

**"I NEED SPACE!"**

**10 Counterintuitive Ways  
to Confidently Cope with  
Your Marriage Crisis**

**By Tim Wade**



## How Did You Get Here?

You thought things were going okay. Maybe not perfect, but not too bad. Sure, you've hit some rough patches but who doesn't? And most recently the nagging and arguing has all but stopped.

Then out of the blue BAM! Your "happy wife" tells you...

*Our marriage isn't working...*

*I love you, but I'm not IN love with you anymore...*

*I need some space to figure things out...*

It's like being blind-sided by a Mack truck. And it hurts like nothing you have ever felt before. It seems like all you can do is sit there in the wreckage wondering what to say and what to do.

How do I know? Because it happened to me. I've been exactly where you are right now and I know that it is an awful place to be.

**Believe it or not, over 70% of all divorces are initiated by the wife and their husband never saw it coming.**

Some experts call this "The Walk-Away Wife Syndrome" and it's much more common than you might suspect.

## THE WALK-AWAY WIFE SYNDROME

Wives who were seemingly happy suddenly wants to leave their spouses with little or no warning. ... The wife will complain and complain, until suddenly, she stops complaining. The husband, thinking things are better, goes about his daily business until suddenly, he's hit with a separation or divorce.

— *Paul Akers / Marcia Weiner*

If that sounds like what is happening to you, welcome to the club.

Unbeknownst to you, your spouse began to be unhappy a very long time ago.

**She has more than likely been stewing and agonizing about your marriage for the last 18 months to 2 years.**

During this window – The 2-year Ticking Time Bomb – she feels that she has brought up problems time and again, only to be ignored. She thinks she has been very obvious with her "hints" and nagging.

On the other hand, you did not recognize or understand the clues that were leading to this blow up. Things lately did seem calmer, right? I mean, you even had sex once!

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What's actually happened is that **she has given up**. She no longer believes that change is possible and she has resigned herself to ending things.

So she spends the next few months planning her escape, getting support from her girl friends, and trying to muster enough the courage to pull the trigger.

After the initial shock of having the divorce bomb dropped on them, most men jump right into **damage control mode**.

This "2 X 4" upside the head has shocked you into action, but unfortunately I can almost guarantee that what you feel compelled to do right now will actually make things worse. Much worse.

Full of uncertainty, you become nervous, needy, and anxiety ridden, running around like a hummingbird with its hair on fire, pushing for answers and begging to be reassured....

***"What's going on with you?"***

***"What are you thinking?"***

***"Why aren't you talking to me?"***

Her only answer is usually ***"I don't know"*** and ***"Stop asking me."***

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The harder you push, the more distant and cold she becomes. She has already pulled away emotionally and now she even recoils at your touch.

And you try just about everything to "fix" things.

*Begging...*

*Pleading...*

*Interrogating...*

*Raging...*

*Threatening...*

*Making promises...*

*Trying to reason her into changing her mind...*

*Gifts, cards, and romantic gesture trying to show your love*

**The things you feel compelled to do only serve to strengthen her desire to leave your marriage.**

As she spends more and more time on her phone and with friends, a twisting knot forms in your stomach as you nervously watch your relationship slip away.

Torturous thoughts plague you and visions of terrible scenarios wake you up at 3am.

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Does that about sum things up? I know. I went through all of those things and more.

I wish I could just snap my fingers and take away all the doubt, fear, and gut-wrenching ache that goes along with all of this.

But I'd be kidding you if I said there was an easy, painless shortcut. There is no such thing. And no one can **promise** to save your marriage. (And don't believe anyone who tells you so!)

Here's what I can promise you:

- **You Will Not Die** , *you will survive this cavalcade of suck and you can even THRIVE no matter how things turn out*
- **You Have a Future** *even though it feels like your life is over – as weird as it may sound, this is actually a chance for a fresh start*
- **I'm About to Give You 10 Behavior and Mindset Shifts** *that will give you the best chance of turning things around and creating the relationship you really want*

I compiled this simple eBook from the mistakes I made and lessons I learned in my own marriage melt-down and from the countless men I have subsequently helped to navigate the challenges that happened in the wake of their marriages going into a tailspin.

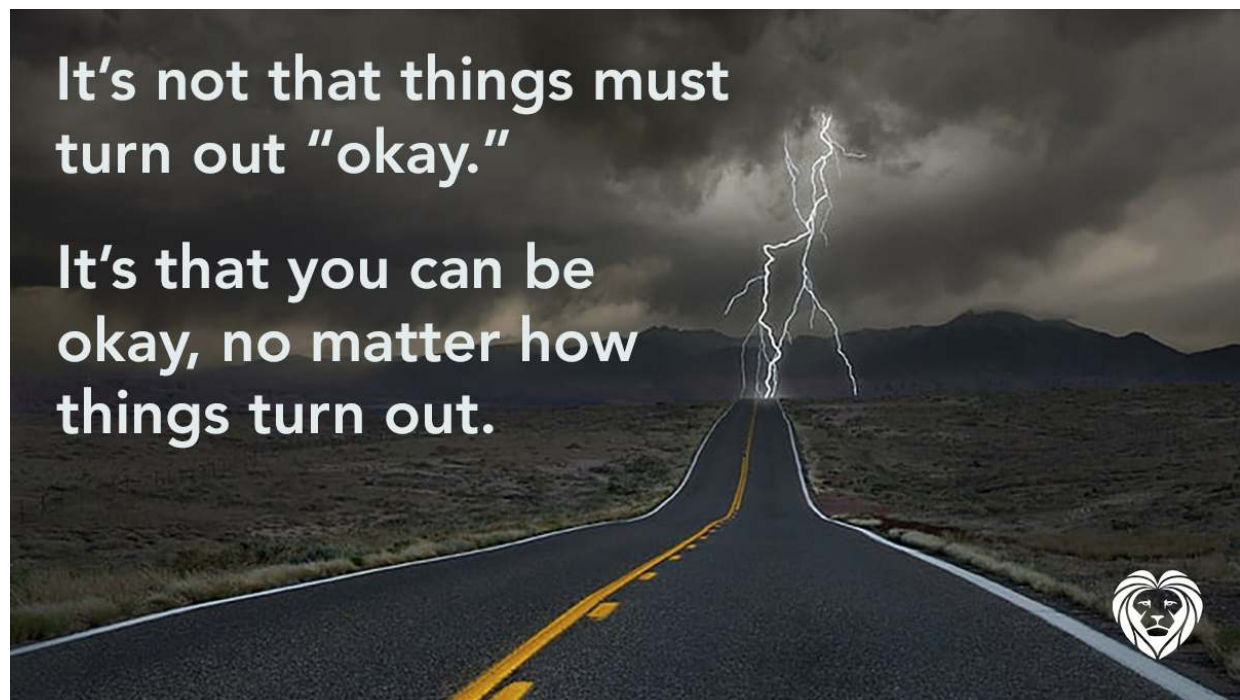


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As the title suggests, some of these tools might sound crazy and like the absolute wrong thing to do. I get it.

But I ask you for a moment to set aside your skepticism and try some or all of these. See for yourself what happens in your own relationship.

Take a deep belly breath and know that you WILL BE OKAY.



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**1** **DON'T PANIC** – "Sure, easy for you to say!" Fear is a universal reaction to what is happening to you right now. You may think this automatically signals the end of your marriage. I can assure you that is not the only possible outcome.

Take stock of what is really happening right now: your wife has said something like, "things can't go on like this, there must be a change. I need some space to figure things out." Perhaps in your heart you know that there is some truth to that. So accept that this is what is happening right now, for today. For today, focus on what you can control, which is YOU and your actions.

**2** **LET GO OF HER** – This is a hard one but of utmost importance. If she wants space, let her have it. Not out of spite, but because you respect her request and what she feels is a desperate need right now. Trying to forcibly stop her or pursue her will only make her run faster and farther. Don't beg, plead, or try to get her to see how much this is hurting you – it will only make you look weak to her. And don't badger her with needy calls and texts for a while, unless you need to deal with something urgent – let her initiate contact.



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**3 IT'S NOT YOUR FAULT** – Despite what she might say, this is not 100% because of you. Yes, you have a part in this, but believe it or not, the majority of what is happening right now is about what is going on **inside of her**. Menopause, hormones, empty nest, “Is That All There Is? Syndrome”, grief, life events, turning 45 or 50 or 55, and past hurts (real or imagined) all have a negative affect. She feels unhappy, restless, and unsatisfied – her feelings are her truth. You are the most convenient target to pin all her bad feelings on. Don't take it all personally.

**4 TAKE THE PRESSURE OFF HER** – This is also crucial. Stop asking “What's going on?” and “Why are you doing this?” She can't really answer that in any meaningful way. She probably doesn't clearly know what she is feeling or thinking. This is not the time to try to “fix it” or force her into explaining to you how you can make things better. Avoid any heavy conversations for right now. Do not talk about your relationship unless she brings it up. She cannot provide any reassurance or comfort for you. You must get that elsewhere.



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**5 STOP BEING THE ANGRY GUY** – You may feel justifiably mad, but now is not the time to get nasty or lose your cool. It will only serve to prove to her just how bad things are staying with you. Don't be baited into fighting with her either. Anger is always a cover for some deeper emotion – usually hurt or fear. By seeing her as being afraid and hurting underneath her attacks, you can more easily have compassion for her and not take things personally. Remember: the stronger the anger, the deeper the hurt.

**6 YOU 2.0 - THE UPGRADE** – Set an intention to become the man, husband, and father that you know you can be. Focus on how you can up-level the way you have been behaving. Start becoming the kind of person YOU would want to be around - hint: it's NOT the desperate, anxious, and irritable Swamp Thing you have been acting like recently ;-). Be someone that any woman would want to be with. But here's a warning: DO IT FOR YOU. Do it because it's who you want to be. DO NOT do it to win her back. She may or may not notice and if she does, she probably won't trust any changes you make right now. That's okay, because you are doing it for YOU.

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7

**MOVE OUT OF HER EMOTIONAL BUBBLE** – Stop using her feelings, opinions, and actions as a barometer for whether or not YOU are okay. This does not mean you become a cold and callous jerk who just ignores her. But “happy wife, happy life” is a recipe for disaster. She is in control of her own sense of well-being (no matter what she thinks or says) and so are you. Don't argue with her about how she feels. If she wants to tell you, listen respectfully without getting sucked into her mood swings.

8

**OWN YOUR SHIT** – Great men are accountable for their own actions, both good and bad. This is a chance to make things significantly better. If there are things that you've screwed up (and who hasn't?), take responsibility and start changing your behavior. You can only change yourself, so get rid of those old ineffective habits starting now.

Many of us have used anger as both a shield and a weapon. If that's you, it's time to deal with your rage and resentment. Or perhaps you "stonewall" by disappearing to your man cave, refusing to communicate at all. Both of these behaviors are destructive and will not create the relationship you want. If you begin working on changing these traits, it will have a life-long, positive effect on you no matter what the future holds.

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**9** **STAY IN THE PRESENT** – All you really have is this present moment. Deal with what is in front of you. Take the next obvious small step and nothing else. What are you going to do and how are you going to respond to what comes your way between now and bedtime? Your mind can be your worst enemy. The stories it makes up will almost always be the most horrible, worst case scenarios, none of which are “true.” Question your negative thoughts – Is that true? How can I be sure that it’s true? How do I feel when I decide not to believe that thought?

**10** **SEE NO EVIL, HEAR NO EVIL** – Hold her in high regard and with empathy as much as possible. No matter how it seems, she is not “doing this TO you,” she is doing this “FOR HERSELF.” In other words, she is in a lot of pain and confusion, struggling with emotional ups and downs with a lot of anger, fear, anxiety and conflicting desires. She is reacting to all of that inner turbulence and not trying to hurt you. Don't believe most of what she says and only about half of what she does right now. She’s not actually crazy, but she is in great turmoil. You can’t really help her, but you can try to understand.

**This Is Not an Ending But a Beginning**

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**I invite you to look at this crisis as an opportunity.** I know, that sounds impossible. But this really is a chance for you to take a look at yourself and "the way things wound up" and reevaluate what has been working and what you have been just tolerating.

Your wife has set off this bomb in your relationship as a way of pointing to the pain she feels. It's not the best way to do it, but it did get your attention.

If you're completely honest, your marriage hasn't really been that great for a while. Do you really want to go back to what has been mediocre at best? I'm guessing that what you really want is to create a much better version of your marriage.

And that starts with a much better version of you. The good news is that you don't need anyone's permission to take control of your life and change your future.

## **Clarity. Calm. Confidence.**

The more you step out of her emotional vortex, the more clear-headed you will become and the more you will begin to discover what you really want in your life and your marriage.

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When you come from a place of inner confidence, much of the struggle subsides and you begin to be the center of clarity for you, your wife and your family. As she goes through the emotional ups and downs of this crisis, you will be the calm in the storm.

I know that your preference is to stay married or reconcile and have a wonderful and loving relationship. And I'm rooting for you to have the marriage you really want!

**But your FEAR of divorce actually makes it all the more likely.**

Accepting that divorce is one possibility and knowing that you will survive no matter how things turn out, actually gives you the best shot at actually creating that future with your wife!

Yes, it sounds a little like leaning into a punch, but believe me: whatever you resist, persists. (Did I mention that this stuff is counterintuitive?)

The thing is, as you start to practice these changes in the way you are thinking, what you are saying, and how you are acting, you will begin to notice something. You'll see things in a new way and you'll start to feel different.





## So Where to Now?

This short ebook is not meant to be cure-all for any marriage on the rocks. It's more like triage for a patient that is in ICU and crashing!

One sad statistic is that most men go through separation and divorce alone and in pain. But YOU don't have to.

We men can be pretty stubborn. "Going it alone" becomes like a badge of honor. But underneath that bravado is often a feeling of embarrassment and shame over being a failure. Along with that comes the belief that you are the only one going through this particular hell.

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Nothing could be further from the truth. In the United States alone there is a divorce every 36 seconds. That's 876,000 a year! And half of those people are men just like you and me.

You don't get any awards for being the Lone Ranger or a One-Man Band. But you can get a lot of help and support if you are willing to reach out and ask for it.

So here's the bonus 11th tool (yes, this one goes to 11):



**HANG WITH OTHER GREAT MEN** – This can be a lonely, miserable time. Get at least one good male friend you can talk with on a regular basis. Join a support group. Hire a coach that specializes in men's work. Now more than ever, you need the company of great men who have your back and know what you're going through.

When I first heard the words “I love you but I'm not IN love with you,” I started googling everything I could think of to get help. I read every article, ebook, and blog I could find in hopes of trying to figure out how to deal with my own Walk-Away Wife.

There was a lot of trial and error — and even though I was already a life coach, I still made all of the common mistakes.

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I didn't begin to see lasting change until I started spending time with other men who were on the same journey as I was.

As I developed deep and meaningful relationships with other men I realized that I had never really had the support and encouragement of healthy male role models.

The men I met along the way were ordinary but courageous guys from every walk of life and a wide range of ages. Some had just had the bomb drop, some were separated or divorced, others were in the process of reconciling with their wives.

But they all had one thing in common: they were dedicated to moving forward and growing. And they had discovered that together we could help each other forge a better future for ourselves.

My question to you is...

**Do you want to let this current situation be a disaster that devours you or make it into a turning point that transforms you?**

The choice is up to you.

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From today's vantage point, it may look like she holds all the cards. But that is an illusion. You have always had the power to take the reins and have the life and marriage you really want.

You just needed a little wake up call to remind you. ;-)

## **DO YOU WANT MORE HELP?**

I have an invitation for you.

Let's get on the phone or Zoom and have a conversation. Just you and me, man to man.

You see, the sad truth is that most men go through separation and divorce toughing it out alone.

But that doesn't have to be you. I want to talk to you about what's going on right now and what you can do immediately to shift things for the better. I want to you hear your story and give you the kind of feedback that only another man who "gets it" can give you.

There's no obligation, no sales pitch. If after we talk you want to hear more about how you can get more help, we can do that too.

Sound good?

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If so then just click below, answer a couple of questions, and then I'll get in touch with you to set things up.

[HAVE A CONVERSATION WITH TIM](#)

<https://lionHearted.men/lets-talk>

**I look forward to getting to know you!**

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