

Smart Marriages Conference

July 11, 2009
Orlando, Florida

#608 Beyond Affairs: Prevention & Recovery

Learn how to help couples recover from infidelity, but to make their marriage even stronger, from a couple that's been there. Also, learn how to establish a BAN recovery support groups in your community.

By

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The Beyond Affairs Network (BAN)

Mission Statement

To provide an opportunity for people who are dealing with the devastating impact of a spouse's affair to come together face-to-face, for strength, insight, and mutual support.

To provide a safe place to share the painful emotions that interfere with recovery and a place to gain perspective and understanding, aimed at thinking more clearly and acting more effectively, in order to proactively move forward, make more informed personal decisions and recover from this experience.

To reinforce people's own efforts toward recovery, working in conjunction with and not in place of other support they are seeking such as therapy, counseling or marriage healing and strengthening seminars.

To help people reach a point where they are fully healed from the experience and no longer need support.

To become as commonly known about and available worldwide as other major support groups such as Al-Anon, so that no betrayed spouse needs to suffer in isolation.

BAN is for the betrayed spouse only.

BAN is open to people of all religious beliefs or none.

BAN is free to attend.

BAN is open to both men and women struggling with a spouse's affair.

BAN is for both those staying married or facing divorce.

BAN is not open to those who've had affairs themselves.

BAN is a volunteer grassroots organization.

For more information visit the BAN website: www.beyondaffairs.com

Currently there are total of 99 BAN groups in 36 states in the USA and 11 countries around the world.

If there is no BAN group in your area, please consider becoming a coordinator for your area if you qualify or sponsoring a client in becoming a coordinator. There is a lot of support to help you establish and manage a group.

11 Most Common Mistakes Made:

1. Assuming Affair is Result of Marital Difficulties
2. Not Separating Affair Issues from Marriage Issues
3. The 1-2-3 Method of Approach
4. The 'If This, Then That' Belief
5. Encouraging Forgiveness too Fast
6. Downplaying Disclosure of Details
7. Focusing Exclusively on the Pain of Betrayed
8. Assuming Actions are Result of Character Flaw
9. Believing the 'Reasons' from the Unfaithful
10. 'Get Over It'
11. Inadequate 'Work' between Sessions

Affair Recovery - Basic Ground Rules:

1. Break All ties to 3rd Party. No Contact
2. Establish Extra Support Network
3. The Unfaithful Must Accept Full Responsibility for Affair
4. Talk, Talk, Talk
5. Answering All Questions – Even more than once
6. Creating A Safe Environment for Truth to be Disclosed
7. Being Patient
8. Having Fun

Affair Recovery

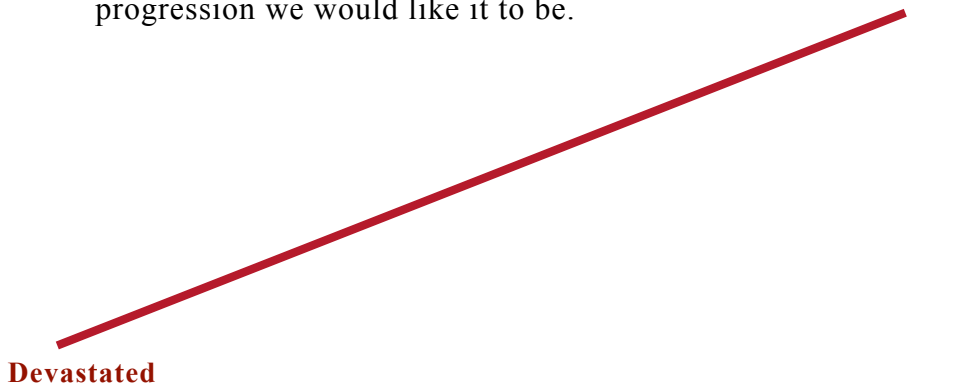
The 7 Essential Elements Needed:

1. Understanding Our Differences
2. Learning How to Communicate Right
3. Discovering Why the Affair(s) Happened, and How to Prevent Further Ones
4. Rebuilding Trust & Being Accountable
5. Forgiveness
6. Re-establishing Sexual Connection
7. Both Spouses to Take Ownership of Their Part in Marital Issues

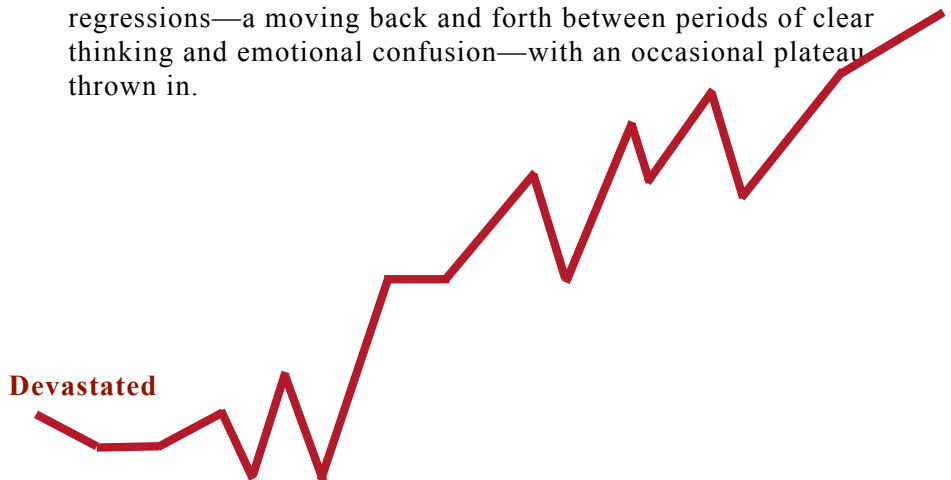
Affair Recovery Graph

The Way *Beyond* the Emotional Turmoil of Affairs Is *Through*— *NOT Over or Around*

3. The process of healing and growth is not the steady, smooth progression we would like it to be.



3. It's more often a series of ups and downs, dramatic improvements and depressing backslides, progressions and regressions—a moving back and forth between periods of clear thinking and emotional confusion—with an occasional plateau thrown in.



3. The moral is persistence will pay off. Allow for down periods, and view each one as a fork in the road. One path leads to further decline, the other to continued change for the better.

(This graph is from "Recovering from Affairs" by James and Peggy Vaughan)

Recommended Books for Understanding and Healing From Affairs

Personal Accounts of Healing From Affairs

My Husband's Affair Became the Best Thing That Ever Happened to Me by Anne Bercht

Beyond Affairs by James and Peggy Vaughan

Avoiding the Greener Grass Syndrome: How to Grow Affair Proof Hedges Around Your Marriage by Nancy Anderson

Unfaithful: Rebuilding Trust After Infidelity by Gary & Mona Shriver

Marriage Undercover: Thriving in a Culture of Quiet Desperation by Bob and Audrey Miesner

How-to Guides for Recovering from Affairs

The Monogamy Myth: A Personal Handbook for Dealing with Affairs by Peggy Vaughan

NOT "Just Friends": Rebuilding Trust and Recovering Your Sanity After Infidelity by Shirley Glass

Torn Asunder: Recovering From Extramarital Affairs by Dave Carder

Torn Asunder Workbook: Recovering From Extramarital Affairs by Dave Carder

Other Helpful Books for Recovering From Affairs

Love Must Be Tough: New Hope for Families in Crisis by James Dobson

Feeling Good: The New Mood Therapy by Dr. David Burns

Love is A Choice: The Definitive Book on Letting Go of Unhealthy Relationships by Minirth, Hemfelt and Meier

Healing for Damaged Emotions by David A. Seamands

Love and Respect by Dr. Emerson Eggerichs

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HEALING FROM AFFAIRS WEEKEND
With Brian and Anne Bercht

Our Healing from Affairs Weekend is specifically designed for couples struggling to heal from the trauma of an affair.

Unfortunately many couples never really heal, because they never deal with the affair, why it happened and what will be different in the future to ensure it doesn't happen again.

"Thank you Brian for talking so candidly and frankly about why things like this happen and for giving us a view into your brain. You have helped me to understand my husband and helped to explain how and why this terrible thing could have happened to us." – J.M., Coquitlam, British Columbia

During this weekend you'll learn how to ...

- Talk about painful issues without hurting each other
- Understand why your spouse acts the way they do
- Understand why you act the way you do
- Forgive
- Overcome obsessive thoughts
- Process anger in healthy ways
- Rebuild trust
- Rebuild self-esteem
- Get past the incredible sadness
- Build a renewed relationship based on openness and honesty
- Break negative cycles
- Reestablish love, intimacy, honor and respect
- Discovering the keys to incredible sex
- Ensure an affair never happens in your marriage again

"The only reason I agreed to attend the Healing From Affairs Weekend with my wife was the fact that Brian Bercht had worked in construction, and even then I was pretty skeptical. I'm not into therapy, seminars, counseling or long drawn out touchy feely stuff. Just give me the bottom line. The weekend experience was positive and different from what I expected. One of the most valuable parts was being able to hear from others who'd had affairs and talk about the challenges we face trying to put this whole thing behind us. If you need to heal your marriage after an affair, don't waste your time dragging this whole thing out. Just get to the Healing From Affairs weekend, get the issues dealt with, and reap the rewards of reconnecting with your spouse, being respected and trusted again, and keeping your family together."

- T.A., Construction Contractor, Monroe, Washington

For more information: phone 604.859.9393 or email info@beyondaffairs.com