

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 Marriage Fitness Right For You?

Marriage Fitness is an innovative marriage recovery program developed by world renowned expert Mort Fertel. It is different from many other programs because there are specific sessions available not just for couples, but also for spouses who find themselves in a situation where they are the only one in the relationship that is ready and willing to work to save the marriage.

Marriage Fitness works for couples who are at every stage of relationship problems. Marriages that have been torn apart due to non-communication, infidelity, addiction, and just about any other marital problems, have all seen positive results under the guidance of the Marriage Fitness program.

Mort Fertel, author and founder of Marriage Fitness, asks his clients to start with one simple principle: Do not give up.

The principles of Marriage Fitness include:

1. Creating a lasting connection to your spouse to overcome destructive behavior.
2. Creating healthy boundaries.
3. Providing motivation for your spouse to want to work towards a better relationship.
4. There is one solution to virtually every marriage problem, and that solution is love.
5. Love is the foundation of your marriage. To build a stronger relationship, you need to strengthen that foundation.
6. To build a new, stronger relationship you need to start new habits.
7. Learn to forgive and to be forgiven.
8. Accept the past and move on.

Marriage Fitness is the right program for you if:

- You are ready to work hard and do what is necessary to save your marriage.
- You know or have learned that counseling does not usually work, and want a program that has a high rate of success.
- You could benefit from a step-by-step program that can walk you through what would otherwise be a daunting process.

Marriage Fitness is not just a book for you to read and follow steps. It is a legitimate program that has many levels that cater to all different sorts of particular issues and situations. Some of these include:

1. Tele-seminars.
2. Private phone sessions with Mort Fertel himself.
3. An entire 15 part "Audio Learning System"
4. Workbooks and journals for tracking progress.
5. Assignments to help you grasp the concepts and put them to work for you.
6. A 7 Week Implementation Schedule

Unsure if your spouse will join you?

Marriage Fitness has the added benefit of having separate programs, called the "Duo Track" or the "Lone Ranger Track" to cater to both couples and individuals that want to save their marriages.



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Marriage Fitness Today!