

# Truth & Lies About Her

## Lies About Her

- She cares about me as a person - NOT!
- She wants what is best for me - NOT!
- She is attracted to me as a person - NOT!
- She cares about my thoughts or feelings - NOT!
- She knows who I am and understands my needs - NOT!

## Lies About Me

- I feel/think that her interest in me means she loves and accepts me - NOT!
- I need to have this in order to be happy - NOT!
- My needs will be met if I respond to this - NOT!
- I will feel satisfied and fulfilled if I respond to this - NOT!
- I would be able to walk away from only one encounter - NOT!

## Truths About Her

- She wants to meet her own twisted emotional needs
- She wants to take from me and not give
- She wants to use me for her own purposes
- She will say anything that will get her what she wants
- She is interested in free casual sex with as few strings as possible
- She has no care that I am married and that I should not do this, regardless of how interested I might seem

## Truths About Me

- My body and mind did respond. I was interested and felt the excitement of attention, interest, and acceptance. I felt the familiar anticipation of physical stimulation. I felt the rush of clandestine adventure. All this means is that I encountered a choice and felt an initial reaction. It does not mean I have to respond with an action. It doesn't mean I have slipped yet.
- I cannot help but respond to these unwanted stimuli. I trained my mind and body over a long time to respond like this. I need to keep retraining my mind and body to respond differently.
- I can choose whether I will continue longing for something that I cannot and should not have
- I will cause myself and those I love great hurt
- I will be ignoring a host of supporters that stand ready to encourage me
- My body and mind think they want this, but they are wrong
- I will feel disgust and shame if I respond to this
- I will deeply hurt my wife and will jeopardize our relationship
- I will fall into a growing cycle of needing more and more
- I start down a slippery slope of having already made a decision if I keep revisiting the scene in my mind and re-invoking the feelings and emotions