

DIVORCE BUSTING Last-Resort Techniques

Think, Say and Do "Empowered" -- NOT desperate or needy
Think, Say and Do the "Opposite of Normal" • Think, Say and Do "Faith" -- NOT Fear

Step 1 - Stop the Chase. Stop doing anything your spouse might perceive as pursuing/needily/ desperate behavior.

Pursuing → Demanding → Attacking

lead to them

**Withdrawing/Defending →
Shutting Down → Stonewalling**

- Frequent phone calls or texts
- Begging your spouse to reconsider
- Pointing out all the good in your marriage
- Writing letters to them
- Following your mate around the house
- Encouraging talk about the future
- Soliciting help from family members
- Relationship talk. Asking for reassurances
- Buying gifts/flowers
- Trying to schedule dates together
- Spying on your spouse
- Don't let your guard down. If you slip, get back on track.

The Pursue/Withdraw Cycle

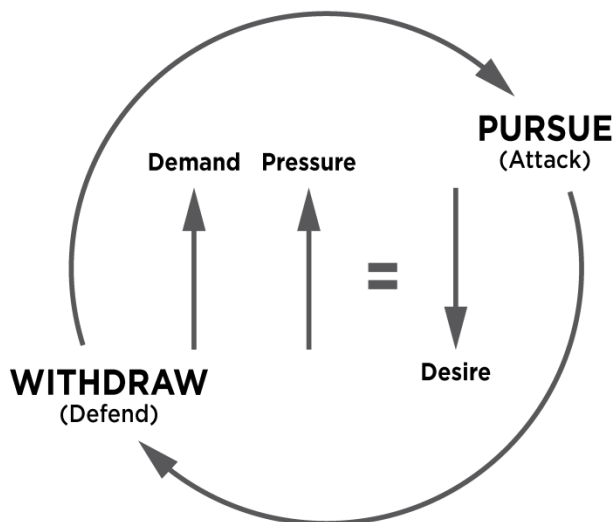


Diagram from page 261, *Knowing HER Intimately* by Laura M. Brotherson

Step 2 - Get a Life. When you feel desperate, you mope around, get clingy and depressed and basically become a blob. While perfectly understandable, desperateness is not exactly attractive. In fact, it's very unattractive. And when you consider that you are competing with your spouse's fantasy of an ideal life without problems, or perhaps even a real-life affair, you'd better get yourself together! You need to act as if you have a life and are moving on with your life. Otherwise, you don't stand a fighting chance. Focus on making yourself a better person. Consider the following:

- If you've been wanting to take a new class, go for it.
- If you've stopped going to church, go back.
- Think about contacting some old friends.
- Pick up the phone and connect with other people.
- Go visit a family member. (Don't talk about your relationship woes.)
- Watch a sunset.
- Read poetry.
- Play golf. Take up a new sport.
- Go fishing or hiking or biking.
- Do something that will put you back in touch with you, not just because your spouse might like you more if you do, but because it's important to feel centered and to love yourself.

Step 3 - Wait and Watch. One of three things happen when you use the Divorce Busting Last-Resort Techniques:

1. **Nothing.** Unfortunately, there are times when, no matter what you do, your spouse has firmly shut the door on your marriage. This isn't a magic bullet. However, even if your marriage doesn't improve when you do the last-resort technique, your mental health and overall well-being will.
2. **Your Mate Becomes Curious.** They might start showing more interest in you, your whereabouts, and what you are up to. Your spouse might even suggest you spend some time together. It's also possible that your spouse might start asking

questions about your sudden changes. If any of these things begin to happen, here are my suggestions, but be sure to backpedal to a more distant stance if they start backing off:

- Be friendly, but not overly excited or enthusiastic.
- Don't initiate contact. Let him/her make the moves.
- Accept some invitations to be together, but not all. Be available, but not too available.
- Be responsive, but not too responsive.
- Do not ask any questions about your future or get into conversations about your relationship.
- Do not say, "I love you."
- Be vague when asked questions about the changes in you. Say that you are just thinking through things.
- Continue to be upbeat. Act as if...don't worry. Be happy.
- Beat your spouse to the punch when it comes time to leave or separate from each other. Have other places to go and other things to do.
- Stay interested, but cool, until you are absolutely sure that your spouse's renewed interest in saving your marriage has taken hold.

3. **Your Spouse Might Have A Change of Heart.**

Don't move too quickly! Keep your cool. Don't dive back in. Take your time to re-build your relationship and address the issues that got you in trouble in the first place.

Other Suggestions for Radically Changing your Approach to Saving Your Marriage

- Do things differently. Whatever you normally do, do the opposite. Be a little mysterious. Maybe even be a little bit "Shock and Awe!"
- Figure out what "Shock and Awe" is for you and do it. If you usually take "no" for an answer, don't take "no" for an answer.
- Remember that it may feel sort of "fake" to you or your spouse, but "fake" is technically the beginning of all change.
- Find self-sufficient ways to create a healthy self to make sure you'll be okay despite whatever your spouse may choose to do.
- While this approach may feel like you are disconnecting or even giving up, you need to still keep your heart open and accessible and avoid the temptation to give up and shut down emotionally.

- Do process writing/journal therapy anytime you start worrying, panicking or letting fear thinking take over.
- Stay away from people who don't or won't support you in your Divorce Busting/"Last-Resort" way of thinking and behaving. Surround yourself with only those that support you rather than think you're crazy for even trying. They will only pull you down and feed your worst fears.
- Do this approach with no need for a particular outcome. Do it because you want to and because you feel it's the right thing to do.
- You really only have two options: Faith or Fear! Choose to believe. Choose to have faith and to push away the fears.
- Have sincere optimism/faith that this is the right approach, no matter the outcome.
- Remind yourself -- "I CAN DO THIS!!!"
- Do the Surrender Prayer every day! It's difficult to let go of trying to control, but it's the only way to surrender and really open the door for God to step in and create a miracle.
- Remember that while this approach may be different for you and even difficult, it will make you happier and be better for you in the long run!
- You can't really do this approach wrong, because even if you do the Lord can still use it for good.
- Let natural consequences happen. Don't protect your spouse from them.
- Be confident, not wondering.
- Be strong, not needy.
- Be confident, not worrying! Act as if all will be well... either way!
- You've got to be in it for the long haul. It could take weeks or months to see a change. Please to do this until it works or until he/she leaves...as long as it takes! Be all in!
- Close all other exits in your mind, so all your energy is focused here.
- Expect that your spouse may not respond positively right away, but it doesn't matter, because you're doing it anyway!
- Remember your spouse has probably lost hope that you two can be happy together, so you'll have to genuinely prove to him by your actions and interactions that it isn't true!
- As you do the Last-Resort Technique keep a solutions journal. Keep track of any and all changes you see in your spouse or your marriage. Look for small signs of change. This might include a spouse who is a little more talkative than before, stays in the same room instead of staying away, or one who emails or texts you for the first time in weeks or months, even if the email is mundane in content.