The Unfaithful Female – “Judy”
**“Judy”**

**Doug:** The first question that I have for you is to just tell me a little bit about the story about your affair. What type of affair it was, how did it start, who pursued who, how long did it last? All that kind of stuff. We’ll just go from there.

**Judy:** Okay. I had been married about ... Oh, gosh, let’s see. We just had our 13-year anniversary. So, we had been married 11 years. We have three kids. At the time, they were 10, 7, and 2. We live in a neighborhood that has a lot of young families, very social. On weekends, we hang out with our neighbors and kids and everything. We had been friends with this family really since we had moved in. So, we had been friends 10 years with this family. Really good friends. We would go out with them with the kids. We would go on vacations with them. We had two boys and our oldest ones were really close friends.

The husband and I, he was just one of those people that ... You know how you just jive with some people?

**Doug:** Sure. Yes.

**Judy:** Immediately, upon meeting him, there was some sort of connection. He’s a very flirty guy, very charismatic. Always seemed very interested in what was going on in my life. He asked me lots of questions. I’m not going to lie, I found him very attractive and I was always very drawn to him. There was just a little bit of ... There was something there.

They had a party right after Labor Day. They had just put in this new patio in their backyard with a hot tub and everything. We were all there. We were the last people there at night, my husband and I, and of course the people that lived there, this couple, sitting in the hot tub. He was sitting next to me and started touching my leg. It definitely ignited some feelings for me. I guess they were sort of always there, but I never really thought I would act upon them.

**Doug:** How long did you say you knew this person?

**Judy:** Probably ten years.

**Doug:** Okay. Prior to this happening.

**Judy:** Prior to this happening, eight to ten years, I’d say. I had gotten up to go inside to change and we were getting ready to leave, and he had followed me and tried to kiss me when we were in there. I turned him down. Then, we got home that night and he was texting me telling me he wanted to come over and see me. It was like 2:00 in the morning. And I said no, no, no.
But, then, later that week, my husband was away traveling for work and he kept texting me and I invited him to come over. So, he came over and we kissed. He stayed and we were hanging out talking for a few hours. My kids were in bed. It was great. I felt like ... I should have felt horrible about myself, but I felt really good. I kind of continued for four months. Basically, what would happen would be after my husband would go to sleep at night, I would sneak out of my house and drive over. We lived in the same neighborhood, but far enough that you had to ... I mean, you could walk, but it was a lot faster to drive. So, he would drive over and I would go meet him in the car. We would make out for 20 minutes or whatever. Then, I would go back to bed. Or we would be at a neighborhood party and sneak away and make out, or we’d be out at a bar and we’d sneak away.

It was probably 13 different times that we met up over the four months. The final time, his wife was actually away on a girls’ trip and I went over to his house. The next day, he had texted me saying that he couldn’t sleep and he was overwhelmed with guilt and he had to block my number from his phone, that he couldn’t be around me and drink around me. It had to end.

Then, a couple of weeks later, he came clean to his wife and told her, then in turn told my husband. Yeah, not good. That was January of 2017 when my husband found out. So, it’s been over a year now. We still live in the same neighborhood.

Doug: Okay. that’s a little awkward.

Judy: It can be very awkward. Our kids go to the same school. My husband and I have been in marriage counseling since it happened. I go to my own counselor as well. We are working through things. It’s not been easy, as I’m sure you know. It’s been a lot of ups and downs. Obviously, if I had to do things over again, I would not have done it. But, I do feel like it is part of our journey and I do think that we’re going to come out better at the other end, I think. So, that’s the story of the affair.

Doug: Okay. Thanks for sharing that. As you look back, did you feel that there was any kind of unhappiness or discontentment in your marriage leading to that or is this just kind of one of those ...?

Judy: 100%. I don’t want to place the blame on my husband at all, but there were a couple of things. One, I’ve always been the more sexual, passionate one of the two of us. And always, from day one, have been the one to make the first move. As we’ve been married more years, I would say I was a little bit annoyed by the fact that I always had to be and I felt like there was no passion from him to me. I almost felt like he wasn’t attracted to me. I know that he loved me. I just think that he ... And I do think now I was wrong in thinking that way because I do
think he’s attracted to me now, but I would talk to my girlfriends and they’d be like, “Oh, my husband is always trying to have sex with me at night. I’m always turning him down.” I’m like, “I wish my husband would try to have sex with me.” So, when this guy who I thought was attractive and found me attractive, couldn’t keep his hands off me, it felt really freaking good. So, that was one thing.

Another thing is I think we were in a major rut. We weren’t doing anything to make our marriage better. When you have young kids and stuff, it’s tough. All week long and all weekend long, you’re running around from sporting event to practice, whatever. They get to bed and you sit down and you watch TV and you fall asleep on the couch. It’s just the way that it was.

**Doug:** Been there, done that. Believe me.

**Judy:** Yeah. I think I was bored out of my mind.

**Doug:** So, not only was there an attraction, but it also gave you a certain amount of excitement and thrill.

**Judy:** Yes. I feel like my husband and I, at that point in time, there was not really … Not that we didn’t have anything in common, because we obviously had the kids in common, but it was almost like we were living two separate lives in the same house and just coexisting. We were like roommates rather than husband and wife.

Not that it was always like that. There were times when things were good. We’d always try to go on vacations with the two of us every other year. When we went on vacation just the two of us, things were good. We would be having sex, having fun together. Those times were good. It was more of the everyday life. I’m a stay-at-home-mom. I always wanted to be and I’m happy to be home for my kids, but I think I was just a little bit of Desperate Housewives kind of thing.

**Doug:** Gotcha. Did you share your unhappiness with your husband prior to the affair?

**Judy:** No. I didn’t know if I was really aware of how unhappy I was until the affair started.

**Doug:** You didn’t know how unhappy you were or he didn’t?

**Judy:** Well, he definitely didn’t, and I think I knew it was there, but it wasn’t something that I thought about on a daily basis of how unhappy I was.

**Doug:** So, it kind of brought it on you almost.

**Judy:** Yes.
Doug: When you look back at it, do you really think you were that unhappy or do you think that this affair just kind of amplified things a little bit?

Judy: I think it definitely amplified things. I don’t think I was at the point where I was unhappy enough to ever leave him, nor did I think that my marriage was a failure or anything like that. I think it was just I was not being fulfilled and this affair filled a void in my life, almost. I didn’t even necessarily know that it was there until it was filled. You know what I mean?

Doug: Right. So, would you say that whatever was missing in your marriage, was it more from a sexual standpoint or emotional or a combination?

Judy: I think it was a combination, yeah.

Doug: But, it started with the sexual aspect of it, so to speak.

Judy: Yeah. But, not the part of ... I don’t think it would’ve happened with anybody else but this guy because there was that other connection with him that was an emotional connection that I don’t think I’ve had with anybody else. When I was with him ... And I don’t think this way anymore. In hindsight, I think it was being in that affair fog, but I thought that he was the right person for me.

Doug: Okay. So, during your four months, you got to the point ... It probably started before that, obviously. You must have fantasized in some way in your mind at some point. Somewhere along the line, you felt that he could possibly be the right person for you.

Judy: Yes.

Doug: Okay. Do you still have contact with him at all? I know you live in the neighborhood, but I assume you don’t hang out with each other anymore.

Judy: No. Oh, God, no, no. We avoid.

Doug: Your husband despises him and all that kind of good stuff?

Judy: Oh, yes. But, shockingly, there hasn’t really been any run-ins. We’ve seen them from afar at school events and stuff, but there’s not been ... He hasn’t run into him at the grocery store.

Doug: I think I mentioned to you when we first started talking about the survey that we put out. One of the questions that are the most often asked by the husbands, or betrayed men, I’ll just read to you. Basically, it’s, “Why?” How could you betray me? Did you stop to think about the pain this would cause me and your children?
Judy: My answer is no. I never, ever thought about it. I have to say that’s been ... I think that was definitely my husband’s main question. How could you do this? How could you not think about how much it would hurt me and the pain that it could cause our children if our family broke up?

I remember thinking to myself during the time that if nobody ever found out, then it wouldn’t hurt anybody. I honestly in my head thought that it could stay a secret forever and it could go on. I wasn’t ever planning on leaving my husband or breaking up my family. I knew that he wasn’t planning on doing that either. But, I felt like we could have this side relationship.

Doug: Friends with benefits kind of relationship.

Judy: Yes, and it could go on forever.

Doug: Did you guys discuss that?

Judy: Yeah, we did. I remember him thinking, “When is this ever going to end?” I thought it doesn’t have to. Why does it have to? Nobody is going to find out if we’re careful. Which is ridiculous. I’m not a stupid person. I’m not an immoral person. I typically don’t live my life lying to people or betraying people, but for some reason, this to me seemed like it was okay because nobody was getting hurt.

When the affair first came out, I was trying to do so much to protect myself that I didn’t even really see or care that much about how hurt my husband was. But, as time has gone on, I feel like that is the hardest thing for me now is to see the pain that I’ve caused him and how difficult it’s been for him to go to work and concentrate at work and just do his normal things. He’s a good person. I love him dearly. But, I really, really fucked him up. That’s been the hardest thing to live with.

The short answer to that question is I didn’t think. Didn’t.

Doug: Somewhere along the line, do you feel that your relationship started off as being kind of a friends with benefit? Did it morph into anything more as far as you having feelings for this person or anything like that?

Judy: It’s funny because I just recently told one of my friends about the affair. She didn’t know anything about it. She’s another neighbor. She asked me, “Were you in love with him?” I don’t think I was. I think I was infatuated with him and I think that I know that all I thought about was him all the time during those four months. All the time.

I’ve read this in some of the affair books that I’ve read and some of the stuff on your blog. I remember feeling this way, that it was like a drug that I felt like I was addicted to and I couldn’t break the habit. I just wanted more.
Doug: So, is it a safe thing to assume, then, that maybe you were more in love or infatuated with the feeling than really the actual person? What do you think?

Judy: Yes. I think it was the feeling.

Doug: Something that you weren’t getting in your own marriage at the time and it substituted.

Judy: Exactly. Yeah.

Doug: Okay. Well, you hear that from a lot of people. I kind of felt the same way, so I understand what you’re saying. Would you say you have fond memories of the affair or do you look at it as the biggest mistake of your life or a combination of both?

Judy: That’s a tough question because I do think it was the biggest mistake of my life because the fallout from it has been catastrophic, to say the least. It’s changed ... I feel like I hate that it’s always going to be there. Do you know what I mean? Even if Neil and I, even if our relationship is better than it was before at the end of all this, it’s still always going to be there. It’s like a stain that doesn’t ever go away and I hate that. I want to be over it. I want to be past it. I want it to go away and I know it’s never going to go away.

Because it was somebody in my neighborhood, it’s pretty much all around town. Everybody knows about it. I’ve heard a lot of gossipy stuff. I’ve always been somebody who doesn’t really have a hard time making friends. I’m a very social person. I like to go out. I like to hang out with people. I feel completely different now because whenever I’m out, I feel like people are talking about me. They’re saying things about me and I feel socially awkward now.

Doug: How long ago did you say this was? It’s been about a year since it ended?

Judy: It’s been probably about 15 or 16 months.

Doug: And you still feel uncomfortable out and about after all this time?

Judy: Yes. The other part of the question is if I have fond memories of it. When I think about the way that he made me feel and the way that I felt, I can’t say that I don’t miss that feeling, the excitement and the passion that was there.

Doug: Do you feel that’s something that you can have with your husband or do you think it’s something completely different?

Judy: I don’t think it will ever be like that, but I feel like I was that way with my husband when we first got together and I feel like that’s the new relationship kind of thing. I don’t think it’s sustainable in any relationship, really. It was just the newness of it.
Doug: Let’s shift gears just a little bit here. You mentioned that both you and your husband are in counseling. Is he going individually as well?

Judy: He started going individually. At the very beginning, we started together. The person that we were seeing was not right for us, so we stopped going. Then, I found somebody that I was going to on my own and she recommended a male therapist for my husband to see, so he started going to this guy on his own. Then, probably about after maybe nine months of him going on his own, I started going with him to his guy. So, he doesn’t go on his own anymore. We just go to his together and I still go to mine.

Doug: Joint counseling, okay. Do you think that’s going pretty good for you? Are you starting to understand the justifications or reasons for the affair and all of that, the underlying stuff? Is that all becoming more clear for you now?

Judy: Yes, it is. I think I get more out of my individual therapy than I do with the couple’s counseling. I would say with the couple’s counseling, it’s more how we move on from here. At this point, it feels like a lot of times, we work on other things over and over again. We were going every week and now we just moved it to every other week. Also, we’ve been in this window, stuck. Things are okay, but they’re not great.

Doug: Do you guys have a lot of discussions about the affair when you’re at home?

Judy: Not really. We did in the very beginning. I can tell when my husband is down about it, when he’s been thinking about it. He kind of withdraws. Part of me wants to talk to him about it when he’s like that. I feel I can ask him what’s on his mind. It’s always the same thing. He gets in a funk about it. When things are going okay, I don’t want to bring it up because I don’t want him to get into a funk about it.

Again, kids are little and by the time we get everybody to bed at night, it’s exhausting and I don’t really want to talk about it.

Doug: When he first found out and you guys went through all that period of time, I’m sure he had a ton of questions and you guys talked about it extensively, do you feel that he feels you told him all the details and about what happened and everything? At this point, he knows everything?

Judy: He made me write everything down, when it happened, what we did. I believe he still has that piece of paper. Then, we went through a period of time where we would write letters back and forth to each other. He would have a lot of questions. He would write them down and then he would give them to me and I would answer the questions and give it back to him. That probably went on for a couple of months in the very beginning.
Doug: Is he just a better communicator in writing than he is verbally? Is that why he chose to do it that way?

Judy: I don’t know why he did that. It’s funny. He came home from work one day with two notebooks and he’s like, “This is what I’m going to do.” I think it probably helped him to get everything out that he wanted to say.

Doug: Linda and I did it that way for a bit and I think it worked very well, actually, because you can have time to think about your responses and there’s not so much emotions involved with everything. I think it worked pretty well.

Judy: Yeah. Also, at that time, he was so enraged about it that when we would discuss it verbally, a lot of times he would ask me questions and I would answer and he would just get so angry and start yelling and screaming. There were a lot of glasses broken. It was really bad. It really didn’t get us anywhere. So, I think that was the way of doing it and being able to control the feelings a little bit.

Doug: That’s certainly not always conducive to good conversation. There’s so much emotion and anger, glass going around and stuff like that. It’s probably good that you handled it that way, at least initially. So, now, I guess you’ve kind of put that type of communication aside and you talk about it occasionally. But, it’s still the elephant in the room.

Judy: Yeah. I think we mostly talk about it during therapy and not many other times. You know how I was saying sometimes he gets withdrawn? I can definitely tell that over the past few days he’s been in one of those funks, and it sucks because I want everything to get better. I want to be happy again. I know that it’s only because of me that he’s like that, so it’s hard. He was texting me this morning before I got on the phone. He said, “I’m sorry I’ve been kind of in a mood lately.” He doesn’t want to be that way. He can’t help it.

Doug: Sure. I’ve talked to a lot of people and most of them are betrayed spouses and most of them seem to indicate to me that one of the things that they really would appreciate more from their spouse is that they were a little bit more proactive as far as discussing things, as far as reading books, doing all that kind of stuff. It may benefit you and him if when you did see him in a funk – and I know it’s not fun, you don’t want to talk about this crap – but it might be beneficial just to at least let him know you understand and that you’re sorry, and if there’s anything that you can do to support him and help him through it. It might open him up. He may tell you exactly what’s on his mind and it may lead to a good conversation. It was often those kinds of conversations that, although again, they’re not always fun, but they always – at least for Linda and I – they tended to kind of draw us closer together. It might be advantageous for you to try something like that.
Judy: Thank you.

Doug: Sure. I’m sure there’s a lot of guilt and there’s a lot of shame and all that kind of stuff, too. Do you have those feelings as well at this point?

Judy: Absolutely. Yes. I think I said to you before I feel like I’ve broken him. He’s a very proud person. Like I said, a lot of people know now and he said that he feels like people look at him with pity all the time. So, he doesn’t even feel safe in environments when we’re with our friends because he feels like everybody just pities him. I don’t know. It complicates things even more.

Doug: Sure. Do you feel that your husband has gotten to the point where he’s forgiven you?

Judy: No, I don’t think so.

Doug: Have you discussed it at all or is it just a hunch?

Judy: It’s a hunch. I think we’re going in that direction. I think he knows how sorry I am. I don’t know. I haven’t really asked him.

Doug: It can be a long process. Again, it may behoove you to have that discussion at some point. I think before you can even think to forgive yourself, you need to see if he’s to the point that he’s forgiven you. That can help the process.

Now, what about trust? Has he talked to you much about trust? Does he trust you at all at this point or is it kind of a trust but verify?

Judy: I think that’s come back a little bit. At first, I pretty much couldn’t leave the house. I used to play tennis on Tuesday nights and I had to give that up. I had a little job. I worked at a gym on weekend mornings and I had to give that up. I felt a little bit like a prisoner in my own home. But, that’s definitely gotten better and he’s okay with me going out without him a little bit. I haven’t really taken advantage of it because I don’t want him to worry. But, there have been a couple of times I’ve gone out in the evening without him. I think he’s okay.

Doug: Are there any things that you think you can be doing better that might help build trust? Any things that you can think of along those lines?

Judy: I don’t know what else I can do. If you have any ideas, I’d be happy to hear. I’m trying to ... I think I read somewhere to act as though he’s with me all the time. So, don’t do anything that he wouldn’t approve of me doing. That’s in the back of my head all the time. I don’t know. I don’t know what else I can do. I’m trying to do all the right things.

Doug: Would you say you’re putting in, as far as you’re concerned, a full 100% effort into trying to make the marriage work and help your husband heal and all that sort of thing?
Judy: I think so. Yeah. I think he thinks that, too.

Doug: So, he’s never come and said something like you need to be doing this or you need to be doing that?

Judy: No. We’ve actually had those conversations. I said to him, “I wish there was something more I could do.” He’s like, “There isn’t anything more you can do now. You shouldn’t have done what you did.”

Doug: Sometimes, it just takes time. Consistent effort and doing what you’re doing. It’s just a matter of going through the process and taking the time, reconnecting and doing all that kind of stuff. Unfortunately, it’s not a short process.

Judy: No.

Doug: A lot of times, especially if ... Well, depending on the circumstances, a lot of times after the affair is discovered, the betrayed spouse will go through a period where they make changes on their own and they work on themselves and things like that. Did you see your husband go through a process like that where he blamed himself and started changing?

Judy: He actually did start working out a lot more, and that kind of fizzled out. He lost a lot of weight as a result, but neither of us were really eating. I had zero appetite for probably two months. I think he was the same. It wasn’t necessarily the best way to lose weight, but he did. Now we’re getting back into our regular habits.

I think he started making some changes professionally, too. He had been in the same role for about five years and then he started looking elsewhere for a different job. He actually ended up getting promoted this year to vice president of his company. Professionally, he’s doing great. However, in the first two months right after, I think I told you he was having a really hard time concentrating at work.

So, yes, I have noticed some changes. Unfortunately, there has been some negative changes, too. He used to smoke when he was in his teens and 20s, and as far as I know, had given it up, but has started again. He smokes a lot. I’ve talked to him about quitting and he tells me, “Whatever. We do a lot of things that are bad for us.” So, that still hasn’t been great. He drinks a lot.

Doug: Well, he’s self-medicating I guess in a lot of ways. That’s unfortunate. What about in the bedroom? How are things there between the two? Does he seem okay?

Judy: Yes. It was weird. After it first came out, it was like every night he wanted to. It was always very emotional. I would always end up crying. It was hard. I think he was really trying. Now, it’s less frequent, but still more than before. I would say that I feel most connected to
him. I can show him how much I love him. I don’t know. I think I have asked him, when we are together, is it just an act for him or is it really love? He said sometimes it is and sometimes it isn’t.

**Doug:** It sounds like it’s something he’s still struggling with, to some extent.

**Judy:** Yeah. He said he has a hard time kissing me.

**Doug:** Is that something that you guys talk about in your therapy at all?

**Judy:** We don’t really talk about that in therapy. We’ve talked about that on our own.

**Doug:** I was wondering if maybe the therapist might have had something that could help with that. Hopefully, that will get better with time, as well. I’m sure it’s a very difficult thing for a lot of men and women as far as what goes on in the bedroom afterwards. It’s a tough situation.

**Judy:** Yeah. Again, it felt like, for a long time, it was always the elephant in the room when we were in bed. I was always thinking: is he thinking about Kevin and what Kevin and I did? It’s still a little bit like that, but I feel like, for me at least, it’s gotten a little bit better.

**Doug:** There’s been improvements. That’s good. Shifting gears here again. One thing that I kind of became more aware of when I was pouring over all these questions from the survey is the notion that there’s some sort of unspoken code between women and mothers. Here’s a typical question that exemplifies that. How do you allow yourself to go against everything most women do for each other, which is to have the back of their fellow woman? Isn’t there a loyalty from woman to woman and mother to mother? I guess in your situation, friend to friend. What would you say to that?

**Judy:** In our circumstance, my friend would always make jokes and stuff about how she would never want to be intimate with her husband. She’s like, “Oh, you can have him, whatever.” She would always joke about things like that. I justified in my head that she would be okay with it because she didn’t want to have sex with her husband. Again, when I’m saying this 15 months later, it sounds crazy. I honestly thought, again ... Not that if she found out that she would be okay with it. I just kind of thought, well, she didn’t want to be with him, so I will.

With the whole woman to woman, mother to mother, friend to friend code thing, I would say that those thoughts didn’t even really go through my mind because I was so selfish and hung up on how good it made me feel that I didn’t really take the time to think about how it would make anybody else feel.

**Doug:** Okay. Have you ever thought about – and maybe you’ve done it, but have you apologized to his wife? Have you ever talked to her since?
Judy: Yeah. There were some letters written. Early on, I had to drop something off at their house and I didn’t think I was going to see her, but she was out in her driveway getting ready to go out somewhere. So, we had a face-to-face conversation and I did tell her how sorry I was then. Then, I wrote her a letter and put it in her mailbox a couple of days later. She texted me and thanked me for the letter. She said it was good to have some sort of reason why, not that she was like, “Oh, it’s okay. It’s fine. We’re cool.”

Again, my son and her son are still friends, and she has been so gracious to allow this friendship to continue. We text each other to arrange for the boys to hang out and play. Actually, we have a pool in our neighborhood, and just this past Friday night, she asked me if my son could go down there with them. Her husband and her are separated, by the way. He’s moved on. He apparently was having another affair, as well, at the same time as me with somebody from work. That continued after even he had come clean, but she had found out he was still in contact with her.

Doug: Well, that opens up a whole other can of worms, doesn’t it?

Judy: Yeah, it does. Anyway, she did say something. I asked her. I said, “I was thinking about taking my other two down to the pool, and if that’s going to make you completely uncomfortable having me there, I won’t. I want you to let me know.” She said, “I know you think that I hate you, but I don’t. I’m just hurt and I’m sad. I’m more concerned about what other people are saying, the gossip that’s going on and people waiting for any drama to happen between the two of us.”

But, I went down and I kind of stayed to myself. She was there with a lot of our mutual friends. She was there when I got there. I found a seat somewhere else. I still have a four-year-old, so I was just hanging out with him. He can’t swim. I had my eyes on him the whole time. It ended up being okay, but it is very …

Doug: Very awkward, yeah.

Judy: It is awkward. It is.

Doug: Like you said, she’s extending a lot of grace where a lot of women wouldn’t, or men even wouldn’t have done that. So, that’s kudos to her.

Judy: She is. Absolutely. I keep thinking she’s incredibly gracious.

Doug: Well, why don’t we wrap this up here a little bit? I’ll ask maybe one more question.

Judy: Good timing because I need to pick up my little guy in a minute.
Doug: Okay. If you had to nail it down as far as what you’re struggling with the most at this point or what lessons you’ve learned at this point, how would you summarize that?

Judy: That’s a toughie. I would say that what I’ve learned most about marriage is that you have to work really hard to make it work. I don’t think that either of us were paying attention to what each other needed and I think it’s probably easy to get stuck in a marriage where neither of you were having your needs met and you’re not really happy. I feel like we could’ve gone on in that way for years and years and years without anything changing because either we were too afraid to say anything to each other ... And it’s work.

Doug: It’s work. You have to be vulnerable. You have to be brave. You have to put your fears aside and go for it.

Judy: I think that is probably the most valuable thing that I learned is that. And I know that things are going to continue to change between us. It’s not going to be the same marriage that we had when we were first married. Life happens and shit happens. If you’re going to live with somebody for the rest of your life and be happily married to somebody for the rest of your life, you have to communicate and you have to tell each other what you need from the other person. So, I think I would say that’s what I learned most about being happy in a marriage.

I think I’ve learned a lot about myself, personally. I’ve done a lot of work with my own therapist about why I felt that kind of need to be desired sexually by someone and that I’ve never really felt good about myself unless somebody else has wanted me. That’s obviously a very personal thing, but I don’t think that I really realized that until I looked back into my past relationships. I think I’ve realized that I need to work on loving myself more and that I don’t need ... I obviously need my husband to love me, but I don’t need the attention of other men to feel like I’m an attractive person.

Doug: That’s something you learned and have been able to change your way of thinking as a result of all this.

Judy: I’m trying very hard. I can’t say that it’s been an easy thing. I still struggle with some self-confidence issues. I think that will be something that will continually be difficult for me, but I think at least now I’m aware of it.

Doug: Right. Well, that’s half the battle. If you’re aware of it, you can figure out ways to work on it or fix it, whatever. It’s not easy. I don’t know how old you are, but I’m 56 and trying to change when you’re 56 isn’t all that easy. There’s a lot of lifelong habits and lifelong crap that you’ve experienced and you’ve formed your personality and the way you do things. It’s not like you can just one day wake up and say, “Okay, I’m not going to worry about being desired
by men anymore.” It takes work. It’s good that you’re aware of it and you’ve done at least the self-reflection and the work with your therapist so that you can move forward.

I want to thank you for taking the time. I know this isn’t an easy thing to talk about, but I really do appreciate it.

**Judy:** Thank you very much. I appreciate it. And good luck with your research.

**Doug:** Alright. Thank you so much. Take care.

**Judy:** Take care, bye.