

What To Look For In A QUALITY Affair Recovery Program

After something as unthinkable as an affair has torn apart your marriage, it can be hard to think about anything other than what to do next. To save your marriage and rebuild a lasting relationship after such a hardship, you need the right recovery program to help you move on and repair your broken marriage.

Understand that counseling itself is not enough. Getting together in a structured environment to talk about your feelings is great, but you need a structured program to help you both deal with the affair, find acceptance and forgiveness, and move on. There are a lot of affair recovery programs to consider. To choose the right program for you, you should consider a few specific details:

Does the program focus solely on the injured party, or does it also consider the feelings and involvement of the adulterous spouse?

This is important to consider for many different reasons. It may be that you are the cheater looking for a way to repair your relationship, or you could be the injured spouse trying to decide how to proceed. Either way, you might not have the full support of the other spouse, which will affect which program is right for you.

Is the program direct enough for you?

Your relationship and the personalities of you and your spouse will affect how the program relates to you and whether or not it works. You may need a very direct approach, or a more "touchy-feely" one. You can get an idea of what type of approach the program takes in the descriptions and testimonies.

Does the program offer enough structure?

The best programs are often the ones that offer a lot of structure to your chaotic situation. Look for forms, agreements, lists, and other structured elements in the program.

Does the program include a strategy for figuring out why the affair occurred in the first place?

One major important component to moving on after a major blow to your marriage like infidelity, is to understand why it occurred in the first place. You want a program that can help you figure out the root of the problem in order to help you both heal and also to prevent it ever happening again. Your chosen program should also stress that no matter what the reasons for the affair, the cheater is the only one ever responsible for the act.

Does the program focus enough on the individual?

The overall goal of any affair recovery program is to ultimately help your relationship as a whole, but in order to heal and move on as a couple, you need to heal and move on as an individual first. Look for a program that first focuses on and helps you organize your own thoughts and feelings before moving on to the bigger picture.

Does the program offer insight on all levels of a relationship?

There's more to being married than a contract. You want a program that explores all aspects of the relationship, including how to deal with intimacy, sex, and trust issues after the affair.

Does the program teach specific skills and not just general ideas?

For real change to happen, couples in crisis need specific tools and techniques to help them navigate the treacherous waters of infidelity.

Finally, is the program authored by genuine experts in the field?

Choose a program written by experienced therapists who work in the trenches with real couples, day in and day out.

Is Break Free From The Affair Right For You?

This program by Dr. Robert Huizenga focuses on what you must do to put an end to the affair and save your marriage. This may be the right program for you if you answer yes to any of the following questions:

- Has your spouse cheated on you and you aren't sure what to do next?
- Do you want to learn about the psychology behind what caused the affair in the first place, and how likely you are to be able to stop the affair and recover from it?
- Do you want to learn how to overcome the affair and move on?
- Do you want to learn how to better communicate with your spouse?
- Do you want to learn what YOU can do to make your marriage better?

This program focuses on a number of principles that can help you in your affair recovery process. Some of these principles are:

1. Learning what "type" of affair your spouse is having to understand the situation better.
2. Focusing on taking time to figure out how you feel and what you want before opening the lines of communication with your spouse.
3. Focusing on what both spouses can do to rebuild and better the relationship.
4. Teaching a better way of communication, such as being "charge neutral" when confronting your spouse.
5. Learning how to strategize and take control of the situation.
6. Dr. Huizenga's 7 Tactics To Break Free From The Affair And Stop It Now
7. A clear list of "Do's and Don'ts", such as Dr. Huizenga's "12 Unattractive, Ugly, Typical Tactics Most People Use to Prolong the Affair and Guarantee Their Own Misery"
8. A comfortably structured program. Not overly structured, but does utilize listing techniques and other methods to guide you throughout the process.

Dr. Huizenga's ebook Break Free From The Affair is an effective and very straight forward approach to affair recovery. To better show you how effective this program to be, here is the outline of just the first two sections of his book:

I. Introduction

Get Through the Affair More Quickly

Build Self-Esteem and Confidence

You are Not Alone

Learn to Strategize, Take Control

II. How This Book Can Help You

A Starting Point

Get You Out of the Rut

Begin to Focus Where You Should –on YOU



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