

How to get your power back when she cheats on you

How To Get Your Power Back When She Cheats On You

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For Men



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Contents

Intro _____	3
Battle plan _____	4
Does she regret or not? _____	5
If she doesn't regret _____	6
If she regrets _____	7
Forgive her? _____	8
Gain back your material independence _____	9
Activate your social life _____	10
Stay healthy! _____	11
Don't talk about this at work! _____	12
Rebuild your relationship? _____	13
Why did she do it? _____	14
No violence! _____	15
I can't forgive her! _____	16
When is the right time to forgive? _____	17
What if she really wants out _____	18
What if she says she still loves you _____	20
Should you beg? _____	22
Keep a back door open? _____	23
How to rebuild a broken relationship _____	25
Open relationship? _____	26
Battle plan - Summary _____	27
Conclusion _____	29

Intro

The goal of this book is simple:

Give you a battle plan for when your girlfriend or wife cheats on you.

Most guys have no strategy when this happens.

It simply hits you and you end up doing something stupid things like taking revenge, getting violent or forgiving her too soon.

Take notes!

If the book is not enough, do get in touch with me for a few coaching sessions.

We'll design your battle plan together to make sure that you don't stay in this victim zone.

To your power!

Francisco

Battle plan

You would not go to battle without a strategy, right?

When she cheats on you, your life is under attack!

It is a crisis and you need a solid set of strategies to win this.

If you simply react emotionally and go by instinct, you might take a few wrong turns and make mistakes you might regret later.

So, pause!

Don't take action yet!

Breathe in and out a few times deeply, make sure you won't be disturbed and read this book from beginning to the end.

Yes!

You need to know what's going on and be very clear about what to do with it, ok?

Does she regret or not?

That's the first question to ask yourself!

This will determine your line of action.

How do you find out?

You ask her.

You read in her attitude and body language.

What is she saying?

"You deserved it!"

"You forced me to do it!"

Is this what she says?

Or is she crying when she talks about it and knows it was a big mistake?

Find out!

That's the first step.

If she doesn't regret

If she doesn't regret, this radically shifts the long term direction for your relationship.

She is in fact saying:

"I break up with you and cheating on you is my way of saying that I want out!"

She might as well be saying something like:

"I like what we have but I feel limited and constricted and I want to see other men..."

In that last situation, she is inviting you by force into an open relationship.

If she wants to be with you and see other men as well, it means that you are no longer sexually exclusive with each other.

There is no commitment on that level.

Yes!

Many couples succeed in being in open relationships, but only 5% to 10% of people are actually fit for that type of partnership.

We'll check this further later if you feel that this is where your couple is heading.

Back to her not regretting...

In most cases, that's simply her way of saying that she wants out.

It is her way of breaking up.

If she regrets

If she sincerely regrets and it is with you she wants to be, that's a totally different story.

It means that your relationship as it was still has a chance if you to.

Should you simply forgive her straight away and take her back on the spot?

Of course not!

If you do take her back too soon, she might do it again because the reasons that did lead to her cheating are still there.

You need to find out what these profound reasons are and do something about it either by yourself or together.

When a woman is unhappy in a relationship, she will often end up cheating.

Is your wife or girlfriend unhappy with you?

Why?

Is it lack of attention, thrill, romance or sexual satisfaction?

What is exactly missing!

If she regrets, that's what you need to find out next and do something about it.

It might mean coming from work earlier rather than neglecting her, or taking a romantic weekend break every now and then.

This is long term! It is not just a one time step.

It requires a key shift in the way you relate to her.

In that case, her cheating is a wake up call! It is a call for attention!

Forgive her?

Don't forgive her too soon!

First you need to change the way you stand in this situation and understand why she cheated and if she would do it again.

Yes!

Forgiveness is a powerful tool that clears unsolved emotions but when you are in the middle of this cheating crisis, you need to stay first alert and protect yourself.

When you forgive, you drop your weapons.

Keep your protections up for now.

The next few weeks will tell you about what is really going on for her.

Is she ready to give up this other man?

Does she really regret what she did and means it?

Or is she simply finding a way to have both, you and her lover?

Yes! This cheating crisis is a power struggle.

Some women will get away with it because their partners don't know how to express their power.

This means that they will sometimes keep on cheating until their partner says "Enough!"

Gain back your material independence

This is one of the steps you must take.

She cheated because a part of her took you for granted.

To gain back a sense of control over your own life you need to feel materially secure.

If you have joint bank accounts, dissolve this agreement.

If you live in separate places, get back the keys to your place or change the locks.

If you do business with her, find other partners.

The key is to make sure that your material security is never threatened by her choices.

When she realizes that you don't need her and that your two material foundations are independent this radically shifts the balance of power between the two of you.

It gives you back a huge part of your power and freedom.

She knows that her actions don't threaten your material.

This radically shifts the way you can now relate to her.

Why? Because it refocuses the challenge to an emotional issue only.

Your material base is no longer threatened.

It is no longer materially complicate to take distance from her.

This means that you could end the relationships and there would be no unfinished business left behind.

Of course, if you are married, it will take a bit longer to reclaim your freedom if you decide to go for divorce.

Activate your social life

If you rely only on her for emotional validation, and she on the other hand is divided between you and another man, you end up losing!

You end up depleted.

You need other connections!

You need other sources of support!

When she cheats on you, your secured couple base collapses.

Does it mean that you need to engage in casual sex with women you are not really attracted to?

Of course not!

We are simply talking about interacting with other people.

The key is to not isolate yourself!

See friends and activate new social connections so that you are not alone.

This is essential and is one of your key strategies!

Stay healthy!

You need to avoid the snow ball effect!

You don't want this situation to turn into a self destructive spiral that impacts negatively on other areas of your life!

Your health is one of your key assets!

You need to train and eat healthy!

The guidelines for health are always the same but in times of crisis you can easily neglect them.

Don't!

Stay focused!

Don't let this crisis situation get out of control!

Here is what you must do:

- Move your body! Train! Exercise!
- Eat healthy!
- Get enough sleep!

This is it really!

These guidelines are simple but they make a massive difference when you apply them and take consistent positive action in these 3 areas.

This gives you power!

It gives you solidity and the energy resources to face emotional challenges.

Don't talk about this at work!

This is another big mistake you can make.

If you take your problems to work, you will start underperforming and might get in trouble.

Stay focused!

The last thing you want is to lose your job or business right now.

Do what you are paid to do when you go to work.

Don't talk about it with colleagues.

The last thing you need are a cloud of negative or pitiful gossips surrounding you.

What if you need to share?

Well, talk about it with a trusted friend only!

Have a drink outside of the work context.

Or give me a call and we'll have a couple of sessions.

But don't just tell anyone.

Why?

Because if you do, it is not just your emotions you need to solve, it is theirs as well.

Keep your professional and personal life separate!

If you have your own business or are self employed, apply the same rules!

Stay focused and don't let this cheating crisis negatively impact on your business.

Rebuild your relationship?

This will happen only if she sincerely regrets and you both want it to work.

It is clear, right?

A relationship can't work if only one person wants it.

You need two persons to make this work!

So, what do you need to do next?

First give each other a week.

You don't need to take action right now or rush into therapy.

You will notice that when all this settles a bit, you will think more clearly and take better decisions.

So don't rush into therapy yet!

First step back.

Take time for yourself!

Think it over!

Is this relationship worth fighting for!

Does your girlfriend or wife truly regret?

Are you both ready to fight to make this work?

If yes, get ready and prepare the ground for in depth shifts in your relationship.

Why did she do it?

This is one of the questions you need an answer for.

Women cheat because they get bored in the relationship they are in.

Or they feel that what they get no longer satisfied sexually.

Other times, it is just their ways of claiming some form of emotional independence.

Basically, they are looking for a new energy connection in another man.

Does this mean that you are a bad husband or partner?

Of course not!

You can be a great lover, have all the qualities a woman might want and she will still go ahead and cheat.

This happens frequently to couples!

It is always a test for the relationship.

Sometimes, it signals the end.

Sometimes, it is just a test for your couple and you both know it.

Why a test?

To see how strong your couple is!

It shows the weak points and allows you to work on them.

A cheating crisis is often an opportunity to strengthen what you have.

It is a chance to grow stronger!

No violence!

If you go that way, you will get in trouble!

So, here is a clear limit you must not cross:

Don't hurt yourself or anyone else physically over this issue.

This is something you would regret!

If you feel extra anger, take a kick boxing class or run a marathon.

Whatever you do, don't hurt her or anyone else physically.

Why?

Because it won't solve a thing and because you break the law when you do!

Having the cops coming after you is the last thing you want!

She is guilty! Not you!

Don't let this situation turn against you by doing something stupid!

I can't forgive her!

If you are clear about that and want out of the relationship, it is definitely your right.

The key agreement in a relationship is sexual exclusiveness.

When she breaks that agreement, the moral contract - or legal contract if you are married - you had as a couple is dissolved on the spot if you decide that's what you want.

You represent the other side of the story and cheating is a deal breaker if you want to.

You might be 100% clear about it already.

If not, give yourself a week to make a decision.

If after a week, you still don't know if you want to be with her or not, try taking one step back and reclaiming some material independence.

You can get rid of traces of her presence in your personal space.

Destroy some picture or letters.

Dissolve a shared bank account agreement.

Cancel an event you had to attend together or a holiday that was already planned for both of you.

All these are small steps you can take if you want to recover some freedom without fully breaking up right now.

She will as well get a feeling of what she is losing and might give you a more sincere apology for what she did.

When is the right time to forgive?

When everything you had to learn from this cheating crisis has been learned.

Forgiving means turning the page, right?

Now, you don't want to turn the page if you still have unanswered questions.

You need answers!

You need as well key strategies to make sure that cheating does not happen again in the future.

If you both want to stay together, you need a solid battle plan so that she does not feel the need to look somewhere else for sexual satisfaction or emotional comfort.

Maybe she did not get enough attention in the past.

Maybe you forgot to take romantic breaks together.

Maybe you got used to each other and the sparkle was gone.

Once you find the missing elements in your relationship and take consistent action to solve that gap, that's when you can forgive.

Why? Because you have a real solution!

A cheating event is a wake up call!

It tells you that something is not quite right in your relationship.

It shows weaknesses and gives you the opportunity to do something about it.

If you don't learn the lesson, it might happen again until you get it.

It comes back in cycles if you don't listen.

What if she really wants out

If cheating is her way of saying that she wants to break up, this is it!

You can get angry, beg or demand that she stops seeing him, it usually won't work.

Why?

Because the connection with this other man gives her power.

If it is not just a one time cheating event but an ongoing affair, you need to get out of it as fast as possible.

First you need to get back your personal space and protect the other areas of your life in the way I described earlier.

If you are still sponsoring any aspect of her life like helping her financially for instance, consider that she is using you!

Stop helping her!

She is now on her own!

You need to rebuild a life without her as soon as possible, otherwise, she will take back from you whatever power you have left.

This is a serious attack on your life.

You need to defend your territory and claim your life back!

No, don't jump into another committed relationship straight away.

First, rebuild your power.

Yes! Dating casually is a good idea but don't commit to someone else yet!

You first need to understand what happened and maybe make some changes to the way you approach relationships in the future.

How to get your power back when she cheats on you

Make sure that your key areas of health, profession and social life are secure.

This is what gives you a serious power base.

Refocus your energy on yourself.

You come first!

Let go of whatever is in her world.

Her friends, family, world is no longer any of your business.

See how it works?

The sooner you let go of that, the sooner you will refocus on your own life and reclaim your full power.

Realize that her network is her world.

Some of her girlfriends might even have encouraged her to cheat.

Her support network will usually stand behind her and often defend her even if she is clearly guilty of cheating on you.

So, don't expect any real support from that side.

What if she says she still loves you

Well, you need to check her actions!

Actions speak louder than words.

In break up and cheating situations, a woman will often say she wants to be with you but runs away with someone else!

She will say:

“I love you”

“We are soul mates”

“We are meant for each other”

While breaking up with you or cheating on you!

Yes! It is confusing!

Here is why she does it!

She wants to keep you as a backup plan!

She wants to make sure that you will be waiting for her, just in case.

In fact she does not want to let you go.

She does not like the idea of you dating someone else.

Even though she is cheating on you, she is somehow still claiming you.

This is one of the key break up or cheating traps.

Listen to her actions, not her words.

Promises are empty when they are not followed by consistent action.

How to get your power back when she cheats on you

If this is the situation you feel trapped in, consider yourself free!

You owe her nothing.

Yes! She might blame you later for not believing in her, but guess what?

She is the one taking distance right now.

In her mind, she can tell herself whatever story she wants!

The truth is simple:

When someone cheats they dissolve the relationship contract on the spot.

Yes! It is a betrayal!

Should you beg?

Of course not!

You know that already but I had to reinforce that of course.

Begging for her to come back makes you weak and powerless.

No woman wants to be with a man who appears weak in her eyes.

It instantly kills sexual attraction and pushes her even further away.

On top of that, you keep investing in a lost cause.

Of course, part of her would like to see you do that because it strengthens her emotional victory over you.

Don't go to her and say things like:

"I am sorry! I will be a better person!"

"Forgive me!"

Watch out for these ones! She is the one who cheated, right?

She is the one who should be apologizing to you!

What about saying:

"I can't leave without you"

Would this work?

Again, no!

Why? Because, what she hears in those words is that you have no emotional independence.

She does not hear your love!

She hears a man worried about his emotional stability.

Keep a back door open?

Yes! I think it is important, especially if you have children together or have been in this relationship for a long time.

Yes! She might come back to her senses a month from now and realize that running away from you with that man was a huge mistake.

The more time passes the less the chances of this happening though.

Here is what you must do:

Live as if the relationship was truly over!

Assess if you would take her back if she was coming back to you.

I mean, do you have long term potential together and is it even a good idea to give it another try?

Ask yourself these questions.

Lower your expectations, ok?

The chances of her coming back are usually slim but when she acts on impulse and cheats with someone else, she does sometimes come back to her senses within a few days or weeks.

She might realize that this marriage or relationship is something she wants to fight for.

Now that she experienced what is out there, she wakes up to the value of what she has with you.

Again, the chances that this happens are slim.

In 95% of the cases, it won't happen!

Keep this in mind and don't get your hopes too high.

It is essential that right now, you stay focused on yourself first and make sure you rebuild your power.

How to get your power back when she cheats on you

In most cases she won't come back or rescue your relationship!

So, how do you keep this relationship on the back burner without totally shutting down the door?

First, you give yourself a time frame with a time limit.

The ideal time limit is one month from the moment she breaks up or cheats on you without regret.

From that moment on, you start rebuilding your life and claiming back your power.

You get back your material independence.

But you hold on before making the final decision.

For instance, if you have to file for divorce, wait 30 days before you take the final decision.

If you have to sell a house, do the same: wait 30 days.

If your children have to change school, same again, delay the final decision.

By doing that, you give her a small window of opportunity if you want to, only!

Ok?

You owe her nothing and her cheating can be a deal breaker for you.

Now, if you still want to give her a chance, that's the way to go: slightly delay your final decision.

How to rebuild a broken relationship

If you both want it, you can start from scratch, forgive each other for your imperfections and start all over again.

Yes! That's a possibility.

You need to start nurturing romance and passion again.

That's how it starts.

Imagine that you meet each other for the first and want to seduce her all over again, what would you do?

What does it involve?

I won't dive too deep in that because this is a vast topic that will require another book.

If you are in this situation, get in touch with me and we'll have a few coaching sessions on the topic, ok?

Open relationship?

Okay, there are some isolated situations where both man and woman want to stay together but don't agree with a full sexual exclusiveness with each other.

What they are in fact saying is that they do trust and love each other but want to sexually experiment with other people.

Yes! This could be the case for you.

It is a possibility for maybe one couple out of 10 or 20.

This is called open relationship, swinging, polyamory or polygamy depending on how you approach it.

Some couples and individuals are fit for this type of relationship.

Usually you know straight away if you want that or not.

So does your partner.

I had to mention this option in this book because a woman cheating might be an opening towards that type of relationship if you both like the idea.

If you decide to go that way, remember that relationship boundaries work both ways and are similar for both partners.

If she wants you to be okay with her seeing other men, she needs to accept as well the fact that you will see other women.

If it is the case you might be a good match for an open relationship

Again, being happy and successful with an open relationship is a whole new topic.

I won't fully dive in it right here.

Battle plan - Summary

I will quickly summarize your battle plan, ok?

- **Does she regret or not?**

This is the first question to ask yourself! Find out how she stands in this crisis situation. This will determine your action or battle plan.

- **What about you? – Is this relationship over no matter what?**

Would you take her back if she sincerely regretted her actions and you know it won't happen again?

- **Stay focused!**

Make sure that this cheating crisis does not negatively impact on your health, career or social life! Fight to maintain your power in these areas.

- **Reclaim your territory**

Dissolve shared bank accounts, get back your keys, remove traces of her presence, destroy letters or pictures, etc.

- **If you are open for it, keep a back door open for 30 days**

In case she wakes up and realizes that she is destroying what she cares for the most.

- **Rebuild your relationship?**

If you both want to go for it, you can rebuild your relationship in the way your first started. Yes! Forgive each other and start again.

- **Open relationship?**

Yes! It is an option if you are both open for it. Probably only 5% of couples are fit for it.

How to get your power back when she cheats on you

As you can see, there are a few options that depend on how you and her face this cheating crisis.

First, find out where you stand and especially if this cheating event is a deal breaker on your side.

Give yourself a week to assess that.

If you still have no final answer after that, start taking small steps to reclaim your personal independence.

For instance try destroying a letter she wrote or tearing a picture of her.

These small steps give you emotional hints.

How do you feel when you take one of these small steps?

Is this freeing?

Listen!

It will tell you if you are on the right track or not.

Conclusion

I hope you enjoyed this book!

Feed back? Questions? Success stories?

Email me at francisco@vitalcoaching.com

For coaching:

<http://vitalcoaching.com/coaching.htm>

For more topics on dating and personal power go to:

<http://vitalcoaching.com>

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