things she did and the ways she contributed to the relationship. Affirm how you are learning that when you and she were together, you weren't as appreciative as you will be in your next relationship.

Don't dwell on them, or ask her to pity you for now having to do them all by yourself. You want to stay upbeat, and appreciative of the many good things she brought to the relationship, and also let her know that you *are* handling everything.

**PLEASE CONTINUE WITH STEP 7: BE HOPEFUL AND OPTIMISTIC**

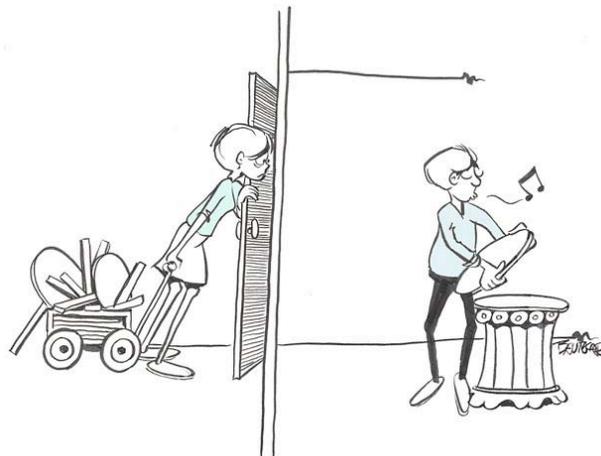
## Step 7: Be Hopeful and Optimistic

This step is about building, hopeful excitement about the future.

So far, you've committed to taking charge of saving your marriage by jumping to a "fresh start" in a new and improved relationship with your wife. You've set her free, stopped fighting what she wants, and you've told her she was right to want to escape the old relationship. You've shared "the promise" you've made to yourself about any future relationship. You've built a great list of things to appreciate about your wife.

You've avoided any serious talk with your wife about your old relationship, and the old relationship is history.

Your wife has become increasingly uncomfortable as her reasons for leaving have become less and less valid. Her comfortable "old shoe" life has disappeared, and been replaced by vast and uncomfortable changes



And you've become more interesting, more fascinating, positive, optimistic, and hopeful about the future. You've come a long way, and no matter how she seems to be handling this, she is under severe stress.

You could be back together by now, or she could be coming back very soon, She may be curious about what you're doing, so learn and practice the skills you'll use to put her back on her pedestal, so you can love, honor, and cherish her anew, as you "jump" into your "fresh start" relationship.

It is very normal, at this point, to wonder just how you're going to be able to "jump" into a fresh start, and love, honor, and cherish her anew, a spouse that you may not have felt that way about, maybe for a long time.

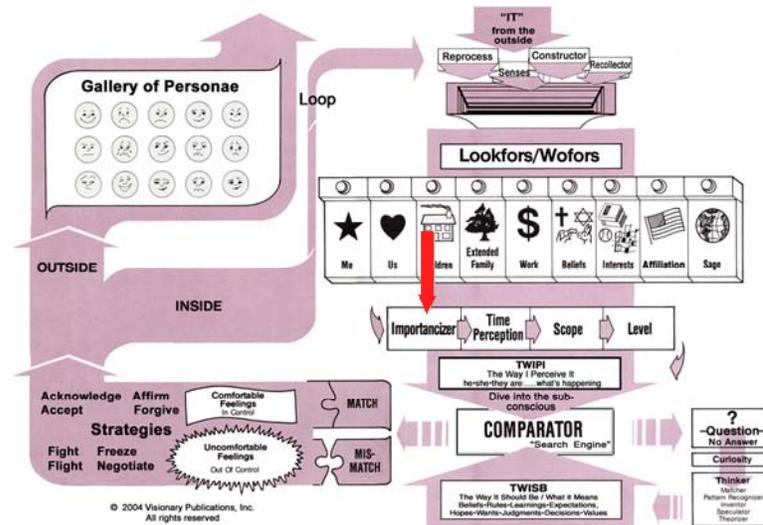
## Change Your Self-talk

If you change your self-talk, you'll change your feelings, because feelings are wholly a result of self-talk. It's all explained in the book with this course. We'll show you which parts of your self-talk and your thought processes, to change. Because when you change your self-talk and change your feelings, your thoughts about your spouse and your marriage are going to become very, very positive, we'll guide you, you'll do it.

### Importance

Think of how valuable it would be to you to be able to increase or decrease the amount of importance you give to any issue.

Notice, on our map of the mind, that every thought has some level of importance that you give. I say you've given it importance, because some part of you did. Maybe you didn't mean to. Maybe you didn't want to, but you gave the thought some level of importance.



From now on, you're going to become conscious of how much importance you attach to anything. Your goal is to keep her on her pedestal, and to love, honor and cherish her. That's much easier if you learn to give almost no importance to her flaws, and increase the importance you give to the things she thinks are important.

We're going to give you some starter thoughts that you can choose from. They're also in your worksheets. Use them all, or pick one and use it every time you get a bad feeling, about her, and about what she does or says, or doesn't do or doesn't say. You could also use these thoughts to reduce the importance you give to any accidental memory of the past relationship. We'll remind you from time to

time that you need to let all those unpleasant memories from the past, dead, relationship, that didn't work, go by without notice, or as little notice as possible.

Okay, here are some starter things you can say to yourself whenever you get a bad feeling, related to her. Just pick one or two, the ones that feel most comfortable to you.

"Oh, it's nothing. I'm just so glad to have her back."

"OOPS! That's how the old me would have felt."

"Don't sweat the small stuff; remember, it's all small stuff."

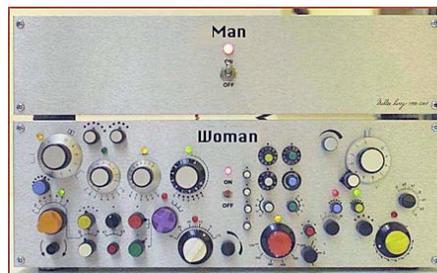
"What shedid isn't important enough for me to lower her pedestal."

"Remember! Love! Honor! And Cherish!"

"In 100 years, it won't matter."

"Sometime in the future, I'm going to laugh about this."

Do you remember our mentioning that men are very different from women? Here's a wonderful graphic someone sent me on the Internet. I wish I knew who created it, so I could give them credit. I just love it.

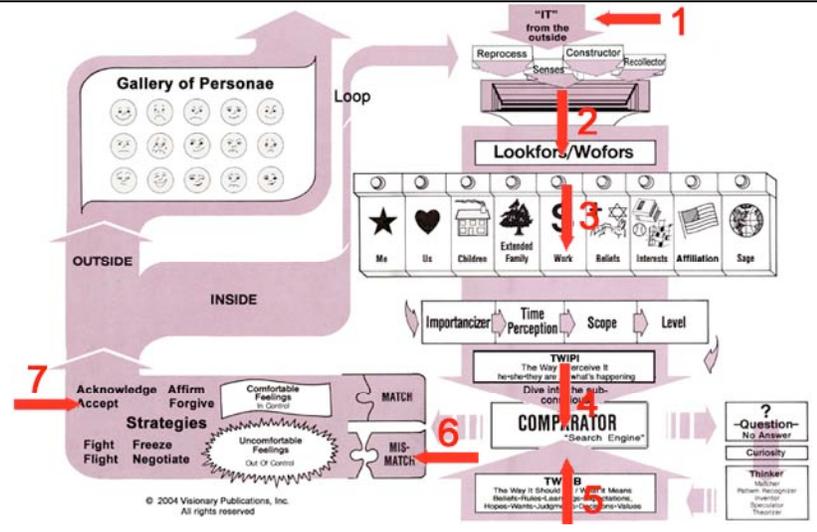


### Expectations

Men are really quite simple to understand, compared to women. Just remember this photo the next time you have expectations about how a woman should be, or how she acts, or what she should or shouldn't say or do. Don't expect to be able to figure her out.

We're going to give you some thoughts you can use to help you manage your expectations so that you get good feelings, rather than bad feelings. Lots of times you get a bad feeling, just because what is, is not what you expected. See here on the Sage Model

If you use expectations to evaluate the thought that you have about something that your wife is doing or not doing, saying or not saying, (1, 2 3, 4, 5), you might get a bad feeling. (6) There are some thoughts you can use if this happens — and it will — you can count on it.



You see, down deep, as a man I can't ever expect to totally understand women. Maybe someday I really will, but it's better for me if I don't expect to. I do, however, predict that you'll have some expectations for your wife, and it's likely she won't do as you expect. (7)

We're going to give you a starter list of thoughts you might use whenever you have a bad feeling because something turns out different than you expected. In the exercise that follows this, you'll have a chance to go through each of these and find one or several that you want to use to manage your expectations about how things should be or shouldn't be.

"What did I expect? She's just a woman."

"Whoa! Surprise! Next time, I'll adjust my expectations."

"OOPS! Unrealistic expectations again."

"How often will I keep making myself feel bad by having unrealistic expectations?"

"Remember! Almost every expectation can be unrealistic."

"Now I remember! No expectations, no disappointments."

"In the future, I'll have NO expectations."

The e-books have a lot more to say about expectations, acceptance and forgiveness. Here is an expectation about expectations.

"I expect that sometimes I won't get what I want, or want what I get."

### Acceptance

Now, let's talk about accepting what is, and what can't be changed. History can't be changed. So, it is wise to accept that history happened, and accept that thinking about it won't and can't change it. It's best to let any negative thoughts

about the past just flow through your mind and out again. It's very valuable to learn not to "self-talk" about past negatives.

What if it's something that you get a bad feeling about that's happening right now — involving your wife — the one you're doing your best to love, honor and cherish? Here are some things you can say to yourself to help you accept what is,.

"I'll laugh about this someday."

"It is what it is, and I choose to accept what is."

"What is, is exactly what it should be."

"In a week, or a year, it won't matter."

"Let it go. Accept what is."

"It's God's will, or my Karma, or fate — whatever."

"It's worth putting up with a lot for a loving relationship."

"I'm just glad we're together and happy."

## Forgiveness

Another wonderful skill to have is forgiveness. Is forgiveness a skill? Or is it a decision? Actually, it's both.

It starts with making the decision to be a forgiving person and then practicing forgiveness.

Here are some reasons to be a forgiving person.

Every, and I mean every person who is expert in mental health, religion, or philosophy recommends that you choose forgiveness over resentment. Nobody — I mean nobody — who's expert in human behavior or psychology recommends resentment over forgiveness.

Resentment causes stresses; so for the good of your body and your mind, choose forgiveness. It relieves the stresses.

Here are some great quotes. If you find it difficult to forgive, write these down, print them out, or post them on your refrigerator.

Failure to forgive is the severest form of self-punishment.

Forgiveness is a modest price to pay for peace of mind.

Forgiveness frees me to have more love and less pain.

Don't forgive someone because he or she deserves it, they may not.

Forgiving another is something you do for yourself!

Wow! That's a lot of stuff. All we're asking you to do is to stay cool when things don't go your way, to have modest expectations, to accept whatever happens, and to forgive everybody who has ever hurt you, including yourself. Saint You!



## Your Me-part

We've asked a lot of you. It's reasonable that you'd find some hurtful thoughts running through your head. These kinds of negative thoughts come from your Me-part, the one that has all that "pride" and feels humiliated and victimized.

That's also the part that took vengeance during the vicious cycle that made a mess of your old relationship. He's a powerful part of you, and you'll have to get him on board with your new goals once your wife and you are back together. The book on how to create happier and happier relationships has a series of steps you can take to get all of your parts on the same team.

Until you can get to that, you'll have to listen to those kind of doubting messages like these rattling around in your head, Sorry about that.

"You want me to be a doormat?"

"I've got to put up with anything that happens?"

"Look people, I've got my limits!"

"I'm not going to be anybody's patsy."

"Wait until my friends hear what you recommend. They'll think you guys are crazy!"

"I don't care what you say, there are some things that she did or said that I'll never forgive!!!!!"

"This is ridiculous! I think I'd rather have a rotten relationship!"

These thoughts are courtesy of your "me" part — the part that messed up your existing relationship

Your Me-part doesn't really want to sabotage your relationship. He's just values her pride more than your overall happiness. He's the part of you that would *rather be "right" than be loved.*

We know we're overloading you by asking you to be cool, be accepting, have modest expectations, and forgive everyone for everything. We realize that no one could do all of that, all at once.

We're starting a process of change that you'll spend the rest of your life perfecting. Accept yourself when you stumble. Forgive yourself when you fail. Don't make a big thing out of doing it all perfectly. You're human; don't expect too much.

Now, it's time to use your worksheets and practice some of these skills.

**PLEASE CONTINUE WITH THE EXERCISES.**

## Exercises – Step 7

**Objective:** At the end of this step you will be able to change negative thoughts into more productive thoughts, through modifying Importance, and changing Expectations. You will also have practiced Acceptance and Forgiveness.

### Exercise 1: Importance

Lending too much *importance* to something can lead to a bad feeling. From a series of statements, select any statement that will help you reduce the over-importance that you once gave to something. Add your own, as well.

“Oh, it’s nothing — I’m just so glad to have her back.”

“OOPS! That’s how the old me would have felt.”

“Don’t sweat the small stuff — remember — it’s all small stuff.”

“What she did isn’t important enough for me to lower her pedestal.”

“Remember! Love! Honor! And Cherish!

“In 100 years, it won’t matter.”

“Sometime in the future, I’ll laugh about this.”

“My goal is a great relationship. How will I handle this?”

“It’s a woman thing, no big deal.”

“My buttons don’t work any more; she can’t push my buttons.”

“Is being upset what I want for my life?”

“Think about my goals for this relationship. How can I be positive?”

**Importance:**

### **Exercise 2: Expectations**

Having unrealistic *expectations* can lead to bad feelings. Select from a series of statements, any statement that will help you manage your expectations. Add your own, as well.

"What did I expect? She's just a woman."

"Whoa! Surprise! Next time, I'll adjust my expectations."

"OOPS! Unrealistic expectations again."

"How long will I keep making myself feel bad by having unrealistic expectations?"

"Remember! Almost every expectation can be unrealistic."

"Now I remember! No expectations, no disappointments."

"In the future, I'll have NO expectations."

"Expect little! Anything good will be a surprise."

"I don't expect that anymore; I'm a grown up now."

"What do I expect? She's an alien."

"What is, is just what I expected."

**Expectations**

**Exercise 3: Acceptance**

a. Make notes about things you haven't *accepted* in the past.

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b. Write down what you will be more *accepting* of in the future.

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c. List your reasons for being more *accepting*, e.g. having a great relationship, giving something less importance, knowing what to expect, etc.

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d. Select from a series of statements, any statement that will be helpful in your *acceptance* of "the way it is." Add your own, as well.

"I can't change history."

"I'm wise to accept that history happened."

"Thinking about it won't change it."

"Just let my negative thoughts flow through."

"I'll laugh about this someday."

"It is what it is, and I choose to accept what is."

"What is, is exactly what it should be."

"In a week (year) it won't matter."

"Let it go. Accept what is."

"It's God's will, or my Karma, or fate — whatever."

"It's worth putting up with a lot for a loving relationship."

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**Exercise 4: Forgiveness**

a. Make notes about people and acts that don't deserve *forgiveness*.

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b. Write down notes about people and acts that you're going to *forgive* — for your own benefit.

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c. Select from a series of statements, any statement that will be helpful in your practice in *forgiveness*. Add your own, as well.

- "Failure to forgive is the severest form of self-punishment."
- "Forgiveness is a modest price to pay for peace of mind."
- "Forgiveness frees me to have more love and less pain."
- "Don't forgive someone because he or she deserve it. Forgiving is something you do for yourself."
- "If I forgive, I am free to create my experience of my life with more loving thoughts, and fewer pained and angry thoughts."
- "If I can forgive others, I can forgive myself."
- "Don't forgive someone because they deserve it, they may not. Forgiveness is a gift you give yourself."
- "Forgiveness does not change the past — but it enlarges the future."
- "Any man can seek revenge: it takes a king or prince to grant a pardon."
- "Forgiveness is a gift of great value — yet it costs nothing."
- "When a deep injury is done to us we will never recover until we forgive."
- "A good marriage is the union of two forgivers."
- "Forgiveness is a choice. Not a decision. It's an act of will."
- "Don't wait to forgive until you feel like it. You may never feel like it. Feelings may take time to heal after the choice of forgiveness is made."

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**PLEASE CONTINUE WITH STEP 8: DECIDE ABOUT INTIMACY**

## Step 8: Decide About Intimacy

Many people have difficulty with the question of when to re-introduce intimacy. All we can say about it is be prepared and have a plan. Each situation is different and you're totally the best judge about when or if, to re-introduce it.

There are, however, many possible scenarios, and we've outlined some recommendations and thoughts for each. One of them may be useful to you. You can just observe those that don't fit your situation.

### Possibility #1:

Intimacy never stopped. It's satisfying to both of you and your needs are about equal.

Our suggestions are just to continue as you are with some additional thoughts: Make the mood as light as possible. Have fun. Make it fun. Use lots of affirmations.

"You're good."

"You're an amazing lover."

"I'll miss this"

Make it clear. You can say that your course says that when marriage ends, sex ends. And you can also tell her that the book says if you continue a sexual life with her, after divorce, that would keep you both from getting on with your lives.

That's what the course says, and it's useful to quote it, but in reality, it's totally up to you.

### Possibility #2:

Intimacy has stopped. It used to be mutually satisfying, but she had stronger needs.

We suggest that you stay with what the course says: "No sex during the separation," even if you have to add:

*"But I'm really struggling with that. I don't know if I can do what they say, but I'll try."*

The idea is to let the pressure build. When it builds and when you're ready, give in joyfully. Then, let the pressure build again. Make it not your fault. Blame the guidance you're getting from this course, and the guidance is "no sex during separation." This keeps the pressure building

### Possibility #3:

Intimacy has stopped. It was mutually satisfying, and you had stronger needs.

We suggest you say things like

*“I’ve learned from the course. I was too demanding. I’m learning that I should have respected and appreciated my wife enough to let her set the pace. I’ve learned that just because my needs are strong, doesn’t mean you’re any less of a woman. You’re a wonderful, complete, and satisfying lover. I’m the one with the problem and now I’ve learned what I’ve learned. I know I don’t have to satisfy every little urge. I shouldn’t be overly demanding, just because you are such a good lover. I’m cured.”*

It’s probably best to stay with what the course says “no sex during separation” as a reason to let the pressure build.

If the pressure for sex never builds and you still want her back, allow the issue to fade away. She must feel no pressure, unless and until she’s ready.

#### **Possibility#4:**

Intimacy has stopped. It was mutually satisfying, and you had about equal needs.

We suggest you stay with what you’ve learned from the course. The course says no sex during the separation. You might say:

*“But that’s going to be really hard for me. We had such a great sex life. I don’t think I told you enough how satisfying a lover you are. I’m going to miss that a lot.”*

Then let the pressure build. As you change, she’ll find reasons to want to be around you. When the time is right and it’s right for you, give in joyfully. If the pressure doesn’t build, she may well have a lover, and if you want her back you may have to consider seduction. She’s still your wife; you’ve got every right to fight for her. When the time seems right for you, make it clear that you’d welcome her back in your bed. Here are a couple of approaches.

You could say, *“Just for old times sake,”* or you can tell her the course showed you that you had a lot to learn, and maybe you could practice with her, so you’d be a really terrific lover in your next relationship.

However you do it, make it really good for her. Show her you’re eager to learn and appreciate what a great lover she is.

Whatever the situation, you have specific goals for the re-introduction of intimacy. The timing depends upon how the separation is progressing. You want the pressure to build. You want the discomfort to grow. You’re holding off until the situation is resolved, but it’s really hard for you, because she’s such a desirable lover.

The goal is to make it clear to her that while you accept her decision and won’t fight, you’ll really miss the sexual intimacy, unless her lack of need was an issue during the marriage.

## Intimacy

If the first seven steps have worked the way they normally do, intimacy will seem the most natural next step. You're gonna let time work for you.

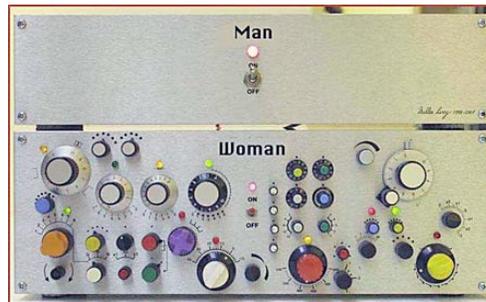
If seven steps haven't worked at all, and no pressure seems to be building — and you may never really know — you might try seduction as a last measure. It might leave her with a very positive latest experience of you. Let time work for you, while you get on cheerfully with the rest of your life.

There's no formal exercise for this module. You'll know what's best for your situation. Decide how you want to deal with it and have a plan. Just recognize that events may change quickly, so feel free to abandon your plan if it seems right to you.

**PLEASE CONTINUE WITH STEP 9: LEARNING TO LIVE WITH AN ALIEN**

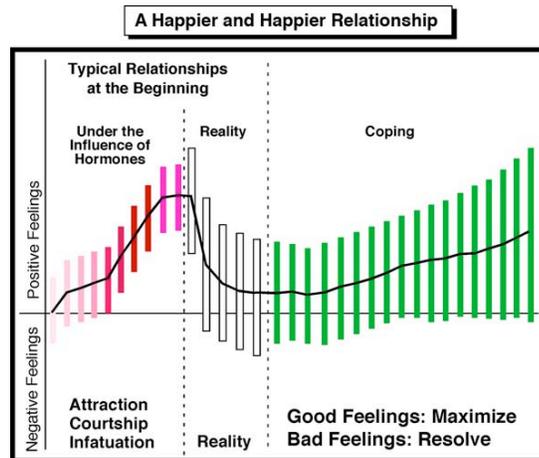
## Step 9: Learning to Live with an Alien

This step deals with what to do when she comes back. We use the term ‘alien’ here, because John Gray’s book *Men are from Mars and Women are From Venus* points out there are great gender differences. We recommend you think about her as an alien, so you don’t get the idea that you can understand her. You speak different languages; you have different feelings; and you have different needs.



### The New You!

You’re different! You’re a new person and you’re keeping your feelings range above the neutral line. That means that your worst feeling about her is still positive. You’re providing the magnet that will draw her to join you above the line.



You’re different because you accept her completely, and you’ve forgiven everything from the past relationship.

You won’t fight, or argue, complain, withdraw, and you have a standard error message for the times that you do.

You're full of happy talk, light talk, and you're open to listening to her. You don't want to discuss the past or talk about your relationship, or "work on it." You appreciate and are grateful for all her appreciables, and you seem incredibly tolerant and understanding of her foibles.

Congratulations! Saint You.



## She's Different

*She's* different; she's a stranger now; she's confused.

She doesn't know what's expected of her. Make it clear you have no new expectations for her. Tell her you just want her to be happy and comfortable. She has to react differently, because you're different.

She can't just use the same old habits. She has to pay attention. She feels like a stranger in a strange land. Be understanding of her unsettled feelings and love her for who she is.

And, remember: don't talk seriously to the alien; just listen and find something to agree with in whatever she says.

## She Will Test You

She almost *has* to test you. She needs to know the new limits. She won't be comfortable until she discovers the new limits and you can help her learn.

If she provokes you or tests you, use some higher-level statements like:

*"Feels a little strange, doesn't it? We have to find out who we are all over again."*

Practice up on affirmations.

*"It's a good thing you're so..."*

Explain your goals, what *you* are seeking to achieve. But be clear. You're not asking or expecting her to change, or set the same goals. Explain that if *you* achieve *your* goals, both of you will be happier with the new relationship.

### Keep Learning

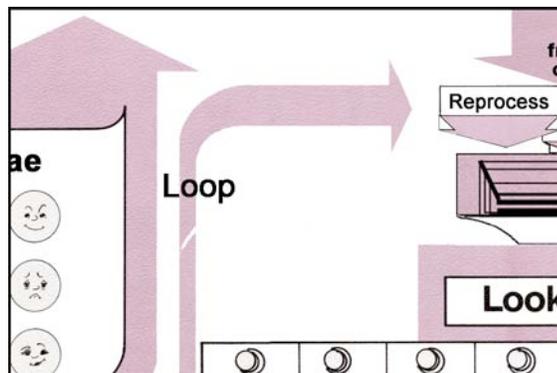
To achieve your goals and build that extraordinary relationship, keep learning.

Read the books with this course; the skills you've learned about all build on the Sage Model that we've only touched on.

- Learn more about minimizing the importance you give to negative things.
- Maximize the importance of being grateful for appreciables.
- Learn to raise a level to avoid conflicts. It's magical.
- Learn how to use time to decrease bad feelings, or maximize good feelings.
- Learn to modify your evaluations.
- Minimize expectations so you can be constantly surprised.
- Learn to avoid judgments, especially negative judgments.
- Learn that your hopes and dreams are just that, they're not realities, and may never be. If, by chance one is realized, then dance with delight, but don't expect it.

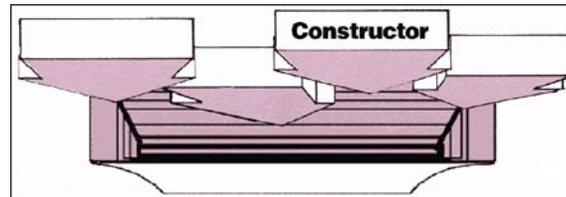
### Hurt Loops

In the readings you'll learn to break "hurt loops." Hurt Loops cause incredible pain and they produce nothing good. A "hurt loop" is created when you dwell, or continually mull over some negative thought.



## Constructor

And, if you find yourself anxious, or fearful of the future, you'll find it very helpful to learn to manage your imagination so you only construct productive scenarios for the future.



There's much to learn about managing your own thought processes, so you have lots of strong good feelings, and fewer and fewer instances of bad feelings. The instruction for how to manage your own thoughts is included in the books.

## Learn and Practice

Learn to thank *yourself* for your appreciables. Your strengths, contributions, and sacrifices toward a great relationship are gifts without strings. Take pride in them.

Pride in creating a wonderful relationship is far more worthwhile than the pride you must sacrifice when you let your wife "win" an argument, or be "right." If, in response to your modeling, you get an ounce of thanks for an appreciable of yours, affirm it, appreciate it, thank her for it. Maybe someday you'll get another one, but don't expect it. Remember, you're living with an alien.

Practice the incredible power of accepting what is. If you can make "what is" exactly "the way it should be," you've found one recipe for a happy life.

Continue to practice forgiveness. It's the greatest gift you can give yourself. If you forgive everyone in your life who has ever wronged you, including yourself, you'll have a mind and body free from anger, resentment and pain.

## Some Advice

Here's some advice. Suppose she asks about this course, or expresses interest in taking it. Do your best to keep her from taking the women's version of this course. You want her going forward, away from the past. Explain what she might be interested in: your e-book on great relationships.

Be casual about the extraordinary relationship book. Tell her if she wants to read it she's welcome, but let her decide for herself if she wants to do that. Explain that doing it together is a little like "working on our relationship," and can sometimes be risky. Support her if she decides to read it. Have very short

conversations about it, but remember: don't talk about your relationship to the alien.

If she decides on his own that she wants some of the magic that you found, and does the reading and changing, it can be valuable. Two people committed to an extraordinary relationship, each working on their own, on their own issues, can jet propel the relationship. Just notice that there is a great danger in doing it together. It can quickly deteriorate into, "Wait a minute, you should have accepted what I said," and the competition to be "right" may resume.

If you're not back together yet, be patient. Time is on your side, just keep on being light, cheerful, hopeful, optimistic, and preparing for the rest of your life.

While you're waiting, learn more. Read the books you've downloaded, so you'll be ready for her when you do get back together.

If and when *you* decide to stop waiting for her, read the introduction to relationships book. Discover the hidden secrets of attracting a woman. Learn how to make the best part of her life the moments she spends with you. Learn about attraction, infatuation and courting, all those things you'll wish you'd have known when you were just starting this relationship. You'll discover that everything you've learned about how to get your woman back is useful in attracting and courting another woman, when you decide you're ready. With what you know, you can create an extraordinary relationship, all by yourself.

And remember, the next woman will also be an alien.

Thank you for joining us in this pursuit of a truly extraordinary relationship. Just want to say Goodbye! Good Luck! Have a wonderful life.

**PLEASE REVIEW YOUR NOTES FROM STEP 1, EXERCISE 2 (PAGE 15), TO SEE WHAT CHANGES HAVE TAKEN PLACE**

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