



MarriageHelper

Marriage Recovery Workbook

The Core Concepts

Video One: How Did This Happen?

The point of this section is to understand what happened in your marriage.

Is your spouse a good person doing a bad thing, or a bad person doing a good thing?

What is one thing you can do starting now to reduce your stress levels and help you calm down?

Who are some strong, level-headed people that you can do to for support at this time without poisoning the well and that will support you standing for your marriage?

Write down the number one reason you want to save your marriage? This will help you stay focused when things get tough.

Video Two: What NOT To Do

Have you done any of the things that you shouldn't do? It's okay if you have. We're all human.

If so, which ones do you think will be the hardest to stop doing?

Going forward, how can you ensure you won't do these behaviors? Try and make your plan as specific as possible. It will help you actually follow through with it.

Video Three: The Three Kinds of Affairs

Below you will find the CAGE-BEAM questionnaire.

If the person involved in the lime rent relationship were to take this, then two “yes” answers indicates a 75% probability of an affair.

Interestingly, you, the hurt spouse, can probably answer at least two of these questions about your spouse.

Answer in terms of your spouse's current relationship with a another person. Note that this is only a guide, it does not definitively mean that you spouse is involved in an affair.

CAGE-BEAM (Screening for Crossing Relationship Borders)

Have you ever felt you should Cut back on the time you spend talking or communicating with this person, or the things you communicate with him/her about?

Have people ever Annoyed you by criticizing or questioning your relationship with this person? (i.e. the time you spend together, the amount of communication you have, the things you talk about, the things you do together)

Have you ever felt bad or Guilty about the amount of time you spend with this person, the things you talk about, or any actions you have done together?

Is this person the one you feel compelled to talk with or spend time with either when you are up emotionally, or down emotionally? (Elevator)

How do relationship affairs begin?

There are three types of affairs:

1. Primarily sexual with no limerence (do not ascribe limerent characteristics to this affair);
2. Primarily emotional with no sex (limerence did not fully take control);
3. Relationship affair that included limerence and sexual activity (think of the characteristics of limerence as being very similar to addiction – addictions can be overcome but emotions fluctuate).

Video Four: Inside Your Spouse's Mind

Has your spouse demonstrated any of these behaviors recently: rewriting history, pushing others away, vilifying you or anyone who tries to get in the way of the limerent object?

It is crucial that you do not whine, manipulate, cry (beyond what is acceptable), or act in any manner to try and gain your spouse's attention. How can you react instead of doing these things?

Specifically, what can you start doing in order to win your spouse back? (Hint: It has to do with looking inward)

Video Five: Watch Out For This

Have you noticed ways in which your spouse has tried to manipulate you?

How can you respond to these attempts at manipulation without attacking or being defensive?

How can you start seeking help and guidance for your situation?

Video Six: Four Steps to Attracting Your Spouse Back

What was the first thing that attracted you to your spouse?

Specifically, what can you do in each area of the PIES to become the most attractive that you can be for your age and situation in life?

If you were going to fall more in love with your spouse, how would you do it?

What things can I accept about what has occurred in our marriage? Remember, acceptance leads to change.

Video Seven: The Most Powerful Move

What are some things that I need to ask for forgiveness for?

What are some things I need to forgive?

Where am I in the process of forgiveness and reconciliation? How many more steps am I willing to take?

How will I forgive the “other person”?

Marriage Recovery Notes

Three kinds of affairs

Short-lived affairs. The proverbial one night stand lasts anywhere from one night to nine months. Primarily sexual with little emotional commitment. **LIMERENCE NOT INVOLVED.**

Allowed affairs. Each gives permission to the other to have sexual partners. Sometimes they share a partner. **LIMERENCE NOT INVOLVED AT OUTSET, BUT MAY OCCUR LATER.**

Relationship affairs. Begin as friendship and develop into **LIMERENCE**. May last up to three years, but most fall apart by the end of the third year as limerence chemicals return to normal.

A Field Guide to Limerence

Dr. Helen Fisher is a leading researcher. She and her colleagues have identified several characteristics of a person in limerence. We paraphrase them below.¹

1. The limerent sets the limerence object apart from the rest of the world. Limerence sets its sights on one, and only one, object of adoration. It's impossible to experience limerence with more than one person at a time.
2. The limerent sees the limerence object only in a positive light, and the negatives become invisible. Even the things associated with that person — letters, words, events — are cherished and adored as being “special,” because they're associated with the limerence object.
3. The limerent's life becomes crazy from a physical and emotional point of view. They typically experience things such as euphoria, energy surges, insomnia, lost appetite, abrupt mood swings, or rapid heartbeat. They may experience anxiety, panic, or fear in the presence of the limerent object.
4. In times of adversity, the limerent feels even stronger emotions for and attraction to the limerent object.

¹ Fisher, HE, Aron, A, Mashek, D, Haifang, L, & Brown, LL (2002) “Defining the Brain Systems of Lust, Romantic Attraction, and Attachment,” *Archives of Sexual Behavior*, vol. 31, no. 5, pp. 413-419.



5. The limerent may obsessively think about the limerent object, up to 85 percent of waking hours. Psychologists call it “intrusive thinking.”
6. The limerent typically exhibits signs of emotional dependency on the relationship with the limerence object, including possessiveness, jealousy, fear of rejection, and separation anxiety.
7. The limerent feels a deep longing for emotional union with the limerent object.
8. The limerent feels a powerful sense of empathy toward the limerent object and is willing to sacrifice for him or her.
9. The limerent tends to reorder his or her daily priorities. The limerent may change the way he or she dresses, and change mannerisms, or habits to become more attractive to the limerent object. He or she may change values to be more available for the limerent object.
10. The limerent feels sexual desire for the limerent object. This desire is coupled with possessiveness, a strong drive for sexual exclusivity, and feelings of jealousy or fear of competition from others.
11. And yet, the limerent craves emotional union much more strongly than desire for sexual union with the limerent object.
12. The limerent feels that he or she cannot control the emotions felt for the limerent object. Limerents commonly report their passion is involuntary and uncontrollable.
13. Limerence is impermanent. It eventually subsides. However, it may take longer to subside if physical or social barriers inhibit the limerent partners from seeing each other regularly..

If an affair occurred in your marriage, which of the following best describes it?

_____ Primarily sexual affair – no limerence.

_____ Primarily emotional – no sex

_____ Relationship affair that included limerence and sexual activity.

Why does this matter?

Primarily sexual – no limerence (do NOT ascribe limerence characteristics to it)

Primarily emotional – no sex (limerence did not take complete control)

Relationship affair that included limerence and sexual activity (think of the characteristics of limerence as being very similar to addiction – addictions can be overcome but emotions fluctuate)

AHA MOMENTS

In this section, write down the things throughout the videos that resonate with you the most.

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Getting the Most of the Marriage Helper Community

1. Join our [Save My Marriage group](#) on Facebook
2. Tune in to Marriage Radio live on Tuesday nights at 9 pm CST at marriageradio.com or call in at 646.378.0424.
3. Subscribe to the Marriage Radio podcast on iTunes.
4. If you can't get your spouse to seek marriage help, join the [Save My Marriage Course](#).

No matter what happened in your marriage, this course helps you form a clear and focused plan on what to do to get your spouse to re-engage in your marriage. It is a complete 10-week total transformation for you.

5. The [Marriage Helper 911 Workshop](#)

If you can convince your spouse to seek marriage help, this is the absolute best step you can take to save your marriage. With a 77% success rate at saving marriages that are on the brink of divorce, this 3-day intensive workshop can save your marriage.

