



MARRIAGE REHAB

COURSE WORKBOOK

& ASSIGNMENTS

WELCOME!



WELCOME!

I'm glad you're both here. And yet, I can say without a doubt, I wish we could have met under different circumstances because there's no justification for infidelity. And so having to take a course like this – alongside all the negative emotions – can't be easy for either of you.

And yet, since you *are* both here...

I must congratulate you on your willingness to go the extra mile and to do the assignments found in this workbook. This type of willingness tells me two things about you: **(1)** you don't just want to make it... you want to make it better than before; and **(2)** you want to come out of this a stronger couple rather than another divorce statistic. I believe this bodes well for you because willingness, like courage, *is always rewarded*.

So, here's what I suggest.

To get the most out of this workbook:

- Approach your assignments with positive expectancy,
- View each exercise you attempt as a declaration of power, and
- Treat each task as a building block towards making it better than before.

Do you think you can do that? I know you can.

Until we speak again,
Remember, only love wins!

SUZIE JOHNSON, CPC

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MARRIAGE REHAB COURSE WORKBOOK

ASSIGNMENTS AT A GLANCE



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VERY IMPORTANT!

READ ME

If you haven't already done so...
Please consider downloading the audio files of your course and listen to each session at least one more time wearing headphones. The good news is that all the audio files are MP3 format, so you can listen on any device (phone, Kindle, iPad) and listen at your convenience – while working out, jogging, flying on airplane or even while washing the dishes.

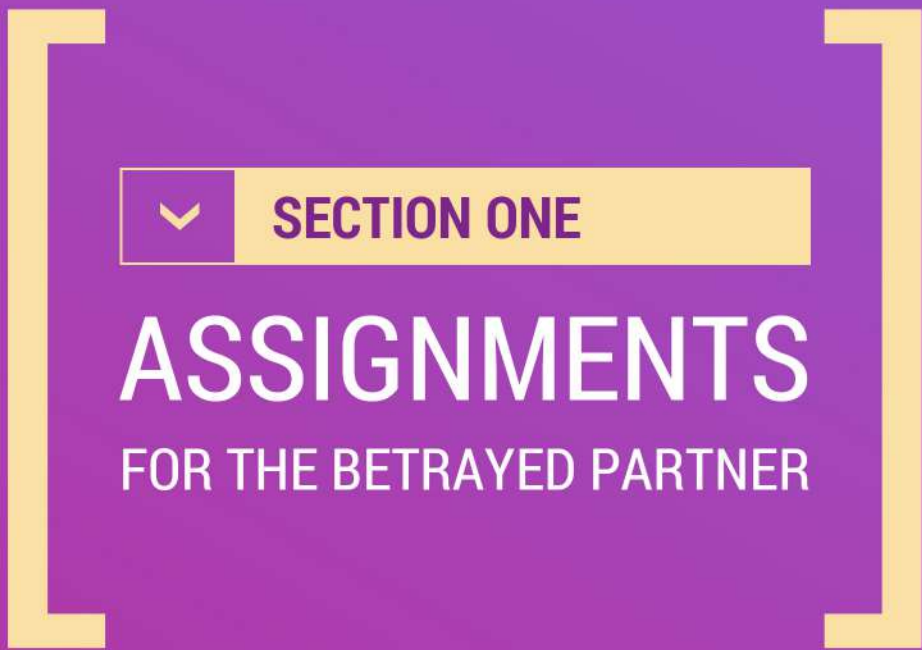
I truly believe you'll be glad you did.

Because many of my students report having the most breakthroughs and experiencing the biggest benefits during their second and third time through the course.

Thank you,
Suzie

A handwritten signature in black ink that reads "Suzie Johnson". The signature is written in a cursive, flowing style with a small star-like mark above the 'i' in Johnson.

P.S. Some course sessions include *The Quiet 10* (my 10-minute guided meditation MP3). I suggest you download and listen to *The Quiet 10* just before bed, or anytime turbulent emotions surface.

A large yellow bracket graphic that frames the central text. It consists of two vertical bars on the left and right, connected at the top and bottom by horizontal bars.

SECTION ONE

ASSIGNMENTS

FOR THE BETRAYED PARTNER

[STEP 01]

FIRST AID: SURVIVING THE FIRST 30 DAYS
AFTER THE AFFAIR



ASSIGNMENT

THE 3 DAILY RULES



DURATION: 30 DAYS

DIRECTIONS:

For the next 30 days, I want you to only focus on three simple things each day. Use the 30-day calendar to check your progress for each day you attempt this assignment.
(Overachievers: Print and place on your bathroom mirror or refrigerator.)

DAILY RULE 1: ACCEPT YOUR FEELINGS

Every day as you open your eyes in the morning, say to yourself:
"Today I'm going to accept my feelings, whatever they are. There is no right way or wrong way for me to feel about this. All my feelings are okay."



01

DAILY RULE 2: KNOW YOUR PURPOSE

Your purpose is to make it through the day with as much of your self-esteem intact as possible. Evaluate every task, every decision, and every choice based on two criteria:

1. Will this increase my self-esteem?
2. Will it drain me of self-esteem?



02

DAILY RULE 3: DO WHAT NEEDS TO BE DONE

REMINDE YOURSELF: What you need is to keep moving forward because standing still, staying stuck, or sinking in despair is not an option. So, each day, do the things that need to be done – knowing they are your therapy. Let them move you forward.



03

30 DAYS OF FOLLOWING THE 3 DAILY RULES

DAILY RULE #1

I ACCEPT MY FEELINGS.

” There is no right way or wrong way for me to feel about this. All my feelings are okay.”

DAILY RULE #2

KEEP MY SELF-ESTEEM INTACT BY EVALUATING EVERY DECISION/TASK.

Will this increase my self-esteem?
Will it drain me of self-esteem?

*Do what increases self-esteem.

DAILY RULE #3

DO WHAT NEEDS TO BE DONE. LET THOSE THINGS BE MY THERAPY. LET THEM KEEP ME MOVING

FORWARD.

DAY 01	DAY 02	DAY 03	DAY 04	DAY 05
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 06	DAY 07	DAY 08	DAY 09	DAY 10
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Half way there! <input type="checkbox"/>
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Celebrate!

STEP
[02]

HOW TO
SURVIVE HER AFFAIR



WORKSHEET

PROCESSING FEAR AND MANAGING FRUSTRATION

 DURATION: ONGOING

DIRECTIONS:

The point of this exercise is to teach you how to handle fear and frustration. Print and use these worksheets to help you process (not suppress) these painful thoughts and emotions.

DIRECTIONS

USING THE FEAR WORKSHEET

01. Under the "Moving Away" column, list all the things you fear, all your negative expectations and negative predictions.
02. Under "Moving Towards" reframe every single one of those fears into a positive expectation.

USING THE FRUSTRATION WORKSHEET

01. Under the "What" column, list the things that are frustrating to you.
02. Under the "How" column, list possible techniques and strategies that can help you to accomplish/overcome the *what*.

FEAR

comes from *anticipation or prediction of negative results*

produced by negative images and negative conclusions about the future

FEAR IS NOT FACT.



WORKSHEET

PROCESSING FEAR

MOVING AWAY (WHAT I FEAR)	MOVING TOWARDS (WHAT I WANT)



WORKSHEET

WORKSHEET

MANAGING FRUSTRATION

WHAT (MY FRUSTRATIONS)	HOW (STRATEGIES TO OVERCOME THEM)

STEP
[02]

HOW TO
SURVIVE HIS AFFAIR



TECHNIQUE

TAKE IT ONE DAY AT A TIME

DURATION: 21 DAYS

DIRECTIONS:

When you're going through a crisis like this, overwhelm is not your friend. Therefore, your first priority is to learn to take things one day at a time. To help you practice this principle, commit to do the following 3 things for the next 21 days.



01

DO one thing at a time.

02

SEPARATE all your tasks into two groups: NICE or NECESSARY.
*Only do necessary

03

LIVE TODAY and let tomorrow take care of itself.

21 DAYS

OF TAKING IT ONE DAY AT A TIME

DAY 01	DAY 02	DAY 03	DAY 04	DAY 05
Do Separate <input checked="" type="checkbox"/> Live <input checked="" type="checkbox"/>	Do Separate <input type="checkbox"/> Live <input type="checkbox"/>	Do Separate <input type="checkbox"/> Live <input type="checkbox"/>	Do Separate <input type="checkbox"/> Live <input type="checkbox"/>	Do Separate <input type="checkbox"/> Live <input type="checkbox"/>
DAY 06	DAY 07	DAY 08	DAY 09	DAY 10
Do Separate <input type="checkbox"/> Live <input type="checkbox"/>	Do Separate <input type="checkbox"/> Live <input type="checkbox"/>	Do Separate <input type="checkbox"/> Live <input type="checkbox"/>	Do Separate <input type="checkbox"/> Live <input type="checkbox"/>	Do Separate <input type="checkbox"/> Live <input type="checkbox"/>
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
Do Separate <input type="checkbox"/> Live <input type="checkbox"/>	Do Separate <input type="checkbox"/> Live <input type="checkbox"/>	Do Separate <input type="checkbox"/> Live <input type="checkbox"/>	Do Separate <input type="checkbox"/> Live <input type="checkbox"/>	Do Separate <input type="checkbox"/> Live <input type="checkbox"/>
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
Do Separate <input type="checkbox"/> Live <input type="checkbox"/>	Do Separate <input type="checkbox"/> Live <input type="checkbox"/>	Do Separate <input type="checkbox"/> Live <input type="checkbox"/>	Do Separate <input type="checkbox"/> Live <input type="checkbox"/>	Do Separate <input type="checkbox"/> Live <input type="checkbox"/>
DAY 21				
Do Separate <input type="checkbox"/> Live <input type="checkbox"/>				

REFLECTIONS ON THIS TECHNIQUE



WORKSHEET

PROCESSING PAINFUL THOUGHTS

 DURATION: ONGOING

THE NEXT TIME...

...you find yourself having a frightful, painful or fearful thought, write it down and apply these three questions to that thought:

DO THIS

- ➔ IS THIS THOUGHT A FACT, A FEAR, OR A FANTASY?
- ➔ AM I 100% SURE THIS THOUGHT IS TRUE?
- ➔ WHO WOULD I BE IF I DIDN'T BELIEVE THIS THOUGHT?

REFLECTIONS ON THIS



WORKSHEET

PROCESSING PAINFUL THOUGHTS



Write down your frightful, painful or fearful thought and apply these three questions to that thought.

MY PAINFUL THOUGHT

QUESTIONS

1. Is this thought a fact, a fear, or a fantasy?

2. Am I 100% sure this thought is true?

3. Who would I be if I didn't believe this thought?



TECHNIQUE

FREEZE AND REFRAME

🎯 PURPOSE: COPING WITH DESTRUCTIVE EMOTIONS

DIRECTIONS

The next time a destructive emotion surfaces, do this:



01

FREEZE IT.

02

SAY TO YOURSELF

"I don't want to feel this way. Here's the way I want to feel..."

03

Freeze the feeling and reframe it into a question.

ASK YOURSELF

"How do I want to feel right now?"

REFLECTIONS ON THIS TECHNIQUE



TECHNIQUE

R&R (RELEASE AND REPLACE)



PURPOSE: DEAL WITH NEGATIVE IMAGES



REFLECTIONS ON THIS TECHNIQUE



REMEMBER...

{ You might have been hurt, but being hurt doesn't mean you're helpless.



TASK

SCHEDULE YOUR WORRY TIME



DURATION: 21 DAYS

DO THIS



01

Make an appointment with yourself to worry every day.

02

Schedule yourself between 30 minutes and an hour per day to do some good worrying.

03

The key to this task is make sure you don't worry at any other time except during the appointed time.

REFLECTIONS ON THIS TECHNIQUE

STEP
[03]

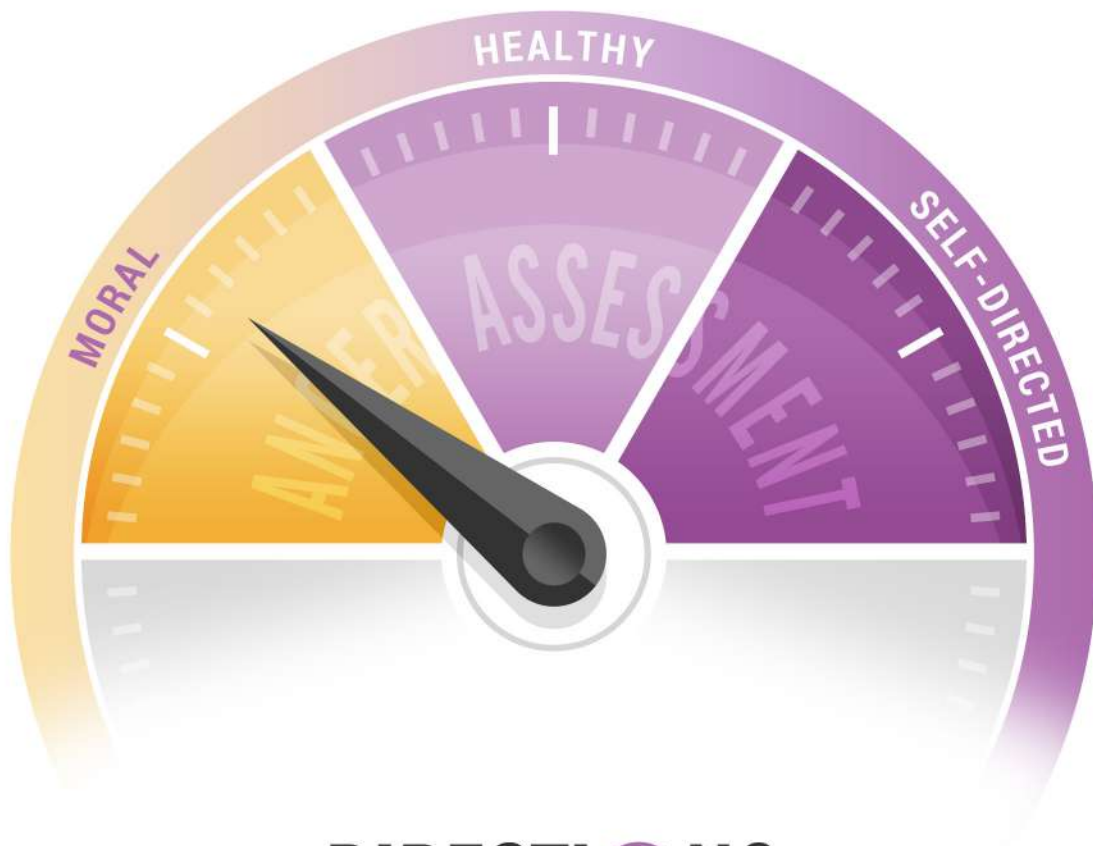
HEALING ANGER & FRUSTRATION
BROUGHT ON BY INFIDELITY



QUIZ #1

ANGER ASSESSMENT

WHAT CATEGORY DOES YOUR ANGER FALL INTO?



DIRECTIONS

01

Rate yourself on a scale of 1 to 10 (*10 being most likely*) how likely it is that your anger falls in each category.

02

If higher than 6, do the self-inquiry question recommended to help you heal that type of anger.



ANGER ASSESSMENT

WHAT CATEGORY DOES YOUR ANGER FALL INTO?

ANGER TYPE:

MORAL ANGER

THE DRIVING FORCE: Superiority and the belief that there is only one set of rules for how people should or should not behave.

THE SIGNS: You're dealing with moral anger if your anger is more about outrage for breaking the rules or moral weakness, to which falling into temptation points.



If you rate yourself higher than 6...

TO HELP HEAL MORAL ANGER

ASK YOURSELF THESE TWO SELF-INQUIRY QUESTIONS:

1. Why is it important for other people to follow my rules in order for me to love them?

2. What's another way – other than anger – that I can respond when people fail to follow the rules?

ANGER TYPE: PUNITIVE ANGER

THE DRIVING FORCE: Intolerance and the belief that all infractions, violations of rules, and bad behaviors must be corrected via punishment.

THE SIGNS: Revenge fantasies. Wanting to inflict as much or more pain as they've caused you. Withholding affection or forgiveness as a way of getting even.



If you rate yourself higher than 6...

TO HELP HEAL PUNITIVE ANGER

ASK YOURSELF:

What, if anything, could allow me to respond with mercy rather than punishment to those who disappointed me?



ANGER TYPE: SELF-DIRECTED ANGER

THE DRIVING FORCE: Perfectionism and the belief that if one is perfect enough, bad things will not happen.

THE SIGNS: The secret worry that the affair was your fault. Harboring thoughts that maybe if you have been more perfect or tried harder, then they wouldn't have strayed. Finding ways to blame yourself for other people's choices.



If you rate yourself higher than 6...

TO HELP HEAL SELF-DIRECTED ANGER

ASK YOURSELF THESE TWO SELF-INQUIRY QUESTIONS:

1. How can you tell if or when you've taken on unearned guilt?

2. If guilt is unearned, what is the best way to release it?

ANGER TYPE: **CONTROLLING ANGER**

THE DRIVING FORCE: Dominance and compliance, and the belief in getting one's own way by any means necessary.

THE SIGNS: You get angry just to remind them that you haven't forgotten what they've done. You don't feel like you can be heard or taken seriously unless you raise your voice and get angry. You deliberately start arguments, pick the scab, and rehash the misdeeds just to keep them from getting too comfortable.



If you rate yourself higher than 6...

TO HELP HEAL CONTROLLING ANGER ASK YOURSELF THESE TWO SELF-INQUIRY QUESTIONS:

1. Do you believe in the concept of free will?

2. If so, how can you get your needs met without violating other people's free will?

ANGER TYPE: **TERRITORIAL ANGER**

THE DRIVING FORCE: Possessiveness and the belief that marriage equals ownership over another person's body and mind.

THE SIGNS: A sense that the affair partner stole something from you. The thought of someone else enjoying what was rightfully yours infuriates you. Most of your anger is triggered by the thought of having been excluded, or the belief that your partner's time and attention exclusively belongs to you.



If you rate yourself higher than 6...



TO HELP HEAL TERRITORIAL ANGER

ASK YOURSELF THIS QUESTION:

1. What is it about your partner that *you truly love* that is beyond their body and behavior?

ANGER TYPE:
SELF-RIGHTEOUS INDIGNATION

THE DRIVING FORCE: Arrogance and hubris, based on a deeply held belief that our mistakes are better than other people's mistakes.

NOTICE: This anger is made up of two things: self-righteousness AND indignation.

THE SIGNS: Your anger is really being fueled by the belief that you yourself are impervious to temptation and lying. when you tell yourself things like, *"This couldn't have happened to me."* Where the internal dialogue is centered around, *"How dare they do this to me? Who do they think they are? Don't they know who they're dealing with?"* And perhaps the biggest sign of self-righteous indignation is, *"I know that I would never do anything like this."*



If you rate yourself higher than 6...



TO HELP HEAL SELF-RIGHTEOUS INDIGNATION

ASK YOURSELF THIS QUESTION:

If you could imagine a time where you no longer feel victimized by their betrayal, what would lead you to that moment?

ANGER TYPE:
CONSTRUCTIVE OR HEALTHY ANGER

THE DRIVING FORCE: This type of anger is considered healthy anger because it gives you energy (rather than drains you of energy). It can give you the motivation to make the changes you already knew you needed to make.

THE SIGNS: Produces courage, not aggression. Responsive, not reactive. It's clean energy. Therefore, it can be used as a catalyst for positive change.



If you rate yourself higher than 6...

 **TO HELP LEVEL UP
 YOUR CONSTRUCTIVE OR HEALTHY ANGER**
 ASK YOURSELF:

What positive changes do you want this anger to help you create?



QUIZ #2

ANGER ASSESSMENT

HAS YOUR ANGER CROSSED INTO ABUSIVE ANGER?

DIRECTIONS:

Here are the top 10 red flags that your anger has crossed the line to abusive anger. On a scale of 1 to 5 (5 being most likely true), honestly evaluate yourself how much each has been true for you.

RED FLAGS	5 - MOST LIKELY TRUE
1 During anger attacks, I deliberately turn up the volume.	1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/>
2 During anger attacks, I ambush with questions.	1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/>
3 During anger attacks, I behave like a bully.	1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/>
4 During anger attacks, I deliberately get obscene.	1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/>
5 During anger attacks, I blameshift.	1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/>
6 During anger attacks, I try to dehumanize them.	1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/>
7 During anger attacks, I try to shame them.	1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/>
8 Denial and helplessness.	1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/>
9 Peace at my discretion.	1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/>
10 Turning into an anger narcissist.	1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/>

HOW DID YOU DO?

If you did well, then congratulations for keeping your anger at appropriate levels. But if you felt that you are on the border or maybe crossing the line, here are **3 key things I want you to keep in mind:**



01

Anger is never justified no matter what the provocation might be.

If you're noticing that your anger is on that border or inching towards crossing that line, I strongly suggest you seek anger therapy immediately.



02

Abusive anger turns you from victim to abuser.

If you suspect your anger is becoming abusive, be willing to get help for yourself, especially if it's turning you into someone even **you** don't like.

3

KEY THINGS

03



Abusive anger isn't about the situation; it's about controlling others.

And this is a key distinction to make. You see, normal anger is about hurt. Abusive anger is about power and control. It's the belief that the other person's flaws or imperfections, bad behaviors or mistakes *renders them less important than you*. That somehow, their opinions are now meaningless, or they are now unworthy of civil treatment, or that their bad choices somehow grant you the right to control their choices. If any of this is ringing a bell for you, I sincerely ask you to be willing to reach out for help.

DISCLAIMER:

I am not an anger management therapist nor specialist, and this course is not designed to help people whose anger has crossed into abusive anger. If this is really a concern for you, I strongly suggest you look into finding someone that specializes in this area in your community.



TASK

CREATE AN OPTIMISM LIST

🎯 PURPOSE: INCREASE OPTIMISM

DIRECTIONS:

1. Make a list of five things you can do this week to cultivate more optimism.
2. Keep this list with you, and any time anger shows up, make yourself do one optimistic thing on this list.



MY OPTIMISM LIST

- 1.
- 2.
- 3.
- 4.
- 5.

OPTIMISM

THE MORE OPTIMISM YOU SEEK OUT
AND EMBRACE AND CULTIVATE,
THE LESS ROOM THERE IS FOR ANGER TO FLARE UP.



STEP
[05]

FORGIVING INFIDELITY
AND RELEASING PAIN



WORKSHEET

TRUE FORGIVENESS

6-STEP PROCESS

DIRECTIONS:

Use these six guided questions to help you process your painful story of why what happened, happened, so you are no longer haunted by them. Listen or watch this section first and then do your worksheet after you've had a better understanding of how it works.



PRINT

Print the Six Guided Questions worksheet to help you process your painful story of why what happened, happened, so you are no longer haunted by them.



REWATCH

Watch or listen to the session again, then do your worksheet after you've had a better understanding of how it works.

THE FORGIVENESS WORKSHEET

QUESTION #
01

What painful stories are being triggered right now?

QUESTION #
02

How does it make you feel when you think these painful thoughts?

QUESTION #
03

Is it true? Can you say with 100% certainty that your painful thoughts are true?

QUESTION #
04

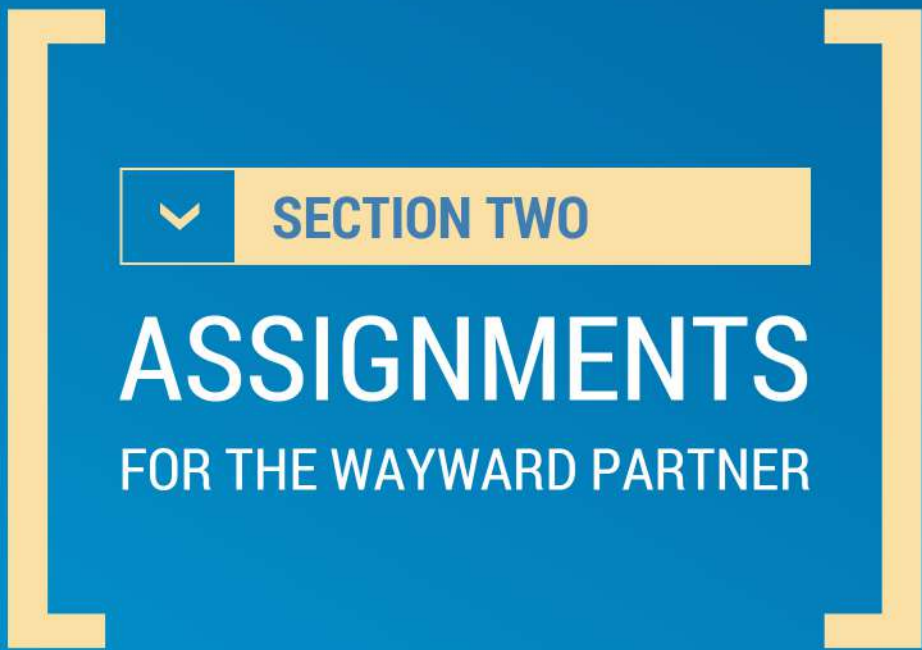
What would allow you to forgive and let go of those painful thoughts right now?

QUESTION #
05

Who would you be without these painful stories?

QUESTION #
06

Act as if you are already that person right now and write down one thing you'd be doing, and then go and do it.



SECTION TWO

ASSIGNMENTS

FOR THE WAYWARD PARTNER

STEP [01]

DAMAGE CONTROL: WHAT TO DO
WHEN YOU'VE BEEN CAUGHT CHEATING



CHECKLIST

THE CRITICAL ACTION STEPS

 DURATION: 7 DAYS

DIRECTIONS:

THE ROAD TO RECOVERY BEGINS WITH THESE STEPS. Before the next seven days are out, I want you to put a checkmark next to each one.
Side Note: If you have already taken a step, just go ahead and check it on the list.

CRITICAL ACTION STEP 1:

EXIT THE AFFAIR Done

CRITICAL ACTION STEP 2:

EMBRACE TRANSPARENCY Done

CRITICAL ACTION STEP 3:

SEEK COUNSELING FOR YOURSELF AND YOUR PARTNER Done

CRITICAL ACTION STEP 4:

FIND WAYS TO MAKE AMENDS Done

CRITICAL ACTION STEP 5:

EMBRACE SELF-FORGIVENESS Done

CRITICAL ACTION STEP 6:

SUPPORT, SUPPORT, SUPPORT Done

STEP
[02]

STANDING IN THE STORM



QUESTIONNAIRE

MENTAL TOUGHNESS

DIRECTION:

Answer the questions in Parts 1 and 2 of this Mental Toughness Questionnaire.

PART 1



ASK YOURSELF

1. Why does standing in the storm matter to you?

2. What are you really fighting for?

3. Why are you willing to go through all the pain, the heartache, the suffering, and the unpleasantness?

PART 2



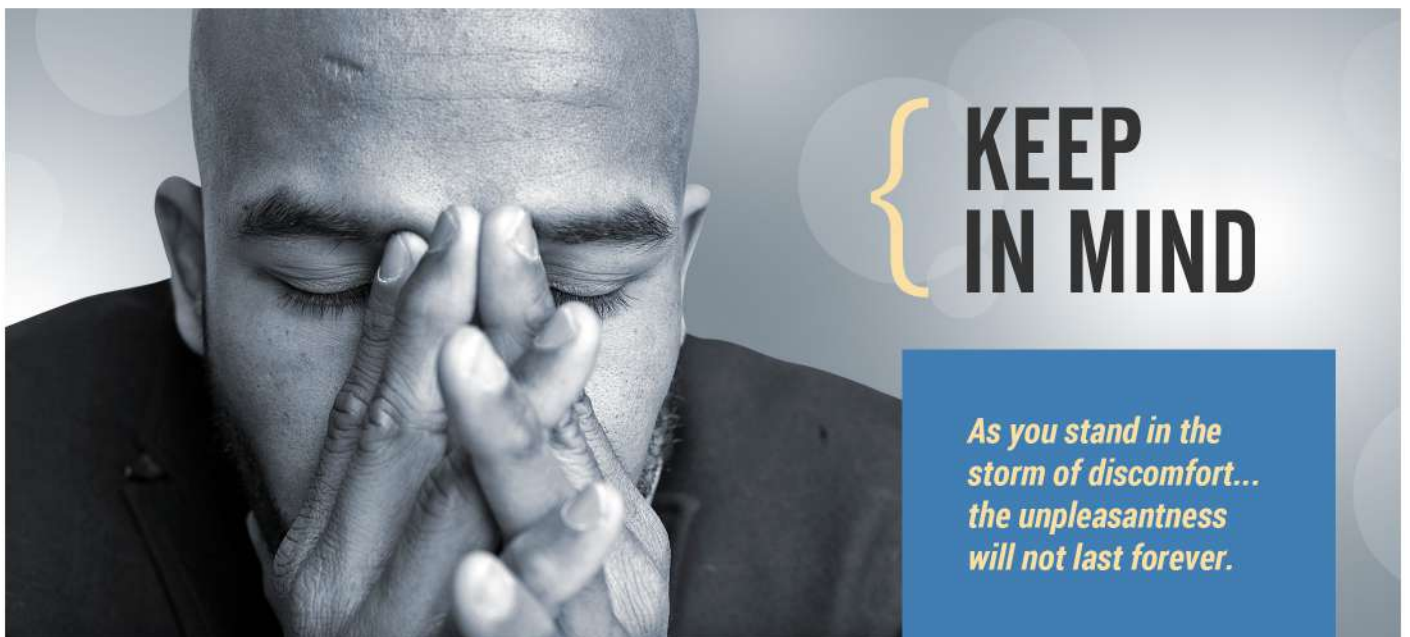
ANSWER THE FOLLOWING

1. Write your goal.

2. What's the best thing you want to see happen as a result of this?

3. What would success look like for you at the end of this?

4. What part should you play in the recovery process?





ASSIGNMENT

ADOPT THE CODE

DO THIS

Adopt the following code:

"THERE'S NO SUBSTITUTE FOR INTEGRITY."

DO ANY OR ALL
OF THE FOLLOWING



Write it down.



Carry it in your wallet
or pocketbook.



Do whatever it takes to
help you remember
the code.



Put it on your
saversaver.



From this day forward, tell
yourself: "Always
be a one-time
learner."

REFLECTIONS ON THIS:



TASK

LEANING INTO DISCOMFORT

 DURATION: 7 DAYS

DIRECTIONS:

For the next seven days, a few times a day, practice leaning into your discomfort. In the privacy of your own mind, allow yourself to intentionally, mindfully lean into emotional discomfort.

7 DAYS



OF LEANING INTO EMOTIONAL DISCOMFORT

DAY 1

MINDFULLY
LEANED INTO
MY EMOTIONAL
DISCOMFORT.

YES NO

DAY 2

ALLOWED
MYSELF TO
LEAN INTO
DISCOMFORT.

YES NO

DAY 3

MINDFULLY
LEANED INTO
MY EMOTIONAL
DISCOMFORT.

YES NO

DAY 4

ALLOWED
MYSELF TO
LEAN INTO
DISCOMFORT.

YES NO

DAY 5

MINDFULLY
LEANED INTO
MY EMOTIONAL
DISCOMFORT.

YES NO

DAY 6

ALLOWED
MYSELF TO
LEAN INTO
DISCOMFORT.

YES NO

DAY 7

MINDFULLY
LEANED INTO
MY EMOTIONAL
DISCOMFORT.

YES NO

STEP
[03]

SELF-FORGIVENESS: LETTING GO
OF GUILT, SHAME AND PAIN



WORKSHEET

3 RULES TO BREAK FREE FROM GUILT

DIRECTIONS:

Use this worksheet to help you practice my three rules for breaking free from guilt. Use whenever guilt surfaces on your emotional radar.

RULE 1:

I AM NOW WILLING TO VIEW GUILT IS A STRATEGY AND NOT A RESULT.

No

Yes

Follow up question: As a strategy, how has guilt worked for me in the past?

RULE 2:

I AM WILLING TO ACKNOWLEDGE THAT I WILL NEVER WIN WITH GUILT.

No

Yes

Follow up question: In what ways has guilt been holding me back?

RULE 3:

I AM WILLING TO ACCEPT THAT LEARNING SUCCES IS THE ULTIMATE ANTIDOTE TO GUILT.

No

Yes

Follow up question: What lessons do you need to learn from your past mistakes?

STEP
[04]

HOW TO INSPIRE
YOUR PARTNER'S FORGIVENESS



REMINDER CARD

THE FIVE KEYS TO SELF-FORGIVENESS

DIRECTIONS:

Print and keep this reminder card with you. Review whenever it feels hard to embrace forgiveness for your mistakes. It helps to speak each reminder out loud.



THE 5 KEYS TO SELF-FORGIVENESS

REMINDER CARD

REMINDER 1: All forgiveness is self-forgiveness.

It's okay to cancel my own unforgiving thoughts towards myself and set myself free as a result.

REMINDER 2: Forgiveness means allowing the past to be over.

I now let go of any want, need, wish or desire to have been different or better in the past because that's an impossible hope.

REMINDER 3: The reason for forgiveness is mistakes.

Just like how I didn't need permission to make a mistake, I don't need permission to accept forgiveness for my mistakes. I give myself that permission now.

REMINDER 4: Self-forgiveness automatically leads me to the next right step.

Embracing self-forgiveness now frees me to take the next right steps without fear or resentment.

REMINDER 5: Self-forgiveness does not rest on asking, but on receiving.

I'm now willing to receive forgiveness for any harm caused by my mistakes.



WORKSHEET

HANDLING THE TOP 12 OBJECTIONS

DIRECTIONS ➔



1. Review the section on Handling the Top 12 Objections.
2. Use my example responses for inspiration to help craft your own positive and healthy response to each objection (or a variation of them).
3. Use your response in a real-life situation and come back and rate them.
4. The ones that rate well... use again. The ones that land poorly... discard. The ones that fall flat... optimize .



THE 12 OBJECTIONS TO FORGIVENESS WORKSHEET

(OBJECTIONS 01 - 03)

OBJECTION #01: Adultery is the ultimate sin; it's totally unforgivable.

My Response:

Rate My Response: *Landed Well* *Landed Poorly* *Falls Flat*

My Optimized Reponse:

OBJECTION #02: I'll never forgive.

My Response:

Rate My Response: *Landed Well* *Landed Poorly* *Falls Flat*

My Optimized Reponse:

OBJECTION #03: You just expect me to forgive and forget.

My Response:

Rate My Response: *Landed Well* *Landed Poorly* *Falls Flat*

My Optimized Reponse:



THE 12 OBJECTIONS TO FORGIVENESS WORKSHEET

(OBJECTIONS 04 - 06)

OBJECTION #04: How can I be sure you're not just going to do this again?

My Response:

Rate My Response: *Landed Well* *Landed Poorly* *Falls Flat*

My Optimized Reponse:

OBJECTION #05: You're not sorry for what you did. You're only sorry you got caught.

My Response:

Rate My Response: *Landed Well* *Landed Poorly* *Falls Flat*

My Optimized Reponse:

OBJECTION #06: This is too painful for me to let go.

My Response:

Rate My Response: *Landed Well* *Landed Poorly* *Falls Flat*

My Optimized Reponse:



THE 12 OBJECTIONS TO FORGIVENESS WORKSHEET

(OBJECTIONS 07 - 09)

OBJECTION #07: How could you do this to me?

My Response:

Rate My Response: *Landed Well* *Landed Poorly* *Falls Flat*

My Optimized Reponse:

OBJECTION #08: If you loved me, you wouldn't have done this.

My Response:

Rate My Response: *Landed Well* *Landed Poorly* *Falls Flat*

My Optimized Reponse:

OBJECTION #09: If you loved me, you would've done this.

My Response:

Rate My Response: *Landed Well* *Landed Poorly* *Falls Flat*

My Optimized Reponse:



THE 12 OBJECTIONS TO FORGIVENESS WORKSHEET

(OBJECTIONS 10 - 12)

OBJECTION #10: How dare you even ask me to forgive you?

My Response:

Rate My Response: *Landed Well* *Landed Poorly* *Falls Flat*

My Optimized Reponse:

OBJECTION #11: Once a cheater, always a cheater.

My Response:

Rate My Response: *Landed Well* *Landed Poorly* *Falls Flat*

My Optimized Reponse:

OBJECTION #12: You're asking too much of me. I just can't do this.

My Response:

Rate My Response: *Landed Well* *Landed Poorly* *Falls Flat*

My Optimized Reponse:

STEP
[05]

HOW TO WIN HER BACK



TASK

EXCUSES AND RATIONAL-LIES

DIRECTION:

List all the previous excuses and "rational-lies" that you told yourself that allowed you to justify deception.

COMMON RATIONAL-LIES





TASK

MAKE YOURSELF A PROMISE

DIRECTION:

Make yourself a promise to do the following:



01. COMMIT

Commit to watching this session at least a couple more times.

02. NEXT TIME

Commit to allowing the knowledge to fully imprint on your brain, to fully penetrate that masculine psychology so that your skill with women grows consciously and unconsciously stronger and stronger.



REFLECTIONS ON THIS

Psychology Today

The number one thing that will prolong trouble is wanting an easy way out of trouble

I'M NEVER GOING TO GET TO SLEEP.

My face is all but obscured by sticky white adhesive patches, each bristling with multicolored wires. Several more sensors are buried in my hair and glued to my skull. There's a nasal tube with some weird dangly thing attached to it hanging under my nose. More of these wired-up patches are glued to various places on my chest, and a pair of sensors is tucked beneath my clothing and run down each leg. As I walk around, I trail a tangle of cables.

A very patient staffer at a suburban Baltimore sleep clinic leads me into this gear, a process that has taken a good 45 minutes. It reminds me a bit of what it might be like to be an astronaut getting strapped into a space suit. After I'm reconnected in this web of wiring, I'm instructed to get into bed, where even more sensors are attached, including

a pulse oximeter stuck on my finger. Then all the wires are plugged into a series of jacks in the wall. Should I want to get up during the night, I'll have to summon assistance and have an attendant unplug me first.

Once installed in bed, I'll have to remain that way for the next seven hours, while a night vision camera, a microphone and all these wires record every twitch and snort. Known as polysomnography tests, these are designed to track a whole suite of physical processes, from brain waves and eye and limb movements to heart activity and blood oxygenation levels. Collectively, all these sensors can draw an exquisitely detailed portrait of a surprisingly mysterious—and increasingly elusive—state of being: the sleeping self.

But for all of that to happen, first I'm going to have to fall asleep.

PHOTOGRAPH BY DAN WINTERS

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STEP
[06]

GRACEFUL EXITS:
THE SAFEST WAYS TO END AN AFFAIR



TASK

TOP FIVE AFFAIR PAYOFFS

DIRECTIONS:

Below are the top five payoffs that an affair can provide and why. Your job is to rank from 1 to 5 how much you agree (5 being you highly agree) to each one of the payoffs. Write in your journal about the ones you rank above a three.

TOP 5 AFFAIR PAYOFFS	
Payoff 1: Proof of desirability	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
Payoff 2: A distraction from boredom	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
Payoff 3: A way to recapture control	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
Payoff 4: A guilty pleasure	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
Payoff 5: Proof of specialness	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5

REFLECTIONS ON MY PAYOFFS

FOREVER

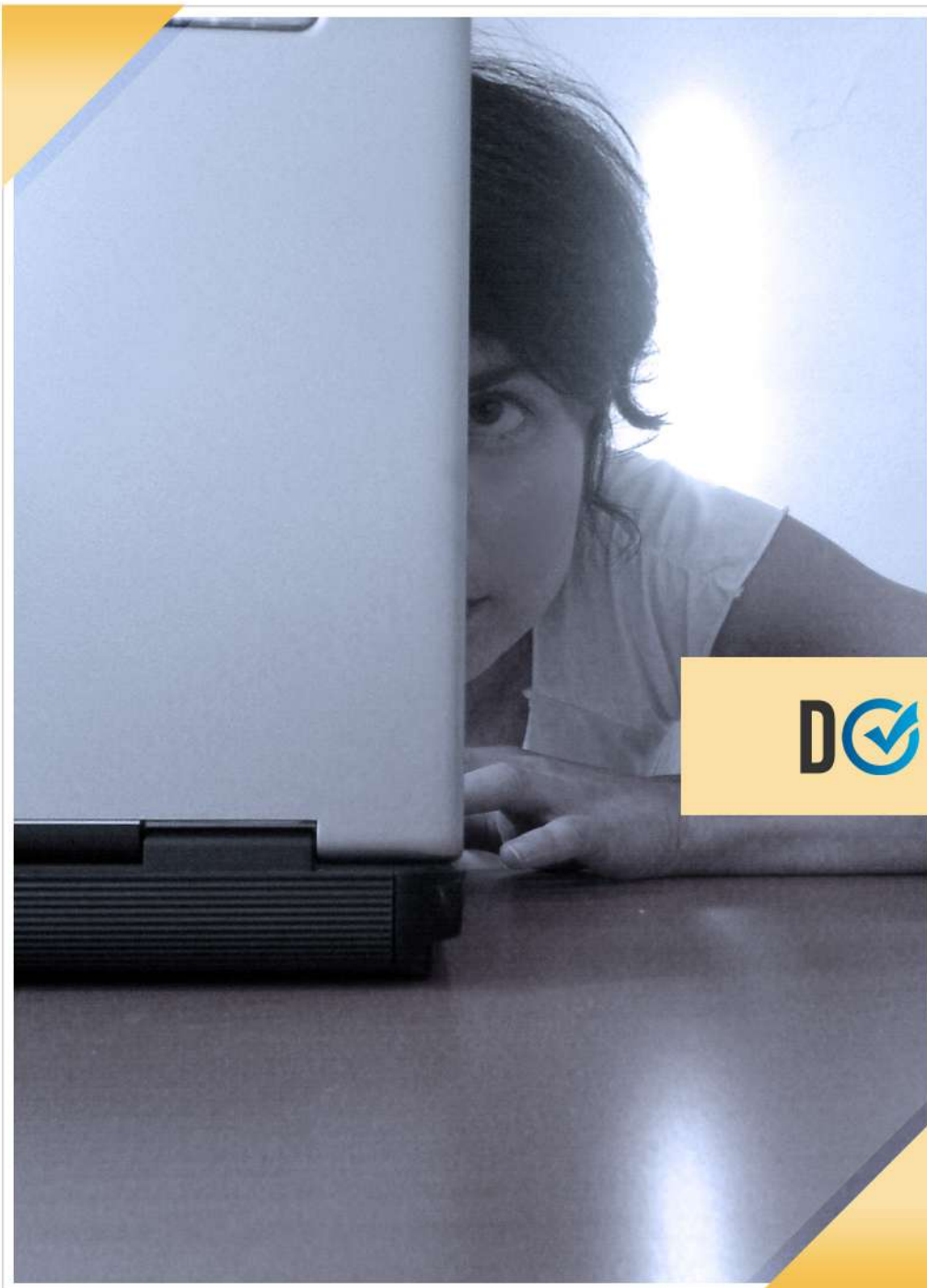


DO NOT CONTACT



TASK

YOUR TOP 10 EXCUSES



DO THIS

List your **Top 10 Excuses** that cause you to fail in your lifetime commitment of “no contact” and “no communication”.



THE TOP 10 EXCUSES

THAT CAUSE ME TO FAIL MY COMMITMENT TO NO CONTACT & NO COMMUNICATION



1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

STEP
[07]

DISMANTLING EMOTIONAL AFFAIRS



TASK

WHAT ARE YOUR RATIONAL-LIES?

DIRECTIONS →



List anything that you tell yourself in order to renegotiate or to justify, or anything that might weaken your decision to follow the 12 Steps for Dismantling an Emotional Affair.



MY RATIONAL-LIES



SPECIALNESS



ENTITLEMENT

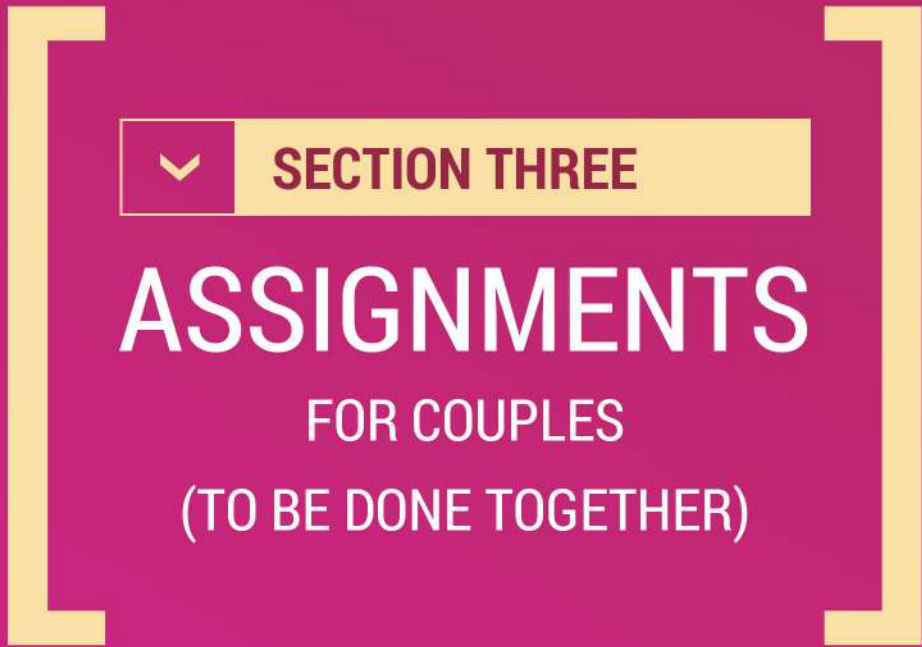


DENIAL



12 STEPS FOR DISMANTLING AN EMOTIONAL AFFAIR





SECTION THREE

ASSIGNMENTS

FOR COUPLES
(TO BE DONE TOGETHER)

STEP
[01]

THE ROAD TO RECOVERY
AFTER INFIDELITY



QUESTIONNAIRE

OUR ROAD TO RECOVERY

DIRECTIONS:

Immediately following the first session, each partner should answer their own questionnaire in private, then meet back and review and discuss both your answers in a compassionate way.





ROAD TO RECOVERY QUESTIONNAIRE

FOR THE BETRAYED PARTNER

1. What is your biggest concern about the future together?

2. What are the three biggest obstacles you must overcome if the marriage is to survive?

3. List the things you need to feel safe to continue in this relationship.

4. Put yourself in your partner's shoes. How would you want to be treated right now?

5. If you could wave a magic wand and have exactly the marriage you want, what would it look like?



ROAD TO RECOVERY QUESTIONNAIRE

FOR THE WAYWARD PARTNER

1. What did you gain and what did you lose as a result of the affair?

2. From your perspective, what are the three biggest obstacles facing you as a couple?

3. Put yourself in your partner's shoes. How would you want to be treated right now?

4. If your marriage is to survive, list three things that you personally need to do differently.

5. If you could wave a magic wand and have exactly the marriage you want, what would it look like?

STEP
[02]

REPAIRING TRUST AND INSPIRING HONESTY
IN YOUR MARRIAGE



QUESTIONNAIRE

IDENTIFYING THE LION IN THE ROOM

PURPOSE: DISCOVER THE HIDDEN FEARS BLOCKING TRUST

DIRECTIONS:

The real obstacles in repairing trust is not lack of love, nor is it lack of desire. The real problem is fear. Use this questionnaire to help identify the lion in the room (the real fears stopping you and your partner from trusting again).

ASK YOURSELF & ASK YOUR PARTNER:

1. What is the lion in the room for you? (What fears are preventing you from trusting again?)

2. IF you looked at that fear logically, what could you say about it?



DISCUSSIONS ON THIS TOPIC

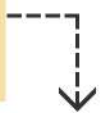


BONUS ASSIGNMENT

RATIONAL-LIES & EXCUSES LIST



DIRECTIONS



1. Make a list of your excuses and rational lies for being dishonest.
2. Then, make a sincere decision to never allow yourself to be deceived by any of those again.



BONUS ASSIGNMENT

MY LIST

OF EXCUSES AND RATIONAL LIES FOR BEING DISHONEST IN THE PAST:



MY COMMITMENT TO HONESTY

MISSION STATEMENT



Date: _____

Signature: _____



COUPLES ASSIGNMENT

MAKING A SAFETY PACT



PRINT

Print and sign the document to make a pact with your partner that you will both do whatever it takes to make it safe for each other to tell the truth. Be sure to print sign and date. Place it somewhere visible.



DIRECTIONS



STEP
[03]

HOW TO INFIDELITY-PROOF
YOUR MARRIAGE



COUPLES ASSIGNMENT

COUPLES ASSIGNMENT #1

CONVERSATION: BOUNDARIES & DEAL BREAKERS

DIRECTIONS ➔



MAKE A DATE TO TALK

Make a date with your partner to talk about your boundaries and your dealbreakers. Share with each other how you feel about things like emotional affairs and revealing intimate details of your life to others.

Sample Questions:

- > What are your relationship boundaries?
- > What are your dealbreakers?
- > How do you feel about emotional affairs?
- > What's okay for us talk about behind each other's back?



COUPLES ASSIGNMENT

COUPLES ASSIGNMENT #2

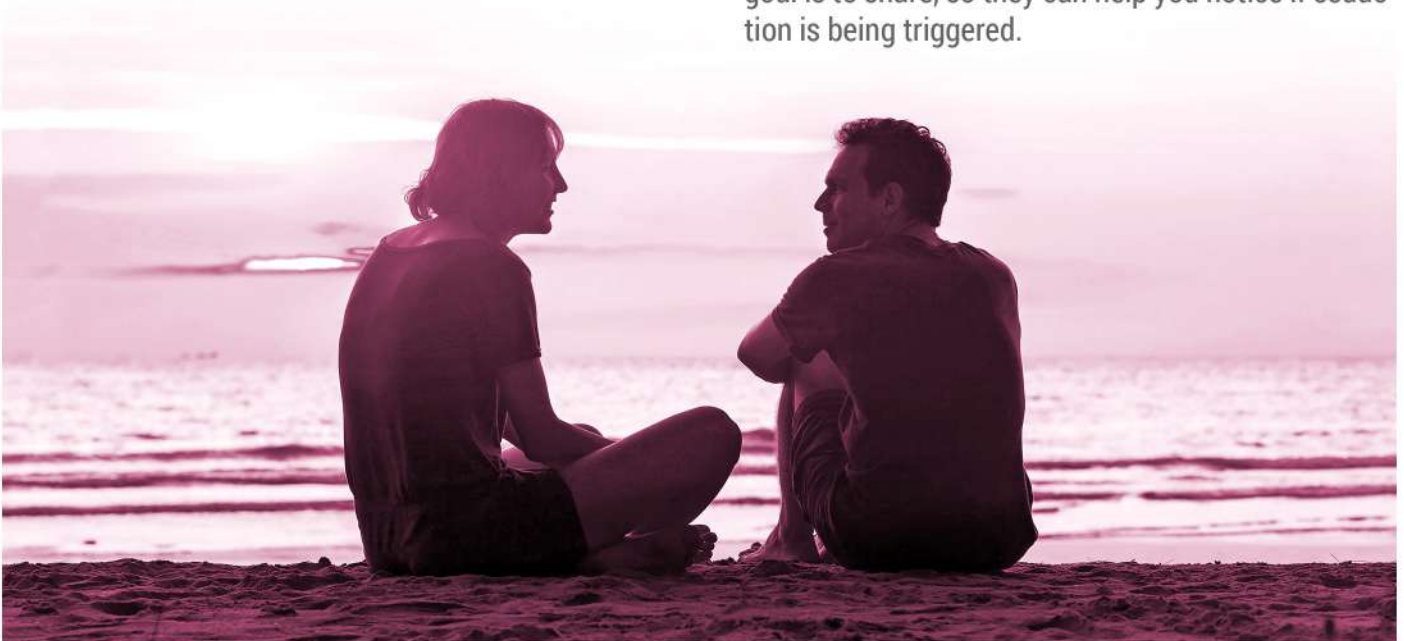
COMMUNICATING UNFULFILLED WISHES

DIRECTIONS

SIDE NOTE

1. Write down any secret wishes and unfulfilled desires you may have.
2. Share your list with your partner.

There should be no judgments because we all have unfulfilled wishes. Also, keep in mind that your partner is not required to fulfill these wishes. The goal is to share, so they can help you notice if seduction is being triggered.



REFLECTIONS ON THIS ASSIGNMENT



MY LIST OF SECRET WISHES

SEXUAL FANTASIES

ROMANTIC LONGINGS

EXPERIENCES/ADVENTURES



COUPLES ASSIGNMENT

COUPLES ASSIGNMENT #3



THE LIST OF CHEATING EXCUSES

DIRECTIONS:

Sit down and make a list of all the possible excuses that could be used to justify cheating of any kind. They can be your own excuses or maybe excuses you've heard from other people.



LIST OF CHEATING EXCUSES

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.



COUPLES ASSIGNMENT

COUPLES ASSIGNMENT #4



VERBAL PERMISSION

DIRECTION:

Do the following (but only) if you want to make your partner feel safe to communicate with you honestly.

DO THIS

01. GIVE

Give your partner verbal permission to tell you the truth.

02. DON'T

Don't punish them when they tell you the truth.

IF REBUILDING TRUST IS THE GOAL...



TRANSPARENCY IS THE WAY.

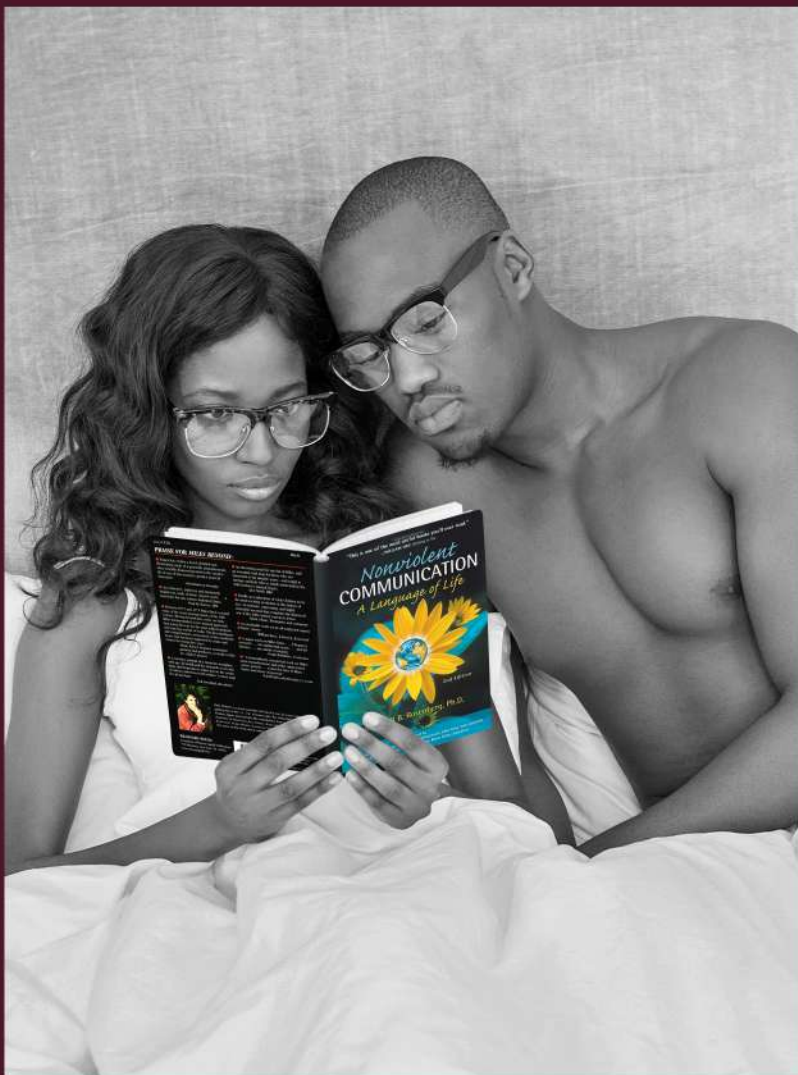


COUPLES ASSIGNMENT

COUPLES ASSIGNMENT #5

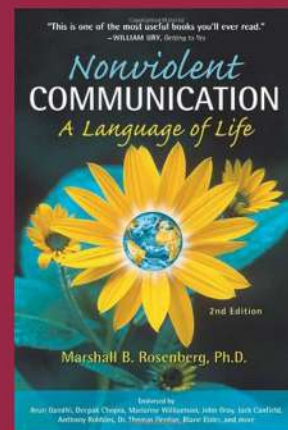
TASK: BUY AND READ *NON-VIOLENT COMMUNICATIONS*

DO THIS



BUY AND READ

As soon as you're done with your home study course, go and get yourself a copy of *Non-Violent Communications* by Marshall Rosenberg. Then, take turns reading one chapter per night to each other.



[BUY ONLINE HERE](#)

STEP
[04]

RETURN TO LOVE AND INTIMACY



QUESTIONNAIRE

YOUR LOVE SCRIPT



DIRECTIONS

Use this questionnaire as inspiration for deeper communication about how your love script has impacted your expectations.

Each partner does the questionnaire separately, and then meet back to share and discuss your answers together.





QUESTIONNAIRE

WHAT'S IN MY LOVE SCRIPT?

1. How do you know when you are loved?

2. What key gestures prove love's existence to you?

3. What are the rules for how love should behave?

4. What key signs will help you to determine if love is true?

5. What is love supposed to look like and feel like to you?

6. What does love mean to you?

STEP
[05]

DEALING WITH TEMPTATION



TEMPTATION QUIZ #1

KNOW YOUR LURES

DIRECTION:

Using the following clues, honestly evaluate how responsive you would be to a particular lure.

LURE 1: LURE OF PROXIMITY

1. Do you have closer friends at work than you do outside of work?	<input type="checkbox"/> Yes <input type="checkbox"/> No
2. Are there people at work with whom you have more intimate conversations than you do at home?	<input type="checkbox"/> Yes <input type="checkbox"/> No
3. Is there any particular person who knows secrets about you that your own partner doesn't know?	<input type="checkbox"/> Yes <input type="checkbox"/> No
4. Have you found yourself rearranging your home life, so you can spend more time in an environment other than home?	<input type="checkbox"/> Yes <input type="checkbox"/> No
5. Do you find yourself doing things because they're more convenient, rather than because it's what you really want to do?	<input type="checkbox"/> Yes <input type="checkbox"/> No
6. Do you find yourself complaining or talking bad about your partner or your relationship behind their back?	<input type="checkbox"/> Yes <input type="checkbox"/> No
7. Do you experience jealousy or envy when people appear to have something that you don't?	<input type="checkbox"/> Yes <input type="checkbox"/> No
8. Do you give other people marital or relationship advice?	<input type="checkbox"/> Yes <input type="checkbox"/> No
9. Are you prone to sexual fantasies about people your work with, socialize with, or know in real life?	<input type="checkbox"/> Yes <input type="checkbox"/> No

If you answered **Yes** to three or more of these questions, then chances are you are vulnerable to the **Lure of Proximity**.

LURE 2: THE ATTENTION LURE

1. Do you feel more alive when others pay attention to you?	<input type="checkbox"/> Yes <input type="checkbox"/> No
2. Do you have difficulties being alone?	<input type="checkbox"/> Yes <input type="checkbox"/> No
3. Do you feel more comfortable with the spotlight on you?	<input type="checkbox"/> Yes <input type="checkbox"/> No
4. Do you get energized by flirting with members of the opposite sex?	<input type="checkbox"/> Yes <input type="checkbox"/> No
5. Do you dress to attract attention?	<input type="checkbox"/> Yes <input type="checkbox"/> No
6. Do you have a hard time being ignored?	<input type="checkbox"/> Yes <input type="checkbox"/> No
7. Does silence make you crazy?	<input type="checkbox"/> Yes <input type="checkbox"/> No
8. Do you have secret fears that you're invisible, not heard or not seen enough?	<input type="checkbox"/> Yes <input type="checkbox"/> No
9. Do you constantly look for signs or proof that you are sexually desirable to others?	<input type="checkbox"/> Yes <input type="checkbox"/> No

If you answered **Yes** to three or more of these questions, then chances are you are vulnerable to the **Attention Lure**.





LURE 3: THE NOVELTY LURE

1. Do you have a hard time handling boredom?	<input type="checkbox"/> Yes <input type="checkbox"/> No
2. Do you feel like there's something missing in your life, but you just can't put your finger on it?	<input type="checkbox"/> Yes <input type="checkbox"/> No
3. Have you been referred to as a control freak or OCD more than twice?	<input type="checkbox"/> Yes <input type="checkbox"/> No
4. Do you have to be in constant motion?	<input type="checkbox"/> Yes <input type="checkbox"/> No
5. Are you usually the first among your friends to get the latest gadgets?	<input type="checkbox"/> Yes <input type="checkbox"/> No
6. Are you attracted to things that are rare, exclusive or unusual?	<input type="checkbox"/> Yes <input type="checkbox"/> No
7. Do you have a drawer or a closet filled with things that you used only a few times before you lost interest?	<input type="checkbox"/> Yes <input type="checkbox"/> No
8. Are you attracted by words like "off the beaten path," latest, or state-of-the-art?	<input type="checkbox"/> Yes <input type="checkbox"/> No

If you answered **Yes** to two or more of these questions, then chances are you are vulnerable to the **Novelty Lure**.

LURE 4: THE VANITY LURE

1. Do you constantly check your appearance in the mirror?	<input type="checkbox"/> Yes <input type="checkbox"/> No
2. Do you dress to impress others, rather than to please yourself?	<input type="checkbox"/> Yes <input type="checkbox"/> No
3. Does having approval mean more to you than living authentically?	<input type="checkbox"/> Yes <input type="checkbox"/> No
4. Are you willing to do just about anything to keep up appearances?	<input type="checkbox"/> Yes <input type="checkbox"/> No
5. Do you spend more time taking care of your physical self than you do taking care of your spiritual or emotional self?	<input type="checkbox"/> Yes <input type="checkbox"/> No
6. Are you attracted to things that are rare, exclusive or unusual?	<input type="checkbox"/> Yes <input type="checkbox"/> No

If you answered **Yes** to three or more of these questions, then chances are you are vulnerable to the **Vanity Lure**.



LURE 5: THE DISTRACTION LURE

1. Do you have a hard time tolerating loneliness?	<input type="checkbox"/> Yes <input type="checkbox"/> No
2. Do you like to gamble or play games of chance?	<input type="checkbox"/> Yes <input type="checkbox"/> No
3. Do you have unmet needs that you are afraid to ask your partner for?	<input type="checkbox"/> Yes <input type="checkbox"/> No
4. Do you secretly crave a sex life that's different from the one you currently have?	<input type="checkbox"/> Yes <input type="checkbox"/> No
5. Do you have secret activities or guilty pleasure that you tend to regress to when you're under stress?	<input type="checkbox"/> Yes <input type="checkbox"/> No
6. Have you ever been called a high risk-taker or a daredevil?	<input type="checkbox"/> Yes <input type="checkbox"/> No
7. Is there a book, a play or a movie script that you've been meaning to write, but you've never gotten around to or finished?	<input type="checkbox"/> Yes <input type="checkbox"/> No
8. Do you tend to procrastinate a lot?	<input type="checkbox"/> Yes <input type="checkbox"/> No
9. Do you have a hard time finishing the things you started?	<input type="checkbox"/> Yes <input type="checkbox"/> No

If you answered **Yes** to three or more of these questions, then chances are you are vulnerable to the ***Distraction Lure***.



LURE 6: THE PLEASURE LURE

1. Are you human?

 Yes No

If you answered **Yes**, then chances are you're vulnerable to being lured into temptation by your *impulse to seek pleasure* as the rest of us.

LURE 7: THE ALLURE OF GETTING AWAY WITH IT

1. Do you prefer the chase rather than the capture?

 Yes No

2. Do you get bored once you've made a conquest?

 Yes No

3. Do you find it easy to compartmentalize your life?

 Yes No

4. Are you the type to bet on the long shot and win?

 Yes No

5. Are you really into proving yourself?

 Yes No

6. Are you always on the hunt for the next big thing?

 Yes No

7. Do you find ways to stay in control even if you have to hide or cheat to do it?

 Yes No

8. Have you ever been accused of being passive-aggressive by more than three people in your life?

 Yes No

9. Do you have a tendency to hold grudges?

 Yes No

10. Is power an aphrodisiac for you?

 Yes No

11. Are you usually the smartest, richest, or most successful in your circle of friends?

 Yes No

12. Do you secretly believe the rules don't apply to you?

 Yes No

If you answered **Yes** to four or more of these questions, then chances are you are vulnerable to the *Lure of Getting Away with It*.

LURE 8: THE ALLURE OF THE FORBIDDEN FRUIT

1. Do you really like those things that you can't have?	<input type="checkbox"/> Yes <input type="checkbox"/> No
2. Do you have at least one guilty pleasure that you use to reward yourself with?	<input type="checkbox"/> Yes <input type="checkbox"/> No
3. Do you constantly compare what you have with what others have?	<input type="checkbox"/> Yes <input type="checkbox"/> No
4. Do you worry that others may know or have things you don't?	<input type="checkbox"/> Yes <input type="checkbox"/> No
5. Are you the type that when people tell you you can't do something, you immediately set out to prove them wrong?	<input type="checkbox"/> Yes <input type="checkbox"/> No
6. Do you like going against conventional wisdom?	<input type="checkbox"/> Yes <input type="checkbox"/> No
7. Have you ever been called a contrarian?	<input type="checkbox"/> Yes <input type="checkbox"/> No
8. Are you attracted to groups that promise secret knowledge or classified information?	<input type="checkbox"/> Yes <input type="checkbox"/> No
9. Do you enjoy knowing and keeping secrets?	<input type="checkbox"/> Yes <input type="checkbox"/> No
10. Do you like flirting with the edges or pushing the boundaries in life?	<input type="checkbox"/> Yes <input type="checkbox"/> No
11. Have you ever been labeled defiant or rebellious?	<input type="checkbox"/> Yes <input type="checkbox"/> No
12. Do you have a secret fear of being controlled?	<input type="checkbox"/> Yes <input type="checkbox"/> No
13. Do you believe that knowledge is power?	<input type="checkbox"/> Yes <input type="checkbox"/> No
14. Do you enjoy being the person able to do the things that other people wished they could do but don't have the courage to do?	<input type="checkbox"/> Yes <input type="checkbox"/> No

If you answered **Yes** to three or more of these questions, then chances are you are vulnerable to the **Lure of the Forbidden Fruit**.

LURE 9: THE FREE CHEESE LURE

1. Do you rely on luck as a strategy?	<input type="checkbox"/> Yes <input type="checkbox"/> No
2. Are you tempted by words like <i>free</i> or <i>complimentary</i> ?	<input type="checkbox"/> Yes <input type="checkbox"/> No
3. Do you like taking shortcuts?	<input type="checkbox"/> Yes <input type="checkbox"/> No
4. Are you a minimum efforts type of person?	<input type="checkbox"/> Yes <input type="checkbox"/> No
5. Is convenience a big deciding factor for you?	<input type="checkbox"/> Yes <input type="checkbox"/> No
6. Do you hate feeling burdened or inconvenienced by other people?	<input type="checkbox"/> Yes <input type="checkbox"/> No
7. Do you have a hard time saying no?	<input type="checkbox"/> Yes <input type="checkbox"/> No

If you answered **Yes** to two or more of these questions, then chances are you are vulnerable to the **Free Cheese Lure**.





TEMPTATION QUIZ #2

RECOGNIZING EXTRAMARITAL BAIT

DIRECTIONS:

The following are what I consider to be eight of the most commonly encountered baits: three that target men or masculine psychology, three that target women or female psychology, and two that seem to be universal and work across the board. Evaluate your own responsiveness: 1 - least responsive, and 5 - highly responsive.



PART 1:

BAITS THAT TARGET MEN OR MALE PSYCHOLOGY

1. The Damsel in Distress Bait

This is the woman that taps into a man's secret desire to rescue the princess from the tower, to be her hero, to be needed, to save her, to transport her from drudgery to freedom, to be the man that rights all the wrongs that have been done to her so far.

SUSCEPTIBILITY RATING

 1 2 3 4 5

2. The Sex Siren Bait

The sex siren represents sexual freedom. Her allure is her ability to project the fantasy of being that woman with the elusive ability to enjoy sex without guilt.

SUSCEPTIBILITY RATING

 1 2 3 4 5

3. The Submissive Female

The submissive female taps into a man's desire to be the ultimate object of a woman's devotion.

SUSCEPTIBILITY RATING

 1 2 3 4 5



PART 2:

BAITS THAT TARGET WOMEN OR FEMALE PSYCHOLOGY

1. The Don Juan Bait

The Don Juan type has the ability to tap into a woman's repressed longing to experience love with a truly great lover, one who instinctively understands her, and is able to communicate and connect and give her what she wants without her having to tell him.

SUSCEPTIBILITY RATING

1 2 3 4 5

2. The James Bond Bait

The James Bond type taps into a married woman's repressed longing for mystery, excitement, and glamour that married life no longer provides.

SUSCEPTIBILITY RATING

1 2 3 4 5

3. The Bad Boy

He represents the opposite, or he is the contrast of what a woman has. He gives her a glimpse of life from a different perspective from the other side of the tracks, which can be very titillating and exciting.

SUSCEPTIBILITY RATING

1 2 3 4 5





PART 3:

THE TWO UNIVERSAL EXTRAMARITAL BAITS

1. The Alpha Bait

The alpha male and the alpha female tap into our secret desire to be with the leader of the pack or to enjoy power by association.

SUSCEPTIBILITY RATING

1 2 3 4 5

2. The Unicorn Bait

The "Unicorn" describes the perfect man or the perfect woman that you've been chasing all your life. This is the one you've been searching for all your life but you never thought existed, and represents all your fantasies, all your romantic wishes and desires come to life.

SUSCEPTIBILITY RATING

1 2 3 4 5

STEP
[06]

THE POWER OF PASSIONATE MONOGAMY



PASSIONATE MONOGAMY

THE GUIDING PRINCIPLES



1. The core ingredients for creating passionate monogamy are: love, trust, open communication and sexual happiness.

As long as we're willing to nurture and grow these ingredients, they will deliver a lifetime of passionate monogamy.



2. Relationship happiness is created by design, not by default.

To embrace Passionate Monogamy means conscious defining and refining of our rules for relationship happiness.



3. Soul mates aren't made in heaven; they're made right here on earth.

Our soul-mated relationship is the result of our shared commitment to love, trust, communicate and continually grow our sexual happiness.



4. Passion is the secret sauce that makes monogamy successful.

We choose to remember that love is like the salt that preserves your relationship, but passion is like the sugar that sweetens it, and both are necessary in the recipe for sustaining passionate monogamy.



5. Happiness means having windows, not walls.

We will strive to find the right mix of freedom and boundaries, of adventure and security, and designing our relationship with windows and not walls.



THE TWELVE FREEDOMS

OF PASSIONATE MONOGAMY

**WE AGREE TO GRANT EACH OTHER
THESE 12 FREEDOMS ALL THE WAY UP TO FOREVER:**

1. The freedom to grow personally
2. The freedom to explore
3. The freedom to make mistakes and learn from them
4. The freedom to enjoy one's work
5. The freedom to be oneself
6. The freedom to agree or disagree
7. The freedom to experience our feelings
8. The freedom to be honest and live authentically
9. The freedom to be playful
10. The freedom to enjoy solitude and introspection
11. The freedom to have privacy
12. The freedom to know God or a higher power

Signature: _____

Signature: _____

Date: _____

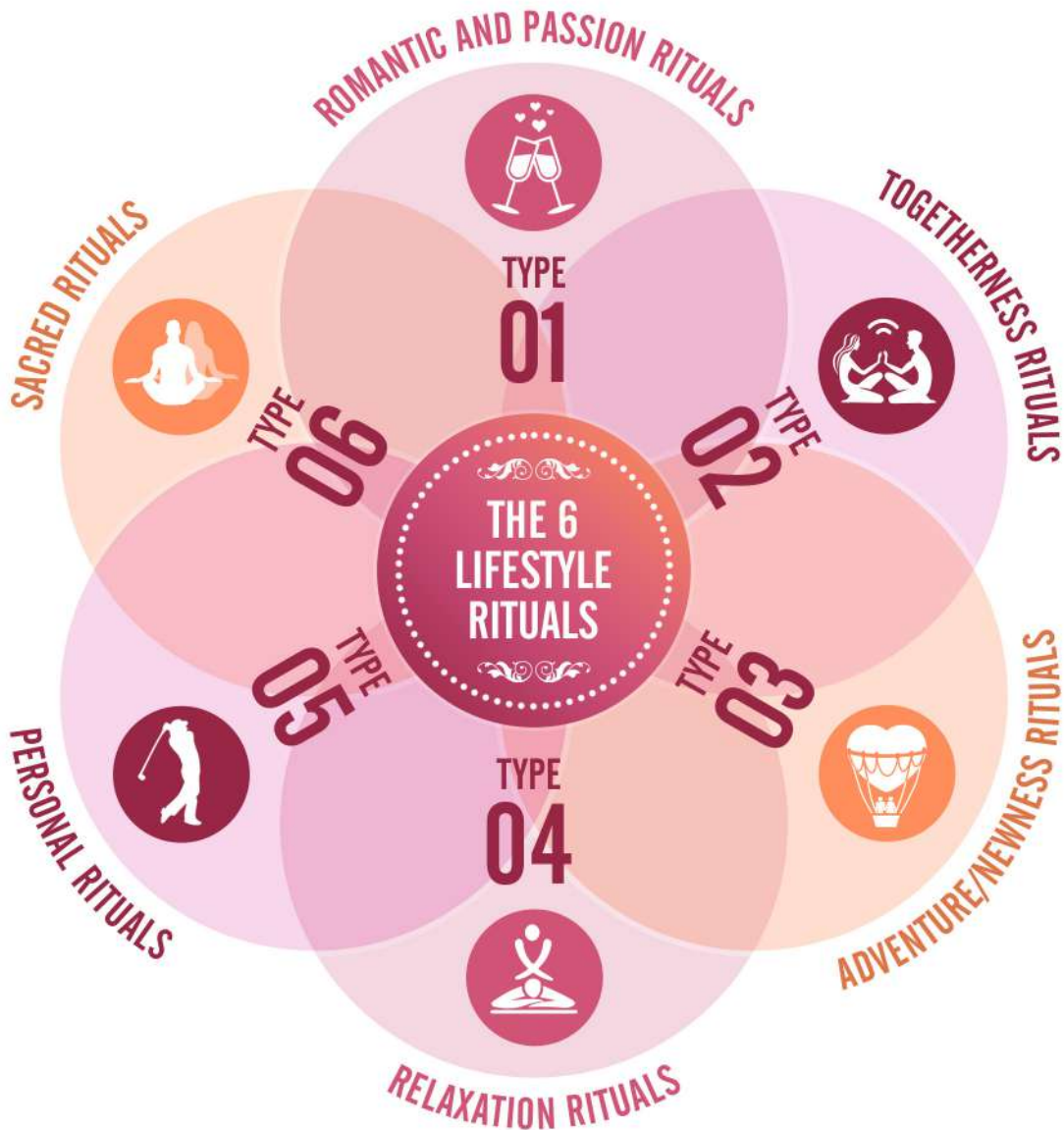
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THE 6 LIFESTYLE RITUALS

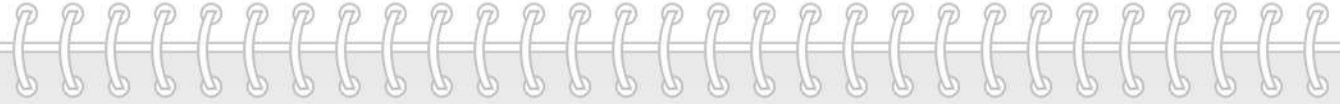


To consciously sustain and continually reignite our passionate monogamy, we agree to incorporate these 6 *Lifestyle Rituals* in ways that feel good and healthy for us.





TYPE 01: ROMANTIC AND PASSION RITUALS



DESCRIPTION: These are the things we are willing to do on a consistent basis to keep the romance alive.

EXAMPLES: Date nights, spa dates, wine tastings and other savoring events

OUR ROMANTIC RITUALS INCLUDE:



TYPE 02: TOGETHERNESS RITUALS



DESCRIPTION: These are our shared common experiences that we use to strengthen the boundaries of our friendship through shared enjoyment.

EXAMPLES: Cooking together, dance classes, golfing together, couple's vacations

OUR TOGETHERNESS RITUALS INCLUDE:



TYPE 03: ADVENTURE/NEWNESS RITUALS

DESCRIPTION: These are experiences that bring newness, variety and novelty in our monogamy.

EXAMPLES: Skydiving, scuba diving, skiing, rock climbing, all the way up to watching erotic movies together

OUR ADVENTURE/NEWNESS RITUALS INCLUDE:



TYPE 04: RELAXATION RITUALS

DESCRIPTION: These experiences help to lower our stress, recharge and get centered. They can be done separately or together.

EXAMPLES: Hot bath, yoga, walking the dog, afternoon naps, or just quietly reading a book

OUR RELAXATION RITUALS INCLUDE:



TYPE 05: PERSONAL RITUALS

DESCRIPTION: These are our 'me time' activities. They include anything we enjoy doing by ourselves and for ourselves.

EXAMPLES: Hobbies, special interests, or just spending time with our own circle of friends

OUR PERSONAL RITUALS INCLUDE:



TYPE 06: SACRED RITUALS

DESCRIPTION: These are the things that we do to honor that which is sacred to us.

EXAMPLES: Yoga, prayer, meditation or going to church or temple together

OUR SACRED RITUALS INCLUDE:



PASSIONATE MONOGAMY

COUPLE'S COMMITMENT PLEDGE

Let us remember that love is the reason for this relationship.

Let us remember that "true love" is a decision (not an emotion), so we choose to think, act and decide for love in all ways and for always.

Let us remember to allow the past to be over every night, so we can begin anew every day.

Let us remember that "together" is how we arrive at our True Love destination.

Let us remember: our relationship happiness is created by design, and not by chance or default.

Let us remember that our mistakes are a call for forgiveness, not punishment.

Let us remember to build on our strengths, not on stereotypes.

Let us remember to never ever stop dating.

Let us remember that sex matters, but creating sexual happiness matters more.

Let us remember that love is the answer to every conflict, argument and disagreement.

Let us remember that our bond is strengthened by our shared common experiences, and deepened during our times of trouble, stress and crisis.

Let us remember to lavish love, to shower praise, and to solve problems with logic.

Let us remember that our relationship is a journey... where growth is the purpose, enjoyment is the reason, and True Love is the destination.

I, _____,
agree to remember our commitment
to passionate monogamy.

Date: _____

I, _____,
agree to remember our commitment
to passionate monogamy.

Date: _____

STEP
[07]

THE PASSIONATE COUPLE:
SECRETS TO REIGNITE YOUR MARRIAGE



QUESTIONNAIRE

WHAT'S YOUR FOREPLAY STYLE?



**STEP
01**

Use the worksheet and check which appeals to you and which you think appeals to your partner. Your partner should do the same.

**STEP
02**

Write down which style you think you both need to work on.

**STEP
03**

Compare notes and discover how well you know each other.



QUESTIONNAIRE

WHAT'S MY FOREPLAY STYLE?

DIRECTION:

Choose the option that suits you best.

My signature foreplay style is:

<input type="checkbox"/> Romantic foreplay	<input type="checkbox"/> Sensual foreplay
<input type="checkbox"/> Adventurous foreplay	<input type="checkbox"/> Tantric foreplay

My partner's signature style is:

<input type="checkbox"/> Romantic foreplay	<input type="checkbox"/> Sensual foreplay
<input type="checkbox"/> Adventurous foreplay	<input type="checkbox"/> Tantric foreplay

The style we most need to work on is:

<input type="checkbox"/> Romantic foreplay	<input type="checkbox"/> Sensual foreplay
<input type="checkbox"/> Adventurous foreplay	<input type="checkbox"/> Tantric foreplay

***REVIEW YOUR ANSWERS WITH YOUR PARTNER THEN ANSWER THE FOLLOWING:**

1. In what ways do our styles complement each other?

2. In what ways do our styles contrast from each other?

3. What other styles are we willing to explore together?

COURSE NOTES





Thank you for participating in this course!
I have faith that the work you both did together will bless you for a lifetime.

Suzie

A handwritten signature in blue ink that reads "Suzie Johnson".

QUESTIONS FOR SUZIE?

You can post your questions to me [here my in Blog](#). This way, others can benefit from your question. And although I do get lots of questions daily, I make it a point to answer questions from my course students first, so please indicate in your question that you are a Marriage Rehab (MR) student. This ensures your question gets priority access.



QUESTION #1:



QUESTION #2:



QUESTION #3:



POST YOUR QUESTION HERE



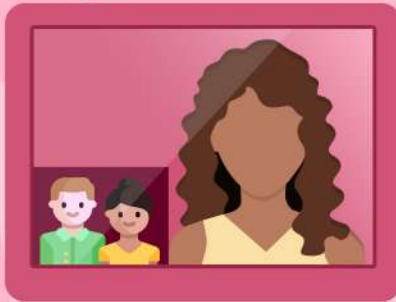
OUR NEXT STEPS?



**TWO OPTIONS FOR CONTINUING
YOUR RECOVERY WORK WITH SUZIE:**



OPTION #1:



**SCHEDULE A COUPLES COACHING
SESSION WITH SUZIE**

Phone || Skype || FaceTime

[➤ FIND OUT MORE HERE](#)

OPTION #2:



ATTEND SUZIE'S COUPLES RETREAT

Locations in Texas & your
home town

[➤ FIND OUT MORE HERE](#)



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