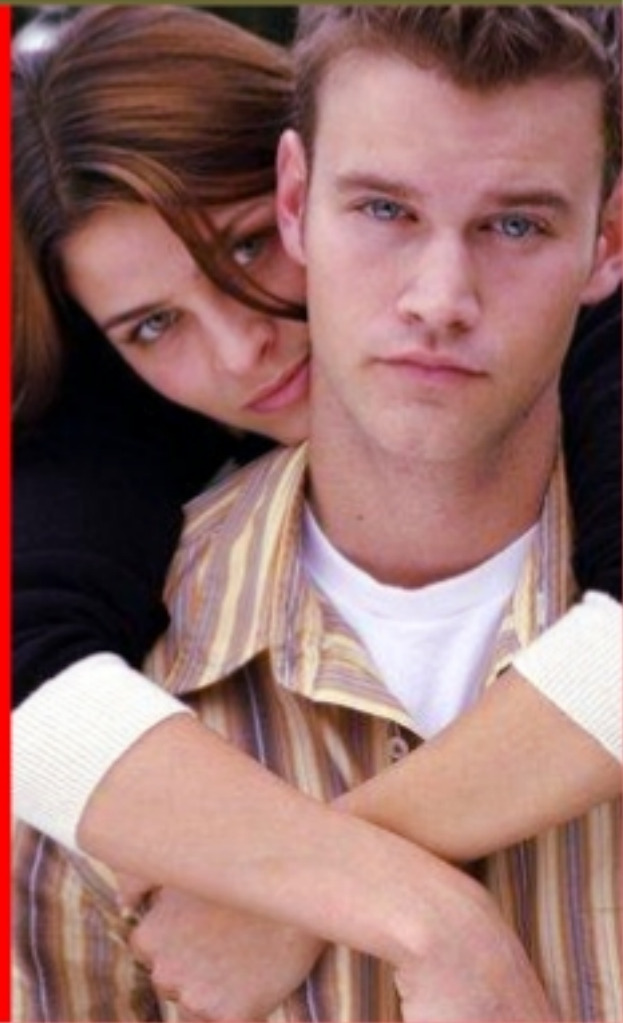


# 21-STEP SPONTANEOUS HEALING PLAN

**Discover Exactly  
What You Need to  
Say and Do to Save  
the Relationship  
Immediately  
After an Affair**



# 21-Step Spontaneous Healing Plan

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to Say and Do to Save the Relationship  
Immediately after an Affair

[www.MarriageSherpa.com](http://www.MarriageSherpa.com)

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## INTRODUCTION

This bonus report is a preview to Dr. Gunzburg's comprehensive *Survive an Affair* program plus companion workbook. His home study program is designed to help the injured and the cheater heal themselves first and then work together to transform the marriage and make it better than ever.

The program is divided into three phases. Each phase corresponds directly to a part of the healing process.

When you order *How to Survive an Affair*, you will receive (in the mail PLUS as an instant download) the complete three-phase healing program plus companion workbook.

[Click Here to Order Right Now](#)



The following report summarizes each phase and the 21 most important components of Dr. Gunzburg's *Survive an Affair* program. Read through each step to understand the value the program can offer. After each step you will find corresponding page numbers to access specific solutions inside Dr. Gunzburg's program.

This is one of the most comprehensive alternatives to marriage counseling because inside the program Dr. Gunzburg breaks down the specific steps both individuals need to take to heal after the affair and then restore the marriage and make it better than ever.

Wishing you hope and healing for your marriage,

Stephanie Anderson  
Editor-in-Chief  
Marriage Sherpa

P.S. At the end of the program I have included the full table of contents for *How to Survive an Affair*.

## Phase 1: Individual Healing – Understanding Personal Healing and Sorting through Emotional Problems

**P**hase I is all about you. And when I say you, I mean whoever is reading the book. This phase (as well as most of the book) will focus primarily on the injured because he or she is the one who has the most emotional turmoil to work through. However, there are specific sections in this phase for both the injured and the cheater. The cheater will probably benefit from reading the injured person's sections and the injured person will probably benefit from reading the cheater's section, although it is not necessary.

When people are affected by infidelity, their first instincts are to look for reasons that the affairs happened. They want to know the details of the affairs. They want to know why their loved one did what they did. They want to know if they will ever be able to trust their partner again.

This is what Dr. Gunzburg calls "externalizing." Externalizing means that people are looking outside of themselves for answers to emotional issues that are happening within them. When you first start working on your relationship after an affair, the first thing Dr. Gunzburg teaches you inside his program is how to look within yourself.

You need to stop trying to figure out the other person; you need to be honest about your own thoughts and feelings concerning the affair; and you need to shift your perspective from the outside to the inside, from the external to the internal.

Not only will Phase I help you take a good honest look at what is going on for you, it also will give you a lot of concrete strategies that will help you cope with and overcome your troubling thoughts and feelings.

Rest assured; inside Dr. Gunzburg's program you will get to the other things you are worried about. We will look outside as well. We will ask the hard questions. But first you need to look within. That's what Phase I is all about.

### PHASE I HIGHLIGHTS:

#### For the Injured

##### Step 1: Get in Touch with Your Pain

As counterintuitive as it might sound, the first thing that an injured person in an affair needs to do is look inside themselves and get in touch with their emotions. If you have been injured in an affair, it might seem like this is the last thing you would want to do. You might "want" to stop feeling the feelings that are plaguing you right now and try to turn them off in order to do so. That is the wrong course of action to take.

It is possible to stop feeling what you are feeling right

now, but you can't run away from your feelings; you have to go through them.

Rather than trying to stuff down your feelings or run away from them, allow your feelings to come out and move into them. Focus on the negative feelings, and try to define exactly what they are.

To give you a head start, you will likely face the following eight heart-wrenching emotions when you are confronted with the knowledge of the affair: (These are explained in detail on pages 18-21)

- Betrayal
- Guilt
- Disappointment
- Anger
- Vengefulness
- Fear
- Frustration
- Paranoid Feelings

You also might feel other emotions, and you should try to draw these out and describe them to the best of your ability. To do this, you can relive the moment you found out about the affair in your imagination. Visualize that moment; when you are there, look at what you are feeling. Record the emotion, and add it to the list of emotions with which you are struggling.

If you need help uncovering unknown emotions begin on page 22 and use Dr. Gunzburg's 2-step process for uncovering unknown emotions.

Defining your emotional responses to the affair empowers you to take action and to overcome these difficult emotions so you can heal. You have to know what you are feeling before you can effectively cope with your feelings.

## **Step 2: Process Your Painful Emotions Effectively**

Once you identify what you are feeling, you can start to process these emotions. You need to feel what you feel; at the same time, you need to learn new ways to cope with these emotions so they don't consume you or disrupt the life you want to live. Your emergency tool kit for getting yourself into a better head space is the key to unlocking effective emotional coping. The following skills are part this emergency kit starting on page 22.

- Breathing
- Distracting yourself
- Taking care of yourself
- Talking it out with a friend
- Getting out of the house or office
- Exercising

When you feel yourself getting buried in your emotions, use any of these techniques to help you cope with them more effectively so you can move on with your life and the work you need to do in rebuilding your relationship.

## **Step 3: Clear Your Mind and Own Your Thoughts**

Clearing your mind consists of more than coping with your emotions. You also have to learn how to

deal with your irrational negative thoughts so you can take control of your mind. Remember, thinking leads to feeling and feeling leads to thinking – they are intimately linked. If you want to overcome the pain you are feeling right now, you need to address both of these parts of your psychology. Inside Section 2, Dr. Gunzburg will provide a 3-step method for helping you take control of the thoughts so that you will feel less insecure and unstable.

Starting in Section 2, page 27 you will learn how to use the following 3-step process to clear your mind and own your thoughts. In addition, you can use the companion workbook starting on page 17 to record your answers.

1. Track your thoughts.
2. Challenge the believability of your thoughts.
3. Use self-affirmations.

Through this process you will start taking a closer look at your thinking by tracking your thoughts. When you have a good idea of the negative thoughts that are plaguing you, you'll quickly learn how to challenge the believability of those thoughts by looking at how realistic they truly are, whether they are based on facts, and develop arguments against them using factual information.

Once you do that, you can develop the troubling thoughts into more rational and realistic positive self-affirmations. Then you can use these self-affirmations to reinforce what you know to be true and to free yourself from the plague of negative thinking whenever it arises.

## **Step 4: Overcome Obsessive Images about the Affair**

One of the most difficult problems to overcome when you are faced with an affair is the images that haunt you. You might suffer from visual images of your partner with the paramour, a soundtrack that runs through your head and reminds you of the affair, or other mental reconstructions of what happened during the affair. These can be haunting and frustrating.

Inside Dr. Gunzburg's program you will quickly cope with them and disable the mechanisms by which they hold sway over you.

Based on the science of cognitive-behavioral psychology, Dr. Gunzburg will walk you through a very effective and powerful visualization exercise starting on page 33 of the program.

Think of your most troubling image, and bring it to mind. Watch it as though you are watching a movie. Start to alter the physical aspects of the visualization. Change the shapes of the figures, the color of the background, the soundtrack you hear, and the people in the visualization. Alter each aspect as much as you wish. Remember, this image is just an image. You have control over your mind if you take control of it. These images are under your influence; they do not run on their own. Empower yourself; take control of your mind.

### **Step 5: Rebuild Your Self-Confidence, Self-Trust, and Self-Respect**

When you are injured in an affair, you often lose your sense of self-confidence, self-trust, and self-respect. Overcoming your negative thoughts and feelings is an important step in rebuilding these vital aspects of your character. Section 2 is about rebuilding them.

Through this exercise, you will regain what self-confidence you lost when you uncovered the affair. This process will not only allow you to step out of the rut you may find yourself in, but show you a way to start walking self-confidently again. Here are the seven areas that Dr. Gunzburg will walk you through starting on page 35 of his program.

1. Assuming personal responsibility.
2. Accepting reality.
3. Doing things that satisfy you emotionally and spiritually.
4. Reminding yourself of past successes.
5. Envisioning future success.
6. Reframing failure.
7. Taking confident action.

Using these keys you will unlock any love and respect you might have lost, so you can fully heal and move on to a happier life and a better relationship.

## **For the Cheater**

### **Step 6: How to Cope with Your Emotions and Restore Trust with Your Partner**

If you cheated on your partner, you should realize that you also have the right to feel what you are feeling. The affair is your fault. We must be clear on that point. There is no excuse for what you have done, but that doesn't mean your feelings aren't as real and important as your partner's feelings. You have every right to feel what you feel.

The first step to healing is feeling. If you hope to heal, you must feel what you feel and accept the reality of those feelings instead of burying them or pushing them away.

Starting on page 42 of Section 3, Dr. Gunzburg will walk you through the process for working through the seven emotional trials you will likely face as the cheater:

- Guilt
- Shame
- Fear
- Anger
- Hopelessness
- Condemnation
- Loneliness

You might feel any combination of these feelings, and you might feel other emotions as well. Through the program you will get in touch with your emotions; define each feeling so you know what you are struggling with and how to overcome it.

### **Step 7: Overcome Your Negative Feelings**

Just like your injured partner, it is important that you learn to overcome these negative feelings as well as any negative thoughts that might be plaguing you. See Steps 1 and 2 for the injured partner, as well as the related sections in the book, for information on how to do this.

Another powerful component is self-forgiveness. Starting on page 47, Dr. Gunzburg will highlight how to forgive yourself. Once you've gone through the process, you won't necessarily let yourself off the hook, instead you will use it as a means to improve your life.

### **Step 8: End the Affair**

If you haven't done so already, it is of the utmost importance that you end the affair as soon as possible. You must call it quits once and for all. If you don't, your partner will never trust you again. This can be very difficult, especially when the affair was emotional and lasted for a period of time.

Dr. Gunzburg has extensive experience with coaching individuals on making a clean break from the paramour. Starting in Section 3, page 48 there are six critical rules for ending an affair.

Make a statement to yourself, your partner, and your paramour that you are recommitting to your life and your relationship with your partner by completely and unequivocally ending the affair using these six steps.

This process has proven very effective for individuals needing help at making a clean permanent break.

### **Step 9: Become Transparent**

Your affair was built on a series of lies. You either explicitly lied to your partner or you lied to them by withholding the whole story. In any event, you lied. Now it is time to undo that pattern of lies and become totally transparent.

Learning how to be honest again is sometimes difficult, mostly because the injured partner is extremely skeptical. Starting on page 52, Dr. Gunzburg illustrates a complete program for rebuilding the trust and restoring the honesty back into your relationship.

You will learn how to share everything you do with your partner and open up to let your partner see through you so they can start to trust you again.

Don't look at this as "getting permission" from your partner or "checking in" with them. See it as a demonstration of the love and concern that each of you has for the other. Choosing to let someone into your life is something adults do. When you choose this, let your partner all the way in. Show them who you are and what you are doing so they can trust you as they once did.



## Phase II: Healing As a Couple – Working Together to Identify and Resolve Key Issues

**A**fter each of does some some work on your own, you will start to look more closely at the way you and your partner function as a couple.

In this phase, Dr. Gunzburg will give you a step-by-step program for effectively communicating with your partner. This is a critical component in your healing process. After infidelity, communication becomes incredibly strained. But if you don't communicate, you can never heal and you can never build your relationship into something that is beautiful and rewarding. Communication is the key to every good relationship.

You will also examine the ten critical dimensions to a good relationship, and you will be asked to explore how you might be better fulfilled in each of these dimensions. Knowing this will set the stage for rebuilding your relationship into something that is even better than anything you could have hoped for.

It is also in this phase that you will determine whether it is important for you to discuss the details of the affair. You might be surprised to know that this step isn't always critical, and unless it is approached properly, it can do more harm than good. But Dr. Gunzburg will help you navigate those waters successfully on page 92-94.

### PHASE II HIGHLIGHTS:

#### Step 10: Ask for Forgiveness

Once you accept the fact that the affair is your fault (the cheater), you will follow Dr. Gunzburg's method for asking for forgiveness. It might be that your partner will not be able to forgive you. Forgiveness is not critical to moving on with your relationship. But you need to ask for it, regardless of your partner's response, so they know that you know the damage you have caused to them, to your commitment as a couple, and to your own character.

Beginning on page 85 you will begin to work through the process of understanding your partner's pain. Once this occurs, a heartfelt apology will become the next step.

#### Step 11: Create a Heartfelt Apology

The best way to ask for forgiveness is to create a heartfelt apology. When you come to terms with the fact that the affair is your fault and you see that what you have done is wrong, it is time to apologize for it. Don't apologize because the program recommends it.

Apologize because you feel it.

To create a real apology, use the following 6-step process defined on page 86.

1. Understand your partner's pain by verbally explaining it to them. In this explanation, you should include information about exactly how you created that pain. (See examples on page 87.)
2. Tell your partner that you accept responsibility for the pain you caused.
3. Once the injured person accepts the cheater's explanation of the pain the cheater caused, the cheater should make separate statements taking responsibility for the specific actions that caused the pain. (Read Margaret's experience during this step on page 89.)
4. Look inside yourself, and find the part of you that truly doesn't want to be the kind of person you have been. Commit to change. While you are making these changes, explain your experience and your efforts to your partner.
5. Make a statement about your commitment to the



relationship in light of what you learned and the changes you are making.

6. Make a promise never to violate this commitment to fidelity.

Once you successfully negotiate these steps for a heartfelt apology, there is a good chance you will be able to move on to a healthier, happier relationship.

### **Step 12: Analyze the 10 Critical Dimensions of Your Relationship**

After each of you has done some work on yourselves, it is time to start analyzing the relationship. One way to do this is to examine the 10 critical dimensions of your relationship and define what you need out of each of these dimensions in detail.

During this section you will begin to diagnose what is wrong with your relationship and why the affair started in the first place. Each of these 10 dimensions will likely have holes in them. Starting on page 65 of the program and page 36 of the companion workbook, you will quickly identify where you've both neglected the relationship and how to quickly fix it.

In the long-term, focusing on each these 10 dimensions will help you affair-proof your relationship.

This is one of the biggest revelations to many of the 15,000 couples who have previously gone through the program because this exercise will reveal secrets into the relationship that many individuals never knew.

### **Step 13: Coming into Agreement**

As you begin working through some of the challenges in your relationship you may start to hit a few brick walls. That is why Dr. Gunzburg has created an exercise designed to help you both overcome the hot buttons and stop any fighting before it starts.

This 3-step principle is called "coming into agreement."

Coming into agreement is a phrase you will use in everyday conversation with your partner that communicates, in a non-threatening way, how you to solve problems.

This simple exercise will help you blueprint every difficult conversation and allow you both to have well defined set of ground rules for navigating when certain topics become too hot. You can begin this exercise on page 73.

### **Step 14: Talk with Each Other – A Lot**

The best tool you have to heal your relationship is communication. If you don't talk, you won't heal. Communication is the foundation of any intimate relationship. Talking about your issues is the only way you will get a sense of what the other person needs. It allows you to discover ways to come into agreement and resolve conflict. Talking also enriches your relationship by giving you the opportunity to know each other better. If you don't talk, you don't grow.

That is why Section 6 is dedicated to teaching couples how to communicate and talk (even if one spouse is locked-up).

Most relationships struggle from a lack of meaningful conversation. That is why Dr. Gunzburg outlines (starting on page 96) an 8-step Program for Learning Better Than Ever Communication.

Through this exercise, you'll discover how to become open and honest with each other. As you both progress, you'll learn how to talk, but more importantly how to listen well.

Good communication is a science and a large part of talking is knowing what to ask and what not to ask. Dr. Gunzburg will guide you through this process by teaching you how to ask open-ended questions, what to do when a conversation gets out of hand, how to be consistent and how to use communication to warm your spouse up to you.

It will feel like you are dating again.

### **Step 15: Discuss the 10 Critical Dimensions of Your Relationship with Each Other**

Once you are talking regularly with your partner, it is time to share what you learned when you analyzed the 10 critical dimensions of your relationship. Discuss each of these dimensions with your partner,

opening up completely, so you can find ways to make your relationship into the relationship of your dreams.

Beginning on page 110, you will find that you will dive very deep into exploring your emotional needs, romance, companionship, and many other elements

that will become the glue to your healthy relationship.

You won't blaze through this series of exercises, in fact you may find that this may be the most rewarding part of the program.

### Phase III: Negotiating a Renewed Relationship – Understanding How to Rebuild and Sustain a New, Trust-filled Partnership

Once you learn how to talk to one another again, it is time to actually start rebuilding your marriage. In this last phase of the book, Dr. Gunzburg will teach you how to renegotiate your relationship

This means carving out the time you need to spend with your partner, becoming totally transparent so he or she can fully trust you, and ultimately, writing a relationship contract that will ensure not only that the infidelity will never happen again but that your relationship will be better than ever.

As I mentioned earlier, this process will take time and some dedication. But isn't saving your relationship worth that investment?

#### Step 16: Rebuild Trust

One of the things that is lost in a relationship that has been through an affair is trust, and it is one of the things most people are concerned about getting back. Trust can be rebuilt, but it takes time.

What surprises many people is the fact that trust takes more than one form. Trust isn't a black or white issue the way most people think it is. You might be surprised to find that there are areas in which you actually trust your partner right now.

The five forms of trust are:

- Fidelity
- Physical Safety
- Financial Security
- Emotional Predictability
- Truthfulness

The best way to rebuild trust in the areas that need work is through transparency. The cheater is particularly responsible for the work that needs to be done in this area, but you should keep in mind that transparency is a two-way street. Become completely transparent with one another, and over time, trust will start to flourish in your relationship once more.

Beginning on page 128, Dr. Gunzburg, will give you instructions for rebuilding the trust by utilizing the transparency method. Following the transparency method is one of the fastest ways to rebuild trust.

#### Step 17: Develop Stability

People love stability. This doesn't mean that they want all spontaneity to disappear. Spontaneity is an important part of a relationship. But it does mean they want to know that they are safe and that they can count on certain aspects of their life (like their partner) to be consistent. Stability is an important part

of a relationship, and it is one of the factors that is damaged by an affair.

Here are the six pillars of a stable relationship that you will work through starting in Section 8, page 135.

- Communication
- Consistency
- Resolving Conflict
- A Healthy Sex Life
- Having Fun Together
- Integrity

Doing work in each of these areas will help you get past the trauma the infidelity caused and help you rely on your partner and your relationship again.

### **Step 18: Learn to Resolve Conflicts**

In relationships of any kind, conflict is inevitable. You can't hope to have a relationship and not have a conflict. But you can improve your conflict resolution skills, so when conflict arises, you can face it with sanity and resolve it smoothly.

During this stage of the program, you and your partner will learn how to affair-proof the marriage and meet each other's needs by learning the skills to resolve future conflict.

1. Figure out what the conflict is really about.
2. Explore your thoughts and feelings about the issue with your partner.
3. Identify what you want.
4. Communicate about possible solutions.
5. Put your plan into effect.
6. Follow up with an evaluation of your progress.

When you use these six steps when a conflict arises, you will be able to resolve it efficiently and keep the peace in your relationship.

### **Step 19: Revitalize Your Sexual Relationship**

Sex is another incredibly important aspect of your relationship with your partner. While this area doesn't always suffer after an affair, it often does. To rebuild your relationship, you need to revitalize your sex life.

Perhaps the most important way to do this is to talk openly and honestly about sex with your partner. Find out what you like and what you don't like. Find out what your partner likes and doesn't like. See what you can do together to bring your sex life up to a new and more exciting level. Open up, and be honest about what you need and what you want in this area.

Some people have a difficult time talking about sex. At this point, I strongly recommend that you put away your shyness, anxiety, resistance, and frustration toward talking about your sex life. Explicitly verbalizing about sex and the role it plays in your relationship is one of the best things you can do to move forward and rebuild your life together.

Starting on page 144 of Section 8 you will find guidance for discussing sex. This may be somewhat difficult at first, but most couples find it possible to quickly get through it, especially after all the trust-building work they've done up to this point.

### **Step 20: Accept the Past and Move on to a Brighter Future**

You might think that forgiveness is a necessary step to moving on with your life and your relationship. It isn't. You don't have to forgive your partner to move on and rebuild your relationship. What you do need to do is accept that the affair happened and commit to finding a way to rebuild and look to the future.

Acceptance is different than forgiveness in many ways. Acceptance simply means that you acknowledge the past as an unchangeable reality and that you choose to move on with your life with this truth. It doesn't mean that you accept your partner was "right" or that you lie down and let him or her walk all over you. Acceptance is a practical strategy that allows you to move forward with your relationship without wrestling with all of the difficult connotations of forgiveness.

Starting on page 151, Section 9, you will learn the difference between acceptance and forgiveness. These simple principles will help you get one step closer to realistically opening up your heart again.

## **Step 21: Develop a Relationship Contract**

The final step in this program for overcoming the pain an affair causes and building a relationship that is better than ever is designing a relationship contract. Such a contract can take many forms. Whatever form you choose, it should include information on all of the important aspects of this program, as well as any agreements you have come to as a couple. Most importantly, it should be a statement of your commitment to your relationship and your life together.

Dr. Gunzburg provides a comprehensive outline in section 10.

This contract is a tangible document that gives you a reference point for all the work you have done in this program. It is a fabulous way to give solid form to what has been a fairly abstract event up to this point. Develop your relationship contract together. Keep it not only in your file cabinet, but in your heart, as a way of reminding yourself of the long road you have taken, how far you have come, and how wonderful your relationship can become.

[\*Click Here to Purchase \*How to Survive an Affair\*\*](#)

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