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# Comparison of 3 Top Affair Help Programs

# How to Find Marriage Help after the Affair – A Comparison of 3 Affair Help Programs: Marriage Sherpa, Marriage Fitness and Break Free From the Affair



Whether you've had an affair or you're dealing with the infidelity of a spouse it can be difficult to survive it on your own. Affairs often destroy marriages but they don't have to. While traditional marriage counseling isn't for everyone there are programs that can help.

Each of the programs reviewed in this article take a unique approach to helping a couple survive infidelity. Finding the right program or coach for you and your spouse can mean the difference between sadness and struggle or a happy marriage and a happy future.

## Marriage Sherpa

The Marriage Sherpa is Dr. Frank Gunzburg. He's been a marriage counselor for more than 31 years. His vast experience has helped couples survive and thrive after infidelity. He created a step by step marriage repair system. Now the word "System" may sound technical and perhaps too structured for you. However, here's what Dr Gunzburg found; he's found that the steps people take to repair their marriage don't work unless they take them in the right order.

In addition to facilitating open and sometimes brutally honest communication, the system shows couples how to repair their marriage in three steps or phases.

- **Phase One: Individual Healing** – Understanding Personal Feelings and Sorting Through Your Emotions. This phase is for both the person who cheated and the person who was cheated on. You both have some self reflection and healing to do.
- **Phase Two: Healing as a Couple** – Working Together to Identify and Resolve Key Issues. This is the phase where you work through forgiveness and begin shifting your marriage back toward a positive, mutually fulfilling, and rewarding relationship. It's hard work but the Marriage Sherpa guides you through it.
- **Phase Three: Negotiating a Renewed Relationship** – Understanding How to Build and Sustain a New Trust Filled Partnership. This is the last phase and it shows you how to trust each other again. As you know, trust is essential for a good marriage. You'll even affair proof your marriage.

## Who Is the Marriage Sherpa's Program Right For?

The Marriage Sherpa's "*How to Survive an Affair Program*" is for the couple that isn't interested in traditional marriage counseling. The program is a step by step system that you can both download and have shipped to you. This provides you with the ability to work through the system together at your own pace – from the comfort of your

own home. No one needs to know but you.

Each of you will receive your own copy of the program. The person who had the affair receives their own book. The person who was cheated on also receives their own compatible book. The books are different but complimentary, meaning they work together to help you both rebuild your marriage.

## **Break Free From the Affair**

Break Free from the Affair is a unique affair help program. It's created by Dr Bob Huizenga. He is a Marriage and Family Therapist and Psychotherapist with more than 20 years of helping couples and individuals deal with marital problems.

In addition to a wealth of books on topics ranging from "*The First Step in Surviving Infidelity: From Basketcase to Making Your Spouse Blink*" to individual "*Live Infidelity Coaching Sessions with Dr. Huizenga*", you can also purchase the premier book "*Break Free from the Affair*" which was written in 2003 and headlines the long list of available books on the topic of infidelity and marriage.

What's truly great about how Dr Huizenga organizes his vast library of information is that you don't have to pick and choose the books that are right for you. You can instead choose the program level that best fits your needs. To keep it simple he's created a bronze, silver, and gold program.

Each program offers the foundation books which include:

- The First Step in Surviving Infidelity
- Break Free From the Affair
- Cheater Cheater Affair Repeater
- Should I Spy?
- Cheating spouse guide
- Marriage Makeover

The gold package offers one on one coaching with Dr Huizenga over the telephone. It's the perfect opportunity to ask the coach your most pressing questions or to get help with those little challenges you just can't seem to get past.

## **Is Break Free from the Affair Right for You?**

Break Free from the Affair is ideal for individuals who prefer a less structured approach to rebuilding their marriage. If you want coaching and counseling and you want to be able to work through some of the issues together then the combined approach available in the Gold level program may be exactly what you're looking for.

He also offers infidelity coaching packages for those who really want to work through their marriage problems quickly and get back on the path to success. Packages range from one thirty minute coaching session to a two month coaching package with email support and correspondence. Break Free from the Affair offers a variety of solutions and infidelity topics so it's perfect for the person who wants to create their own post affair coaching package as well.

## **Marriage Fitness**

Marriage Fitness is a step by step program created by Mort Fertel. His program has been featured on every major network including ABC and PBS and it's been featured in mainstream news publications around the world. His program is endorsed by marriage counselors and therapists across the country and he's received accolades for the program's resounding success.

Mort's *Marriage Fitness* program takes a different approach. The foundation program is a marriage bootcamp. Only this isn't the type of bootcamp you have to travel to. It's a tele-bootcamp.

The package provides teleseminars and live teleconferences with Mort, one on one phone sessions with him, an audio learning system, workbook and journal along with homework assignments and a member's only website.

This program jumps right into helping you and your spouse do the work that's required to move forward with your marriage after infidelity. It's interactive and it requires accountability.

If your marriage is in urgent trouble and you just can't wait, Mort has a Home Flex option that can help you start repairing your marriage in 24 hours. And of course you can meet one on one with Mort Fertel if you want or need more coaching sessions.

## **Is Marriage Fitness the Right Choice for You?**

Marriage Fitness isn't for the person who is only halfway interested in repairing their marriage. It requires full participation and accountability. Between the teleseminars, workbooks and homework assignments, it's an in depth and active program. You'll do much more than read a book with this program.

Additionally, what's unique about the Marriage Fitness program is that there are options if you are going it alone. Sometimes one person is ready to get help and the other spouse isn't. The Marriage Fitness Program offers an option for individuals.

## How Do You Decide Which Program is Right for You?

Budgets are tight and price may be important to you. However, it's important to know that all three programs provide a money back guarantee. There's no risk to trying the program that feels right for you.

Compare the programs based on your personal needs and desires. If you prefer to work at your own pace and don't want one on one coaching or help, then an ebook or step by step workbook type system may work best for you. If you would like the advice and insight from a marriage and infidelity expert, then a program that provides coaching options may be the right choice.

Compare based on your situation. In many cases you may be on your own to deal with infidelity. In this case it's helpful to find a program that is geared toward helping you as an individual rather than a couple.

## Timing is Everything

Chances are, if you're looking for guidance to help you deal with infidelity and potentially rebuild your marriage, there's no time to lose. Trust your gut instincts and choose the program that resonates with you and your spouse. Get their input if possible, but don't wait. These affair help programs all begin immediately and that means you may be on the path to healing in less than 24 hours.

You can also find this article published on [Comparison of 3 Top Affair Help Programs](#), and on the tag pages [affair help](#), [after the affair](#).