

Nine Steps to Save Your Marriage

for Husbands

The Apology

W9-uha



© Visionary Publications, Inc.
All Rights Reserved

The Apology

Objective:

At the end of this module you will have prepared a message for your wife that will help her make the decision to stay in the relationship.

Here's the total compilation of the parts of the message suggested in the program.

I was so foolish to put our marriage at risk. I'm so very sorry for the pain I've put you through. I know now that I was risking our marriage and risking the loss of my best friend and the person I love — you.

I see now that I was making our relationship unsatisfying to me, by my negative thoughts. The course I'm taking is teaching me about relationships and how to create a really great one. I now know that my lapse had nothing to do with you, that it was all my fault.

I realized how much I love you and want to save our marriage. I searched the Internet and bought a course and I'm working hard to learn how to create a great relationship that will be so appealing to you that you'll forgive me and allow us to get a fresh start.

I realize my folly caused you to worry about the security of our marriage. Let me be very clear: if you forgive me and we go on from here — no matter what else happens in our life — I'll be yours until death does us part.

I know I've lost your trust, and to some extent, my own, and no matter how hard I work to build a great relationship — and make things up to you — you may never fully trust my fidelity. What I think you do trust, and can continue to trust, is my integrity (*or honor, or other word*). I pledge, on my honor that, even if I found myself too weak to resist temptation, I would guarantee to protect you with my life, from any possibility of public humiliation or any threat of disease.

I realize my actions may be unforgivable. I would understand if you refuse to give me another chance. Before I learned what I'm learning now, I might not have been forgiving, either.

Take all the time you need, because I'm going to be busy studying and learning to build a truly great relationship, the one I want to build with you. Thanks for hearing me out.

The Apology

Exercise 1:

Step 1: The persuasive apology. Make it clear that you were foolish to put your marriage at risk and that you now see you were risking the loss of a marriage that you treasure, and the loss of the most important person in your life — the woman that you love — your wife.

You might say: “I was so foolish to put our marriage at risk. I’m so very sorry for the pain I’ve put you through. I know now that I was risking our marriage and risking the loss of my best friend and the person I love — you.”

Write your message:

Exercise 2:

Step 2: Reasons not to take the lapse personally. You want to indicate that the reason for your infidelity had nothing to do with your spouse. In your message, convey that you were unfaithful because you were seeking something that you weren’t getting from your relationship and you didn’t realize, until you discovered this course, that *you* were responsible for making the *relationship* unsatisfying, by your self-talk and your thoughts. Your spouse wasn’t to blame. Your marriage wasn’t to blame.

You could say: “I see now that *I* was making our relationship unsatisfying to me, by my negative thoughts. The course I’m taking is teaching me about relationships and how to create a really great one. I know now that my lapse had nothing to do with you, that is was all my fault.”

Write your message:

The Apology

Exercise 3:

Step 3: Convincing evidence it won't happen again. Start by convincing her how strongly you feel; you've gone to great lengths to discover how to save your marriage. You searched the Internet, researching all of your choices. You decided on this course because it not only helps you save your marriage, but will help build a great relationship.

You could say something like: "I realized how much I love you and want to save our marriage. I searched all over the Internet and I bought a course, and I'm working hard to learn to create a great relationship that will be so appealing to you that you'll forgive me and allows us to get a fresh start."

Write your message:

Exercise 4:

Step 4: A commitment to the marriage for life. Start by convincing her how strongly you are committed to the relationship, that when you say "never again," you mean it.

You might say: "I realize my folly caused you to worry about the security of our marriage. Let me be very clear. If you forgive me and we go on from here, no matter what else happens in our lives, I'll be yours until death does us part."

Write your message:

The Apology

Exercise 5:

Step 5: Protection from public humiliation and danger. To let your wife know you understand she would be worried about public humiliation or being exposed to sexually-transmitted diseases, and you would not put her in danger of either.

You might say “I know I’ve lost your trust, and to some extent, my own. No matter how hard I work to build a great relationship, and make things up to you, you may never fully trust my fidelity. What I think you do trust and can continue to trust, is my integrity (*or honor, or other word*). I pledge on my honor, that even if I found myself too weak to resist temptation, I would guarantee to protect you — with my life — from any possibility of public humiliation or any threat of disease.”

Write your message:

Exercise 6:

Step 6: You realize your transgression may be unforgivable. We added this step because your wife needs to know you’re going to really be appreciative, if she forgives you. Tell her that you understand that. Then, when she does forgive you, she knows you’ll really appreciate her for it. By contrast, if you said you expected her to forgive you, she wouldn’t feel like her generous forgiveness was being appreciated.

You might say: “I realize my actions may be unforgivable. I would understand if you refuse to give me another chance. Before I learned what I’m learning now, I might not have been forgiving, either.”

Write your message:

The Apology

Exercise 7:

Take the Pressure off.

Say something like “Take all the time you need, because I’m going to be busy studying and learning how to build a truly great relationship, the one I want to build with you. Thanks for hearing me out.”

Write your message:

Exercise 8:

Write out your whole message then decide how you will deliver it: an audiotape? a letter? personally?

Write your message:

The Apology

Exercise 9:

Following this module, please watch what's called the "Wife's Module." You'll see when you watch her module that we do a little selling on your behalf. We do our best to show her how she benefits if she forgives you. At the end of the module she's asked to read the following two pages.

Then tell your wife about the training course you're taking and that it has a module just for her. Tell her that it explains what you've been trying to say. Show her how to access it on the Internet and how to use it. Tell her you hope she'll do it. Tell her again you want to save your marriage.

Note: If your wife is uncomfortable with the Internet, there is a text version of the module that's available for you to download, print, and give to her.

AFTER READING "THE WIFE'S MODULE" PLEASE CONTINUE WITH STEP 1: LISTEN TO YOUR SELF-TALK

The Apology

About Divorce — Additional Reading

Those who have researched divorces stemming from infidelity find there are significant differences between men and women who have been through the divorce experience.

Almost universally, both the men and women reported that in retrospect, divorce between a loving couple because of infidelity, was a mistake. They almost universally wished they had been more forgiving, or that their spouse had talked them out of it. In summary, they felt the divorce ruined, to one degree or another, both of their lives.

When asked “What would it have taken for you to forgive your spouse and continue the marriage?” the answers were different for husbands and wives.

Here is what the men said they would have need to hear in order to forgive their wives, and continue the marriage:

- A very persuasive apology...an admission that the infidelity was foolish, wrong, and hurtful.
- That his wife did not blame her transgressions on him. They didn't want to hear, “I only did what I did because he...”
- Convincing evidence that it would never happen again.
- Strong evidence that the wife really wants to save the marriage.
- Some indication that a reunited marriage would be more fun and more satisfying than it had been before (less criticalness, more loving and fun, less fighting).
- Recognition that her acts may have been unforgivable, and that he would be a very generous and loving person to forgive them.

Here is what the women said they would have needed to hear in order to forgive their husband for his indiscretions:

- A very persuasive apology...he has to be truly sorry, or forget reconciliation.
- That his transgressions weren't because she was an unsatisfactory or unsatisfying wife.
- Strong indication that her husband really loves her, and wants to save the marriage.
- Persuasive evidence that he was committed to their marriage for life, and nothing that might happen in the future would jeopardize that. (The research showed that women, in general, were not as interested in promises of “never again,” because they tend to think men are not capable of keeping those promises. The fear was that any possible future episode could break up their marriage at a time when the wife was less likely to find another relationship. Another way to put this would be the spoken or unspoken agreement, “If I forgive you now and take you back, you

The Apology

- won't take my best years and then dump me when I'm old and less likely to form a new relationship.”)
- A clear commitment that if I forgive you this transgression, you will never, ever, ever expose me in the future to public humiliation or a sexually transmitted disease. (Many women evidently think that once an adulterer, a man is likely to be an adulterer again, and if she accepts him back the first time, she asks that he never expose her to public humiliation by being indiscrete, careless, or reckless and that he be extremely careful to not expose her to potentially life-threatening diseases like AIDS or the embarrassment of STDs.)
 - Recognition that his acts were really difficult to forgive and that he would appreciate it forever, if she would forgive him and resume the marriage. (The view seemed to be that a man could promise lifelong appreciation and mean it, whereas he might not be trusted to promise lifelong fidelity.)