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THE LAST-RESORT TECHNIQUE*

The last-resort technique is what to use when your partner

- has said to you in no uncertain terms that he or she wants a divorce
- you and your partner are separated physically
- you and your partner still live together but have very little in common and you're living like roommates instead of husband and wife.

Typically, when a marriage nears its end, one spouse wants a divorce more than the other. The spouse eager to hold the marriage together often engages in behavior that pushes the other partner even further away. To stop this from happening, the following steps should be taken:

STEP 1- STOP THE CHASE

This will be hard for you to do, but you should stop frequent phone calls, begging your spouse to reconsider, writing letters, buying gifts or flowers or saying "I Love You." As strange as it may seem, all these "pursuing" behaviors will actually make things worse.

STEP 2 – GET A LIFE

Stop for a minute and ask yourself, "**what was it about me that attracted my spouse to me in the first place?**" In short, you need to make your partner think that you have had an awakening and, as far as you are concerned, you are going to move on with your life, with or without your spouse. Focus on making yourself a better person.

STEP 3- WAIT AND WATCH

Be patient. Nothing is going to change overnight. Nothing may happen at all, despite all your changes. But, your spouse may become curious and start showing more interest in you, your whereabouts, and what you are up to in your life. Be responsive to your partner's new interest but not too responsive. If you go overboard, your partner will get cold feet. Go slowly and gradually re-build your relationship.

*Based in the book "The Divorce Remedy" by Michele Weiner Davis, pages 124-140.

