

# The 12 Steps You Must Take When Your Wife Hints She Wants Out

*A Step by Step Checklist to Avoid Losing What Matters Most:  
Your Wife, Your Kids, Your Shirt*

By Nicky Billou, M.Sc.



*"Studies show that most women have been thinking about and planning to leave the marriage for an average of two years before they tell their husbands." Owen Williams, Relationship Excellence*

*"I am thinking of leaving."*

*"It's not working."*

*"You never listen to me, and I wonder why we are even together anymore."*

*"I'm not sure it's working."*

*"I'm not sure this marriage is what's best for our kids."*

*"I feel like I'm last on your list, and that's not why I got married."*

Has your wife said any of these things to you on the last few days, weeks, or months? If you aren't taken aback and taking this seriously, it's time to get your head out of your ass. You are in the danger zone. Your life as you know may be about to fall apart. You could very well lose your wife. And with that, an 80% chance of losing your kids, and the right to raise them as you see fit. As well, an almost 100% chance of losing a great deal of money, including your house, your bank accounts, your business, your future income stream, and your retirement money.

As scary as all this sounds, it is possible to turn this all around. It's not easy, but it is doable.

How?

By following the prescriptions laid out in this E-book.

We know how you feel. We have both been there, and have both failed and succeeded at doing this.

I was married at 35, and when things got rough, fought to keep the marriage, the kids, and the money. He lost the marriage and the money, and kept the kids. His 2<sup>nd</sup> and current, they are still together and their relationship works very well.

Since I experienced the pain of marriage failure, my stand is that no man will experience the pain and injustice of losing the things that matter most; his wife, his children and his money. And I have coached and supported literally hundreds of men in what it is to keep their relationships working and how to avoid the pain and loss of divorce.

And, if divorce is inevitable, losing your kids and your money is not.

This book is the distillation of my hard-won experience and training with the top experts in relationship in the world. I am excited to share it with you. I hope you find it as beneficial to you in reading it as it has been to me in compiling it for and presenting it to you.

You are not alone. I got your back!

Nicky Billou, M.Sc., Founder of The Sovereign Man Movement

# Step # 1

## Get Grounded. Be a Man. Not a Victim.

*"There is one rule above all others for being a man. Whatever comes, face it on your feet."*

*Robert Jordan, author of The Great Hunt*

According to statistics compiled by Andrew Feldstein from Feldstein Family law group from various governmental source, the divorce rate in the US is 46%, and 66% of those divorce are initiated by women.

Bases on statistics alone, you have a 1 in 3 chance of your wife divorcing you, and an over 50% chance of her telling you she wants a divorce.

74% of divorced men wish their ex-wife had worked harder to save the marriage versus 13% of women, according to a study done at Utah State University.

It's not going to work to think your wife needs to work harder to save the marriage, because she probably won't. It's your job to work harder to save the marriage. Otherwise, you too, will be like one of those men in the stat quoted above.

If your wife is hinting she wants out, you need to stay grounded. It would be easy to be hurt, defensive, and try to pretend it doesn't bother you or that it's not really a problem, she's just overreacting to something, and she will soon get over it.

The key to a successful marriage is the polarity of masculine and feminine being equally balanced in the relationship. If you go to being a victim, you are being feminine, and that balanced polarity disappears. When that happens, you become far less attractive to your wife, and ironically, this speeds and supports that rationale for her exit.

Women don't really want to be in a relationship with a girly man. They like and are attracted to solidity and strength, the classic attributes of masculinity.

## Step # 2

### Make a List of Questions

*"Successful people ask better questions, and as a result they get better answers."*

*Anthony Robbins*

As a man, you will be drawn to try to challenge what you woman is telling you, or to try to argue with her answers, clarify them or make logical sense of them. This is dangerous, because it is not how most women communicate. It risks alienating her further, and hurting your cause.

Rather than trying to win a point or convince her she's wrong, you are way better off asking her some well-thought out questions, and really listening for her answers. Making her feel listened to is the best chance you have to potentially turn things around.

Here are 5 questions that if you ask and really listen to her answers, could help you and your cause:

1. What does she say the problem is?
2. What needs does she have that aren't being met?
3. How serious is this problem?
4. Has she taken any steps toward separation?
5. How long has she been considering it?

## Step # 3

### Listen to Her

*"Most people do not listen with the intent to understand; they listen with the intent to reply."*

*Stephen Covey, Author of The 7 Habits of Highly Effective People*

Listening is an underutilized and undervalued skill for us men! There are 2 primary purposes for listening to your wife. One is to have her feel that the relationship is a safe place for her to express what she has to say and feels. Most men don't and won't get this, because it's not a need most men have. Two is what's really behind her complaining. Is she is trying to get more attention? Are there things about the relationship that aren't working?

Remember, most women have been thinking about leaving you for 2 years before they even mention it once. And it may be even longer than that if you have done a poor job of listening to her. This fact may make it much harder for you to change her mind, because she has very likely been building her case against you for a long time, and if so, will not easily be dissuaded from it.

Here are some quick tips that will help you listen better and make her feel listened to:

1. Pause after she finishes speaking. Don't immediately react.
2. Make eye contact, but keep your expression soft and empathetic.
3. Keep your reactions to yourself. You will have a chance later to respond. No frowning, no glaring.
4. Feed what she said back to her, without any commentary or judgment.
5. Listen for answers to your questions, even if they are not being said verbally. Women don't like to be direct and confrontational, but their body language and tone of voice communicate volumes.
6. Keep an open mind. All is not (yet) lost. And you may actually learn something new that will benefit you and potentially strengthen the relationship.
7. Avoid finishing her sentences. Let her tell you she is done before you say anything at all.
8. Keep you body language and tone of voice welcoming and open.
9. Turn off all distractions; e.g. TV, cell phones, etc.

## Step # 4

# Acknowledge and Appreciate

*"In societies where men are truly confident of their own worth, women are not merely tolerated but valued."*

*Aung San Su Kyi, Burmese Freedom Fighter*

If your wife is willing to answer your questions, that means that she is still fighting for your relationship and is exposing herself in a very vulnerable way to you. You need to acknowledge her for doing this, and to show her that you appreciate her and all she has done and is doing to keep your relationship alive.

If this is a serious problem that she has been dealing with for a while, she has been fighting for the relationship for a long time, and she needs even more appreciation.

Remember, your solution (whatever it may be) requires her cooperation and help. The more you show her you appreciate her and what she has done, the more help you will get.

# Step # 5

## Costs & Consequences

*"A lasting marriage brings as much happiness as having an additional \$100,000 income"*

*Finding of the study "Well-being in Britain and the US" conducted by economists Dr. David Blanchflower and Dr. Andrew Oswald*

There are massive costs and consequences to you marriage breaking up, that you are probably not yet fully conscious of.

One, your wife and life partner will no longer be in your life in the same loving, supportive way. Men make significantly more money when happily married, and as the above quoted study indicates, the fact that they are happily married is worth a great deal.

Two, 80% of the time, the wife has custody and control over major decisions in the children's life. That means that like it or not, you will see your kids a great deal less often, and will have much less say in how they are being raised.

Three, you are going to lose your shirt! The costs of legal fees, alimony, asset division, and child support will rapidly deplete your coffers. This is going to hurt you more than you would expect.

Four, your children will be negatively impacted. Having their happy home ripped apart will cause them mental anguish and emotional pain, and the studies show kids from broken homes are far more likely to drop out of school, be arrested, abuse drugs and alcohol, and have major self-esteem issues.

According to Andrew Feldstein of Feldstein Family Law, children from divorced families are 1100% more likely to fall below the poverty line than children from intact families. They suffer from anxiety, depression, and self-esteem at twice the rate of children from married homes. They drop out of school at 2 - 3 times the rate of children from intact homes.

## Step # 6

### Create a Turnaround Plan

*"Sometimes, 2 people have to fall apart before they realize how much they need to fall back together."*

*Anonymous*

Before you decide whether or not restoring your marriage makes sense, you have to know how to make that happen. It's not going to be easy. But the results may well be worth it. In a research study done by Dr. Nancy Kalish in the early to mid 1990s, she found that couples who remarry each other after a lengthy separation are 150% more likely to stay together than a couple marrying for the first time. You can expect that if you make this happen, your marriage will be significantly stronger.

So how do you create an effective marriage turnaround plan? First and foremost, it can only be in partnership with your wife. You have to keep listening to her, in a way that she feels heard (see Step 3). Second, you have to reconnect with the essence of who you are as a man, the man she fell in love with in the first place. You can't turn yourself into something you're not, and unless you are fully being you, she'll see right through it. You need to be committed to this forever. Don't fake actions that you are not willing to do for the long haul.

Third, you know what worked to seduce her, get back to courting her with all your might. Now is the time to appreciate all her wonderful qualities, and ignore all the qualities you don't like. Fourth, keep being the man. Bring masculinity to match her femininity. There is a misconception out there that women want a man who is more like their friends: emotional, chatty, and supportive. They may even tell you that's what they want, and really believe it. But it's not true. Women feel most safe and secure around a masculine man, and that's what attracts them to a man.

Be warned!

It's not going to be an easy road. She will challenge you, test you, and throw all kinds of obstacles in your path in an attempt to ensure it's for real. You will need to stay the course.



## Step # 7

### The Man You Want To Be

*"And this above all things, to thine own self be true, and it must follow as the night the day, thou canst not then be false to any man."*

*Shakespeare*

More importantly than what choice will produce the best outcome is what choice is true to who you really are. Being true to your word and who you really are will give you courage, sanity, and strength that will have all of your life work, not just your marriage.

The extent to which you are torn apart by the failure in your marriage is the extent to which you have compromised truly being yourself to stay in it. ask yourself this hard question: am I being true to who I am as a man right now? if you are, great. If you are not, make sure you get yourself there before making your decision.

## Step # 8

### Stay or Go? Choose

*"Sometimes you gotta say "What the Fuck", make your move. Joel, every now and then, saying "What the Fuck", brings freedom. Freedom brings opportunity, opportunity makes your future."*

*From the movie Risky Business (1983)*

Fear and doubt will want to decide for you. It's critical at this point for you to have the courage to take the truer, but possibly harder, path.

Grab your balls, make your choice, and move forward. Whatever choice you make, will be better than making no choice at all, and letting circumstance make the choice for you.

This is not a time for your hurt feelings to be in charge of deciding. It's not about what she did or didn't do. Don't be wimp, be a man. Men can take slings and arrows and still be clear headed. That's what separates them from women and children.

This decision is more about who you really are and your contribution to your relationship and your family. Most men would give their life to protect their family's future. Make sure you make a choice with all of your strength.

## Step # 9

### Get Help

*"My support group tells me what I need to hear, not what I want to hear and they are there for me in the good and bad times. Without them I have no idea where I would be and I know that their love for me is what's keeping my head above the water."*

*Kelly Clarkson*

Men do not naturally seek support. They like the ego boost of figuring things out themselves. Does this sound like you? If so, doing it yourself is probably what got you into this mess in the first place. You don't have all the answers on how to make things better. But chances are, there are other men who do. The best thing for you to do is to tap into their collective wisdom and experience.

Here are some important tips when selecting a support group.

Tip #1: Make sure you select a group of men who have had success in dealing with what you are now forced to deal with. Hanging out with unsuccessful men will just make you unsuccessful.

Tip #2: Make sure they are not men you are competing with, such as work colleagues, customers, or business competitors.

Tip #3: Tell the truth, don't try to look good.

Tip #4: Take the coaching. It does you no good to seek coaching and not take it. You need to give up the notion that you know better, and remember what's at stake.

Ideally, find a coach and a support group of masculine men with tons of experience helping other men repair their marriages.

