

YourTango

Elin Plans To Leave Tiger

by Claire Daniel

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Elin has ditched her wedding ring. And some say that was her first real public statement on her husband's affairs. To her skirt-chasing husband, the only thing she allegedly has said... "was that he had better get into therapy — or else," according to a well-placed source said to the [New York Post](#).

Still... Earlier this morning [Us Weekly](#) reported that Tiger is holed up in his Yacht with mistress Rachel Uchitel, while Elin is off for the Holidays with the kids and [considering signing a deal](#) with (Tiger supporting) Nike's arch nemesis Puma. [Poll: Is Elin Nordegren A Hero?](#)

Now we learn from [People](#) that Elin's holiday away from Tiger may be of the permanent kind. "She plans to leave Tiger," says a source. And another, "She's made up her mind. There's nothing to think about: he's never going to change."

She's even gone so far as to meet with divorce lawyers, according to [RadarOnline](#).

Questions remain: Could have things turned out differently if Tiger was laid out on a therapist's couch and not on Rachel's lap? Would it be possible for this old dog to really change his philandering ways? Is this marriage truly beyond repair? What really would have to happen in therapy to patch things up between the two? [Discuss: Can Elin & Tiger's Marriage Be Saved?](#)

Everyone has an opinion on the marriage between [Tiger Woods](#) ^[8] and Elin Nordegren. From Eliot Spitzer's call girl Ashley Dupre on [The View](#) to Hugh Hefner's latest blonde bunny on [FOX news](#), these opinions can hardly be called "expert."

Interested in what the real professionals have to say about the Woods' marriage? Below, three [ProConnect](#) experts weigh in.

Jim Rogers

Heart Coach

Are they ready for therapy?

I believe that they are not yet ready for exercises at all. The public nature of this will make things much more difficult for both of them unless he has been completely transparent with his wife about every last detail and woman he was involved with.

What's your advice to Tiger and Elin?

My advice to Tiger is to take a serious moral inventory, look at his childhood wounds, heal any that need to be healed, begin to make corrections to his character issues, learn to be totally transparent to his wife and to others (eschew any secrecy in his life) and take some time grow as a person, not a public figure.

To Elin, learn that someone in his position is going to come with baggage and that while this is not license for his behaviors, that this is part of the territory. In addition, she is best served to learn, understand, and practice forgiveness. She needs to know that her pain is understood. She needs to choose which is more important to her, anger and getting even by leaving, or healing and working with her husband to rebuild a marriage and re-establish a commitment.

Can their marriage be saved?

It seems that the marriage of Tiger and Elin has strong elements of the appearance of being a business deal. If the two of them treat their marriage like a transaction, then their marriage is more than likely beyond repair. However, whether it is or not is absolutely up to them.

Dr. Cynthia Thrasher

Licensed Clinical Psychotherapist, Certified Imago Relationship Therapist

Are they ready for therapy?

Often a crisis such as an affair can be an opportunity for healing and growth in the relationship. Sometimes relationships can be rebuilt even stronger than before the affair. What needs to happen now with Tiger and Elin is reparative work. They have to begin to address the hurt and the pain. They need to tell each other what they need to see from each other to be willing to continue.

What's your advice to Tiger and Elin?

They need to take the steps towards repairing and rebuilding. Part of the work will include rebuilding trust, eliminating negativity, and empathy for the pain our partner is experiencing. Affairs happen when energy is no longer going into the relationship, but outside, our jobs, kids, friends, addictions, etc. Part of the reparative work will be to take a look at what exits the couple might be using in order to avoid putting energy in the relationship.

Some of the exercises I would include are:

- Tangible behaviors and actions that would start to create some safety in the relationship again
- Addressing how they both have been hurt in the relationship
- Closing exits ... where the energy is going outside relationship
- Owning what went wrong and how things could of happened differently
- How not to stay stuck in the punishment/guilt zone

- To immediately start the process of putting positive energy back in the relationship
- Begin rebuilding trust

Can their marriage be saved?

I do believe their marriage can be repaired if they are both willing to do the work necessary. I also believe they can come out of this with a stronger healthier relationship than before.

Dr. Noelle Nelson

Clinical Psychologist, Author of Your Man is Wonderful

What's your advice to Tiger and Elin?

It's often said that an affair is a cry for help. It's also a cry for understanding. Interestingly enough, an affair is usually less about the sex per se, and a lot more about the attention and adoration so prevalent in affairs—the adrenalin rush, the excitement of the forbidden.

For the husband (the cheater in this case), the key is to understand the level of pain and betrayal he has put his wife through.

For the wife, the key is to understand the causes of the cheating and what's going on with her husband that would allow him to yield to temptation. We're all tempted, that's not the issue. It's what you do in response to the temptation.

Elin should safely vent her feelings (with a therapist, a friend, her journal, she may need to write him a letter filled with all her feelings)—then open a dialogue with her husband. A discussion where it becomes not "your problem, you're a jerk" but "our problem, we're a couple"—so problem solving instead of blame.

Can their marriage be saved?

Trust is slower to rebuild than love...trust takes time. He will have to earn her trust and prove it constantly, throughout the marriage. In the meantime, she will have to go on faith that he's being true to her. THAT's hardest of all.