

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 Save The Marriage Right For You?

In this program, Dr. Lee H. Baucom puts together a straightforward and comprehensible plan for couples in virtually any stage of a marriage facing relationship problems. This program is useful for not only couples that have faced infidelity, but couples in many different situations including those where there is no communication between spouses.

- ✓ Do you feel that your relationship is or was often off balance?
- ✓ Do you want to rebuild your relationship without negativity and drama?
- ✓ Are you ready to accept that, in order to repair your marriage, both of you will need to make changes?
- ✓ Would you like to understand the dynamics of your relationship in a manner that will help you both maintain a healthy and balanced marriage?
- ✓ Are you unsure of how to open the lines of communication and be able to move forward with your relationship?

If you answered yes to any of these questions, Save The Marriage can help you get on the road to a healthy and recovered relationship.

Save The Marriage is not only book, but there are three components to the system. There is the main book, a Quick Start Guide, and the Down and Dirty Guide to help you at any level. This provides the structure and extra advice that many people will find particularly helpful.

Some of the principles that Save The Marriage and it's corresponding booklets focus on are:

1. Figuring out what stage of relationship problems you are in. This varies from seeing problems "down the road" all the way to "your spouse has left and started legal proceedings against you and you are not communicating at all".
2. How to begin a conversation with your spouse, even if there is no communication between you at all. This starts from the very first thing you should do, and follows through to regaining intimacy with your spouse.
3. Seeing problems from both sides of the relationship, and being honest about what both of you need to do to change.
4. Learning how being "calm, consistent, and constant" is your most effective strategy for dealing with your spouse and marital issues.
5. Avoiding manipulation, negativity, and drama.
6. How to rebuild your connection slowly and carefully.

7. Controlling your reactions.
8. Learning the difference between a "we" marriage and a "you and I" marriage.
9. Learning about the "Physics of Relating" to regain and maintain a balanced relationship.
10. "Don't just grow, evolve".

Save The Marriage is a good program for anyone that is feeling unsure about how to proceed. The author even gives you a recipe for a successful marriage and teaches you how to pursue and maintain each important "ingredient".



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