

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 Survive Her Affair Right For You?

Kevin Jackson's Survive Her Affair is "The 'Men's Only' Guide To Healing & Dealing When Your Wife Cheats". His book and program follow a unique perspective that many men may find particularly helpful.

To know if this affair recovery program is right for you, ask yourself the following questions. If you answer yes to any of them, it could be a good program to help you.

Are you having a hard time dealing with your emotions, especially those of jealousy, sadness, and rage?

Do you feel that your emotions might be considered unmanly or ridiculous?

Do you feel like you are alone or unequipped to deal with the thoughts and emotions you are faced with, and want a strategy to deal?

Does your wife turn the problems of your marriage and the reasoning for her infidelity around on you?

Do you want to know how to organize your thoughts so you can deal with the affair, overcome your negative thoughts and emotions, make a decision about what you want from the relationship, and potentially save your marriage?

Some of the main principles behind Kevin Jackson's approach are:

1. Dealing with male-specific feelings about emotions, stress, and obsession.
2. Figuring out what "type" of affair your wife had to better understand your situation.
3. Building a strategy to control your own reactions and move on.
4. Strategies to help yourself feel better.
5. A clear plan for dealing with each stage of grief without letting yourself go.
6. Making a realistic decision about if you want to continue your marriage.
7. Learning how to make your marriage stronger by learning how you both need to change.

This program is not only about getting your wife back and repairing your marriage. It is about making clear and informed decisions from the beginning of the process. In this program, you will make a decision about what you want to do and learn to follow through. This program is right for you if you are interested in following some of these main teaching points:

1. Talking about the affair.
2. Accepting what has happened.
3. Getting your wife to commit to full disclosure.
4. Learning to express your pain.
5. Asking for restitution without doling out punishment.
6. Establishing clear boundaries in your relationship.
7. Learning to speak each others "Love Language"
8. Tips for better intimacy.
9. Forgiving and finding forgiveness.
10. Having patience.
11. Being realistic through every step of the process.



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