

MEN: How To Survive Your Wife's Midlife Crisis

Hello, I'm Larry Bilotta and I welcome you to this course I call how to survive your wife's midlife crisis. It's very likely you purchased this course because you heard my free tele-class call about the chaos kid phenomena. If you tuned in to my explanations there, it's because you are a husband who has already been experiencing what I have been describing about chaos kids. In other words, your wife is one.

I didn't take the time to tell you a little about myself on the tele-course because I had so much to cover but let me just say that I endured 27 years of a marriage made in hell but in the 28th year I fell in love with my wife. Those 27 years were hell because Marsha was forcing me to wake up and see things I didn't want to see. What made it such hell is that she used force in all shapes and sizes to accomplish this. But how was it possible that in the 28th year I could love her as much as I do today? The same woman I once hated became the woman I love and enjoy today because of these insights I'll be sharing with you. We've been together over 40 years and she hasn't changed one bit, yet I'm the happiest man you know.

As you might suspect, our 27 years had plenty of midlife crisis in it.

In addition to my 27 years of searching for the answer to eliminate this massive pain I lived under, my course on surviving your wife's midlife crisis comes out of hundreds of hours I have spent working with men whose wives have done exactly that, they have fallen into a midlife crisis. I know this problem inside and out. I know what it's like to lose who you are and not know what's happening to you or why because your wife has transformed without warning it seems. I know what it's like to be the spouse who is on the receiving end of this chaotic world, a world you never expected or predicted you would have to face, but now you are.

The purpose of this course is to jump into this subject by learning what you must do and not do. I want to equip you emotionally to handle what you are facing. To start equipping you, I have supplied you with the tele-class you heard originally on the chaos kid phenomena. I would suggest that you start here and listen to it again to give you the background of why this is happened and what created it. That background is important because it grounds you for the work I will be having you do here.

When I say work, most men picture doing things such as working hard to earn money and being a good listener, and that would've worked in the old days, but what you need to do now is emotional work. It is internal work, not external work. It is internal management of your emotions, your feelings that really does the job of securing her because your feelings are what will create a vibration.

I'm sure you've already noticed that your wife reacts badly when you attempt to do something good or say something good. To anyone outside of you, a man reacting that way to his wife sounds insane. But you understand it very well. I want you to begin to understand that something is possessing her and your job is to weaken that thing so that she can eventually get back to being herself.

In my tele-class you heard me explain that you are not in a normal marriage anymore. Because you are not in a normal marriage anymore, you have to change the way you think about your wife. This is a

basic of surviving the crisis. You will not survive the crisis if you don't remember that you are in a brand-new relationship. A relationship with a person who moves between being two different people. At certain times, she is the woman you married, and suddenly without warning, she becomes a woman you don't know at all. I think you would agree with me when I say you are not in a normal marriage. In fact, you are not married to one woman anymore. You are now in an intimate relationship with two.

The recording you are listening to now is going to teach you the nuts and bolts of dealing with being married to, in effect, two different women. I have also included a report titled "Husbands: You've Been Warned; you could lose your wife to a midlife crisis. This was written as a warning for a husband who doesn't know it's coming, but it's also written as specific instructions for the man who realizes that a crisis is already here. You'll see in the report that there are several specifics that will help you do what's necessary to deal with this new woman.

You also received a survival kit page, a quick reminder you should carry with you of the five do's and the five don'ts of being with a woman who is in this midlife crisis. I will be showing you how to deal with both of these women, the one who is the wife you know, and the one who is this strange character you don't know.

I have also included what I call When Will She Wake Up? This document is showing you the variables that decide how long it takes to win your wife away from this other character that is possessing her. I will explain these variables because they all matter and ultimately determine how long it takes. You will need this just to keep your emotions together and under your control in the difficult moments.

Before we get into the course, I want you to get focused on this question because your answer to it determines your future and your ability to save her. The question is: "Do You Want This Woman?"

It is a simple yet very big question. The reason it's such a big question is that this is a world where people run away from pain. Your friends and relatives most likely, the people you work with, don't like conflict and if they know you and like you, they want you to stay away from pain and suffering. So their advice is like the thousands of marriage counselors and therapists who today are just trying to help people leave pain and find happiness simply by walking away.

My advice and encouragement goes against the grain of virtually everyone. I have a great deal of proof that when you stay and work through the difficult stuff, you become a far better person and a better father. You feel truly proud of what you have created and you value yourself far more than those men who run away looking for someone else to make them happy. I don't think you would have purchased this course or even listened to my original tele-class if you were one of those men. I believe you're listening because you want to be a great husband, and a father your children can admire.

That is my single intention with this course. You're going to have to listen to it more than once because you will hear things the second time that you don't hear originally.

This course is divided up into three parts. Part 1: how to understand the woman you love and the monster you don't. Part 2: how to deal with the woman you love and the monster you don't. Part 3: how to eliminate your negative feelings in seconds.

You might think these titles are odd but they really aren't. The woman you love is still in that body but the problem is that the monster you don't love, this super selfish behavior, is a totally separate entity from your wife. I call it the monster because if you originally met your wife and she was like this character you're seeing now; you never would've married her in the first place. She clearly is not the monster.

And here I am beginning my theme of separation. You must begin to separate the woman you love from the monster you don't. She is not the monster. The monster is not her. Don't mix them up or pretend they're the same person because they clearly are not. I'm sure you look into her eyes when that monster is possessing her, and see that it's clear to you that she is not the woman you married. I know I don't have to hit you over the head with this because you have lived it. So let's move to...

Part 1: how to understand the woman you love and the monster you don't.

I want to start on the subject of understanding by focusing on the woman that you married, you know, the one that was at the wedding. That's the woman you originally signed up for but most likely did not understand.

In the original tele-class you heard, I made a strong case that the programs that are installed in your first 10 years are how you treat the person you marry. An easy way to understand this is that you treat your wife exactly the way your father treated your mother. When I say that, you will find it a bit disturbing at first but I want you to look at your childhood and visualize how your father treated your mother, the woman he married. Remember moments like vacations, birthdays, Christmas etc. You had siblings around and probably didn't think much about how your dad treated your mom unless they were violent fighters, but take a minute now to remember your father's treatment of your mother.

What I'm having you do here is important because I first want you to understand how you treated your wife in the years after the wedding. I want you to see that you ended up treating her the way your father treated your mother when you were a kid, those first 10 years. I'll remind you of a point I made in the tele-class. It's the kid standard. I'm sure you remember that. It was two things. First, you wanted your mom and dad to enjoy each other.

Second, you wanted your mom and dad to make you feel important and valuable. Those are two very different relationships. I'm asking you to focus on the first one. And I'll start by asking the question, did your mom and dad enjoy each other? What that means is, did they laugh a lot together, did they hug, touch, joke in a good natured way and share stories with mutual respect. Did your mother take your father's side in issues with the children? Did they defend each other to outsiders?

I've just given you a picture of what they should have done. As you remember your childhood observing them, the further away your mom and dad were from my descriptions, the worse it will be for you and your marriage. So the more they fought, argued, created tension, the worse it will be for your own marriage. It's all because of their relationship instructions in your own brain. Instructions you cannot see. They are completely invisible to you. The problem with this is that in your intimate relationship, you can easily be knocked out and taken over by the way your father treated your mother. Most important about this is you don't have a clue you're doing it.

You'll see that one of the variables I have on the When Will She Wake Up? document is how your father treated your mother. There's a scale there that goes from very positive down to very negative.

Right now, based on your memory of their relationship, rate on that scale their positive to negative relationship ratio. The more negative it was, the more negative came out onto your wife. There's also a scale for how her mother treated her father. Rate on that scale as well because the more negative her mother was to her father, the more negative your wife was to you.

Day after day I am dealing with people who come from painful childhoods, in other words, chaos kids. Children that were raised in chaos and now are adults who are suffering under the effects of that troubled parenting. I have consistently seen these patterns and that's what I'm explaining to you here.

I want you to start by understanding that the more negative your father was to your mother, and the more negative your wife's mother was to her father, the more negative energy you have to deal with in your marriage. There is no need to get into the thousands of ways you can screw up a kid by being a negative parent. Who cares what the variety is? What matters is that this negative energy creates an entity inside the child, inside their brain that has a mind of its own. It is not you, and you are not it.

An easy way to think about this is that your father was a man with good qualities. But he also had these flaws that cause problems in you. For example, my dad had some great qualities and lo and behold I have those qualities too. But my dad possessed a dark quality that he got from his father, and once it was in his brain, it took on a life of its own. That means that my father in effect had to battle between himself, his really good qualities, and his dark nature that he got from his father. It's the same for you.

In real troubled families, that dark nature can be very destructive. To visualize this, just think of criminals that the police and courts have to deal with. Those people were created in those first 10 years. But most of us are not criminals. Most of us get this evil childhood energy from our parents who never dealt with theirs. This evil energy moves into the next generation to create as much trouble as it can in each person it occupies. I'm once again referring to this idea of separation that you must get if you're going to be good at what I'm explaining. Separate, separate, separate! I want you to separate yourself from your father's dark side. I want you to separate your wife from her mother's dark side. The ability to separate is a key to learning how to understand the woman you love and the monster you don't.

That's because the woman you love is the best of her mother and the monster you don't is the worst of her. That's why I call her, your wife, the woman you love. It clearly separates her as a valuable human

being with good qualities that you can love and enjoy. But this world doesn't see people that way. The world sees people as some gray swirling ball that is one person, all mixed up with good and bad qualities. They even have a slogan they use where they say things like "That's just a part of me."

My research proves that this dark entity is not at all a part of you. In fact, it's so much NOT a part of you, that people in these troubling marriages long to stop this thing from ruining their life. I quoted the line that people give me when this thing takes them over; "I know what I'm doing is wrong. I really wish I could stop. But I don't have the first clue how."

That does not sound at all like one person to me. That sounds exactly like a good person trying to get rid of something bad. That's why I want you to key in on this idea of separating the good person from this bad entity from within. I'm also making it clear that your wife did not put this bad thing here. She was dropped into a home she did not choose and this thing was injected into her brain over 10 years. None of it was her choice.

The problem can happen if you were raised in a much better home, while she was raised in a much more negative home. That means that her monster within is more destructive than your monster. So we all have this monster, this dark side, but the question is, how strong is it?

A midlife crisis is the result of a lot of childhood pain that is never handled. Because I'm dealing with part one, understanding the woman you married and the monster you did not, I want you to understand that these dark entities travel through families like traveling through a river. Some families have very little negative energy in them. These families are full of positive energy and so are all the children and the children's children. They are happy families who like each other and rarely fight. They accept each other's differences.

But there are also families that are jam packed with this negative energy. These families have all kinds of difficulties and issues. It's these families who have people who must face drug addictions, arrests, jail time, bad debts, troubles with money and so much more. I say all this because you can look around you and know it's true. In fact, if you grow up in one of these troubled families, there is a magnet in your brain that actually attracts troubled people to you without any effort at all.

So now with all that said, you can begin to realize that your wife's childhood created the size and nature of that monster within. But your wife is still the woman you married, the good qualities you loved. She is still that person but now cannot control that monster she received from those first 10 years.

Now you have an understanding of the woman and the monster, let me talk more about the woman herself. I want you to really understand her by realizing that there are four kinds of women in the world. I am referring to my work of developing a product called the Flag Page. You can learn more about this if you are interested at www.flagpage.com.

Let's think of these four women as coming from four countries; control, fun, perfect and peace. I'll talk about them in order so that you can locate your wife in one of these countries because it will help you understand her in a way that you haven't before.

If your wife is from control country, she is a strong willed woman who can easily take charge and get people to follow her. She is a woman of action and decisions. She has very little patience with people who can't decide things. Let's hold onto control country for a moment and consider fun country.

If your wife is from fun country, she is a very social woman who needs to connect and relate with other people. She is on the phone a lot because she doesn't like to be alone. She laughs easily, loves conversation and wants to be given approval for the way she acts. So looking at control country and fun country, we have seen they are clearly different. Now let's look at the last two countries. Peace and Perfect.

If your wife is from peace country, she is a very calm and relaxed woman who does not have a lot of friends but does have a few close friends. She would much rather listen than talk. The main thing about a wife from peace country is that she can't stand conflict. If she perceives that there is conflict happening, she will shut down. You might even find her lying to you in order to avoid a conflict. Because of this need for peace, she wants to be respected for who she is, not necessarily for what she does.

Finally, let's see what your wife would be like if she were from the most sensitive of the four countries, perfect country. In perfect country your wife would talk a lot to say a little. That's because she feels things very deeply but has a hard time expressing herself so she keeps on talking trying to get her emotional point across. Since she is very sensitive, she can be easily hurt by even the wrong look or tone of voice. In perfect country she wants things to be right and if they are not, she can get upset very quickly. Her great strength is the ability to care about virtually everyone and everything.

So let's sum up these four countries so you can locate the one that your wife lives in most likely. If she's from control country, she's a strong-willed take charge woman. If she's from fun country, she is a really happy and social lady. If she is from peace country, she's a very quiet woman who stays away from conflict. If she's from perfect country, she is a very sensitive and get it right type person.

Now that I have given you these four countries, I want you to pick which country she is most likely from and write it down. You will see I have repeated these words on the 'when she will wake up' document. You can read these descriptions and locate her there. So why is this so important? It's important because you must understand what she needed but you may not have given her. Here's what I mean by that.

You are from a country also. Let's say you are from control country but you married a woman from peace country. So if you are a strong-willed, take charge man and your wife is a quiet girl who can't stand conflict, you can see the beginning of a destructive problem if you don't realize how to treat a woman from peace country.

So to understand the woman you love, you really want to understand her country. If you want to know this in more depth, you can get the book that explains these countries in detail titled *Discovering Your*

Heart with the Flag Page. You can find this book by just googling the words discovering your heart with the Flag Page.

Once you have found your country and hers, you begin to realize what might have gone wrong after the wedding. Now is the time to start thinking about her country and her biggest need. If she is from control country, then you must appreciate what she does. If she is from fun country, you must give her approval for the way she acts. If she is from peace country, you must respect her for who she is. And if she is from perfect country, you want to give sensitivity to her feelings.

Once you have focused on the big need of hers, understand something else about her and that is what she loves. It sounds simple but a lot of husbands totally miss it. In order to remember the things she loves, you're going to have to remember your history with her. Think back on stories when he was enjoying herself the most. Right now I want you to write on the 'when will she wake up' document. Write down Five things that she loves the most.

For instance, you might remember that she is happiest when she is around her favorite activity such as running. She knows about exercise, diet, marathons, etc. Once you think of it, make that one of the items you write down. You could write something like "she practically lives for running and makes her entire social circle about exercise and marathons with other runners." Include anything you remember that made her look or act happy. You do this because that's the woman, the one you married. This description helps you separate her from the thing that's taken her over.

This is a very valuable exercise and it will take some memory time for you to create this list of five things she loves. I want you to do this because you've probably never done it. But once you have, you will have a word picture that's a key to her heart. This list of five descriptions will help you realize that she still is this woman. So in addition to knowing her country, write your five descriptions of what she loves and you will see her as she really is.

Now let's look at the third element of understanding the woman you married. And here I'm giving you a little mini course on understanding women. Like virtually all men, you have never taken a course on understanding women. So let me give you the basics of why women are nothing like men.

To understand the girl you married, you're going to need to remember that a woman has two major needs in her intimate relationship. 1: she needs financial security. 2: she needs of emotional security. Before you jump to conclusions about what you think these two needs mean, let me show you how different men are by realizing that men have two needs also. 1: a man needs to be respected as a man. 2: a man needs sexual intimacy.

I want you to notice that the two needs women have use the word security... emotional security and financial security. Notice also that in the needs for men, they have no need for security.

That's because men are not wired for this major need. Men want to accomplish things so they can be respected by the woman in their life, and of course, sexual intimacy is like breathing to a man. So if you thought that women needed something like you did, you would have been totally off target.

Your wife needed emotional security and financial security and she couldn't even tell you that directly. But let's look at what those two needs are made of. Let's look at emotional security first. For a woman, a man makes her feel emotionally secure when he does things that make her feel valuable and important. They are not big things, they are small things. For instance, when you look at a woman when she's talking, she feels very valuable to you. When you look at her when she's talking, eye to eye contact generates brain chemicals that causes her to draw closer to you. This contact with eyes is a big deal to women. Look in your history with your wife and ask yourself the question, how much eye contact did I maintain with her when we were talking? Most men blow it badly here for emotional security.

Her emotional security also comes from conversation with you. I'd say it even stronger. Your need for sexual intimacy is exactly the same as her need for conversation. Yes, it's that big! As you know, men aren't really big on conversation especially when the subject is not what men are interested in. But if you really want to understand the woman, you must understand her need for conversation. By the way, that conversation is mostly you listening to her.

What I mean by that is that she wants your opinion only when she really wants it. Most men try to give solutions when women just want their man to listen to them vent. What a man tries to give solutions when she's not done venting, it really breaks the plumbing. If you have done that multiple times over multiple years, it has much to do with why she has fallen apart. A simple way to think about this is that the more you would have given her the need of her country, the support for what she loves, her need for emotional security and her need for financial security, the more you hold back that childhood monster from taking her over. But like most men, you had no idea that marriage had a secret formula. A secret formula that very few men understand.

So let me give you that secret formula as a formula: please her country, + support her loves, × give emotional security + supplying financial security = NO MIDLIFE CRISIS.

Yes, you heard it right, no midlife crisis. If a man could have known this formula and actually delivered it, he would be protecting his wife from the chaos of her childhood from arriving. A nice thought, but of course it's too late for that. Now it's time for you to be in emergency management mode. I at least wanted you to know there was a formula for making a woman happy. You might want to write it down somewhere.

Let me expand on emotional security because a lot of men do not understand that. To help you understand how important this is to a woman, I'm going to give you a few choices from a very long list that was made by many wives I interviewed over several years. These are their exact descriptions of what they wanted from their husbands in order to feel emotionally secure.

I'm reading these as a sample so you can get a feel for what you need to do when your own wife is in control of herself rather than her dark side being in control of her. Remember once again, you are dealing with two different women, but right now we are dealing with that wonderful girl you married.

This is a short list of how women expressed this need for their husbands to make them feel emotionally secure.

- Be interested in all I say because it gives me reason to go on.
- Initiate conversations with me where you show genuine interest in all the details of our lives.
- When you're home, think about us, don't think about work.
- Whenever I speak, show how what I'm saying is important to you.
- To validate me, listen, ask questions and show you are interested in my feelings no matter how small.
- Show me your self-discipline so I can lean on your emotional strength.
- When you sense I'm emotionally hurting, stay, listen and care about me till you know I feel better.
- Listen to me vent my troubles before you go offering your solutions.
- Before you judge, look for ways to understand what I'm going through by asking me questions.
- Plan dates and gifts for me to show how I'm still on your mind when we're not together.
- Look for all the little opportunities to surprise me by noticing what makes me happy and sharing in it.
- In each day, do small things that make me feel like the most important woman in your world.
- Show me you are doing things I need you to do and don't put them off.
- Show me that I can trust you completely and I am the only woman in the world who matters.
- Touch me, hug me and kiss me throughout the day because this proves you love me.
- Express your feelings about why you find me attractive.

Don't make the mistake of thinking this is a long to-do list because it's not. All these sentences make you realize that just by paying attention, she will feel how much you value her. Going back to the chaos kid phenomena, that will be very difficult for you if your father criticized your mother and treated her like a hot water heater taken for granted in the basement. If your father did treat your mother this way, then you will have to work on what I'll be talking about in part three, feeling good in spite of circumstances.

So now that you have a sense that your wife feels you do value her, let's think about what she wants in this financial security need. Again, I'm going to be drawing from the list that real women made concerning their need for financial security. Some of these expressions might surprise you while some will reveal that your wife might have wanted these same things.

- Allow me the money and time for my guilt free trips.
- Provide enough money so that I can create a beautiful environment for our family and others.
- Encourage me to get rid of the guilt I have over spending personal money.
- Trust me with management of my own budgeted money each month.
- Cheerfully give me money so I can find ways to make you happy.
- Encourage me to earn my own money in my own way.
- Give me time to explore my talents and earn my own income.
- Trust me with an amount of money every month so I can make our family's life better.
- Help me plan, design and have built my own private retreat room.

- Encourage me to spend money on myself because you know it's hard for me.
- Trust and show respect for my spending choices.
- Commit to raising our donations for the good of others.
- Allow me to be crazy generous.
- Support my investment in keeping our family healthy.
- See our mutual costs of living as OUR expenses rather than mine and yours.
- Think of ways to show me my earning power has value to you.
- Show me how much you value my financial contribution to our home.

Women don't understand men, let alone what their two greatest needs are. It's a big mystery. Since a woman feels secure when her husband gives her conversation and values her financially, do this right and you are giving her both her needs at the same time. I know, hard for a man to understand, but this is the way women are wired.

I have just given you a quick course on how to keep the woman you love. It would've been simple if I had given you this shortly after your wedding. But you probably would not have appreciated it and still ended up treating your wife the way your father treated your mother in your first 10 years. So that now brings us to your wife's midlife crisis condition that released this "monster" as I call it. We need to understand that monster so let's take the quick course on what it is and how it works.

Think of this other entity that possesses your wife as her mother's dark side. It is in fact, a mix of mostly her mother and her father's dark nature, the monster within. Remember I explained earlier that the more severe and negative this is, the more you will pay for it in your own marriage. So let's start by giving you the five rules of a chaos kid. When the dark nature has control of her body, the woman you love does not. So let's look at what this dark nature is like, by explaining the five rules of a chaos kid.

Rule number 1: it says what it doesn't mean and what it means it doesn't say. As I will be showing you in our next part, this thing works to keep you confused and off-balance. It does this by telling you one thing but doing another.

Wife Rule number 2: its needs are more important than your needs. This rule is very sinister because to this thing, you don't exist as a human being. Your wife's monster within is constantly going to be devaluing you until you're not even human if that were possible.

Rule number 3: it sells itself as something it is not. This is important to understand about this monster within. It is always making itself out to be big, better than, more valuable than you. It reeks with contempt as it attempts to demean you while at the same time making itself out to be moral and far above you.

Rule number 4: anything you do or say that is good, it will treat as a threat. You should expect this as a normal routine because this monster within her hates you and especially hates everything that you do and say that is unselfish. So it constantly works to try to convince you that your efforts to be good are worthless. Towards that end, it makes you the enemy no matter what good you do.

Rule number 5: it wants what it cannot have and what it has, it does not want. When this monster possesses your wife, she will appear to be very unhappy and discontent with virtually everything. When it possesses her, she will pursue all kinds of seemingly unattainable things because it wants what it cannot have and what it has, you her husband, it does not want.

Okay, those are the inner monster basics. The next thing you must remember is that this thing is forced to live in cycles. When it is in a very high cycle, it's very strong and seems like it's going to control her forever. But when it is forced to go into a down cycle, your wife will come out for a temporary time and you will feel like the storm is over. It's not. That's because when you are not expecting it, the low cycle will be over and the high cycle will begin. Away goes your wife and up comes the monster to implement those five rules of the chaos kid.

I'm saying this not to discourage you but to realize this until you get your own emotions under control, this cycle thing will keep on surprising you if you don't expect it and know it's coming. The reason your marriage collapsed is because you did not just marry a woman. You married a woman and this thing within her. We also don't know about that thing in you. If your father had his dark side, then your dark side took you over from time to time as well. That means there wasn't two people in the marriage. There were two people and two monsters. Your marriage was crowded to say the least.

So now we know how to understand the woman you love and the monster you don't. Let's move on to part two of our course:

Part 2: how to handle the woman you love and the monster you don't.

Everything I gave you in part one helps you understand the woman you love and you will only do that when the woman comes out. But I want to warn you of this: do not treat the monster like you're supposed to treat the woman. If the monster is out, then you cannot treat the monster the way you treat the woman. Remember the cycles. When the monster is in the high cycle, you must deal with the monster in the way we're going to learn in part three. I say that because you cannot have a conversation with her monster. You will lose and it will win if you attempt to talk to it or reason with it. You cannot. In part three, I'll show you why you cannot take that road. You can't get there from here... 'Here' would be you using willpower and logic to debate your wife's monster. There is no winning that.

So when your wife comes out on those occasions, you want to read your notes from part one so you can start treating her the way she's always wanted to be treated. But you also must remember that when you're treating her that way, the monster, (now in its low cycle), is listening.

It's remembering and it's going to try to use what you're saying against you later. But at the same time, the woman is listening and she is hearing you express the needs she's wanted all these years.

That puts her in a tough spot because the monster is telling her that you're lying and you're a piece of garbage who cannot be trusted. At the same time, the woman within wants to believe you.

This brings us back to the separation theme. You must start to see your woman as a separate being who has nothing to do with that monster within. That negative entity is like a terrorist that has captured

your wife and is holding her for ransom. That's a good way to visualize this separation between her and it. So you handle the woman you love by doing the things she always loved and only when she is out and in control of herself.

I'm making a big deal about the differences between your wife and this thing because it bears a lot of repeating. It needs to be repeated because the whole world does not agree. Everyone around you believes that a human being is all one. They do not believe that a human being is split into two separate entities, one human and one not. One good and one evil.

Yes, of course there are all kinds of references to this in literature, what they call the dual nature of man and all that, but that's theory to people. In real life they treat every single person as a single person. In other words, if your monster came out at work in front of your boss, your boss would not later say to you; "your monster came out yesterday and I knew you had lost control of it. Next time, leave your monster at home." Or something like that. Your boss would blame you for your outburst or bad attitude. He would blame you and he would not separate you from that dark entity within.

But you ARE going to separate your wonderful wife from her monster within. I'm calling this part two, how to handle the woman you love and the monster you don't because part two is really just me making this point over and over again that you must always separate your good wife from this thing that is causing her midlife crisis. Part two is really an introduction to part three, how to eliminate your negative feelings in seconds. Eliminating your negative feelings in seconds is how you handle the woman you love and the monster you don't. Without that ability, there will be little hope for you and your wife's future.

You don't realize it now, but your dark nature gives off an evil vibration, as does hers. When those two entities are connected with this dark energy between you, it creates something called tension. A tense atmosphere does not allow two human beings to communicate. These two entities, one within you and one within her, are the problem. In order to solve this problem, we need one of you to kill off your monster. Obviously that won't be your wife. She has no ability to do that.

That leaves only you, her husband. The man who is going to save her from the monster. The question is how do you do it? What I'm going to explain next is most important. If I don't show you a way to shut down your own monster within, it will connect with hers and both of you will lose.

But if you can kill off your monster within, the tension circuit will be broken and it will weaken hers. That brings us to the need for you to learn how to eliminate your negative feelings in seconds but you cannot learn that until I explain the source of human behavior, ALL human behavior.

Human behavior has a source and it turns out that no one knows the source. I found the source of human behavior because I had to go through 27 years of marriage hell living with the toughest roughest woman in the world, my wife Marsha. That of course is another story that you could read in other places but she was the key to me learning what I'm explaining.

You saw earlier that your marriage was made up of two humans and two monsters. The size and the strength of those two monsters was directly connected to how negative your two childhoods were. Your present moment unhappiness, your frustration, your fear, your anxiety and all these other negative feelings are the direct result of your own monster within seeking to connect to that monster within your wife which can destroy your family. Your mission is to make sure that doesn't happen. So I'm here to give you the short course on how to understand the source of human behavior so you can control it at the source. That's something your wife cannot learn right now. So it's all up to you. So let's move on to

Part 3:, how to eliminate your negative feelings in seconds .

Before you can learn how to eliminate your negative feelings, you must learn how negative feelings are created. If you apply what you'll learn here, you'll have the benefit of living without being held back by dark critical feelings that make you want to beat up on yourself or blame your wife. This may sound idealistic but it's not.

I'm going to take you down a logical path. I want you to understand and accept each idea because it needs to line up with what you already believe. If I say something you don't understand, just play it again and the parts will come together for you.

So let's get started on this logical path about the source of human behavior. We're going to start with step one. I'll explain it this way: no matter how negative an event seems, it has no meaning. Let me share the story of the Chinese farmer. The farmer lived with his son and they raised horses and vegetables in the days of ancient China. One day the son broke his leg. The townspeople expressed their sadness saying "You must be very distressed about your son's leg for now you must work the farm alone."

The farmer replied, "Maybe, maybe not." As the son's leg was healing, the Emperor declared war and drafted all the young men for battle but the farmer's son was rejected because of his broken leg. The townspeople heard about this and said to the farmer, "You must be very happy about your son's condition for it saved him from going to war." The farmer replied, "Maybe, maybe not."

As the son limped around the farm doing his chores, he accidentally left the gate open one night and 100 horses ran away. The next day, people from the town came out and said to the farmer, "it's so sad that you lost all your livestock. Now you will make very little money." The farmer replied "maybe, maybe not."

News came to the farmer that the war was over and the Emperor decided to hold a lottery to redistribute the remaining livestock. The farmer drew the long straw and received 500 head of horses. The townspeople rallied around him and said, "You must be very happy now that you have prospered so richly." What did the farmer say? Of course! Maybe, maybe not.

The farmer knew what few people understand. Events have no meaning except the meaning you give them. The farmer decided he would not let his emotions carry him. He stayed calm and let events take the course and moved his meaning out to the future. Maybe it will be good and maybe not, but he

didn't let people control his meaning. He controlled what he could, stayed calm and let events take their course. He knew a secret. Events have no meaning until they arrive inside you.

Let's take this a little further. Everything that happens outside you is an event WITHOUT meaning. Look around and you'll see that most people label events as good or bad but events themselves don't contain positive or negative meaning. Imagine you're in a family that has an unpopular uncle that shows up to a family reunion. You hear family members comment "Oh-oh, here comes uncle Eddie. You know what that means." These family members are acting as if uncle Eddie is a bad event regardless of Eddie's current situation. They are convinced that Eddie was connected to a bad event in the past so he must be bad today.

Isn't it odd that the stock market insists that past performance is no guarantee of future returns? But when it comes to human behavior, people believe that no one can change anything and that what they did in the past will be what they do in the future. If you see the words plane crash, you conclude it's a bad event, but what if the plane was unmanned and built to test a device that could save thousands of lives... then you conclude it's a good event.

The big point is that it's your inside meaning you give an event that makes it good or bad. Not the event itself. Just think about the meaning people give events like these... Homework, surgery, spilled milk, rainy day, new car, birthday, wedding, accident. Are they good or are they bad?

You can't label them. Each event depends on how a person creates meaning for that event. It's the meaning that matters. Events have no meaning apart from the person. There are no good events or bad events because meaning must be created inside you. The question then is how does this happen?

If you're going to learn to feel good around your wife's troubles, then you must learn about a little organ in your brain called the amygdala. As I will explain, it all starts here. You just learned that events have no meaning but what gives an event positive or negative meaning? Let me get a little scientific to illustrate this. An event takes on a negative or positive meaning because of a little almond shaped organ in your brain called the amygdala (pronounced a-mig-da-la).

The book, Emotional Intelligence by Daniel Goldman PhD, reported research results from neuroscientist on the brain's connection to emotions. This is what he explained about your amygdala: "When impulsive feeling overrides the rational, the newly discovered role of the amygdala is crucial. Incoming signals from the senses let the amygdala scan every experience for trouble. The amygdala is something like an alarm company where operators stand ready to send out emergency calls to the police department when a neighbor signals trouble. This puts your amygdala in a powerful posting your mental life, challenging every event with one kind of question; is this something I hate? Is this something I fear? If the moment draws a yes, the amygdala reacts instantly sending a message of crisis to all parts to the brain."

Here's more evidence from Emotional Intelligence; "The urgent message the amygdala sends you is sometimes if not often out of date. The amygdala scans experience comparing what is happening now with what happened in the past. When one key element of our present situation is similar to the past, it calls it a match which is why this circuit is sloppy. It acts before there is full confirmation. It frantically commands that you react to the present in ways that were imprinted long ago with emotions and reactions learned in response to events perhaps only dimly similar, but close enough to alarm your amygdala."

So you have a part of your brain you cannot always depend on. Your amygdala will create a strong emotional reaction that shuts down your brain or what scientists call your working memory. It sets you into a state of emergency before there is full confirmation. That's because your amygdala doesn't seek confirmation.

Your amygdala is supposed to protect you but the question is protect you from what? Could you be going through life allowing your amygdala to decide that a comment from a coworker, boss or spouse is dangerous just by comparing what is happening now to what happened in the past? Your amygdala can do this in a quarter of a second.

I'm sure you remember being so upset you couldn't remember where you put your keys or where that list went. Earlier I talked about uncle Eddie whose family members dreaded his arrival at the family reunion. They did that because uncle Eddie was a past bad event, a guy with a bad history that ignited the amygdala of family members.

Let's say you love pizza. One day you go to the fridge to get a piece of yesterday's pizza and discover it's covered in mold. You almost bit into it! The next time you eat pizza your amygdala can demand that pizza is risky because all pizza can be just like the moldy pizza. Another example. Have you ever tried to explain an idea to someone and they looked at you strangely? That's because their amygdala did not know the meaning of what you were saying so you explained more and they said "So what's that supposed to mean?" With more explanation, they suddenly blow up at you because they didn't like your meaning.

So your amygdala joins present events with past events and if those past events are negative, everything goes wrong. Your amygdala does not know what is real and what is not real but it acts like it does. It has a very powerful effect on you emotionally when it decides the current event is just like a bad past event. Remember what Daniel Goldman said, "it scans experience, comparing what is happening now with what happened in the past."

Think of a person you feel is very difficult to be around. Now begin remembering several negative events connected to this person. You might even get angry remembering these but you are experiencing the effect of your amygdala. In fact, you're experiencing just what I quoted earlier; "it frantically commands that you react to the present in ways that were imprinted long ago with emotions and reactions in response to events perhaps only dimly similar, but close enough to alarm your amygdala."

When you are so upset that you can't think straight, your amygdala is demonstrating its power to temporarily shut down your brain. If your wife is in a midlife crisis you really do need to learn how to eliminate your negative feelings by controlling your amygdala before it controls you.

So here's what we know so far; 1 – events are neither good or bad. 2 – when an event takes place, your amygdala asks the question "What does this mean?" 3 – if it can, the amygdala will match this event to a similar event in your past and label this current event as negative. That's when you feel emotional stress.

So now you are familiar with this little organ you didn't know you had in your brain called the amygdala but what happens next. What's next is your imagination. Most people associate imagination with little kids drawing pictures and playing with their imaginary friend. They even believe that people use their imagination less as they get older but these ideas are way off. Notice that the word image begins the word imagination. An image is a picture and your imagination is where you see pictures. Your imagination is your own personal TV. Science often compares imagination to a television set because like a TV your imagination has light, sound, color, motion and picture.

You use your imagination every day for simple tasks like giving directions to a stranger. When you describe roads or landmarks to that person, you are not physically in front of those landmarks. Instead, you are seeing those landmarks on your imagination television. This is so natural and normal that people do not realize they are using their imagination but without an imagination TV to look at, how could you know where to send the stranger. Only your imagination TV or your ITV as I like to call it, tells you so. You don't recall a list of street names when you give directions, you actually see the routes on your ITV.

Say the word "Boat" to yourself. What kind of boat do you see? It's not in front of your eyes, it's on your ITV. Some will see a sailboat while others will see a yacht. One word creates an instant picture on your ITV. Your imagination is so powerful it can override your five senses. You've had the experience of talking to someone and they suddenly tune you out. That's not because you're boring, it's because something captured their ITV and they couldn't hear what you're saying. Look at highway hypnosis. That's when you drive 20 miles and don't even realize how you got there. You are watching these images on your ITV as you drove on autopilot without even being aware of your surroundings.

Your imagination goes to work when you read a well written book about an exciting story that vividly creates what you're reading as scenes on your ITV. Your imagination turns words into pictures so fast you don't even notice it. Let me suggest the word, pig. When you hear the word you suddenly see a picture of a pig on your ITV. But let me give you some more detail. The pig is black.

When you hear that, the pig on your ITV goes from its light color to a dark color. Now let's add some more. The pig is running across a four-lane busy highway. Now you have a vivid picture of a pig in dangerous surroundings on your ITV.

Remember your amygdala that doesn't know the difference between what happened in the past and what's happening in the moment? When watching the pig on the highway, your amygdala will check out distant memories of pigs and if it finds no connection with the past, it doesn't create any feelings one way or the other.

But if your amygdala could connect the current picture of the black pig to a bad memory, it would set off alarms and put you under stress. Think of your ITV as a place. Just like your home or your work is a place. It's very valuable real estate you own. Your happiness depends on the pictures that occupy your ITV and especially now in your situation, you must control it under all circumstances. I will be explaining how every feeling you have originates in your ITV. Sad, glad or mad, it all comes from what we call your imagination, your ITV.

Now that you know how the amygdala creates a meaning and the imagination television creates a picture, what happens next? Well, our next stop is your nervous system. You've heard people say phrases like "My nerves are shot." Or "I'm a nervous wreck". Or "She has a nervous condition."

They are talking about the 10 million nerve human nervous system and there is something very important you need to know. Let me illustrate the power of your nervous system to create how you feel with an example.

On a particular day at work, you are so busy you forget to eat lunch. Later in the day you realize how hungry you are and a coworker says she'll bring back something to eat. While you're waiting for lunch, another person tells you about a great meal they had in a fabulous restaurant. Your ITV instantly produces a full-color picture of that meal. With that great food on your ITV, your nervous system comes to you and says something like "Wow! That's delicious. I'm pumping saliva whether you like it or not."

You might think that you had a choice but your nervous system doesn't give you a choice. It will instantly run saliva without asking your permission because whatever is on the ITV, the nervous system says it's real. Even though there is no food in reality, your nervous system doesn't care.

Here's another example; you have an upsetting fight on Sunday night at home. The next day you go to work and everyone is getting along fine. But inside your ITV there's a full-color movie of the upsetting fight from the night before. Once again, your nervous system does not ask your permission. In effect, it's saying to you "I can see there's nobody fighting. I don't care about that. There's a big fight on your ITV from last night so I'm pumping adrenaline whether you like it or not."

How could your nervous system create saliva and adrenaline when there was no food or fight in reality? The answer is that your nervous system cannot process the real world without first going through the amygdala and ITV. That's what this means. This amygdala and ITV system has the power to control all 10 million of your nerves.

And don't forget, it's your nervous system that is supposed to tell you about life on earth. People even believe to this day that information comes into the nervous system from the five senses and is directly processed by the brain. That has never been true.

Your eyes, ears, smell, taste and touch collect information and everything goes directly to your amygdala for processing. If any of that information turns into a bad meaning in your amygdala, your ITV will produce a bad picture. If your ITV has a bad picture, your nervous system will create a bad feeling. And that brings us to what you know very well, you know about feelings. But you didn't know where your feelings came from. You believed, like most people, that your feelings came directly from events. If there was a happy event, like going to Disney World, you believed you would feel happy.

But now you remember that events cannot have meaning because meaning is established at the amygdala. So now, let's look at what happens after your nervous system produces feelings. If your amygdala is given a good meaning, it creates a good movie which your nervous system says is good and produces a good feeling. But at no point is reality playing a role in this.

Because people struggle with the idea that events have no meaning, let me dramatize that this system I'm describing really does create what you feel rather than the events around you. Let's say you go on a weekend getaway with your friends. The first evening you're there, you lay in a hammock by a lakeshore and listen to calming sounds of nature and watch a wonderfully colored sunset with warm breezes and the scent of pine in the air. For you at that moment, this is reality.

However, the day before, your employer announced a downsizing and you lost your job of 15 years. You don't have any idea where you will get another job. While you lay in your hammock, your ITV fills with pictures of you out of work, being rejected in one interview after another and the bank repossessing your home. But let's get back to reality. How should you feel at this beautiful moment? What is real? Is it your beautiful reality or the potentially tragic future being played on your ITV?

I don't want you to lose what you're learning so let's see what we've discovered so far. Events have no meaning until they reach your amygdala, that little organ in your brain that is sloppy but powerful enough to shut down your brain if it gets a negative meaning. Next, if your amygdala gets a negative meaning, it produces an instant movie on your ITV of that negative meaning...a meaning that creates movies.

Once your ITV has that bad movie playing, all 10 million nerves look at it and are convinced it's real. Your ITV is the only reality your nervous system will process. Suddenly, you feel exactly like the iTV movie you were watching. Your nervous system makes sure that happens. So you feel good, bad or neutral depending on the movie.

Next your feelings are created as a result of your ITV and your nervous system working together. But it doesn't stop there because the next step produces what you believe.

So remember this: since your nervous system is completely obedient to your ITV, you feel things whether they are real or not. This is what people call perception.

'Oh Susan, that's just your perception'. I'm sure you've heard that before. So let's move on to the next step, belief.

To understand the power of belief, you must understand how it relates to three words, desire, fear and hope. Remember, when I say belief I am not referring to what you believe in. Instead I'm talking about whatever you believe about a particular situation in the moment.

Desire fear and hope are three ideas that can turn your life into something good or something you don't want. The dictionary defines desire as 'to crave or to long for' like craving or longing for winning a scholarship to college. You might have a strong desire but you face two opposing ideas. One is hope and one is fear. The definition of hope is "To desire with expectation of fulfillment." But the definition of fear is "an uneasy feeling that something may happen contrary to your desire." So hope means you believe your desire will happen. Fear means you believe your desire will not. Obviously these two are in conflict.

Your desire must pass through either hope or fear before you can have a single convincing feeling we call belief. The definition of belief is "The acceptance of the truth of anything", that is, one single thing. You can believe in hope or you can believe in fear but you cannot believe in both. If you have both, you will be plagued by worry and stress.

Let's go back to our scholarship example. You have a desire to win the competition for the scholarship but you don't believe you can win. Now you have 100% fear and 0% hope that the scholarship will be out of reach. Your worry and stress will go away about your scholarship possibilities. It's a negative result but you won't be plagued by worry and stress because you will resign yourself to the fear definition: "an uneasy feeling that something may happen contrary to your desire". You'll be resigned to the fact that you're going to lose.

On the other hand, if you had 100% hope and 0% fear that the scholarship will be yours, you will also be free of stress.

Here's a good example. On the night of December 31, 1999, millions of Americans had a severe case of 100% fear and zero hope. They believed the nation's entire system of computers was about to collapse under what was called the Y2K bug. They believed that our way of life would end.

These otherwise intelligent people could not be convinced otherwise. In fact, they believed so strongly this was going to happen, they tried to convince their families and friends of the same fear. They were ready for the worst and they were not stressed about it. Their only stress was that their family and friends did not follow them to prepare for this imminent disaster.

But on January 1, 2000, people woke up that next morning to the news. Everything was ok. They instantly switched from 100% fear to 100% hope and suddenly changed what they believed. Once again they did not have worry or stress but this time it was for a different reason. The disaster they believed was going to happen, did not.

If you believe in something, you'll be free of stress and doubt if you choose only one path. Either 100% hope, 100% fear, but never have both. If you are torn between the two you will be full of worry and stress.

So the question is, which side are you on? Is it fear or is it hope? If you feel bad, you believe your feelings are true. If you feel good, you believe your feelings are true. So when you are split between fear and hope on any issue, you'll struggle to believe anything and worry and stress will follow you all the time.

So, let's get back to the beginning then. Why should you always believe your feelings are true when the source of your feelings was your nervous system which always believes your ITV, which always believes your amygdala, the circuit that science says is sloppy? I hope you see the danger of living life this way, especially when your wife is in emotional crisis. The only answer to this is controlling your amygdala and your ITV. But now you need to know how your amygdala pushes the panic button.

Many books have been written about why good attitude is so important and negative attitude is so bad. Everyone talks about attitude but the source of attitude is never addressed. Books on good attitude focus on changing by simply making a different decision.

I say "simply" because that's how authors and speakers make it seem. But once you understand the chain of events I'm explaining here, it becomes obvious that your attitude is not the problem. Attitude is just the exhaust smoke coming out of a badly running engine. It's a sign, it's not the source.

What makes attempting to fix attitude a mistake is that while you are working so hard controlling your attitude, down inside, your amygdala and your ITV are not affected. This amygdala ITV combination is still broadcasting bad vibes to people around you while you are adjusting attitude to force a smile. That will turn you into a hypocrite.

So the chain of events that create your behavior goes like this: your amygdala creates a bad meaning, the bad meaning creates a bad movie on your ITV, your nervous system says it's real, it creates a bad feeling, that bad feeling is believed to be true, that belief creates an attitude of fear, and an attitude of fear creates all kinds of bad behavior.

That means your attitude now creates your actions and that brings us to the strange phenomena I call the B.O. law.

This takes its name from deodorant commercials where the young man has body odor and enters a room where all his friends avoid him. He suddenly becomes self-conscious and worried about the possibility that he has body odor but he's not sure. The commercial is making you realize that if you have body odor you will be the last one to know. This message creates feelings of insecurity about being rejected. The solution presented in the commercial is to use deodorant. The ads worked and sold millions of people on deodorant.

There are four things that come out of you and none of them can be seen by you. Everyone else sees them but you don't. 1 – your face expression. You can't see it but everyone else can. 2 – your body language. You can't see it but everyone else can. 3 – the words you say. You know what it feels like to

talk but you don't know what it's like to receive what you say. 4 – your tone of voice. You know what it's like to deliver it but you don't know what it's like to hear it.

This is a scary thought... Everybody knows what's coming out of you but you don't. It's just like body odor. Your snippy tone of voice, your folded arms, your cringing brow, none of it can be seen by you because you're busy delivering it. But your listeners are not limited like you are. They see and hear everything that comes out of you and they can feel your vibes. You cannot.

I'm giving you this body odor law to help motivate you to control your amygdala. If you don't control it, something else will and you won't be aware of why your wife is reacting the way he is.

By this point you realize that the meaning your amygdala has in the moment will decide everything that happens to you. I explained all this to you so you know the source of human behavior starts at the amygdala but there something I didn't tell you. Something I did not explain.

I have previously talked a lot about this machine in your and your wife's brain, this monster within. So if the amygdala is going to have a meaning either good or bad, then where does the meaning come from? Now THAT is the question of a lifetime!

In my previous explanations, I made it seem like the amygdala is deciding the meaning but it does not, in fact, it cannot. So if the amygdala does not create meaning than what does? There are two meaning creators within you and they are nothing alike. You remember me making a big deal about separate, separate, separate. I'm talking about separating the woman you married from the monster within. Separate the good man you are from the monster within. Well it turns out that that dark entity created in childhood is one of the two meaning creators that the amygdala listens to. The other is you and you are very good. You are so good that you could not come up with a bad thought if you tried.

On the other hand, that dark entity from childhood cannot come up with a good thought if it tried. These are the two meaning creators in every human being. You are good, the monster is not but both will be heard by the amygdala.

The difference between you and your wife is that you have more control over creating meaning in your amygdala than your wife has. She cannot control the monster so it controls her by giving meaning bad meanings to her amygdala.

A simple demonstration: in your marriage you have made several mistakes and giving yourself over to your dark monster within who has created meaning without you knowing what was going on. When your monster took you over, it connected with her monster and the two of them made life hard on both of you. The difference between you and your wife is that her monster took over her life. Yours did not.

That means you are still in control, you still have the ability to create good meaning in your amygdala.

Every day your wife wakes up and her monster wakes up and tells her what to do. She's constantly watching her amygdala get a bad meaning. She watches as the bad meaning becomes a bad movie. She watches as her nervous system says the movie is real. She watches as her feelings are created which are

bad. She watches and believes these bad feelings are true. She watches and ends up treating you like garbage and can't stop it. This is the reason you're being treated so badly. Your wife cannot protect you from her monster within.

But what if you can't protect yourself from your monster within? It's telling you bad meanings all the time and if you don't create good meanings, both of you are lost. So since all of this is now up to you, I want to give you some more observations about this monster I've been talking about. If you don't stop the monster within you, you cannot save the woman from and the monster within her.

So it's important that you understand what this thing is like because it is not you. Here's one way to think about it. The monster within is exactly like a computer virus which most of us understand. A computer virus comes like a friendly attachment from a friend. It destroys impersonally and doesn't care who you are. It creates an absolute mess of your life and steals what's valuable to you. Once you get a computer virus you easily pass it along even though you don't intend to. The code of the virus joins with the code of your operating system and it takes time to find and see the virus. Finally, you get these computer viruses because you are uninformed, you are ignorant and you are unprotected.

That's how this monster within, your dark side works. So the answer is to be informed and to be protected. In order to be protected and stay in control of your amygdala, I want to give you a helpful set of acronyms that will keep you aware. One big problem people have when they start dealing with this monster within, is that it does act like a friendly attachment from a friend. But there is a giveaway if you are watching for it.

The way you know this thing is going after you is that you will feel disturbed, urgent, pressed and edgy. Those four words are a good description of the feeling you have when this thing is trying to create a meaning in your amygdala... Disturbed, urgent, pressed and edgy. If you are not watching for these feelings, they will slip by you and you will think that it's you thinking and not your dark side. I created an acronym: the acronym is D. U. P. E. as in being duped. You can write this on an index card. Dupe is a good reminder to check on what you're feeling. So if you are thinking about what something means, check and see if you are sensing disturbed, urgent, pressed and edgy. That means your monster is pushing for a bad meaning.

Here's another acronym to contrast the first one. The acronym is CARS. C. A. R. S. These letters stand for calm, all is well, reassured, and suddenly know. As in K – N-O – W. When you are in control of your amygdala you will feel calm, you will feel that all is well, you will sense a reassuring feeling that you're doing the right thing and you will suddenly know the right thing to do in the moment. That's because when you're not being troubled by bad meanings from your dark side, you are truly yourself and you are a good person. The good meaning creator. It's your responsibility to call everything good and give everything a good meaning because if you don't, the monster within will create a bad meaning for you.

I know, I know, I've heard the question a 1000 times before. How can I call something I have always known as bad and now suddenly call it good? To give you the answer, let me first ask a question. If you were going to handle a difficult situation with your wife, which would be the better way to handle it? A: to let your monster within create a bad meaning to the situation, create a bad movie on your ITV, run

your nervous system to create a bad feeling, create a bad belief, create bad attitude, and create bad behavior? Or B: to create a good meaning for your amygdala, that creates a good movie on your ITV, that runs your nervous system to create a good feeling, to create a good belief, to create your good attitude and create good behavior?

Which would you rather have, A? Or B? Everyone agrees, the answer is B. The reason you do what I'm talking about is so that you can stay in your right mind and handle tough situations with your wife's monster in the most positive way. You will be feeling calm, that all is well and that you are reassured and you will know the right thing to do in the moment. None of this is possible if YOUR monster takes over YOUR behavior system. I know I'm repeating myself but because your monster is listening. He's trying to break up my message to you so repetitions are necessary. You are going to either do A or you will do B. A you lose, B you win.

Earlier I explained that you will be switching between dealing with your wife as the person she is, but at other times you must deal with her monster within.

Now you can see why I made this explanation about the source of human behavior. If you don't make the B choice, your monster will make the A choice and that means your entire nervous system will be infected with what I call "Against Energy."

There's something you must know about the monster within your wife and within you. They breathe. Physically, you and I breathe oxygen and if we can't get oxygen for two minutes we'll die. But these monsters within, they breathe something different. They breathe Against Energy. In order to create this against energy, (their oxygen), the monster within must get you to be against something, anything or anyone. The way they do that is using the events of your childhood. With more bad events in your childhood, against energy increases so the faster they can breathe, the more they can destroy you.

It simple to understand once you realize that every painful event that really affected you in childhood will be used by this dark entity to create against energy in you. Here's how it makes that happen. Let's say that in your childhood your mother would always get angry and upset before the family would go out to some event. She would start stomping around, criticizing the children and attacking dad for all kinds of things. Then she would get in the car and grumble all the way. No one could talk to her until she arrived at the event where she suddenly changed into a great mom.

I laid out that story because that's what these childhood programs look like. They are actually events that happened to you and they are stored in your brain. Here's what this means. As an adult today, your monster within will use a childhood story like that to turn you into your mother before the family leaves for an event.

Without any explanation at all, you'll start grumbling and criticizing and stamping around before the family leaves on a trip. Your wife will complain that you are trying to ruin everything and she hates it.

Look into the story and you can see it contains Against Energy. In this case, the story itself contains your mom being against something. That's because your mother was against the family going to the events.

All your own monster has to do is replay the past event of mom leaving for an event with the family and down you will go. Once again let me repeat what I explained earlier about what science knows about your amygdala;

"The urgent message the amygdala sends you is sometimes if not often out of date. The amygdala scans experience, comparing what is happening now to what happened in the past. When one key element of the present situation is similar to the past, it calls a match which is why the circuit is sloppy. It acts before there is full confirmation and frantically commands that you react to the present in ways that were imprinted long ago with emotions and reactions learned in response to events perhaps only dimly similar, but close enough to alarm the amygdala."

So there you have it. If your own inner monster breaths against energy like your wife's monster is breathing against energy, both of you will collapse under the weight. But if you get rid of against energy in every form, you'll be released from the very thing that gives your monster all its power.

Now you'll ask the question: but Larry, HOW do I get rid of against energy if that's what powers this thing? That's a great question. I'm going to give you a phrase to say and I need you to write it down because you'll be saying it a lot. Remember, your mission is to remove all against energy from your monster within. If you do, then it can't breathe and therefore it cannot create meaning and therefore cannot control your amygdala. That's simple.

If you end against energy, you'll kill off the monster. Okay, here's the phrase I want you to write down: "I am not against, and here I want you to draw a blank line, an underline, and then a period. Next write the words, "I am against nothing. I am against no one."

So it's three statements but I want to focus on that underline I had you draw. What goes on that underline? That underline contains the program from your childhood that your monster within would use to create against energy. If we go back to the example of your mother storming around the house criticizing everyone because she was leaving for an event, you would say I am not against my mom's failure. I am against nothing I am against no one.

Now why are you saying your mom's failure? Why aren't you talking about exactly what she did and why it was wrong? The answer is that you don't need to. This monster is focused on you being against something or someone and how that something or someone made you hurt, mad, angry or whatever. In other words, your dark nature is working to get you to relive the feelings you had at that moment and be against the culprit, in this case your mom.

We don't care what mom did. That was simply mom's failure. She failed to be a good mother in that story. Notice that the word is failure, not failures with an S.

We don't want to get into all the ways these people failed. What you are saying is that you are not against mom's past failure, present failure or future failure. In fact, you are against nothing and you are against no one. What that means to your monster within is that it's out of breath because you will give it no against energy.

What I'm sharing here is a very unpopular idea. Look around and you'll see that people love to be against everything and anything. They love to be against the other political party, against the other team, against the criminal, against the person with a different opinion, against the person who ran them off the road and so on. Most of all, people love being against things and people. It makes them feel proud and they would never give up their love of creating against energy.

So you can see that doing what I'm explaining will put you in the minority. Fortunately, what I'm asking you to do no one will know you're doing. It's all internal and it changes your entire vibration. You will no longer be tense or anxious about anything because you will not have that dark thing inside you running the system that creates behavior. You will finally be free of it.

I call this job one. Getting rid of against energy with this phrase is the first thing you must do in every situation. But job one needs immediately a job two. And what is job 2? Job two is creating a good meaning for what is happening now. I'll even give you the wording so you have something to start with in creating good meaning yourself. Remember, if you don't create good meaning, the monster within will create it for you.

Here's the wording for job two so write this down: "You know why this is good.... it's good because..." That's what you say each time you do job two. For example; You know why this is good, it's good because I am handling this situation as a free man who is not loaded down with all kinds of negative emotions distorting my thinking and wrecking my and my wife's chances."

That would be an example of what you could do in job two but there is no limit to what you can create when you create good meaning. You are creating good meaning for your amygdala. That's why you're doing it and now you know why. The amygdala begins ALL behavior and its job to run your amygdala and give it a meaning that is good, so your brain has a movie that is good, so your nervous system creates a good feeling, so you believe that good feeling is true, so it creates a good attitude, which creates your great behavior.

I hope you're starting to see the pattern. Behavior has a source and now you know what it is. So what does all this mean over the long haul? How will your wife and her monster be affected by the wonderful energy coming out of you? It means that your monster will be dead and the one in your wife will get weaker. You've heard this before ... they fed off each other. They actually ate each other's conflict and became stronger. But with your monster dead, his monster cannot be strong because it has no food source.

That's how you begin to save the girl from the thing that is tormenting her. The more you do job two the more you will be able to create great meanings using positive stories from the past.

You could say things like "You know why this is good, it's good because when this is over we both can begin to enjoy each other like we never have before, like the time she and I went to the lake cabin and had so much fun together and where she gave me that look that makes me feel so loved, that's the kind of stuff we will be doing again."

Notice how I started with the normal job two wording and then I moved into a happy memory for the meaning. You can do this all day long by reliving happy memories the two of you had in your past together. You can make each memory different as you remember when this time is over, you'll make happy memories again.

So let's repeat what you're going to be doing a lot. When anything difficult shows up, you're going right to job one: "I am not against, (fill in the name of the person you are against) and add the word "failure". So if your wife's name is Donna, you would say "I am not against Donna's failure. I am against nothing I'm against no one." In the blank line, you might even write "I am not against MY failure. I am against nothing I'm against no one." Let's say your car breaks down. "I am not against my car's failure. I'm against nothing I'm against no one." Job one is a great liberator and makes you feel happy and free but you must continue to job two immediately.

"You know why this is good, it's good because," (this is where you will be creative and come up with good meanings over and over again). It doesn't matter how positive and different the meanings are. Your amygdala will take all of them and create good movies with each one. Remember, you are finally at the source of human behavior. You are controlling the source; therefore, you are controlling your life. You will need to if your wife will be saved.

Now let's look at the pages I have included with this course. They're titled; "When Will She Wake Up?", "When will she wake up 2", and "Her midlife crisis, a husband's do's and don'ts list". Also you should have the report titled "Husbands: You've been warned, you could lose your wife to a midlife crisis."

Let's begin with "When Will She Wake Up? I'll start by explaining why I created this page. Over the years of working with men whose wives have collapsed into this midlife crisis, I found that they always want to know when it's going to be over. The reason they want to know this is because they hate the pain of it all. The reason I created this course is because a midlife crisis puts a woman into a wild tailspin that throws her out of her comfort zone. This page helps you understand that this problem is bigger than the two of you. It goes all the way back to your and your wife's childhood years.

What I'm doing here with this simple question and graphics page is to help you look at the degree of emotional pain that put you here today. In most cases you'll find that one of you has a lower score, sometimes much lower, than the other. That's normal. In fact, it's very normal for a man raised in a much better home to marry a woman from a much more troubled home.

Also notice question 4. This is about whether your parents divorced before each of you were 15 years old. You can see that if they stayed married, even though the parents' marriage might not have been the best, that you lower your points from the total score.

That's because history proves that parents who stay married, have children who are more likely to stay married because of their stay – married brain instruction from childhood.

This page is not intended to be completed by your wife, in fact, she shouldn't even see it. Just score for her side based on the stories you have heard about her childhood since you've known her. That will be

close enough. There's nothing scientific about this picture. It's an emotional opinion on your part but it's still far closer than having nothing.

Once you have totaled your score, combine it with his and put it in the box at the bottom of the page. Take your combined score and compare it to the graphic below to get an idea of how long this will last. The more your two childhoods were filled with emotional pain, the longer saving the woman will take. It makes sense. What is childhood pain except a bunch of obstacles that have to be dealt with.

Since a midlife crisis for a woman typically lasts 2 to 5 years when you do nothing at all, a man who is following this course should be able to reduce the time it takes to save the girl depending on how consistent he is with what I'm teaching. So a score of 120 would be about three years, but doing a really good job with what I'm teaching, could reduce it to a year and a half perhaps.

"When Will She Wake Up" is intended to give you a sense of hope and of purpose. There is an end to this and you are in charge of how it ends so let's look at the page titled "When will she wake up-2". I am referring to these four countries in this audio course and I wanted you to have that information visually so it will help you get an idea of where your wife is as a person.

Once you locate her country, you will have a better idea of what you should be supporting. Also on this page, you should complete the exercise I described earlier in the course, five things your wife has always loved. Again I would encourage you to follow the example I gave you and come up with stories about when she was happiest. A great practice is visualizing your wife being happy. You'll find it changes your energy and hers.

The third page is titled "Her midlife crisis, a husbands do's and don'ts list", or what I call a husbands survival kit. With these dos' and don'ts I am reinforcing the points I made in this course about what you must do as well as what you must not. This page is intended to help you remember because if it's not written down, you can easily forget. Keep this page with you and if you lose it, print another one. It's that important.

Let me finish the discussion about the pages you have in your hands with a comment about the report titled "husbands: you've been warned, you could lose your wife to a midlife crisis." I created this report as a warning to men who had not yet experienced their wife's midlife crisis. Unfortunately, husbands who have not had their wife arrive in a midlife crisis were very troubled by the report. In fact, it disturbed them so much they couldn't read it. That's because they could not face the idea that something this terrible could happen to either of them.

Since both men and women who have childhood pain in their past cannot accept this midlife crisis warning, I use this as a tool for men who have already had the midlife crisis land in their lap. There is no struggle to convince men like you. You're already living through it. So even if I would've warned you a year or two before, you wouldn't have been able to hear me.

This Husbands Warned report is a mix of specific things you should be doing that will help you move in the right direction. It contains advice about what you should know and do if she's in an affair and gives you more specific instructions that are also supported by this audio course.

Now that we've come to the end of our course, I want to deal with what many men ask me once they complete it. They typically asked me, what's next?

If you like what you're learning and want me to elaborate with more detail, give you more tools and more understanding for this crisis you're traveling through, your next step is the Environment Changer Home Study Course.

It's made up of video, audio and reading material structured in seven modules. It expands and goes beyond what we have covered here and the latter half gives you a way to influence people without saying a word to them. A very valuable skill especially when your wife won't talk to you.

The main reason a man would want to go beyond this audio course is found on your do's and don'ts page. There are so many men I teach who struggle with fulfilling these do's and don'ts. Just look at don't number three as an example: "don't repeat anything said by your wife's dark side". I tell husbands this and remind them often, give them this page and yet they keep obsessing over what their wife's dark side is saying, then repeating what was said to anyone who will listen. That is a very big don't. There is all kinds of against energy contained in that one maneuver.

So why does a husband do the opposite of what he knows is right? I find that some men just need more inspiration and more information to lock in on what he knows mentally, but must come to learn emotionally. He must become convinced about the truth. That's why I suggest that men go beyond this audio course to complete the Environment Changer Home Study Course. It is a great way to secure yourself in this message that is not being explained by virtually anyone else. It's called Environment Changer because that's what I intend you to become, a man who can change the environment in the room, from tension to calm, from stress to acceptance.

If you want to learn more about my home study course, visit www.itonlytakes1man.com. But regardless of what you do, even if you don't go beyond what we have done here, I would urge you to do what I have explained and practice, practice, practice! I believe you can succeed and you would not have gotten this far if you didn't have what it takes so stick with it and I'm believing you can win your wife back to a relationship that's better than you've had before. With everything you are learning here, it would have to be!

It's been great sharing this with you and I'm looking forward to hearing about your success. I'm Larry Bilotta.