
BAN Session 3 - How do I change my spouse?

1. YOU CAN'T CHANGE YOUR SPOUSE – BUT YOU CAN CHANGE YOU

The answer to any relationship problem is always to do something totally different than what you have been doing. Change *your* _____.

The more you try to change your spouse, **the more you focus on trying to change what you have no power to change, the more _____ and discouraged and desperate you feel.**

If you work on changing yourself instead, you are working on what you have the power to change, and you start to feel _____, and you maximize your chances that your spouse will change positively.

Some marriages are salvageable, and some marriages are not salvageable. Even if you _____, it's no guarantee that your spouse will change positively.

“Insanity is doing the same thing over and over and expecting different results.” – Albert Einstein

Most people apply more power (force) to the thing that isn't working in the first place! That just causes you to get more of what you don't want.

2. YOU HAVE TO GET YOURSELF STRONG FIRST

- ✚ The right thing to do is to _____.
- ✚ You need to stand up for yourself. You need to _____ yourself.
- ✚ It's going to take _____ to do the right thing. It feels like you are jumping off a cliff.
- ✚ Your spouse may be on the fence, and it will probably take a _____ for them to change.
- ✚ A normal first reaction to betrayal is to try to save the marriage, but at some point it hits us that you might not be able to save your marriage.
- ✚ _____ is not attractive. _____ is attractive.

3. LOVE MUST BE TOUGH – AND IT MUST BE LOVE!

- ✚ There is a fine balancing act between standing up for yourself, and being loving, and both are necessary. Both are love.
- ✚ Real love must always be a _____.
- ✚ Most likely an unfaithful spouse is getting needs met in the affair and in the marriage. They don't want to give up either, so they most likely won't ... *unless* something forces the decision.
- ✚ You can't _____ your way to _____.
- ✚ You need quiet _____ and _____.
- ✚ Don't do it _____!

4. YOU ARE GOING TO NEED GOOD SUPPORT

- ✚ Intensives and seminars - *At least 2 are recommended in the 2-year period after disclosure. 3-day seminars are ideal, because it takes you away from distractions so you can really move forward, therefore they greatly accelerate your healing.*
- ✚ Books - a good variety, not just affair recovery books
- ✚ Hours of conversation with your spouse, if they're willing - *If they are not willing, it can be very helpful to get answers from unfaithful spouses who have done the work of healing. It can help you to put together the pieces of what happened in your marriage and help you heal.*
- ✚ A good counselor, therapist or affair-recovery coach
- ✚ 3-5 support people
- ✚ BAN – *you can get things from an in-person experience that you can't get anywhere else.*

5. HOW TO GIVE AN ULTIMATUM

- ✚ An ultimatum properly done is the ultimate _____ letter.
- ✚ An ultimatum properly done is done in _____.
- ✚ An ultimatum is a statement that shows _____ for yourself.
- ✚ Be very clear on exactly what you need from your spouse, and exactly what will happen if they don't choose to do so.
- ✚ Don't deliver an ultimatum before you are _____.
- ✚ If you give an ultimatum and nothing changed, you did not give an ultimatum. You gave a _____, and threats _____ a relationship.