

# Clarity and Peace with Boundaries Winter 2022

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## SUMMARY KEYWORDS

boundaries, husband, feel, recovery, people, life, feelings, trauma, disclosure, marriage, sharing, moved, happen, hear, relationship, group, triggered, glad, questions, attachment theory

## SPEAKERS

Stephanie F., Pam B.

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Pam B. 00:02

Okay, welcome to November 28, clarity and peace with boundaries, I miss you, I wish you all clarity, and peace. And I am so grateful that you have given yourselves this time and this gift of this self care for yourself. This, the whole focus of all my programs are, these are the spaces where we honor us, where we focus on us. And we bring the focus back, because that's where our power is, all of our power is right here, we are so focused on children or work or whatever, and our partner, they steal our focus. And so we need a place where we can come and, and honor ourselves and validate our feelings, and talk about our healing and our growth. So congratulations for taking that step for yourself. You're worth it. And when you work it, it works. So tonight, I just wanted to give us a chance to do a little intro with each other, let each other know where we're from, what our life situation is. I'm did everybody get a chance to watch the intro video? Okay, okay. The only thing I didn't say in that video is that I'm going to say here too, that I usually have in my schpeel is this is your group. The people that know me know, and I've come to this place, it wasn't always this way that I crave feedback, no matter what it is, okay, I want feedback, I want to grow this group, I want to improve it, I want to make it more useful for women more healing. And so I want your feedback, whether you send me a message on Facebook, whether you contact me through email, and even if you're not comfortable giving it to me, if you want to submit it anonymously, you can go to my my website recovered piece.com. And you can submit feedback, but constructive feedback, please. But whether it's the group itself, how its structured, or even in how I deliver, I have had some really good feedback. In the past that I've that I've used to try to be more mindful. And to improve, I'm always improving. Now, I think you know, I'm not a therapist, and I'm not. I'm not an expert, by any means. I am not here to tell you how to do your recovery or how to do boundaries. I'm here more to tell you how I did it. And hopefully, if I can prevent one woman from making the mistakes that I've made through the years, and if I can help her avoid 30 seconds of pain, by not making the mistakes that I've made, then my journey, my very, very painful journey will have been worth it. So all the feedback plays all the feedback. Cool, get tough, get tough. And this is your group, if you want to change the way things work. I mean, let's talk about it, right. So what I want to do, too, is first how this meeting is gonna go is let's do some introductions. I'm going to ask you some questions to hit to tell us some things. And if you forget, that's okay, I'll interview you. But basically, I want to know where in the world you are. And I would like to know, I'd like us to share in the group where we are in our relationship. Are we single, are we

married, divorced, separated? And let us know when your most recent D Day wise, so that we know where in this journey you are so that we can be sensitive to that. And I'd also like to know what you hope to get out of this experience, what's the major thing that you hope to get out of this entire experience? And so that way, I can also make sure I can try to hit that mark with you. So I'll go first. This total transparency, this is a green screen. We left our home. We left our house in Florida. We had been basically searching for property all our married lives almost 30 years, and we finally found property. And long story short, my husband took a one of those sheds you see on the side of the road with little porches on them. And it's a lofted barn, so it's got fairly high ceiling, but he turned it into a three room little cabin, we call it call it a little clubhouse. And so behind me is the unmade bed with the cat sleeping on it. My husband's laundry is on that side, my laundry is on this side. So last week it fell five minutes of a meeting, night screaming for my husband to come over because he I have more asked what do you call dinosaur arms to really start out, so he could fix it for me. So I am in born in Chicago, Illinois, moved all over the place, but currently live in Southeast Tennessee, which I love. My most recent worst D Day was five years ago, May 5, Cinco Demayo, 2017. Prior to that, my worst day was 2010. And that's when we got into recovery in 2010. Real recovery, in that 2017. Things are good. I have I I get all my needs met. I get all my needs met, whether it's you know, conversation, how we talk, we're evacuating help with the help with the cooking whatever. For the first time in my life, I'm getting my needs met. And it's because of recovery. My first husband, not so that you think, you know, everything's hunky dory, my first husband was an alcoholic. And that marriage ended after 10 years. And I thought I learned a lot about addiction back then. But I have learned a whole lot more now. So that's where I am. And I think you know, I if you've watched my intro, you can see I'm verbose. And you know how I got here, you know that I got into the recovery world. And I went online, and people started asking me to help them out. And I did not feel worthy. And so I went and I got training so that I could, and I was doing 12 Step stuff and celebrate recovery, Christian based one step and, and other type of things. So as I started to work with people doing, like facing heartbreak, book groups, or betrayal and beyond groups, that was a nine month group did that twice, I started seeing a recurring theme. I used to think boundaries was just like, Oh, you just need to have boundaries in the beginning of recovery. But boundaries was starting to come up in every phase of recovery, even for couples who were in a good recovery. And so God put it on my heart that I needed to do a deeper dive into boundaries, and help people with that with what I've learned. So that's me, that's where I'm from Stephanie. Is is here she is a member of our other groups, momentum boundaries, but she has decided, and I hope that each and every one of you will consider Would you consider as you go through your recovery, when you get to a place where you feel like you're in a good place, maybe giving back maybe going and getting some training, and maybe doing your own groups or it'll happen. Whether you plan on it or not, you will get a phone call from somebody in your family or a friend with some devastating news of discovery that they made. And if you can get that training and be in a position to help that person in a safe way, trauma informed way might make a difference to your recovery to like it has on on mine. So Stephanie has done that. And so she's joining us here tonight, and she's going to help out she's going to help me fill in my blanks. So Stephanie want to choose you give us your intro.

S

Stephanie F. 08:52

Yeah, sure. Um, I live in Orem, Utah. Never thought I'd live in Utah. I was born and raised in Portland, Oregon. And I really miss the beach. But I do love the mountains here. We have like, huge, beautiful mountains. right in our backyard, so that's fun. Um, my most recent D Day would probably be it's hard to say. I've had a lot of little thing, probably like, August ish was

when it was evaded. And I had to find out I had to pull it out of it my guess. But the big D Day was February 2020. So that was right when all the shit hit the fan. Oh, sorry. In the world and my life, so that was crazy. And this is my second marriage. My husband and I both had four kids when we got married. So we have eight together and then we had two more because markets equals sanity, right? No. Yeah. Did I miss something? Did I miss anything? I think I got it. I'm just I love Pam's work. She's changed my life. And like she said, It's so empowering to be able to talk a woman through a crisis or a traumatic experience. And just like, I have this friend who's really struggling right now, and I'm not even really telling her much. I'm just validating. And, yes, this experience is hard. And you're amazing. And this is awful. And I'm sorry, we're, you have to go through this. So just the trauma approach. And that all the little pieces, Pam's gathered to make things to help me build my foundation and myself and myself identity and my self worth has been life changing. So Thanks, Pam.



11:34

You're muted.



Pam B. 11:39

Thanks for being here. Thank you for being part of this part of my journey. Thank you. Okay. Okay. Um, Kathy, how about you?



11:50

I am in the Midwest, I'm in Iowa. And I've been married for 42 years. And my worst D Day was and eve of my baby's third birthday. And that's when all the crap hit the fan. Back in 1998. And my most recent D Day was April of this year. And I am tired. And I have been learning about boundaries. It's kind of amazing going through all of this that you had Pam, I don't understand why my counselor five years ago, didn't like anything similar to this. I might have been further along by now. I guess I'm trying to get out of this. Hopefully, I just can stop hating his guts so much. I am just ready to vamoose out of this relationship. I've had it. He's, I'm on my fifth counselor. And he's on his fourth. And I refuse to do couples therapy right now. I just have, I don't even see the point. I've been making better boundaries. And the first one within the past year and a half the first one he was out of the house to an upper hotel for a weekend. The second time No, I was out of I went I left I just said I'm leaving. And the second time a few months later, he went to a hotel because I was hosting a nice big afternoon tea at my house when he decided to do this crap. And so he left and then finally it was written out, you're moving out if I catch you lying again. If you're going to the bars and you're lying again, you're out of the house. And he did hide right to my face. And so he's out of the house. He's been out of the house for five months. So I'm just hoping these boundaries helped me calm down a little bit cuz I'm just I'm just livid all the time. angry all the time.



Pam B. 14:20

You're in the right place. Thank you. Everything that you're saying and feeling. Who is even though you're hinting at your feeling is normal. I hate to you know, it's not okay. But it's normal. And you're not alone. It's exhausting. There's you said. Hey, there's a lot of anger. Our

normal. And you're not alone. It's exhausting. There's you said, hey, there's a lot of anger. Our anger is very very valid. And we live we're going to talk about that too. We live in a society where Oh, don't be angry and anger gets a bad rap. But anger has a very like every emotion has a really good purpose. Wow. And we're gonna learn that and we're gonna get into that. So I do think you're in the right place. Yeah. All right. Thank you for sharing. Thanks for being here. Kathy. Okay, Deborah, Deborah, do you like to be called Deborah or Deb? What's your day?



15:17

Never Debbie.



Pam B. 15:19

Okay, Debbie, how are you doing?



15:22

I'm glad that I found found the group. Okay, where do I start?



Pam B. 15:30

Where are you? I'll interview you. Are you gonna be live?



15:33

I am an amston, Connecticut. So I'm a transplant from Pennsylvania. I've just been migrating further and further north. I was born in South Carolina, I grew up mostly in Maryland. I got married, moved to Pennsylvania. And now here I am. This is my second marriage, my first husband was a pastor. And his biggest sin was he traveled too much and was overworked. Um, he passed away in 2008, after a car accident, and I was single for 10 years. Then seeing the good girl plan, the really good girl. And the narrative my president has been for four years. So in 2018, on the weekend of my honeymoon, it was my first event. And then he was pornography, he never looked at it again. But then in May of 2019, he had a relapse looking at soft porn. And that's when he realized that he had an addiction. And he got into the beginnings of becoming serious about the addiction. But that takes a while for them to really register that events actually in addiction. And after that, it takes time to decide. So what am I going to do about it? So it's been kind of an up and down back and forth around and around. And he's never gone back to looking at pornography since. But the thing I realized early is the pornography stays here. So you may not have been looking at it anymore. But it was still registering here and affecting everything. So my I started coming into the realization of setting boundaries on my own. But it was very difficult because all the counselors and everybody around me and all the ministers were telling No, because my boundary, my bottom line was, I don't want to change dog. You could be a chain dog, and not ever look at anything. I want to heart change. I want to be married to a perpetual adult. So that's that's been the struggle. And

our latest formal disclosure was at the end of September. Things things are improving, because I'm doing my healing work. He's doing his and I tell him there is no relationship, there's no such thing. And so you stop doing what you're doing. And I can come to a certain place of healing, which the I can identify with that anger verging on hatred verging on rage at times. But I'm absolutely sick of that. Because that didn't change anything except me. And I realized that I began to lose me, I was a joyful, productive person. And that's what I want. Again. It's helped me a lot to have gotten involved with the National Center on sexual exploitation. So I'm a very active advocate for ending all forms of exploitation. And bringing that realization that pornography is filmed prostitution, and it all has the same effect as violence against women, and just advocating for that entitled, male mindset to shift me stepping out of the fairy tale that gets poisoned by that that mindset says a whole long, mouthful, but I need boundaries, better boundaries. I'm learning how to how to really set them and readjust them and have no shame in readjusting them. But I needed the community of women to support me, brands anymore. I'm like, I'm 64 and I'm having to start from scratch. And it's scary.



19:48

Oh, wow. Oh,



19:49

and I forgot to mention a few other important things in Oh, hush. I was a crazy woman. Okay. I'm married outside of my race. Well, that's not that crazy, but to some people Well, it is. I'm a southerner. He is a northerner, I was Messianic Jew, he was new age of 6430.



Pam B. 20:13

So we have so much in common.



20:17

So no challenges here. No less than Utah and there's amazing. Science natural National Forest is amazing. So thank you for thank you for what you're doing. It's so so, so important.



Pam B. 20:35

Thank you.



20:36

I've heard all of the definitions of, of what it is we're going through. Oh, you get pointed out, oh, it's Trump. I know it's trouble. But where's the How to the practical how to navigate.

P

Pam B. 20:49

Exactly. And that's, that's what I saw was needed. Everybody would say set boundaries, set boundaries. Oh, my therapist says I need to set better boundaries. But but there's so much confusion to the practical application. And you know why it's so many people just want to know, what do I say? What are the words I say? But then there's also the Okay, now what do I What do I do? Everybody tells me it's for me? What do I do? Well, and that's what this is about. This is about helping us share ideas about how to set and what to do. So I think you're in the right place.



21:26

Preliminary is I was talking nasty. I changed my title. And I've gotten three major things to work last service.

P

Pam B. 21:35

Well, we talk about personal boundaries here too. Versus interpersonal, right? What things we will what limits we will put on ourselves, so So you're in the right place. You're in the right place. Thank you for being here. All right. Let me see. Kate, can you share with us? Where are you? She's on mute.



22:03

I'm trying to take it off here. Okay. Hi, I live in North Idaho. And it is gorgeous here. But it's gorgeous in Tennessee and Utah and Connecticut. And where are you from? Again, Kathy, Iowa, Iowa. I don't know about Iowa. But I have a very close friend from Iowa that lives here. It has



22:26

its moments it has its places.



22:30

So let's see

P

Pam B. 22:34

the ridership situation, I



22:37

am married. And we've been married 27 years known each other for 30. My first D Day was

2004 year nine of our marriage when we were on a date, and I found for monography under this seat of the truck when we were going kayaking or actually canoeing. So the people on the river heard quite a bit that day. Since then, up and down, in and out, you know, started as I'm going to do recovery because of you instead of me. And then real recovery came into play somewhere around 2011. With your desire. He's been through all kinds of different programs. And so by, so I've done Celebrate Recovery, all kinds of books, all kinds of counseling. I am just starting as of yesterday, actually Pam, the trail and beyond. So I'm double dipping at the moment, which might be a little rough, but I'm gonna do it because I really, really, really want to do my boundaries.

P

Pam B. 23:46

Just got the new version in the mail. I pre

U

23:48

ordered Yeah, that's actually what motivated me to do it. Well, that and my husband asked me to and I reconsidered. But I understand it's more betrayal trauma oriented this time around. So

P

Pam B. 24:04

it was pretty good about the trauma last time around, but I haven't had a chance to dig in. But I knew there were there were some criticisms. And hopefully they've addressed it. I'm a part of another group of door hope. The other group that we're a part of as a training for peers, for people like you who want to go and lead groups took part in some conversations about what those changes should be. So I'm excited to take a look at it. That's a good curb. Cool.

U

24:35

But yeah, he's been through that twice. Anyway, last D Day. So we had probably in our 30 years, three to five years of like, really, really great marriage when he was completely sober and in recovery, and had really tight friends, which is very much of an anomaly. One of those has kind of checked out and the other has passed away. And so I feel like that's a huge piece of both of our healing is being in community and avoiding isolation. I'm a people person, so I have lots of friends. And I just told him in my meeting that maybe you didn't see it. decline, okay. Um, so however, anyway, where I'm at now is we just went through a full therapeutic disclosure, for the first time for real, like, in fact, your buddy list shell is who I had my goat. And I found her through your podcast with the three of you. And then, anyway, that was his disclosure, a polygraph all the way to Houston, Texas, my letter of impact and his letter of restitution. And I'm glad I went through that. And the reason I chose to do that this year is because this summer, he disclosed a whole bunch of stuff that happened like 10 years ago for a few years. So I'm like, You know what, at some point, I need to know everything, you know, I'm tired of this. So that was helpful. And, you know, like you said, you continue to learn, and like, I thought I understood boundaries, you know, I read the boundary book, I told everybody read the boundary book, and I do place boundaries. I mean, you know, we haven't been physically intimate for many months. So I, I have placed into place and I'm getting better, but I really want

to investigate my mind and heart and, and priorities and decide what they are. And get them down in writing. And I'm hoping that will help us in the thriving instead of surviving. And we're also hopefully going to move into some type of couples coaching either with Well, we haven't decided to yet but anyway, so that's on the agenda. But I'm super excited to be here. Super excited to be working on boundaries, I think as feedback so far, it's exactly what I was hoping for. So thank you.



27:18

Okay, good.



Pam B. 27:20

Good. Thank you so much. You. So you've, you've been through the wringer. You've been on the merry go round. You have been up down on



27:27

a roller coaster? Yeah. Oh, yeah.



Pam B. 27:31

Oh, yeah. We have all the net. We have the volcanoes, earthquakes, the hand grenades, we have all the analogies. They all fit. Absolutely.



27:39

And I have three boys, 1921 and 24. God bless.



Pam B. 27:47

All right. So I do think you're in the right place. I think that you're gonna find this useful, even though you've been through a lot of education and coaching and the process, that this is a really natural progression. Really, anywhere you are in the journey is a good any good place to dive into boundaries, because they're so empowering. They are empowering in so many ways. It's not just, hey, hey, person, my husband over here. Here's my boundary on this behavior with you. It is it is so authenticating, validating, and it really doing boundaries this way really helped me figure out who I am, and what my values are and what my needs our authentic needs in relationship, whether it's my husband, whether it's it's a business person, whether it's my son, it's, it's just been a really good journey for me. And so I'm hoping that you get boundaries with your partner and so much more out of this course. Everybody. All right. Thank you. Thank you, Kate. Okay, Karen, thanks for being here. Glad you got in.





29:05

Thank you. Sorry, I was late. That's okay. We're in the world are you? I'm in Arkansas, Central Arkansas. Um, we moved here in see two years ago, in November, and unbeknownst to me, I bought this house while my husband he works offshore. And lo and behold that I bought a house that was two miles down the road from the property that his five year long term affair partner owned. And they moved there in August of 20 to 21 Sorry. So they were in the near vicinity for about nine months. And my first day day one as technically, June 2, because the affair partner came to my home, to confront my husband and myself. And today was actually, I guess, in a sense, my latest DD, because I, we're working toward disclosure, my husband has seen a CSAT. And I've been to a betrayal trauma therapist and gone through it and intensive, which helped a lot. brainspotting. And we're working toward disclosure. And I asked some questions today. And He answered them. So, but you never actually really want to know the answer to some of that. And so I spent that entire day going through some things, and then I lost my mind completely. And we had a huge fight. And but so I'm here.



Pam B. 31:16

I'm so sorry that you have to experience all of this. It's this. I hate this disease. I hate it. Yes, and I'm so, so glad that even though all that happened, that you showed up tonight, that's a huge win for you.



31:32

Thank you. When I have felt empowered, but they are few and far between, in because my husband, he works away for sometimes six weeks, seven weeks at a time. That's challenging in that aspect. And then he comes back and I will say that he is forthcoming with information and tries to comfort me, you know, so, but there's a lot of stuff that still has to happen.



Pam B. 32:16

And just so just so you don't feel like you're alone in the world. My husband's affair partner, we moved from Illinois to Florida. Yeah, my husband's affair partner followed us. Yeah, and got a place about three miles from the home that we built together.



32:36

Yeah, it's



Pam B. 32:37

terrible. It's, it's a sickness. It's, it's is what's your Go ahead?



32:47

11 32:47

Oh, I was just gonna say, um, my husband's affair partner still emails him from various addresses. You know, it's less than it was. But I still check the phone and I see them and I don't read them.

P Pam B. 33:07

Okay, you know, we can address some of that with boundaries too. Okay, the biggest part of what some of you are expressing is that I want you didn't know and take comfort and is a boundary this isn't just boundaries, this is also how to make requests. And so before sometimes before you set a boundary, you just make a request. And a big part of what we're going to go through is in order to feel safe I need you to Yes, so our boundaries teach other people I always say you know, boundaries is not a wall boundaries is a gateway. It's here's the gateway right here. It's not a wall. Hey, if your behavior or your actions and your words and your behaviors are between here and here, you can have access to this my heart. And so teaching people where those gates are addicts addicted people, my first husband was an alcoholic. We spent a lot of time with addicts during that phase of my life. Addicts are so internally focused, hiding from the world and they don't know how to treat other people. And the environment that created the addiction or or the lack of healthy coping tools also did not teach them how to treat people. And so we're if we're in a real still in a relationship with our partner, we are going to be making statements of in order to feel safe in this relationship. I need you to do these things. And they don't know and so we're we can help the our boundaries can help them my husband early in recovery would come to me with the real recovery. Every day would say thank you for giving me boundaries. I had no idea If I didn't know, he, and he even says now I don't even know how he goes, it sounds ridiculous. And I don't even understand it. He says he's but I didn't know how to treat you. And you taught me how to treat you. So there's no handbook. And that's why I think that I think you're in the right place.

35:21

Thank you.

P Pam B. 35:22

We get it. In, sacks. It's nice, fair. All of your feelings, everybody here. Your feelings are valid. You're not overreacting. You are not drama queens. This is real wounding. This is real wounding. And it affects us not just, oh, you know, emotionally. It's psychological. It's neurobiological. It's physical. So check courage, my friend, you're in the right place. Thank you. Those moments of empowerment will start to come more often. Where it'll finally be the constant. Once you have children, you have children. Oh, yeah. How old are your children? Oh, well, I

36:12

have four total of a 24 year old, a 21 year old and a 10 year old and a six year old. Yeah. What is this one? A second marriage? Okay. And it's his Mine and Ours? And, of course, all of our children know. Yeah. Good. So that's good.

P

Pam B. 36:36

And the beautiful one of the gifts of this recovery is I got to pass this knowledge of boundaries and all this other stuff that comes with it. Digging into your feelings, expressing your feelings, not squashing them, and listening to other people's feelings and not fixing got to pass that on to my child. Because I never had that growing up either. Right. So there are gifts to this. So thanks for being here.



37:01

Thank you.

P

Pam B. 37:02

Thank you, Karen. Data. Is that how you say your name, dear? Yes. Oh, chatter. Your right side up?



37:13

Yeah, I know. I'll have to fix that before next. Um, so I am from Australia, a long way away. And so you guys are all saying where you're from? I have no idea where that is somewhere in the US. Yes. So I'm from Melbourne, in Australia. And I'm really glad that timing worked out well for me. So it's 11am on a Tuesday, and Tuesday's my day off work. worked out really well. I've been married for 13 years, we've got two little boys five and six. Id day, my first day was September 2019. And it was kind of just trickled disclosures for about 30 months. It's only been three years, but it has just felt like 30 years it really has and that we've been through. So so it's so much. And you know, from my point of view, I've done a lot of recovery. I've been seeing a Sisa I've been seeing a psychologist because well actually it was somebody put me onto pounds Facebook group, and then you know, that was kind of like, everybody's talking about boundaries, everybody. And it wasn't until we came across pounds group and Okay. And then that ended up bringing up all this childhood stuff about why I actually, you know, I've got really strong boundaries with friends in my work or that kind of thing. But when it comes to family, I have none. And I've got this mentality that you know, self sacrifice at all costs for your family and expect nothing in return. And I am responsible for everybody in my family. So that's why I'm also seeing a psychologist as well, because I realize how much of that plays into my marriage. And basically, with my husband, he hasn't so I've had notice, though D days since they a year after the first DD as far as I know, he hasn't put it out since then either. But there's just so many behaviors, you know, like the minimizing the justification, the lies about stupid things just so unnecessary. And they are my biggest triggers my absolute biggest triggers are not, you know, so he'll come to me and he'll say, You know what, I was tempted to do this today or I had a second Okay, I've been there, um, and they, I can handle those. Now, I just can't handle the minimization and you know, all that other kind of thing. And he's not in recovery and that, you know, sober, sober for quite a long time. But he does not do recovery work. We actually, he moved out six months ago. And that was after me just getting sick of cycle after cycle after cycle. And when he moved out, you know, we did a therapeutic

disclosure agreement, and I kind of had my boundaries in there as well. And again, it was just he did nothing for ages. And then he was kind of doing the easy things that he could just tick off here and there. And the problem and the situation I'm currently in now is that about six months, six weeks ago, sorry, I ended up in hospital and it was quite life threatening. And so he had to move back in, obviously, to take care of the kids because I was then in and out in hospital hospital quite a lot. So he's here now, and I don't even know how to explain it really like. So I've got a, I've got a really strong faith, you know, and obviously, God's been a really big part in all this for me, and I've been praying so much about it. And obviously, the separation was hard. But I really got to a place where I thought, No, this is the right thing, and actually was almost like, are starting to look forward to that life where I don't have to deal with his addiction. But when I look back in the past nine months, and every key decision I've made, that has involved a step away from him, I've had some extremely dramatic things happen in my life, which we won't go into. But my psychologist is, yeah, she falls off her chair every time we meet, because there's something new, but I'm just in that place where now we're on. I don't know if separation is the right thing for us anymore, even though I did think like I wonder whether God's just there saying, you keep asking me for advice. And these things keep happening, and yet you keep powering on. So I've tried to put my own boundaries. And I've been reading so much of powers, material and podcasts. And I feel like I've come such a long way. But now I'm a bit lost with if my boundary, I feel like it can no longer be I will not be in a relationship with you.



42:48

I'm just a bit



42:51

stuck there. And you know, I've got an open mind like, I don't know what will come of this, that I just really want to learn and understand how I can still apply boundaries in my weird and uncertain situation.



Pam B. 43:08

I don't think anybody here has a non weird and uncertain situation, right? That does sound like quite a bit to be carrying. And, you know, betrayal. Betrayal never happens when you know, everything else is just going smooth. And there's no health issues and there's no child issues or financial issues. There's always other things going on. And that's life. And I won't tell anybody that oh, well, you know, you're going to, you're going to start instituting boundaries and your life is just going to be joy. My colleagues and I were from the podcast, we're talking about anger and, and life and you can't stop the wave. This is their analogy. I love this. You can't stop the waves from coming, but you're gonna learn to surf them. So, you know, that's hopefully also what we're going to do here because we focus so much on focus on me focus on myself care not feeling guilty about that. And what are my values? What are, you know, the most important things and how do I prioritize? Right? So, I think you're in the right place. And my, my most favorite colleague, Dr. Jake Porter, talks about couples centered recovery, that for somebody who is for an addicted person who does want recovery, who says I want recovery, I want to change. Show me the things my husband used to say to me, I wanted to change I didn't

know how he didn't have the tools. Just like everybody keeps telling us just do boundaries right. And so he's he has the couple centered recovery method. that says, if you can connect the two people together in a safe way, and at that emotional level, and have them both feeling the attachment is secure, that it helps both people's recoveries. So you're right. It's not the answer isn't always I just can't be in relationship with you. Like that's, that's, that's the wall. Right? So boundaries don't have to be that wall of I'm just not going to be in a relationship with you. Now for you know, obviously, if somebody's coming at you every night with a machete you know, and there's that level of abuse or the emotional abuse is, is just constant. You know, Lesley vernick, author of the emotionally destructive marriage, many of you may know who she is, she's a Christian author. Her psychology is rock solid. She has a program where she talks about staying well, if you can't leave, and I listen. Staying for the children sometimes is a good thing for you, personally, for you financially. But if you have to stay in a relationship where the other person has, and I say by that time, if they can't change their behavior, there's something else going on besides addiction. There's other probably personality things going on. disorders, probably, if you can't look, because you've got investments of money, of assets of House of property, business, some people on businesses with their partner, sick relatives, whatever, the answer isn't always just leave. Sometimes it's leaving well or staying well. But the one thing about boundaries is it'll give you that data. It's a way to collect data about your partner's ability to change. And again, hopefully, all of these partners that are here that we're talking about want to change. And they also need to know from us what we need to feel safe, to feel accepted, to feel chosen. To feel like we belong. To feel like this other person does have my back, here are the behaviors, the things and I had to teach my husband how to love me, stepped out of the fairy tale. Love that phrase, and into the love story instead. And here's what I need to feel safe. Here's what I feel, need to feel secure, which led to all kinds of emotions. Once he did them and did them well, it took time, which lead to feelings of love, but that safety has to come first. It's not just love. Can't fix it all. So I think we got everybody, right. Okay. Thank you for being here. Now, did everybody get a chance to go through the lessons? It's okay, if you didn't. Okay. So now I just want to do a quick check in with everybody.

S

Stephanie F. 48:13

Pull up. This is so important. Nope, not

P

Pam B. 48:22

that hold on. Here's this technology challenge person again.

P

Pam B. 48:34

I'm going to share the feelings well.

P

Pam B. 48:40

Can everybody see that? Okay. Do you have your own versions? Yep. Yes. Yeah. I would like you to get really comfortable with this using this wheel a lot. This is so empowering to be able to verbalize what you're feeling. And it's part of your authenticity. If you've heard me say

throughout the course that your feelings are your reality. Your feelings are real. They're part of your authentic reality and experience. Our thoughts? Our thoughts aren't always exactly factual. Because we can you know, we have some faulty beliefs sometimes. But starting here and being able to express this to yourself, as you see on the left side is what we're feel usually when our needs are not being met. On the right side of the more positive feelings, and that's usually what we feel when our needs are being met. So I'd like us to just do a simple exercise of starting in the middle. Like today, I was feeling afraid in the blue On the left my house that's supposed to be coming that should have been here by now. And so I don't have to live in a tiny house tiny shed anymore. I was feeling afraid. And then feeling kind of vulnerable if I don't get my house, and also very helpless out on the last ring. So do you see how you can start at some basic emotions? And then work out the rings to get more granular. So let's do a quick check in Stephanie. Let's start with you.

S

Stephanie F. 50:42

All right. Ah, today I am feeling a little bit over whelmed. That's always my go to

P

Pam B. 51:01

let me let me stop you. Okay, is I asked you to start in the middle. Oh, in the middle. Yeah. And work your way out? Because we start with the simple, right? Yes. Those are the basic ones in the middle. So Where's where's overwhelmed on there?

S


Stephanie F. 51:20

Yeah, surprised. Okay, more, it's more of like a sad, tired. There's too much to do. Or the afraid, vulnerable? susceptible. I have been begging my husband, for a full therapeutic disclosure, not because I necessarily think he's hiding much from me. I just want to go through that process of building emotional trust and intimacy of like, I really just want it so I can do my part and say, I need you to be in this space to see how you've harmed me and hurt me. And he's finally like, hey, my therapist wants to meet with you. And we're going to talk about closure. And it's been over a year. Yeah. It's been a long time. So it's kind of that like, intrigued, like, okay, kind of the two opposite. I'm a little excited, a little anxious. A little nervous, a little afraid. But we'll see what happens. I think that


P

Pam B. 52:56

makes sense. And we know that we can often feel two seemingly opposing emotions more than two. Basically, at the same time. You have been waiting a long time, and I get what you're saying about disclosure isn't just about telling me everything that you did. It's also about being seen, and allowing me to see you with all your bumps and bruises and see you be vulnerable. And so you own it. And with witnesses in the room, it makes it sort of like validating Yes, this really did happen and deserves this space. It's that important. I get it. Are you open to feedback from the group?

 Stephanie F. 53:40


I would love it. Yes.

 Pam B. 53:41

Does anybody have a word for Stephanie? word of encouragement, or any me twos? Me too.

 53:51


I get that. I don't think there's much more. Or I don't necessarily suspect that there's more for him to tell me but it is kind of, I want to just hear it all into one and I want you to see me and maybe have a realization when even you hear it for yourself or what it could have possibly done. Yeah, we're three years past. And when I when you read even though I've mentioned it many times.

 Stephanie F. 54:20

I hear Thank you. I appreciate that.

 54:25

Definitely I just want to validate your feelings about wanting that formal disclosure even though you may have heard all of his on. When I heard my formal disclosure in September, I had heard all of those things before, but there's something about hearing it categorized and put into time sequences. You see a pattern you it kind of hits you differently and that's a validation for Some of the things that you've been experiencing, and maybe why, and it can bring up some fresh questions about what's important for you, and relationally, I can fully relate that you want that intimacy. And so it's not about that past information. It's about what maybe can be relationally going forward. So I applaud you and support you in that.

 Stephanie F. 55:26

Thank you. I love that. It's beautiful how you put that, thank you.

 55:33

Yeah, I'll chime in and say, I got a lot out of the full therapeutic disclosure and recommend it. So I'm glad that you've been asking for it. And I'm glad that he's open to it. You obviously will have therapists with you to make it a therapeutic part. But I also agree, in fact, I really feel like it helped me grieve, which I had not done before. And I think we both got a lot out of it. I think it was important for him to do all of his at once and to hear all of mine at once. And honestly, I shared with Lynette who was my person, you know, I wasn't sure if I heard in the restitution, everything I wanted to hear. And she shared with me something about five styles or types of

apology, you can probably say the right terminology, Pam. And I looked at it and I'm like, Oh, wow, he did a lot. I'm not going to nitpick a little bit. But anyway, I say all that to say, very beneficial. And I really feel like I'm gonna jump off of the letter of impact, to be able to do the boundaries, like it's going to be super helpful, because I really dug deep to say, all the different areas that it affected and why and then what do I want different. And that's what I'm hoping to put into my boundary. So encourage you to move forward. Thanks for sharing.

S

Stephanie F. 57:05

Thank you.

P

Pam B. 57:06

I appreciate anybody here who doesn't know what a therapeutic disclosure is, or what the process is. That it's not just disclosure of saying, Here are all the things I did, but it's the it's the whole process of the therapeutic disclosure, then you hearing all of that now you know what you've lost. And what your reality is, then you write your impact statement or losses letter. That's a part of the grieving, which is the second stage of trauma recovery. So if you haven't started doing that yet, I would encourage everyone to just start journaling losses as they come up. I mean, it's can be a long process. And then you can take that letter and read it back to him. And he gets to hear what the consequences are. They part of their recovery is they need to know, wow, those that's what happened because of my behavior. They need to know those consequences. And from that they from learning what your losses are, that's also emotional intimacy, then they get to write an amends letter, or they're going to possibly try to try to make amends.



58:14

Thank you, Stephanie.

P

Pam B. 58:17

Be here. I'm so glad you're here tonight.

S

Stephanie F. 58:19

Made to thank you. Okay,

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Pam B. 58:23

Karen, had a tough day.




58:28



 58:28


This morning, I was in good form, and was feeling trusting and hopeful and optimistic. And, you know, we're talking about disclosure, I have batted that around. We are my husband is working toward that I asked that it not get drugged out super long, ideally before my birthday at the end of March, because by that point in time, we'll be at almost a year since the last discovery. And any anyway, we were having a good conversation this morning on the way to town and then, you know, I asked him how I felt about it. I know he doesn't want to do it. Obviously, I never do it. No. And a couple of things are said You know, I had compiled my list of questions to ruminate over and decide what I really, you know, need to know in case he leaves out, and that's when, you know, I threw out a couple and it went downhill from there, you know? Because he answered them, and I went first. So From I went to sad, and pain and despair. And then round two was angry and mad and enraged when I lost my mind. And finally, after he had his turn, losing his mind, ashamed and embarrassed, and mortified, so, but I have gone to the wheel actually went to the will, earlier today to try to decipher, you know, what it was I was feeling what was happening and put a name to it.

 Pam B. 1:00:43

And how was that experience for you?

 1:00:47

It was, it was good, because I could look at yesterday, and the feelings that I had going on then and actually know that yeah, I was feeling better. And then these things happened. And here I am now, you know, so it was validating, to be able to put names to, to the feelings. Yeah.

 Pam B. 1:01:12

Good. I'm so glad. It doesn't make everything all better. But it's a step. Right? In order in order to heal it, we have to feel it. And in order, you know, to know what that is we have to give it names. And the act of naming them validates, I think for us makes it real. And it changes for me anyway, when I'm able to say those words. It changes them inside my head. It kind of takes it reduces some of their power over my body. Thank you for sharing. Thank you for sharing. Okay, Kathy, how about you? Well,

 1:01:56

I just as I listened to everybody, I just feel like I'm getting back into my old group therapy. Where everybody has husbands that like, getting better, maybe fine is just never better. He has emotional deprivation disorder. I've never known any recovery. The recovery I thought he was in was 2.5 years is less 2.5 years. And he wasn't it's just all fake. So I always feel very angry. And I'm very frustrated and furious. Because even as you're talking about disclosures, I've kind of felt like, why do I need to go through it one more time, I have had nothing but trickle disclosures for i in our marriage was hard for 17 years when I didn't know what was going on. And then the big D Day, and then you think things would have gotten better, of course that they don't. And so it just it's just really frustrating.

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Pam B. 1:03:10

So, yeah, and I think anybody in your situation with that kind of history and experience, lived experience would be livid would be frustrated. Very angry would be aggravated, resentful. Yes. animosity, furious. I just want to validate you. Yes, that Yes. Those feelings are absolutely valid. And, you know, Comparison is the thief of joy, right? Never compare. Because even if it looked the same or sounded the same, it's not. It's not. And this isn't our happiness, the what I'm here to teach you is your happiness and your joy is not going to be dependent upon whether or not he gets there or not. That his stuff is going to become lower and lower and lower on the priority list. Is it important when you live with somebody? Yeah. When you live with somebody with that kind of an addiction. It'll steal your life away. But there's things that we can do to protect ourselves and to nourish ourselves and to strengthen ourselves.



1:04:32

Don't give up my that's my big dilemma. And one therapy again, is just trying to figure out when is enough isn't when is enough enough, is even capable of change. And if not, I just I have felt such peace living here alone and not having to deal with him every day. And think about him every day. But then on the flip side I have to think about trying to find a job with benefits. I'm working for the first time as a stay at home homeschooling mom. So for the last 2.5 years, I've worked full time, but it's not enough to, you know, have the benefits and be out on my own. So then I struggle with all of that. Yeah, but that's me. And that's my struggling and so I spend the time on that, and try to spend less time thinking about him.

P

Pam B. 1:05:33

I was just gonna say, part of what you're gonna get out of this is less him more you? Yeah. Yeah. Good. Are you open to feedback from the group? Sure. Ladies, anybody have a word of encouragement for Kathy? Or me to?



1:05:48

Kathy, it might sound like, all our husbands are just getting better and yours is not changing. Just just if you have been able to see me on Friday. I understand it, I understand. That's kind of what Friday with his he's been open now. And he's sharing what he's going through and everything. But it just, it just kind of hit me when he shared what was happening on Friday. I just felt like, like what you're saying, I don't know about, is this ever gonna be any different. And so I'm coming to the point where I'd have to I'm having at this point to make a decision to live here well, because I honestly don't have, it's going to take at least two years for me to be able to live well. And another way. So my decision, I'm coming to the decision that I've got to just like be absolutely real, he might never be different. I want to be different. I don't want him to continue to contaminate my health and my life. Because if I was able to leave tomorrow, at this point, the way I am, I'm not going to be able to enjoy my life, because I'm gonna take all that poison with me. So I feel like if I can turn myself around here, then whatever life brings me, I'll be able to enjoy it. So I can relate. It's up, down, up, down, and it's crazy making and but he

can lay down asleep easily at night. So that's on me. He's sleeping, I want to sleep too. So I, I understand, I don't understand exactly how you feel. Because I can relate, I can relate to how you feel. Don't give up on you.

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Pam B. 1:07:58

Don't give up on you. That's the message. Yeah.



1:08:01

And I chose that for Kathy.

P

Pam B. 1:08:05

Absolutely.



1:08:09

Very much validate your frustration. And, you know, just not in comparison. But just to let you know, you know, I've been on this roller coaster for 80 years. So, you know, you're not, it's not that everybody else is getting better. It's that this is a really rough road, no matter what, what your story is. And so I'm sorry that it's hard. But one of the things that my counselor had shared with me, and it stuck was even if the marriage doesn't work out, you working on you, you don't want to take the hurt and the cycles and the ways of relating and all these things that have gone on in this marriage into whatever relationship comes after, you know, so you concentrating on yourself and growth and focusing on where am I going to get peace? And how is that decision going to work for me because you're the only one that can decide that? I think is really, really beneficial. Because even if the marriage doesn't work out, you're gonna work out and you're gonna keep going and you're gonna go stronger. And I think that this is a great place for you to be because I think as you write your boundaries, you are going to get a lot of information from him good, bad or ugly, as to whether is he ever going to change, you know, where and that's not a cut and dry thing. You know, there's a lot of aspects to it, but I think that the boundaries will be very, very helpful for you. So I'm glad you're here. And thank you for sharing a little that



1:09:51

I have used because I haven't been trained very well. They are showing they've showed me a lie he has just said To loaner and so all of my boundaries have been trying to have him participate, and he just really can't go there. So

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Pam B. 1:10:10

his his, your, his, your therapist, or anybody worked with you on attachment theory and

attachment styles, or Emotionally Focused Therapy? No.

 1:10:22


I don't know if it was in that facing heartbreak book at all. No. No, I didn't really jive with that book.

 Pam B. 1:10:31

Not it's not for everybody. But But, and

 1:10:35

I don't think she did. I don't think she really I know Dr. Jake Porter is big on it. But I we haven't done anything with him. And I don't understand Martin's therapist at all. So I just because he just sends Marty home. Marty is a victim Marty is always a victim and he just call him saying how he is such a victim being married me.

 Pam B. 1:11:04

Well, we're gonna put boundaries around that. Yeah, we're gonna put boundaries around that. But no, just this Stephanie What do addicts medicate? feelings, feelings, emotions, right? They can't feel their own because emotions are the boogeyman or the monster. So no, I can't feel emotions. And if I can't feel my own emotions, no way can I deal with yours. Because your face because I have mirror neurons brings up when I see your face and I think you're feeling scared. I feel scared. When you look angry or frustrated, I feel angry or fresher. Okay, so Emotionally Focused Therapy. It's attachment is based on attachment theory. We all get attachment style. So you're my husband has a completely different one of the four very basic attachment styles than I do are our attachment styles, our betrayed spouses, our styles can get affected by betrayal, we can move from a secure attachment style to an insecure attachment style, and Emotionally Focused Therapy really makes emotions very explicit and deals of a good trained therapist deals with each person's different attachment style, and finds a way to bring them closer together. It's not a cure all but the book hold me tight by Dr. Sue Johnson. I think every betrayed spouse who is interested in saving their relationship should read that book. Because it talks about the different styles of relating and the different dances that we do not because I want you to change him or figure him out. Because it helps us figure out our style if I grew up with a very anxious caregiver, if my mother didn't do a lot of eye contact with me or was was not very present, I would have one attachment style. And I would might grow up with the feeling that I can't trust people so I'm not going to let them get close to me. Because if I let them get close to me, they'll just to be enemies it'll hurt. I mean, it breaks down so simply.

 1:13:23

But I I have read a little bit about just on my own, you know, and I have the four blocks with the attachment styles in it. Yeah, so yeah, I mean, I kind of know



Pam B. 1:13:36

it applies with with sex addiction. It does it applies absolutely applies.



1:13:41

Totally the he is an island. Yeah.



Pam B. 1:13:46

So, so heavy. You know, it is it is it's all about getting out of limbo. And knowing what are my expectations of my partner? What, what does love attachment? What does secure attachment look like to me? What does it look like to him? And it's just it helps us understand what our needs are so that we can verbalize them right and have appropriate expectations. But thank you for being here. And thank you for sharing so eloquently.



Stephanie F. 1:14:20

And thank you Do you know the author of hold me tight?



Pam B. 1:14:24

Dr. Sue Johnson Johnson and these are the kinds of things I'll put in the Facebook group. When we talk about them



Stephanie F. 1:14:35

I just can I just chime in real quick please. Um, another me to Kathy. I I've been working really, really hard for a couple of years. And I finally feel like I'm in this place of I, I've done some grieving, I'll be okay. either with or without him. And honestly, a few weeks ago, I was like, I have to be done. Like, it's just too much. There's too many empty promises. There's two. So that's my afraid, vulnerable, helpless worried feelings today. Like, I don't know what's real still. I don't know if this is what's going, this is a healthy step in the right direction. So but I could not be where I am today without this sort of work that Pam helps us walk through. And I know there's other resources out there, maybe, I don't know, let's you talked about the shell Kate, I think help for wives and strong wives and all that stuff. Like, there are other things, but I feel like this. It's just so empowering. To understand how to



1:16:19

take care of,

S

Stephanie F. 1:16:20

like, get my needs met, and, and stop relying on the end capabilities that my husband keeps promising he's capable of. So

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Pam B. 1:16:33

you're gonna be okay. I'm sorry.

S

Stephanie F. 1:16:34

Yeah, yeah, I'm gonna be okay, no matter what. And I've also struggled with the attachment theory stuff. And Dr. Jake Porter, saying this is the best way to heal is in relationship and as the couple and

P

Pam B. 1:16:51

beyond. But in his system, the man must stop gaslighting he must not be acting out, you must not be gaslighting. He, I get y'all here when you're here. He gets y'all after you've done disclosure, or when when the guy is like really pleased. Just when the guy is at the point where he's going, please help me Dr. Jake, please help me. I don't want to lose my marriage, that I'll do anything. I will humble myself. I will be humble. So he know where is he advocating? Oh, you just do this stuff. And the guy's gonna get fixed from all those behaviors, right? That's why I'm glad when you say, you know, somebody said I'm not in marriage counseling. No, not yet. No. Yeah. No, not no.



1:17:35

Well, they want me to be having his therapist or just always hounding me about getting into therapy. And around here is just kind of see sad. So I did find an app SATs co she's up in Minnesota. So I'm working with her. Yeah, there would be no couples therapy here in this area that I would even begin to,

P

Pam B. 1:17:58

I want you to be where I am. Oh, hold on. My husband's neither. If he relapsed tomorrow, like okay, I'm going to be fine no matter what. That is not going to affect me. Yeah,



1:18:14

I hope I can get to that point. You can.

-

P

Pam B. 1:18:16

You can, every woman can every man, every woman can. And that's why the stuff that I'm going to ask you to do the work, I'm going to ask you to do the worksheets, the actually being present in your body. Doing the next week you're going to learn about SNAP, and how to respond versus react, how to slow it down. I even have a merry go round image. Like you get off the merry go round. And you get so focused on me. What is Kathy feel? What is Kathy need? What what what is Kathy thinking right now that you get so focused? And Deborah, what is Debra need that's going on over there. But I'm not going to let that crazy stuff that merry go round over there. Take away my focus from what are my values? What am I needs? What stories am I telling myself, so you are going to get to a place to do the work. And I'm just let me say this to ladies, it may not happen in the next four weeks. You may get to the end of the four weeks and go I don't feel any different. But at some point, something's gonna click and I'm just going to tell you that from my first 2010 D Day, I did all the things I went to therapy I went to group, I thought it was just gonna by osmosis change the way I did things. It wasn't until I went I have to actually put this into practice. Did it start changing my life in major, major ways? So I encourage you to fail forward Do these things that I'm asking you to do? Do these things that I'm teaching you just to try and to be willing to fail at them. And all of its from here to here. And that's great. Well, I don't have to depend on him to change this. I don't need his permission to change this. I don't need a sobriety to change this, right? So much can change from here to here that is just life changing that even if that's a powerful statement, what if what if, while even if my husband relapses tomorrow, I'm gonna be fine, because I'm deciding it. And that's where I want you all to get. Because it's beautiful. And what I want is for us all, you know, say things were going perfectly. I don't think we all imagined that our future lives, just every thought my entire life is going to be walking around holding my hand holding hands with my husband, now you have other things you wanted to do. Maybe you wanted to become a dancer, maybe you wanted to study quilting, maybe you wanted to create a business, I want you to get back there. I want you to get back where you were going before this bomb went off in your life, regardless of what your husband's doing that but I bet you're going to be saying I need this. You're doing it, I need this. I see you haven't done it. And and that's data for you. So that you can at least make good decisions, better decisions based on reality, based on your authentic reality. Let's see how you can get on a soapbox. Let's let's give a few more people a chance to check in. Thanks for sharing. Kathy. Thanks, Deborah, where are you on this wheel? Can you start in the middle and work your way out?



1:21:50

I can kind of all over the place. But I started, I guess I would have to say sad. Although that wasn't, that wouldn't have been my top shelf. Feeling. But since we're starting from the middle of sad, and then it worked its way to maybe unhappy and then too fatigued and tired. And the reason I felt that way is because I've done a lot of processing over the weekend. And I knew I was going to meet with my somatic coach today. And I knew it was going to mean digging in and a lot of trauma coming up and out which is good for that it was going to be rough. And it was.



1:22:44

But then that led me to feeling proud, because I realized that I am improving on how I'm acting instead of reacting to things. And I'm seeing



1:23:07

I'm getting an opportunity to see how some of my self limiting beliefs have played into the present situation with my husband, and how it's a real opportunity to not let all that stuff keep going forward. In what into whatever comes next. And I just want to say that this feelings wheel I signed up for your course, was it, it was last Friday evening, and just start digging in. Because I was just in the fit to be tied mood, and just felt like I had just reached a place in my life, you know that that place your reach, and you just like, there is no more and have the tea kettle spout. And it's all out. And so I've been using the feelings wheel to communicate, and these venues in it too. And it is so empowering to not bring the judgments in and to just stay I feel this, this this and this when you do that, that that that and is brought a certain amount of peace and clarity. Has it solved our issues? No. But it's brought a whole lot of peace and clarity. And we're gonna get into it tonight. I have walked away from my core values, and it's bringing me back to what my core values are. And so it's making me feel hopeful. Do I feel happy? No. doubt you're hopeful about feeling happy? Yes. And it has changed him because I'll tell you one boundary that I carved out as a result of looking at things he's been open and honest, which I requested. But some of the behaviors still unacceptable, and it hurt me. And one of them was it was a situation around looking at my computer screen together and what comes up on on the sidebar during YouTube. So I pulled back and I said, What is it that I need, I need to be able to feel safe, I need to be able to feel free to look at my computer, and not have to hear how all of everything triggered him. So we sat we talked about it, I said, I think what I need is for if we're going to be looking at something together, we're going to look at it on your computer, because I should be able to look at my makeup and look at what lingerie I want to wear. And then those ads are going to curate for me, I shouldn't have to live, I don't have the addiction. So we did come up with a solution, where we got to a computer desk situation where mind faces this way his face is that way, we can see each other, but he doesn't have to be triggered by my screen. And I don't have to be triggered by him telling me, I was triggered by what I saw on your screen.



Pam B. 1:26:14

That is great. I'm really glad that this tool has already started working for you. And yeah, being able to express being seen for your feelings, or your emotions, and sharing, sharing that back and forth. We all just want to be seen and heard and known. And this is where we start



1:26:37

in how not see him as such a monster. Because it's like I'm struggling with my things. It can't just flip a switch and not have those things. impact them. But knowing and understanding how it impacts them does not change how it lands on my heart. Right? So I have to do something to protect my heart. While he does whatever it is he's going to do to get well,



Pam B. 1:27:07

I put boundaries around the whole trigger thing and said, Look, I'm I'm willing to hear you say I feel sad. I feel scared. I feel intrigue anything on the feelings wheel. But I didn't want to hear



about the triggers. Like if that swimsuit or something, take that to your therapist, take it to your journal. Because that was triggering for me. But I listen, I am open all day long to listen to you tell me my emotions, because your emotions that came out wrong for you to tell me what you're feeling? Because the trigger of looking at that image brings up emotions.

 1:27:46

But can I just say this? My intuition is we're probably all of us have it reminds it's off the charts. So even if he doesn't say I'm triggered by the eye, it's like bam, I see it with total clarity. So it's just like, so I needed to make that boundary a physical boundary for myself. So that I don't even he never said anything. I could feel the trigger. I could feel it.

 Pam B. 1:28:18

That's that mirror neurons. You're looking at body, we are hypersensitive to every eyebrow raise every breath, every body language and your facial expression. And hopefully, part of what I'm going to teach you in the next couple of weeks is how you stay you and still be able to observe that happening and our partners, but not absorb it. Yeah, yes, hypervigilance, that's trauma.

 1:28:47

That's the other thing. So that's yeah, you're not over here. Yeah, I'm not gonna feed it and see it. So

 Pam B. 1:28:54

can you explain to us what a somatic coaches, yes,

 1:29:00

trauma actually gets trapped in your tissues. And you can think it out, you can talk it out, is not going to change it because it's actually trapped in your tissue. So a semantic coach takes you back into those that Vargus nervous system that deals with that mammalian brain that just wants to survive needs to protect you and help you survive. So it builds up these negative stories that you don't even realize that you've built to keep yourself safe. And usually these things happen in childhood when you have no power. And your brain is brilliant and it comes up with a way to protect you. But then these things don't serve you as an adult and you don't even realize that that mapping is still there. So she goes in and takes me back To like, with all the triggering in the marriage, she will get me relaxed. And she will help me to just absolutely feel the feeling that think the feeling and then ask, when's the first time in your life that you can remember feeling that. And then if it doesn't always go back to something that childhood, so

 Pam B. 1:29:22



Paul D. 1.30.22

somatic means in the body. So, some trauma therapies are shaking. If you go out onto YouTube, I'm gonna go and find the YouTube video, there's a guy who treats trauma by walking you through different movements of your body shaking. And the reasoning behind this is an animal in the wild. Have you ever seen this, watch these nature shows or seen it, a dog gets scared or barks. And then or will have a fight with another animal. And when it's all done, they will walk away and they'll Shake, shake it off, right? For us, our brain, let's say there's the classic of a mother lifting up a car off of off of their child, a child gets hit by a car, they're able to get the strength that's that that fighter fight brains getting. It's the cortisol and the stress level, that happens in betrayal, trauma to our brains have the trauma. And in a normal situation, like a like a car accident or something. We have the traumatic event. And we have a traumatic response. But then the ambulance comes or the police come, the helpers come and take us and we say okay, we're with people, somebody's going to take care of me. And they take us away from the accident scene. And our brain gets to process that trauma in a very natural way. With betrayal, trauma, our brain gets stuck. We don't get to process that trauma through we are stuck at the scene of the crime of the scene of the accident. And so our bodies don't get that shaking, right? To shake off the cortisol, and the adrenaline and everything. And that gets stuck and other things are happening with our memory, neurologically to Dr. Jake talks about this very well.



1:32:19

You guys just say, just kind of go back to your you talk about the attachment theory is directly aligned with attachment theory. In childhood, when those dramatic things happened, what if no matter if they were big T's or little T's, if a caring, nurturing adult would have stepped in and helped us to regulate and soothe than our minds wouldn't have made up some kind of survival story. But that a lot of times that didn't happen. And so we get stuck on a negative self story. Yeah. And that it comes forward. It comes forward. And I didn't want to believe that I didn't want to believe it. But my marriage mirrors my relationship with my mother. Exactly. But as I'm getting free from that, I'm having more compassion for myself, more compassion for him. And I'm seeing what he does is not me. It's not because of me, doesn't it doesn't have to affect me. Does it hurt? Yes. None of healing means it's not going to hurt. But it means we don't have to keep hurting. Right. Right.



1:33:34

So without getting totally off topic, I just wanted to ask so if it's in your body, when you're at that therapy, does it have to do with like massage or your body? Or it's still a talk therapy?



1:33:46

No, it's not because I don't know how to explain it. Dr. Steven Porges is the one of the innovators of it. And Scott Killaby is one of the innovators of the Acai is very new is very, very new in the area of therapies. It is not talk therapy at all. You actually just disengage your your thought process and you feel where does it hit you in your body.



P

Pam B. 1:34:17

It gives you that chance to go kind of it's repressed you know, they talk about reprocessing trauma, because we didn't get to process the trauma, either as an infant or in betrayal trauma, we didn't get a chance to process it. So things like EMDR eye movement desensitization, brain spotting somatic, gives your brain it gives it allows you to get your brain into a place where you can reprocess it again, in a healthy way. And there's things like like EMDR, but the somatic things are the shaking or activating that vagus, vagal nerve vagus, and nerve that you talked about. It's one nerve deep in here that's connected to our entire nervous system. And you, there's certain exercises you can do to activate that nerve that brings a sense of calm and regulation and allows a space. If you can't get to safety, you can't do all the other work you need to do. That's why boundaries are so powerful. Because when we can feel safe within our boundaries, and we know where our boundaries are, and we know what we're going to do if XYZ happens, right, that we can get to a space where like, okay, now I can do my grief. Now I can count my losses. Now I can reconnect to my, my intuition, right,



1:35:49

right, because if I hadn't been kind of doing the somatic therapy, I don't think I would have been able to connect to this die a whole situation that we're sharing right now. There have been just too much in fight or flight

P

Pam B. 1:36:02

Oh, yeah. Yeah, trauma. It's surreal. It's it's failed. The lucky thing from fortunate thing for us is there are and you keep saying Pam's programming everything late. It's not me. It's first of all, it's all God. Thanks be to God. Okay. And it's because I stand on the shoulders of people like Dr. Barbara Stephens and, and Dr. Sherry Khafre, and, you know, upsets people and other things that I've I've learned and other people that have gone before, and I'm just regurgitating it back to y'all, so I can't take any credit. But I'm, hey, I'm glad for the audience. I'm glad that you're here with me.



1:36:45

And I just went out and now I'm here. Yeah, I just had to stop being afraid of hurting. I wasn't able to heal because I always concentrated on I don't

P

Pam B. 1:36:58

want to hurt I know you're gonna hurt



1:37:01

is I just have to accept that you're gonna hurt.



Pam B. 1:37:05

You don't have to hurt alone, ladies. You don't have to hurt alone.



1:37:10

I don't say that to be negative. You can hurt and do something positive or you can hurt and stay stuck.



Pam B. 1:37:16

But I am going we are dedicated to reality at all costs, right? Yeah, good. Mental health is a dedication to the pursuit of reality at all costs. All right, thank you, Deborah. Jetta. Can you look at the wheel and start at the middle and work your way out? Yeah, so



1:37:41

I'm feeling afraid, insecure and apprehensive. And that's very much about, you know, coming to this realization where I'm not going to leave the relationship, even though it felt like that was said the right thing to do. And knowing that he's not going to change, but I'm just a bit apprehensive about how that's going to work. But on the flip side, in terms of this, you know, program that we're doing, I'm very, I'd say, intrigued, engaged, and engrossed. Because, yeah, I've been looking forward to starting it. And I'm hoping to get some kind of clarity and guidance as to how I can go into this next stage for me.



1:38:32

Okay,



Pam B. 1:38:34

thank you. That was very clear. And it makes total sense to me that those are the feelings that you would have around everything that you just described, and where you are in this journey. So thank you for sharing that with us. Are you open to feedback from the group? Yeah, absolutely. We have a word Perjeta



1:39:03

I'm glad that you're here with us. You have a lot on your plate, the things that you described, just a lot of extremely vulnerable feelings and a lot of decisions to make. And I feel like I'm hearing you feel like you're saying the feeling of being stuck in the middle because you're on your way in one direction and in your health kind of changed some of your decision making

power and that has to feel frightening like you said, but I'm glad that you're here. From what I understand there's not a lot of support in your area for sexual addiction issues anyhow. So I'm glad that this fit your your time and your your day off. And yeah, I feel like support you.



1:40:03

Thank you, Debbie. Appreciate that. Yes. Thank you so much for joining us. What time is it where you are?



1:40:10

So it's nearing 1pm. Now. Okay. Okay. So for me, it would work. It's better anyway, because the kids are at school, like, I struggle with all the evening sessions, because that's, you know, getting kids to bed and everything is at that young age is quite chaotic, as I'm sure many of you know, it works for me on many levels.



1:40:30

I'm glad you're looking forward to this. I think it's gonna be really beneficial. And just one step at a time. You don't have to know the answers today.



1:40:42

Yep, that's why I think one thing I have noticed, as well as just how so many times you go through something. But then it's like you needed to go through that to get to the next point. And even when I just think of even going through this separation, which, you know, I thought it was taking me one direction. I just learned so much during that time that even if now he is back home, and we might be going in a different direction to what I thought I would not have learned the things that I did, both about myself and about him if we didn't have that. Five, six months, like I just feel so much more equipped. Regardless. Yeah, one thing often you often need to go through one thing to get to the next step. Anyway.



P Pam B. 1:41:28

My separation saved my sanity and my husband's life. Say that tongue in cheek? I'm Kate.



1:41:43

You want to share with us? Sure.



1:41:47

Believe me, I've had all kinds of hard times, girls, so I'm going to share that things are going

well. And I hope it's an encouragement and not like oh. So because it is it is encouraging to see people that are further along, you know, even though I you know, like I said, I feel like we've been on a roller coaster for 40 years. But today, I'm feeling happy. I wrote it down and looked at my little words, optimistic that I'm doing the boundaries and hopeful, inquisitive and pretty courageous. And I need to be courageous all the way through actually giving the battle. But I really like getting resources and growing. And so I'm really into this. And I'm happy to be here.

P

Pam B. 1:42:40

And you're in the right place. Because this is about growth. When to stop sharing. I did everybody do the the personal values work worksheet? Yes, I'm going to challenge you. If you don't have your mental health and your top two, please go back and do it again. And think about that. Here's why. We're all here. We are all people. The one thing that I know that you that we can all say is we value our relationships with our husbands. We'd like to salvage them if we can if they can become safe people. Right? So Wow. Apparently that relationship was probably a value. I value marriage. Right? When does it get confusing? This marriage to this person is deteriorating my mental health. Living with an addict, any kind of an addict, having lived with in headache, will rob you of your energy. That's why for the last three years, whenever we do check ins at meetings, the word I hear most often is exhausted, will tire you, it'll rob you of your sanity, it'll rob you of your peace of your clarity of your reality. And so if your marriage is ranked here on your values list, right, but your mental health is down here, you are constantly going to be a slave to this. If you don't put enough for me, number one is God. But second, had to become my mental health and my marriage had to come under it. Because if my mental health was suffering, I had nothing to offer this anyway. So I really, really encourage you to go back and look at your list

S

Stephanie F. 1:44:38

and put your

P

Pam B. 1:44:41

mental health, spiritual, emotional, even your physical health, but you put your mental health above that of your relationship, they can't all be the same. These two things cannot be when you're when this person is either an active addiction or an early recovery or or even you're sober, not recovered, will constantly degrade and steal from your mental health. That's, that's no way to live. You need to put your mental health first. And what's my quote? Dedication, good. The pursuit of good mental health is the dedication to reality at all costs. Even if it's an honor, and happy reality, we always have choices. We, we don't always like our choices, but we always have choices. So I'm gonna ask you to go back and do that. For next week, what we're going to be doing.

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1:45:49

And

S

Stephanie F. 1:45:51

I will be

P

Pam B. 1:45:53

in the Facebook group every day, but also go live at 12. If I have questions, if you have questions that you want to submit to me on any of the stuff we're doing the feelings, we'll the boundaries Quickstart, because you don't have to wait till you're through the scores. Right? Like Debbie said, she was able to set some boundaries, if you have some critical boundaries you want to set and you have questions, let's start digging into them. Your personal core values, the cognitive distortions, very powerful. And your rights, your rights in this relationship. I hope that that that looking at that list piqued your imagination. You can have boundaries with your husband's therapist. You can have boundaries with your pastor, your pastor's wife, your husband sponsor, you can have boundaries around everything. Those people don't experience the consequences of living with your husband. You do you get to set what the rights are. to If you have any questions on that, and any fears, obviously a fear is like, Kathy, you said, I had the same fear. Okay, I've got my finances intertwined with this person. And if I separate everything out, what's that gonna look like? That's one of the fears or the fear of pushback. If you have any of any of those, either send them to me via private message. And I'll address them if you've got that question. And I don't have to tell you who gave me the question. I don't have to tell everybody, but I'll do a go live. And I'll answer those questions as best as possible. If you can come, if you can show up live. That's cool, too. But next week, it's all going to be about personal



1:47:49

makeup, my list

P

Pam B. 1:47:52

your personal boundaries? How you treat yourself? What boundaries do you have with yourself?

S

Stephanie F. 1:48:01

Um, you get my list. Come on. I'm so bad. Here we go.

P

Pam B. 1:48:11

You're going to learn about something called Snap, which is an acronym that helps you remember the get you off the merry go round. When something happens, like, you know, when you have a conversation and you ask a question, you get an answer you didn't want to hear. Okay? What can you do in that moment? So that you can Alright, wait, let me let me take a minute and stop and get off the merry go around? What do I need? What do I what do I feel?

What do I need in this moment? Can I ask somebody else to give it to me? Or can I get it for myself? Right? And just it brings that self focus back to you. Also your self care. Everybody, myself included, can always increase their self care, I give you a tool for evaluating where you are in a pie chart with your self care in different aspects of your life, physical, intellectual, emotional, spiritual, social, or any other categories that you want to come up with. We're going to talk about the base the basics, the who, what, when, where and why of boundaries. Okay, when can I set a boundary anytime, right? And also about the tool of what do I need to feel safe? Give you a tool for that. Give you some suggestions. Some things you can check off. No, yes, yes. No, I don't need that. Here's what here's what else I need. Okay, so, next week is all about you. All you all the time putting your mental health of your relationship Putting your needs for peace, clarity, serenity, quiet self care above that of your relationship. And if I help your relationship, it may help your partner. That's a benefit. Don't do it because of that, though, please don't do it for that reason. Do it for you. Okay, so, so that will drop tomorrow by five o'clock tomorrow. Okay. And again, if you have any questions, any questions right now and anything we talked about tonight?



1:50:36

You just said that, yeah, well, first of all, I've never done a live Facebook, I try to avoid Facebook at all costs. But because of all you love, ladies, I am in your little group. But so like, if I just go on there, you'll be there. Is that how that works?



Pam B. 1:50:53

Oh, well, I'll check it every day. I don't live.



1:50:57

No, I mean, you said a certain time.



Pam B. 1:51:00

I will go in and do a live video. Like if I get three questions. I'll try to answer them. I'll say I have this question here. What about this pushback? Whenever I get my boundary? My husband says, well, you're just being controlling, I will address that. Or I want to have a boundary around my husband's mother coming or or you know, stuff. That's not just sex addiction and betrayal. Trump's the other stuff too. I will go in and I'll answer those.



1:51:28

Okay, so let me understand. So does that mean if I'm not there, when you jump on to do it, that I miss it, or we'll be sitting on there.



Pam B. 1:51:35





Pam B. 1:51:55

It'll be sitting on there. You can call it it'll be recorded. This will be recorded, this will be put up in an area on the course if you ever want to go back and look and sometimes at three in the morning, go back and listening to other people talking. That's what I've been told that that people do that people go back and listen, they can't sleep to go back and listen, it helps them calm down to know they're not alone, right. So yes, and just as an aside, I am moving this off Facebook, I signed up with a system called Mighty networks, which is Yeah, good. Okay, so it's like Facebook, it looks like Facebook, kind of acts like Facebook only. It's just this group. There's no you know, advertising, your your children posting their stuff, or your sister in law posting her stuff. Like, there's no worry about privacy. It's just us. It's not that time suck of everybody else's feed and puppy videos, which are nice, but you know, or how to crochet. So



Pam B. 1:52:47

any other questions about how this is going to work? We'll meet here again. Next week, same time, same channel, same link.



1:52:56

I had a question about the bonus things because it was another group that we could join as well. But when I click my bonuses, it says that will become available.



Pam B. 1:53:05

Yes. I have a group called Momentum boundaries. And it's about almost three years old. And it is everybody who has graduated from this class. So to keep up the momentum we're going to build here to keep it going you can graduate to that other group. These ladies are the most wonderful people. Stephanie is one of them. We have some of the most beautiful souls in there. And they've all been there and they all get it. They get the sock. They get it but they get the beauty of Yeah, you know what it's okay to focus on me. And no, that's gaslighting. And no, you know, that's no, you're not being ridiculous, like the validation. And just the check in. And we talked about other stuff we taught we had a couple of times, we ended up talking about moms. I didn't know like, you know, moms could be such a subject, our own moms. Other just other subjects come up to just about general personal growth and stuff. So it keeps the momentum growing. So you can get access to that only after you've been through this. Because there'll be time somebody asked a question, I'll say, Well, you know, okay, we've covered that in module one, go back and look at that video. Go watch that video again. So you have to be able to you know, have that context to be able to, to communicate in that group. So that'll be available. At the end of this four weeks. You'll get two free weeks of that to see if that's something you want to join on a monthly basis.



1:54:44

What time during the week do me



P

Pam B. 1:54:47

that is twice Thursdays at 7:30pm Eastern. And then we do have a day group. What time are you meeting now noon or

S

Stephanie F. 1:54:59

it's one Like Mountain Time,

P

Pam B. 1:55:01

which is Eastern? Which what does that mean change in Australia? That would be four hours. So that would be 7am. For you and Australia for the for the for the Monday group. Yeah. Okay but that's subject to change

S

Stephanie F. 1:55:24

them Yeah, I was just gonna say that we can if it's something that you want to do we can change stuff around add new meetings as we get more members Yes. We like to have like four to six people in those meetings but yeah, if they get too big we like to make more times available Yeah.



1:55:47

Yeah

P

Pam B. 1:55:52

Okay, anything else? My doors always open. My My Messages my Facebook Messenger email. Yeah, my email address. You have my website. My door is always open. I lied. I do live on my phone. But I tried to have good boundaries around when I respond and when family time and dinner time and sleep time and shower time, right. So well let's hope



1:56:22

so. Pam

P

Pam B. 1:56:26

All right, ladies. I know I'm gonna love this group God sent I just you know what I do? I just Just send me the right people. Send me the people that you want to send me and I always get the greatest group of people. Gotta love y'all. My pleasure. Literally. My pleasure. Okay, ladies up.

See it's time to go because you're yawning so. Alright, ladies, I will see you in the Facebook group and around Okay. All right, not we'll see you next Monday.



1:57:01

Okay, okay. Bye bye, everyone.



1:57:03

Bye.



1:57:04

Thank you. Bye bye.