

How to Get Your Husband Back

Helping Women Create
More Happiness
in Life and Marriage

With Certified Master Life Coach Tina Haisman



By Tina Haisman
Certified Master Life Coach
www.tinahaisman.com

Table of Contents

Introduction.....	Page 3
Recognize the Truth.....	Page 4
Own it and Clean it Up.....	Page 5
Get with Your God.....	Page 6
Only You can Make You Happy...	Page 7
Talk Less.....	Page 8
Listen More.....	Page 9
Be Strong.....	Page 10
Kill Him with Kindness.....	Page 11
Bring Your Sexy Back.....	Page 12
Get Support.....	Page 13
About Tina.....	Page 14
My Story.....	Page 15
Contact.....	Page 16

Introduction

If you have picked up this book it is likely that your husband has told you that he doesn't love you anymore or had an affair. First, let me say I am so sorry for your pain.

There is no bigger betrayal. It hurts deeply. It feels hopeless, lonely, scary and totally overwhelming.

You are likely struggling with so many emotions, including anger, sadness, despair, frustration and more. Sometimes you might want to hurt him the way he hurt you. You might want to make him suffer. But this will not bring him back.

More than anything, I know all you want is to put your family back together.

I have good news for you. It is possible! It has been done many, many, many times. It's not easy. Truly, it would be easier to walk away. But, you have too much at stake, so it's worth the effort.

Here's the other thing. This is not about your husband. This is about YOU. You have a choice right now. You can decide to allow this situation to make you *bitter* or make you *better*. You can view this situation as something that is happening *to* you or something that is happening *for* you.

I suggest you view this crisis as a wakeup call. As an opportunity for you to work on yourself and make yourself whole. I suggest you view this crisis as an opportunity for you to work on becoming the best version of yourself. An opportunity for you to grow closer to God. You need to do this in order to be in a healthy place for your husband to come back to.

This book is for you if you think your husband is a good person who made a bad mistake. If you believe in his ability to come back to the marriage and be a good husband. If you believe the love you have is real and that your husband is just temporarily lost.

So, this book is not comprehensive, but it is meant to give you a jump start on getting your husband back. These tips are tested, tried and true. They work.

O.K. Are you ready to embark on a mission to restore your marriage? Let's go.

Recognize the Truth

Your husband's affair is not the cause of your broken marriage. Your broken marriage is what made your husband vulnerable to having an affair.

I'm willing to bet your husband didn't set out to have an affair. Most men don't. They just walk right into them with a series of bad choices. They made those bad choices because either consciously or subconsciously, they were unhappy in their marriage.

Know this has nothing to do with you. Even if he is blaming you and accusing you, he is the one who made the choice to solve his unhappiness with an affair. That is never acceptable.

The way I look at it is that your old marriage is dead and gone.



Since that is the case, we know we do not want that old, broken marriage back. We want a new, happy, healthy marriage.

So, what we need to do is learn from the mistakes we made in the old marriage and create a brand new marriage – one you will both be happy in.

If you follow my advice, you can build a new marriage where both of you will be happier than you were before!

But first, remember your mission. *Recognize the truth.*

Own it and Clean it up

Since we know the affair was the result of a broken marriage, that means you both need to take responsibility for the mistakes you made in your marriage before the affair.

Our job is not to focus on what your husband needs to correct right now. It's to look within ourselves and see where we might have made mistakes.



In the women I coach, the most common 3 mistakes are these:

1. **Disrespectful comments and behaviors** – this is tricky, because you likely don't even recognize you are doing or saying anything disrespectful. These are some marriage secrets that I teach my clients.
2. **Mothering him** -- I know! You are just trying to be helpful! But he doesn't want your "help." When a wife tries to "help" her husband he sees it as her way of saying he is not capable of doing it for himself. Crazy, right?
3. **Making Demands** – You need to learn how to communicate your wants and needs in a way that your man can actually hear (commands don't sit well with many husbands)

Be on the lookout for these. As you discover where you might have made these mistakes, own up to them and apologize to your husband.

You might need to hire a coach to help you look at this.

Remember your mission. *Own it and clean it up.*

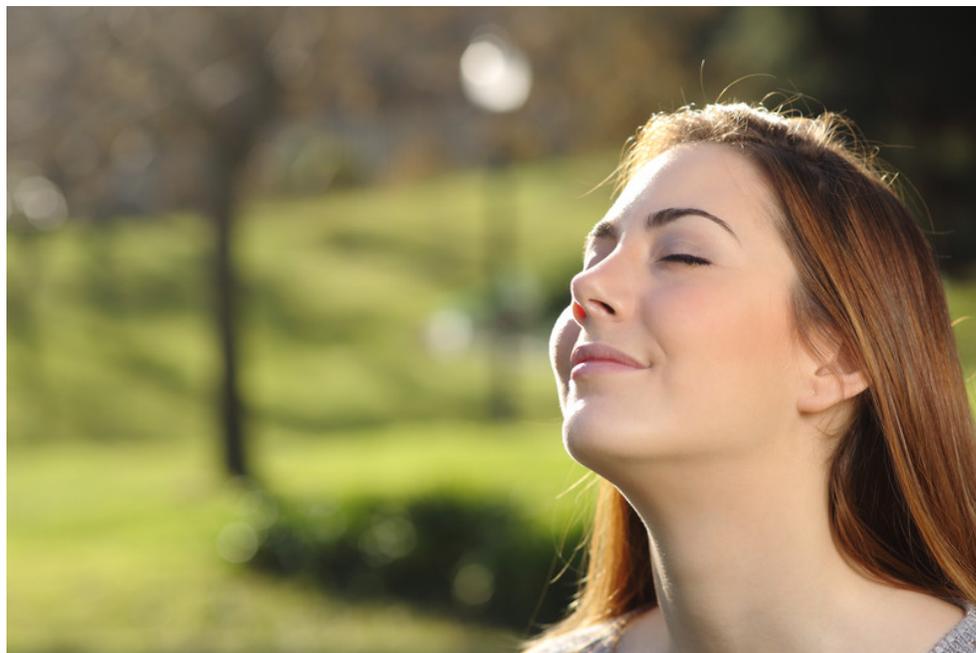
Get with Your God

If you are a woman of faith, get with your God. Talk to him. Ask for help. Pray for your husband.

If he has not agreed to end the affair, pray for a hedge of protection around him.

Imagine a thorny hedge that will keep the other woman away.

Maybe find a bible verse that comforts you and write it on a notecard. Carry it with you to pray when you are feeling anxious.



Trust that God wants your marriage to survive and will do whatever he can to help you. Give this problem to Him. It's too big for you.

Imagine cupping your hands together in front of you. Now place the problem in your hands and hand it up to God in the sky. Imagine him taking it from you. You can't make your husband love you. But God can help lead him back to you.

Your healing from this crisis is also likely initiating a spiritual transformation. Lean into it.

Remember your mission. *Get with your God.*

Realize Only You Can Make You Happy!

It's important for you to realize that that only YOU can make you happy.

Without really knowing it, you were probably relying on your husband to make you happy.

You know this is true because now that he is gone, you feel miserable.

Relying on your husband to make you happy is too much pressure for one man.

There is only one being that could ever handle that much pressure, and it's God. And guess what? God loves you sooo much! He wants you to be happy.

So, take this opportunity to get to know yourself better. Take full responsibility for your happiness.

For starters, right now, make a list of 20 things that make you happy. Then commit to doing 1-3 of these things every day. Coffee with a friend. A visit to a nature preserve. Listening to jazz music. Dancing. Hiking. Dedicated prayer time. Whatever it is, find it and do it!

Remember your mission. *Only you can make you happy.*



Talk Less

You know how men and women differ in their communication styles, right?

We women talk much more. We want to talk everything through. We want to talk this situation to death.

And we want our husband to do a lot of talking too.



We want details. We want to know what went wrong. We have a million questions.

All of this talking is very hard on a man and can drag him down emotionally. It will make him not want to be around you. It's too much pressure.

For now, keep your conversations with your man short. Vent to a friend instead. You will get your answers later once your husband has agreed to work on the marriage with you.

And for goodness sake, unless you need to communicate with him in order to make arrangements for your children, don't smother him with desperate calls, cards or texts. Just leave him be on his own for now. Give him some space.

Remember your mission. *Talk less.*

Listen More

When your man does talk, listen. Don't interrupt. Don't try to defend yourself. Let him get his feelings out.

Be sure to give him social cues that you are listening, like making eye contact and nodding your head.

Press your lips closed if you have to! Zip them and listen!

You might also want to take notes so you can look back at them later.

If he asks you why you are doing that, tell him because what he has to say is important to you and you want to remember it.

This is truly a gift to hear what is going on inside his mind and heart. This is also a wonderful way to show him love and respect.

Then, when he is finished, thank him for sharing, and leave it at that.

This will shock him! He is probably used to you interrupting him and defending yourself.

Don't worry! You will have time later to say what you need to say. But for now, just listen and learn about him. What you hear might alter how you respond once you have time to reflect on it.

Remember your mission. *Listen more.*



Be Strong

Men in this situation hate it when their wife acts needy. It is imperative that you be strong right now and not needy.

Save your tears for your pillow or a BFF. I know you want to, but don't throw things in his face like his vows or his children. This will repel him.

Your state of mind should be, "I love him. I want him. But I don't *need* him to survive." You only *need* one being, and that is God, right!

If he has not agreed to end the affair, you may feel the need to set some healthy boundaries while you wait it out.

Boundaries should be set with kindness and calmly. They are a way for you to protect your heart and those of your children, as well.

It also shows him that you are strong and respect yourself.



If he hasn't moved out, consider what you might need to feel safe in your own home. Does he sleep in a different room? Does he get a temporary place outside of the home?

It's not ideal for him to move out, even temporarily, because it could make it more difficult to reconcile down the road. But only you can make this call in your situation. You deserve to feel safe in your own home.

Remember your mission. *Be strong!*

Kill Him with Kindness

I know being kind is the last thing on your mind right now, but if you will do this, you will improve your chances of getting him back immensely.

I am not suggesting you initiate a full-on active campaign.

I'd rather your focus was on taking care of yourself. These tips are for when you do see him or talk to him.

For the time being, do not say anything negative to him. Don't criticize him or his choices. Don't question his judgment or decisions.



Smile. Act happy. Be positive.

Hide your pain from him. Know there will be time later, after you've won him back, to work on fixing the problems, but for now, be positive so he can see that you are safe to be around.

Also, it's really important to be grateful. Thank him for any little thing he does – picking up the kids, making a home repair, mowing the lawn.

Bonus! This tip will also make YOU feel happier, because you'll be focusing on the positive things instead of the negative things. What you focus on increases.

Remember your mission. *Kill him with kindness.*

Bring Your Sexy Back

O.K. This tip might sound vain, but it's not intended to be that way. I'm just having fun with words. Read on!

Whenever you see your husband, be sure to look awesome. Dress nicely. Do your hair and make-up.

I know your emotions might have you feeling like the walking dead, but messy hair, no makeup and yoga pants are not going to bring him back.

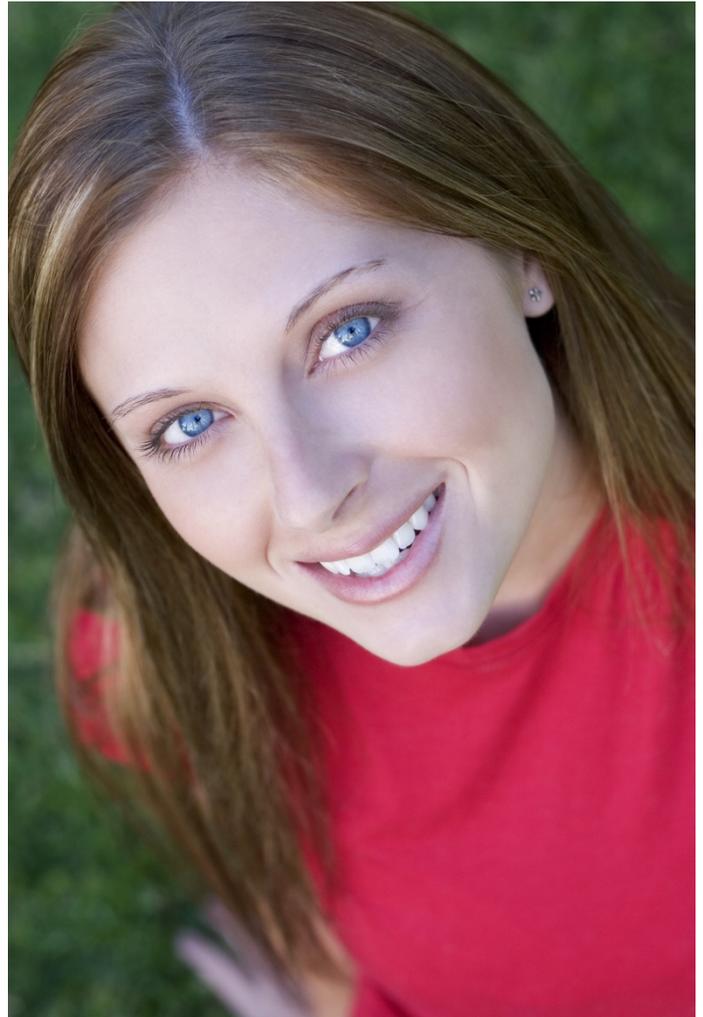
He will be impressed if you're not a crumpled mess. He will be much more attracted to a woman who looks put together and is not an emotional mess. This helps you communicate the message that you are strong.

In this category, we also want to be eating healthy and getting a little exercise. You need this. Your body needs this. It will help you deal with the stress.

The last thing you need right now is to feel terrible inside your body. You've gotta take care of yourself, girl!

Bonus! This will also help you feel happier. Truly, how we show up in the world impacts how we feel.

Remember your mission. *Bring your sexy back!*



Get Support

Trying to get your husband back after he says he doesn't love you anymore or his affair is going to be a hard sell to your friends and family.

Everyone around you is going to be telling you to dump him. They'll say, "You deserve better." Or "Once a cheater, always a cheater."

If you are going to get your husband back, you are going to have to tune these people out and find people to support you so you can stay focused on your mission.



First, and foremost, I suggest you keep checking in with God for his guidance and support.

But you'll also need a few good friends around you. They can help with the kids and help you get some alone time.

I also recommend professional help. This is a very stressful, emotionally crazy time and you can't always think straight. Consider finding a trusted marriage coach who can provide an experienced and objective perspective for you.

When I experienced my marriage crisis, I had a life coach there to guide me, and I am so grateful for her guidance and support. That's why I became a life coach – to provide that support to other women who are trying to save their marriages.

Reach out to me if you would like to consider getting support from me. In the meantime, practice these 10 tips for best results.

Remember your mission. *Get support.*

About Tina

Tina Haisman is a Certified Master Life Coach, specializing in marriage. She helps women create more happiness in life and in marriage.

Her mission is to provide you with information, tools and inspiration to invite your husband into a more passionate, loving, fun relationship.

She believes the woman in the marriage holds immense power to impact the overall climate of the marriage. She teaches her clients how to use this power to make their marriages happier for both parties.

She also coaches from experience and what works, not text books or theory. Her clients take heart in the fact that she has been through a crisis in her own relationship and has brought it back to a healthy, happy state.

Additionally, there is much to know about the inner lives of men that women are not taught in school or by their parents. Tina teaches her clients these surprising secrets, which really help turn things around.

Tina's approach is different than others, because it does not focus on all of the negatives in the relationship. And it does not focus on everything the spouse is doing wrong. Tina teaches her clients that we can not control our spouse. We can only control ourselves. If we behave like the best version of ourselves, that will naturally invite our spouse into behaving like the best version of himself. It's a simple concept, but it's not easy!

Finally, Tina's spiritual approach also sets her apart from other marriage coaches. She believes that motherhood and marriage are two of the biggest tools God uses to guide us into growing us into our best selves. When we can step back from our problems and see that they are really opportunities to become a better version of us, they don't seem so bad.



My Story

I started my career in public relations working in corporate America. After having my first child, I began freelancing from home so I could have the best of both worlds.

One of my writing assignments was for a parenting magazine, and the title of the article was, "New Year, New You." The goal was to show moms how they could get everything done, but still have time and energy for themselves.



As a result of working on that article, I realized I needed a life coach to help me get a handle on my life. Although my life looked like I had the best of both worlds, I was unhappy deep inside, and I didn't know what was wrong. I felt like I was just trying to survive every day.

As a result of working with that coach, I learned how to go from barely surviving to majorly thriving. I learned that I was in charge of my own happiness. And I learned how to live with intention and make the most out of every day.

Things were going really great! But there was a problem brewing that I did not expect. My marriage was broken, and I wasn't aware. Fatefully, my coach was there for me through that, too. She helped keep me sane while my husband and I rescued and rebuilt our marriage.

This deeply profound experience forever changed me, and I knew I had to get certified as a coach so I could start helping other women. So that's what I did. And that's how I got to where I am today.

Contact

Website: www.tinahaisman.com

Phone: (239) 292-2882

Email: tina@haisman.net

Instagram: <https://www.instagram.com/tinahaisman/>

Facebook: <https://www.facebook.com/LOLCoaching/>

Twitter: <https://twitter.com/tinahaisman>

Yelp: <https://www.yelp.com/biz/love-of-life-coaching-wheeling>

Group: <https://www.facebook.com/groups/TheHappyWivesCommunity/>