

Clarity and Peace with Boundaries Winter 2022

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SPEAKERS

Pam B.

Okay, welcome. It is January 9, welcome to our first meeting of clarity and peace with boundaries. I wish you all clarity, and wish you all peace. This is our first meeting. So we're just going to go over a few of the basics that you can also watch again, and the introduction, that's a little bit of an introduction about me and who I am, I'll save that part good. Most of you know who I am, and have heard my background and my story, I'm a recovering spouse, I have 25 years of getting it wrong, and doing it wrong. And finally learning how to do it right for me, I'm not here to tell you how to do it. I'm here to tell you how I did it. And what I've learned along the way. And so if you can see yourself, and any of this, that you know, over the next four to six weeks, take what you need and leave the rest, okay, and you have lifetime access to this content. And as I update it and improve it, and I've been doing this for a year now and I keep updating and adding to it and improving it, you will have access to all the new stuff I add to. Okay, so take your time. Don't feel like you have to rush. Don't feel like oh, I can't go to the to this meeting because I didn't do the homework from last time. Please don't do that. It's so much more important that you just come here and hang out with us. Why? Because one of the major things we are going to do over the next four weeks, is we are going to shatter another person's reality who has been trying to force that reality on us. We're going to create our reality, we are going to start living in and be encouraged by people living in reality. Okay, so it's so much more important that you can come here and be encouraged and ask questions and listen to other people write and get more personalized coaching attention from me. And again, if I don't know everything, and if you ask me a question, I don't know, I'm gonna say I don't know. But you know what, I've got a whole group of, of app sets trained coaching people that I can go ask the question, and maybe get resources. Okay. Just a few ground rules to keep this group safe and productive. We are here to honor us. We're here to focus on us. You know, people told me over and over again, but just focus on your own recovery. And I'm like, How do I do that? Just focus on yourself? Why did what? How did what does that even mean? Now I know what it means. And so we are going to give the spotlight or the microphone to them. We are not going to talk about he said this and he did that we're not going to talk about that. We have all experienced it, we get it, what we are going to talk about is our feelings, because that's our authentic reality. We're going to talk about our feelings and our needs, we're gonna dig into that. We're gonna talk about needs and rights, and responding and not reacting. And so the very first one of the very first things we're going to do is we're going to in the work that you do, we talk about our values, what do we value? What is our North Star, because when you're conflicted, and you're you're being pulled in a direction by this person over here, but you're feeling like wait a minute, that doesn't sound right. Or even if it's just like, you know, baking cupcakes for your child or your grandchild, you no classroom and you just don't have the bandwidth. What do I

value? What do I value more. So this is why we do a lot of personal values work, because our boundaries become grounded in our personal values. So that's why we don't talk about them here. We can mention them briefly, you know, that my husband acted out or my husband's told me something, I really thought it was deception. And we can talk about that. But we're not going to spend a lot of time going into what we call processing. There is value in doing that in a group where we go, and we sit down and Teresa and I were talking today about s anon and 12 Step groups and that can be very valuable, but not for Trauma Recovery, because in Trauma Recovery, part of the recovery is telling your story and sharing that we're not going to do that in this group. There's other groups available for you to do that this group is going to be more based on helping US, grounded in our own reality, and not somebody else's reality, not somebody else's, our spouse's insistence on that reality, we're going to talk about our reality, our rights, our responsibilities to only manage ourselves and not manage them. And we're not responsible for making them happy or keeping them calm. That's not our responsibility. So that's why we have that same rule that we don't go into great detail about our addicted person. We are people from all different backgrounds, we may have different ideas on faith on child rearing, on working on politics, whatever, right? We're here to focus on what does unite us we're recovering from wounding from betrayal, trauma. So that's what we're going to stay focused on what does unite us, we value time we try to start on time, we try to end on time. I always laugh when I say that, because you get me talking about some of these subjects, you can get me to shut up. So but you know what, your time is valuable. You don't want to be here all night. So we're going to try to end on time. Let me just check my my notes, so that I don't miss anything. We value confidentiality, what is said here stays here. We value safety. And I think you know, when you join any group, or if you engage in any kind of, you know, recovery stuff, safety has to be a priority. If we think that you are in harm's way that somebody else might be in a place where they're going to harm you. Or that you might be harming yourself, or you're going to harm someone else. That doesn't usually happen. But that is what I'm going to do, we're going to take action on that, I'm going to reach out to you privately if I can, that's the first thing I'm going to do is try to talk to you one on one. And if I can't get you, I think you all understand. In cases like this, we have to get authorities involved. So just that's just a disclaimer, I've never had to do that. But I want people, there's been times where I questioned whether I should. So I just want that. I just want you to know that. We value everyone's voice. In addition to having different backgrounds and different beliefs, maybe I just want to make this clear that sometimes when people come in, they get distracted by something going on in the room, and it creates a lot of noise. And that can be distracting, especially if somebody else is talking. And so I might ask you to mute your microphone. But more than likely you won't hear me because of the noise and the distraction. So I might mute your microphone only so that the other people talking can be heard. Okay. Please don't take offense to that. It'll take that personally. It is. And I understand how it can be something if you don't know why your microphone was muted. Our voice has been stolen from us, right? Understand that? It's it's it's because you know, for logistics. And when you come back, if you find your microphone has been muted, please unmute. Okay. Like Theresa and I were talking and 12 steps, there's no crosstalk allowed. And that is it. It has value. It has value sometimes to just be able to tell your story without somebody responding or trying to fix or competing for you know, who's got the worst story. But in trauma informed groups, your participation and your feedback to each other is welcomed, encouraged, and helpful. It's helpful to the person you're talking to, it's helpful for you to be of service. So jump in. Okay, jump in any time and just offer Wow, I'm so glad you shared that. Me too. I went through the same thing. That's got to be so much to carry. Right. I just see how hard this is for you. So please go ahead and do that. And I think that's the end of my of my schpeel for now. Oh no, there's one other thing. This is your group. I've designed it to run a certain way. But this is your group. If you have ideas or topics you want to talk about, for how I run the group.

For things you don't want to do, or things you want to do differently, let me know my door I have an open door policy I have learned to take critical feedback as as a gift I had to learn I haven't always

been that way but I've learned to do that. And so if you have any kind of ideas or anything, please let me know you can message me through Facebook or if you don't feel like coming to me personally I go to my website and use the contact form and just don't put any information in, you know about your email address or anything, do it anonymously. This is your group, I want you to feel like you have input to it. Okay, here's my spiel. So I'm going to ask you some questions, just to get to know you a little bit better. And just to know what perspective we're coming from, I'd like to know where you're from, where in the world geographically, are you? And I'd like to know, when your most recent DJ was on, you know, how fresh that is for you. And I want to know, what do you hope to get out of this experience this class, this information, this group about boundaries? Okay, who would like to go first? Any volunteers? I can go first. Okay. I'm from California. Do you want to know the exact point in California only whatever you feel comfortable with? I am the suburb

of Los Angeles. So it's called Westlake Village. My most recent D Day was

on the fourth of this month. Oh, gosh, I'm so sorry. That's hard as hell hard.

What do you need from this group? What what are you hoping to get out of this experience?

I want to be more clear.

I want to have strong boundaries. I want to get to a place where I can leave my husband. I don't

I don't know why I just can't leave.

I haven't been able to leave. My first day was two years ago. And so the last two years, I've just I don't know if that's the right answer. But for me, and he didn't move on to this is

just way too painful. And it

doesn't stop. Yeah.

That makes a lot of sense. That makes so much sense. Especially being so fresh, and a lot of us have what's called compound, si PTSD. I did. Because it's not just one event. It's one of that I'm going to change or it's not going to happen again. Okay, let's move forward, kaboom. And it's not just one

shoe that keeps dropping. It's a cycle that happens over and over again. We see you hon with Yes. Here's the other. Here's the other rule. This is the place to cry. This is the place to let it out.

Yeah, it's awful.

It's awful. It's like a slow death.

The only way I can describe it

Can I can I share with you? What you know who Dr. Barbara Stephens is. She wrote your sexually addicted spouse and she is the one who did a lot a lot of research. I think it was for her dissertation. And from that she wrote your sexually addicted spouse, which she is the pioneer to say women who have been betrayed aren't neurotic. They're not codependent. They're not psychologically weak, they are wounded, they're traumatized. And when any kind of a trauma happens, I mean that alone when somebody first told me when a therapist told me, Well, sure, you've been traumatized, you've got PTSD. That was shocking alone that made me angry alone.

Any kind of trauma

is an identity decimation whether you're coming a soldier coming back from war, or you've been in a horrific, violent criminal attack, or all different kinds of trauma. What happens is identity fragmentation. And it's it's it's it is an identity death. So, you're saying that makes so much sense, based on what I know about trauma and betrayal trauma, it's even worse. The identity part, the existential identity crisis that Barbara talks about, is even worse than betrayal trauma from an intimate partner. Because we develop an image of who we are based on the people closest to us, there's a part of not all of us, but there's a part of us that says, This is who I am based on my person and how my person sees me. And so yeah, we we do experience a death of ourselves and our partner and our relationship. So, absolutely, yes, you your words described it very well. I want to encourage you that we get to put ourselves back together based on our values, our own values, not the world's not the churches, not Glamour magazine, not Instagram, right? We get to put ourselves back together based on the beliefs that we choose, and not what we feel pressured. But I think you're in the right place. boundaries will get you out of that limbo. There is no right or wrong answer, to leave or to not leave. Nobody can tell you that's up to each person. I think, I feel I know that any woman who's been betrayed by a partner sexual addiction, because it is so cyclic, and progressively worse and worse, we have the right to leave the first betrayal, we have a right to go because we made an agreement and that agreement was broken. And so I say to any woman who wants to leave, you got to do what you got to do. And that's why my groups are also open to women who want to stay with their partners to see if it can work out. But we need information, we need data. And I feel very strongly that boundaries gives you the cold, hard data to know whether or not your partner is capable of changing and willing to change and whether he's willing to protect the relationship at all costs. So you're in the right place to gather more of that data. I believe that every woman needs to know if she does have to walk away. She needs to walk away feeling I did everything I possibly could. I gave this every single

chance. Right ladies? Right? And it's not us that ends the relationship. It's the betrayal that ends the relationship. So I think you're in the right place. Can anybody else like vibe with what Mary's saying about? I feel like a death

Yeah, you're not alone.

Yeah. Thank you for being here. This is the place to let it go. Ladies. You need to break down and cry. I know Stephanie one time she was in one of our group meetings and she's like, I don't want to cry. Oh, and we're like why? She said I think if I start crying I won't stop and we said this is the place to do it. This is the this people get it. This is a safe place to have that breakdown if you need to. Thank you. Thank you for being so vulnerable with us. That's hard. I know a bunch of new people but we get it Okay, who wants to go next? I'm asking where are you from? What was your last most recent D Day and what are you hoping to get out of this experience and when people don't volunteer I go alphabetically sometimes forward sometimes backwards. Okay.

I live in Tampa Florida and um my last or while you're my second DD I guess my first one was it oh six. My last one though was July of 2020. And I've had trickled through so so I didn't get really the full extent of everything until about five months ago. Not behavior is actually just thoughts but still that's things I asked him about anyway. I'm hoping to get clarity because this has been going on for almost two and a half years. And I just don't know whether to stay or go, I don't know whether I need better boundaries, because he's not doing recovery, and I need to have better boundaries to protect myself. And then I can make decisions about what I want to do.

You're in the right place, you're in the right place. One of the things that I provide in this course is based on my training with Dr. Jake Porter, a couple centered recovery, and attachment theory and what makes secure functioning in relationship. And in betrayal. The betrayed actually holds all the cards has all the power, because she gets to decide what are the conditions under which she will form a new relationship, because you can't go back to normal? Never Was any normal, you have to create a new normal, and to make requests around, secure functioning, and help you guys find out what do you need, personally, to feel safe? Or what do you need to know? What's the criteria that you need to know whether you stay or leave. And so giving you information and ideas around things that you can request in order to feel safer in the relationship and more secure, and find out if your partner is able to and will able capable and willing to put doors up around the relationship walls up around the relationship and protect the relationship? My husband kept saying, I want to change I just don't know how. And I lived for years and years thinking well, isn't your therapist supposed to tell you how to help me feel safe? I was wrong. I needed to tell him I can't walk into your houses and tell your husbands how to make you feel safe. Because it's different for everybody. But one of the things that I teach is how to dig in and figure out what it is that you personally need, and request it and stand back and watch. I think

I think the biggest thing for me is that like, over the last three years, all the the gaslighting and the lying and the blame and the manipulate all the crazy making, I feel crazy. And I need I need clarity. I think I need better boundaries to stop that because I get on the Crazy Train. And then next thing I

know we're like, in crazy land, and I'm there with him. Oh, and I need off the crazy train so that I can decide that whether or not we're gonna stay married,

I got you covered. I have you I have you covered on that. You'll if when you go into the course you'll see I have one of those old time merry go rounds from the playground. You know how you get those play those merry go rounds, somebody stands in the middle and turns the wheel. And the thing goes round and round. And there's a little girl on the outside hanging on in the little boys inside and just that's Megara I'm going to teach you how to get off the merry go round. And stay grounded in your reality, not that other person's reality. And it's very powerful. And you can't get there quick enough. I know. It's all there for you. Right? You're not alone, how many how many other people have been blamed and gaslit. And their partners have avoided responsibility through any means necessary. I don't have enough hands for the number of times I went through it. That's addiction. And trust me when I when I explained it's not defending. And when I explained something it's not excusing. But any addiction, alcoholism, drug addiction, there is no personal responsibility until that person gets out of denial and into the real reality realization that they're not going to be able to play that game. Or you attend and they don't want to be mean but it's because it's a defense. It's defensiveness, defense against pain. But until they get out of that and are able to take responsibility and see that they won't die if they do. They won't get they won't fall dead of a heart attack. If they take responsibility. They will always They will always use that kind of defensiveness. Now Dr. Jake will talk about how to get out of defensiveness, you build new skills and capacity, skills to feel the feelings. Know what words to say what self talk to say, and expand the capacity for how are heard that is how difficult that is in your body. And it's ironic that our recovery from betrayal, trauma is the same thing. We're building new skills, to feel our feelings, to do something different with those feelings, to respond to those feelings instead of reacting to them when we're going to talk about that in this course. And to expand your capacity for holding boundaries. Holding boundaries can feel icky. We're going to learn to expand our capacity for that it to get get over that. over that hump. Who's this coming in? I need to know who this says because I don't recognize that. Oh, am blah, you look like Blaine. Hi. That's okay. Okay, we're already fall in, you know, we've already started but I'm glad you're here. Better late than never.

Sorry.

No problem. I've been through the meetings guidelines. And so it's in the course too, you can go watch my little introduction, where I talk about meeting guidelines and stuff. Okay. Okay. And so what we're doing is we're asking everyone, well, first of all, I just want to Christy, you're in the right place, I feel confident that you're going to be I'm going to help you get those new skills, and help you learn how to expand your capacity to stand in your sacred space and say, This is my reality. This is reality, and hold people accountable. Thank you, you're in the right place. And if any of you are not in the right, but if any one of you say I'm coming here to figure out how to change my husband, I'm going to tell you, you're not in the right place. I'll be honest with you, okay. None of this can change another person. But it can absolutely give the other person you know, I said, we all want to know, we did everything possible. To enable change to enable the other give the other person choices to become safe people. That's what we can do. So I think you're in the right place, Christy.

Thank you for being here.

Okay. So, we are asking, Where are you from? When was your last D Day? And what are you hoping to get out of this course? To ginger, do you want to go next?

I'm sure I can go next. I am in Colorado, just I guess, between Denver and Colorado Springs in a small town there. My last day is difficult because like the others, my first realization came in 2020. Then a big chunk came in 2021. And then the last and final piece I would say, of this time was the day after Thanksgiving. So still pretty fresh, but not as fresh and some. But it's so it's hard to know which one is the actual DD? Because they've all been a significant chunk of information.

All of them. Yeah, yeah.

So hoping to get out of this course. I'm good at telling people that I don't think you treated me right. But I'm not good at following through with what that means. And so I need to be better at that. I need to be able to say, this is how I'm going to respond to that and actually do it. Instead of I feel sometimes like the parent that just shakes their finger and says don't do that. I don't like that. You treat me that way. But I'm just gonna keep taking it right. I don't want to be that person anymore.

That was me. Anybody else been they're really good at going out? Hey, what do you what do you what are you thinking? What are you doing? Right? Don't you know I'm this you know, I'm Yeah, absolutely. And that but nobody, nobody in the you know, your freshman year of high school hands you a buck and says okay, when somebody crosses your boundary, here's what you're gonna do. I wish would that be nice? But you're in the right place. I'm going to give you scripts. We're going to practice it so that you get muscle memory on I for the first 678 months of our real recovery, this most recent because we cycled through many attempts, this last one has stuck. Hey, when you I feel if you I will. And that has been so powerful to the point where my husband came home with flowers one day. And I said, when you and it was like, he thought he was gonna hear another boundary of like, when you bring me flowers, I feel so loved it feel so happy. It feels so joyful. If you keep bringing me flowers, I'll make you your favorite steak dinner. Right? So we're just getting into the habit of thinking that way. Hey, when this happens, what do I feel and separating out feelings from cognitive distortions. For the longest time, I felt like my husband was a jerk.

That's not a feeling.

Right? I felt sad. I felt scared. I felt hurt. I felt grieved. I felt embarrassed. I felt shame, right. That wasn't my daycare. But I used to feel a lot of things about labeling my husband. So it's common. But what I teach is called nonviolent communication. And it's really powerful. So I think you're in the right place. Thank you. Thank you. Okay,

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Theresa. Where are you from? Where are you? I'm in a dark room.

Um, I'm in Middlebury, Connecticut. And my last D Day, it's funny because my first day day I didn't even realize was a D Day. And I've done it's funny how you can go over and over and you start thinking about like, Well, that was a D Day, because I thought the very last D Day was my first D Day. So my very first D Day was January of 2011. And highly gaslit. Totally took all the lies, and had a hard time starting. But after that, I was very cautious. And all the red flags were all there. The major D Day was March 2 of 2020. Right at the start of COVID. Shut down. The only good thing about that is because I became very isolated because of the situation. I didn't have any excuses to have to explain why it wasn't going to church or anything with him because we weren't going. So yeah, so March 2 2020 was, I believe, the last D day that I know of, but I believe that what I see what he's doing. Just because of the way I'm being with him. I'm much more aware. And you know, all my senses are at high alert constantly. You know, I just but um, so that was my last D Day. Would I like to get as experience I did do a course with you once before Pam and it was very early on. And it was great listening to her and everything but I never applied anything. Because I was just swimming with no raft in the deep ocean. That's how I felt. But now, I'm been have a lot of stuff under my belt. With all the books and everything I've watched and listened to. I would like to definitely put more boundaries

for myself

for not just with him, for myself, with other people, my family friends know that my story is my story and I don't have to share it. Even though I feel like in the beginning, which was really bad. I just put it all out there because I was getting divorced. And I didn't care. I if I could have rented one of those billboards on the side of the highway. You know the ones you know the advertisement, I would have had his face and plastered all over.

Are you glad you didn't?

Yeah, well, I can't take back what I said and what I said too, but um, I've learned

we can we can give ourselves grace for that though, because we were in trauma and begging for help. Well, I

did a therapist told me that what you were doing was you were trying to get a posse of support around you have people that you know and love, but not everybody you know and love again and I

I found out that I have a lot of them I

let's just say the relationship is different now. I'm not to go directly to anger, when I get triggered, which is almost daily. I tried to really get better and I get an anger but just just memories, more memories of things. Like, my go to is like the feeling wheel. And the anger is in the middle. Well, I don't hit the I got right to anger, you know, it's like, you know, go right for the throat, you know, my mouth can be very sharp.

And well, anybody else feel anger ever?

Through all this?

Anger isn't appropriate emotion to feel. Yes, anger is appropriate. We live in a culture this is octopi angry, odd all have an anger issues, right? Anger we're gonna learn here is extremely appropriate. And as with all emotions, are messengers to tell us to do something. And we're gonna make friends with anger. We're, we're, you know, and we're going to separate out you may. I know, it was a long time ago, and we went through that book. But the book that we did facing heartbreak talks about all the different kinds of like, there's, there's rage, there's different kinds. And so what we do with it is important. So you're in the right place. You're in the right place. Thank you for being here. Anybody? Did you see do we see here? Here's some commonalities developing here, the cycles more than once, the gaslighting the defense of get whether it's all defense, to avoid responsibility, gaslighting, lying blame, or some some people go to victim, I'm just such a victim. It's not my fault, right? So there's always some kind of defensiveness that we don't have to value. We don't have to buy into that we can stand in our sacred truth. So we will get there. You're in the right place. Y'all in the right place. Welcome back.

Angela.

You fell off my radar. Angela was in one of my older groups too. And like what happened Angelenos here anymore? Where are you been?

Oh, life, I guess. Yes. It's been a while I was just trying to think of what year that was that we did the facing, facing heartbreak. One of your first groups. So like

2018 2019 It was I know it was before 2020.

Yeah. So to everybody that doesn't know me. I'm Angela and I live in upstate New York. I yeah, I have a trouble determining what my DD was, I guess. It all started out in 2015. And we've been kind of muddling through ever since. We have my husband's has been going to therapy for quite a while now. I started therapy, about two. I don't know if it's been it's been over a year. And we've been doing

couples therapy for about a little over a year now too. And so that was them. It was good in the beginning, doing other couples therapy as a family, like, understand, like, he didn't seem like he was trying. But now I just recently put a big boundary up around sex. And it's like going over to well. This was all like, a therapist guidance boundary that we had together. We decided not to have sex until I get my needs met. And my needs are still being met. And I'm still getting pressured for sex. And so it's really opened my eyes and less. I would say since October, that's when I set this boundary that he's not taking recovery seriously. And it's very apparent that he's still not in active addiction, but like, dry drunk, I guess you'd say He's not. He's, to me he's going to therapy is doing what he needs to do, I guess, but he's really not like it. And then it seems like every boundary, I kind of do it either. Don't follow through, that's my biggest thing is consequences for his actions like, Okay, I set this boundary, and this is what I'm going to do. But then when the foundry breaks, it's like I don't know, I find it's hard to actually,

I think I understand exactly what I think. Who else has been? I set a boundary. Oh, you're good. And then the boundary just sort of goes to dinner? Where are we? Right? Yeah, you want, we want normal. We want a sense of normalcy. So we kind of go back, we try to go back to normal. I've got tools for that. I've got a cycle where I can show this is where this is what usually happens, you know, they're Midnight is, is when the boundary is broken. And by two or three o'clock, they're like, Yeah, okay, I'm gonna get help. And you were like, Oh, Thank gosh, you know, they're gonna do this. And then okay, well, he's doing good thing. So let's just go back to normal and, and then the tension builds again, because he's really not fully doing the work yet or there yet. And so, but I've got ways to exit that cycle. And I've got ways to help you come up with boundary enforcement's that makes sense. And give your partner the off ramp to how to get back in your good graces again, because you're gonna see me do this boundaries aren't walls, they're gateways. If you're if your behaviors over here on this side, now you don't get access to my heart, if your behaviors over here, and now you don't get access to my heart. All you have to do. In here, very specifically, 1234. ABC, here are the behaviors I need to see in order to get back into my heart, not just once. But with consistency over time. And I'm not going to be all in until I see you demonstrating that you're all in. Because there's an injustice that happens. Who has not yet seen the Jake Porter coaster video? Are you on the coaster?

Have you all seen it? I haven't seen it like I think I've saved it and I just like but yeah, I know what I'm talking about. I've seen the post. But

yeah. And that's that's what I'm talking about about not? I also help you understand. What's the criteria for easing your boundary or letting them back through the gate? And getting real clear about what what you need to feel safe. And communicating that and requesting it or setting boundaries around it. And observing what happens as data observing it not absorbing it. It's not doing it again. And again. Right. I used to absorb all of that. So I think you're in the right place. I think I've got some good education for you. But do we see do we see see right here from the beginning to see how much your story is like everybody else's story, right? We all have these things in common that we love this man, obviously, right? If you can't just walk out the door, right? It's not that easy. There's losses involved with walking out the door to and acknowledging that we have trauma that this that betrayal, trauma is trauma, and untreated and we have multiple traumas. We haven't even touched on Did you have any big tea or small tea in your before you met your husband? Right? Or other things like you know, I have clients that have lost children. I have clients that had horrific violence in their past sexual abuse in their past. We all have other things other ground. You know, that was pretty fertile for

this betrayal, trauma to hit and it's trauma. You can't think your way out of trauma. You can't pray your way out of it. You can't attend 12 step meetings out of it. Right. It's trauma is trauma, and you need trauma informed recovery. And there's swipe. If you're not familiar with App SATs, I'm app SATs trained Dr. Barbara Stephens who wrote your sexually addicted spouse, and did all the research and found that betrayed women had all the same symptoms as PTSD survivors, the sleeplessness that recurring imagery and memories and unwanted thoughts and anxiety and fear, and hyper vigilance. Sometimes disassociation that we all experienced this as trauma, and untreated trauma becomes PTSD. And so you're not alone. There's so many things that are common to our story. Everybody's story is completely unique. But there are some things that are very common. We've we've had multiple discoveries. Very common is trickle truth. Well, my husband told me this much. But then I learned it was this much well, then I learned it was this much. And then it became this much because addiction is progressive. Right. And so we have so much in common. But we're not going to focus on them here. We're going to focus on us, we're going to put ourselves back together, we're going to focus in on what are our personal values, we're going to focus in and remind ourselves because culture likes to, to help us forget what our rights are in a relationship. And again, nobody comes at us with a manual. Hey, your relationships gonna fall apart. You want to keep it together. Here's the things you both need to agree on. But there's people out there people like Dr. Barbara Stephens, Dr. sherek, F kefir, read her book, intimate deception read your sexually addicted spouse if you if you get a chance to any content if you are considering and is this relationship? Do I want to know if this relationship is salvageable? And you? You think the answer is yes. And you're willing to do the work Dr. Jake Porter daring ventures, he is the absolute most cutting edge. He's just the sweetest man in the world. He's a recovering sex addict. He is a pastor, ex pastor has tons of letters behind his name. And it's just the nicest, kindest guy. So sex addicts in recovery, love listening to him, right? Because he gets them. And he absolutely advocates for the betrayed partner in his in his work, he will not do any couples ship work, unless the man is sober, not acting out. And not gaslighting, not lying, no deception. So that's only when he starts working with couples. But he the training that I did with him, helped me understand what does secure functioning it's like, I don't need to know if my husband loves me or not. I know he loves me, right? But the real answer is is can we function with each other in a secure manner? Do I know you're going to be here? If I call for you? Will you come? If I reach for you? Will you reach back to me? If I ask you for something emotional? Will you lean in? Or will you just stay neutral? Where you run away?

Right?

The The partnership has to we have to agree on partnership roles. And I'll get into this later on. And I'll give you boundaries, right. But we don't even worry about the couple ship up front. First, we're going to talk about boundaries with ourselves. What does my self care look like? Do I protect my rights? Do I stand up for them. So that's the kind of thing that we're going to talk about everything that we talked here about, we are about honoring us, our rights, our sacredness and our right to set the conditions of who we let in, who we let close to us and who we don't. And how we take care of ourselves when we have to set boundaries that create some distance and maybe a little bit of separateness and I don't like to use the word detachment, but healthy attachment with myself and you're going to become bigger than your problem. You're going to become bigger than the addiction. You're going to become bigger than your husband, you're going to become bigger than your relationship. It has to be that way. That's not selfish, that's healthy. That's healthy individualism. Our partners were out there acting like single people. They were out there acting independently. We need to take back some of our independence in our culture, women lose themselves in their relationships, we lose parts of ourselves, in betrayal, we lose all of ourselves, we need to become bigger and not

apologize for it. So my goal is to help you give you some tools, maybe show you an example of someone who's done it and other people who have done it and taken back your right to be heard to be seen, validate that every single feeling you are feeling is right. Is is appropriate. There is no feel you are never going to hear anybody here say, Oh, well, you shouldn't feel that way. Oh, don't be sad, I'll be angry. Now, nobody's going to say that. What you're going to hear here is yeah, you have every right to be angry. You, it makes sense that you're sad. It makes sense that you're scared. Okay. And yes, you have a right to not be scared. And you have a right to expect that your partner, if you're, if that's what you're looking to do, does whatever it takes to help you feel safe,

sound good?

Anything, anything missing, that you want to know, that you want to let learn to do in the next four to six weeks. That's a good place to start. It's a lot, I know, it's a lot. Again, you have lifetime access to all of this content we're going to meet, we are going to have opportunities to meet for six weeks, because I'm giving you four weeks of these Monday night meetings. And then I'm giving you two weeks of momentum, which is a program you can graduate to a wonderful women who have been through this course, who wanted to stay together and who wanted to continue to meet, because they didn't want the program to be over. And these women are focused on growth, and their feelings and their dreams and their desires and their needs. And encouraging each other and loving on each other. And so you're gonna get to meet those folks for two weeks. That group meets twice a week on Mondays and Thursdays. So we really have together we have six weeks. And if you decide to join that group, as long as you want to, to talk about any of this stuff, and to be encouraged, and to be validated that. Yeah, you have a right to expect something different. Okay. Okay, so if you haven't yet. Let's take a look at what everybody can access my website where the course. Okay? All right. So module one.

I really do want you to look at the intro because trauma brain affects your ability to learn. And that's why I say take your time. Don't feel pressured. If you haven't done the modules between now and next Monday. It's a All right, just come to the meetings, please. This is where the magic happens. I give you a boundaries Quickstart. So that you don't have to wait to start setting boundaries. That's the formula the formula is in there. When you I feel if you write your personal core values, though, if you do nothing else, please do the personal core values. Pretty simple. That is maybe not to start, you know, you've come up with 20 core values, narrow it down to 10 narrowed it down to three. And here's what I say. I'm going to ask you next week what your top three values are. And here's where I'm going to get tough. If your mental health is not in the top three above your relationship, we're going to chat because your mental health needs to be your top priority right now. And if you have the crazy making, like Christie so eloquently described that we all have experienced we need to decide that our mental health is more important than diving into the crazy making, okay? And setting boundaries and saying no to the crazy and I'm gonna give you the tools on how to do that. But until you decide that your mental health is more important than your relationship, you're always going to be a slave to the relationship with a with an addicted person or with a with a dysfunctional person, or a person who had an addiction isn't fully recovered and grown yet Don't be a slave to that you'll learn to survive. I did. But you, you can thrive instead. But the very first thing you have to do is realize that that's your priority. If you don't, if you don't do that you have nothing to bring to a relationship anyway.

Am I right? I see.

I see some people that are maybe, maybe agree. But we'll we'll talk about that. cognitive distortions. Really super powerful. Your feelings are absolutely authentic. But everything you think is not. Your feelings are your facts for you. That's your fact. That's your reality. I am never going to take away your feelings. But I will challenge cognitive distortions. Like my husband thinks I'm stupid. That would be me mind reading what my husband thinks I can't read his thoughts. That's a cognitive distortion. cognitive distortions are super super common it with anybody who has anxiety, depression, recovering from trauma. We have black and white thinking, I can eat all my choices, I just need to either have to stay and put up with this relief. That's black and white thinking, you probably have two or three dozen other choices in between those two choices. So take a look at that. Watch the video. At the bare minimum. Listen, while you're doing other things, okay? You don't have to watch the whole video, you can listen while you're doing something else. My rights in relationship. When you pull open that and you start looking at him, you might look at a couple of them and go. Yeah, I forgot I had a right to not be touched when I don't want to be touched. I'm not being a witch or saying no, I don't want my body to be touched. You have you have some right? Financial rights, right? You have financial rights to just open up the worksheet take a look at it. In blessing boundary maths. And I'm gonna go into that much later when we talk about the like boundaries one on one. But there's a lot of myths in the thunder, misunderstanding about boundaries, and we need to tear those down and blast them for the myths and the lies they are. So that we can we can accept what boundaries are and how powerful they are for us. We know we need boundaries when we're feeling stressed when we're feeling pressured to do things we don't want to do when we're feeling conflicted. If you feel resentment, we need boundaries. Do boundaries change other people? Not? Not by themselves alone? No. Do they give other people opportunities and education? On how to change so they can access you? Yes. Okay, so please try to get through as much as you can in module one. If you can't, we get it to show up for the meeting, okay. But I highly encourage you to start digging into this. Because I build a foundation. I talked to about eight to 10 people before I created this course a year ago because I took a course on how to make a course. And I had to do course validation calls, I had to call people up. And these women were really wonderful. They were willing to talk to me about what do they need to learn about boundaries? And they really educated me and I always asked, what's the first thing I need to teach about boundaries? And I thought it was like, when to set a boundary or who can you set a boundary with this all said the same thing. Remind me of what I'm protecting. Remind me of my self worth, my self worth has taken a nosedive. Remind me of that start there. And so that's what the values and the rights starts with.

I've talked a lot.

Anybody else want to talk? Yes, ma'am.

I accidentally, I guess did module one kind of today and thought oh my gosh, am I supposed to like do something and so I did it. I was honestly I was overwhelmed with the cognitive distortions because I pretty much do all of them regularly. And that was it. It made me feel like throwing my hands up and just saying, I'm I can't do this like, because I do so many of them. I don't know how to even stop doing them.

So that was a bit overwhelming.

Oh, you know what? Thank you for sharing that with me. Thank you very much for telling me that and letting me know that. Is there something else I could have included there to encourage you? Beyond the worksheet in the exam? No.

I mean, it wasn't you. It was just it was just, I see so many bad habits, I guess, of mine. When with the cognitive distortions that I felt like, I'm kind of a hopeless case in

Oh, girl. No. Why do you think I have it in there? Because it's so common. I thought, and I talked to my husband about this, I thought You thought I was stupid. I thought You thought I was gullible. I thought you were just using me as a babysitter. I was predicting the future. You're not alone. I mean, you know, I really thought I could read my husband's thoughts. But that was my reality. I didn't even question whether or not he was thinking that and when I told him, because he's in a good recovery. Now we can talk about recovery all the time. Like, I really, I used to say to myself all the time, he thinks I'm so stupid. He's idiot. And you know what? He said, You know what, but you know what he said, Oh, my God. Now, I was scared, because you were so intuitive and so smart. That was my biggest fear is that you were going to figure out all the things I was hiding. And, you know, he thought that he was like, the last thing I ever thought was that you were stupid. So do you see how I was so wrong, but I was operating under the reality that he just thinks I'm stupid. Right? That's just one example. You're not alone. Yeah. Who else? You know who else talks about this? Brene Brown Brene Brown talks about this. She gives a good story, too. Have you ever heard this phrase, the story, I'm telling myself, she talks about that, and I can post the link. And if you're become a member of the Facebook group, she she gives me an example of how she and her husband went somewhere to a family thing. And there was a lake that she was in her bathing suit, and she felt funny in her bathing suit and, and there was a dock and they were swimming to another dock and her husband jumped off. You need to hear her Tallaght. But he started swimming ahead of her. And she was like, he doesn't want to be seen with me. He's embarrassed, he's swimming away from me. And she said, and the story I kept telling myself, so that my husband and I say that he'll come in and say something, can I just vent about work, and he'll talk about work, and he'll go, and the story I'm telling myself, I know, it's a cognitive distortion. And the story I'm telling myself, is they, right? So it's common, it's not just please girlfriend, it is not just you. But the realization that we're doing it, it's the first step, right. And if you take that, that worksheet and just take one, just take one thing that a constant thought that you have over and over again, and go through that worksheet that I give you, and really do the things in the worksheet. It's the beginning of developing a new skill. You can do it, if I if I can do any of this. You all can do this. I want to encourage you.

Thank you, I think um, I don't know if anybody else can relate. But I think all of the blame and the criticism and the deflecting things onto me just kind of feeds into that cognitive distortion, you know?

Absolutely. Oh, absolutely. We're living with an addicted person who I want to be nice. I want to be kind and compassionate. Living with an addicted person will make you crazy. Okay, because they're

kind and compassionate. Living with an addicted person will make you crazy. Okay, because they're emotionally regressed back to adolescence. They don't have emotional maturity. And so when their hands are in the cookie jar, I didn't do it. I didn't leave the milk out, right? There's the instant defensive, it's any part in a storm to blame in if they know any chink in your armor. If you think your butt's too big or right and you think you're rested too small, or if you whatever, they will go, oh, yeah, that's why I felt I fed my husband excuses. Is it because of this is I fed? Okay. And it's not you. It is nothing to do with you. And you're absolutely right. And so being in a group like this, we're gonna learn so Here's the thing, we get to assign value of importance to of one to 10. If we assign it a value of 10, now, it's it's going to make us crazy make us we're going to have cognitive dissonance because we're going to know it's not real. But wait a minute. It's not real, but maybe it could be real. But he's saying it's real, but I don't think it's real. But every time I look at him, I have to think it's right. It's crazy, is that's why they call it crazy making. Being in this group, we get to devalue it from being an importance of 10 to a one or two. And we can observe it not absorb it, we can go addicts going to addict, right? Addicts are going to they're going to do their thing, they're going to deflect, they're going to project what they're feeling on to us. And to be able to say, am I talking to my husband? Or am I talking to the addicted person? And say, Oh, well, that thing that just came out of his mouth is the attic talking. So I don't have to take that seriously. That's not my truth. My Truth is, I, when I hear you say I'm to blame, I feel sad, to feel angry. When you say x, y, z. And you may not say this to Him, but you may say it to yourself, when he says that I feel sad, I feel angry, I feel confused. That's your reality. Not the thing that he said that I feel. And I and, and I fully know that me just saying it right now, doesn't make it true for you. But if I say it often enough over the next four weeks, and your brain and you start saying it, your brains are listening, it is more important for you to hear yourself, say, when this thing happens, here's how I feel. If it happens again, this is what I'm going to do. It is more important and more powerful and impactful for your subconscious brain to hear you saying it than it is for it to be understood by the person you're saying it to refer to let actually land with him. Your voice is the most important voice in the room. And I give you I'll give you a list of neutral responses. That's not my reality. I hear you saying that I am not at fault for you making this choice. Ah, notice how there is no yeah, you're right. In that neutral responses, I'm giving you new things to say. And here's another thing that I've learned about neurobiology and changing habits. The action has to come first. And the belief of the feelings will follow. You actually have to do it and say these things and say that's not my reality. I don't believe that. I don't agree with that to yourself out loud. And the more you say it, the more you go. You know what? That's right. That's not my reality. And you get to live in that reality. And for the addicted person is the same thing. They have to change their behavior first, then the thoughts and the feelings will follow.

And that's, that's brain

science. So say these things to yourself, whether you feel it or not. Whether you believe it or not, I'm telling you it's true. You all have value beyond compare your value, you know, if a tree falls in the woods, and nobody's there to hear it doesn't make a sound. Yes. If a woman has value, and there's not a man there to acknowledge it and talk about it, does it change her value? No. Who am I if my husband acts out of my house, who am I if my husband doesn't, I am the same person. I take a diamond and toss it in the trash.

Still diamond.

Every single one of you has worth beyond compare your unique footprint on this life, your unique fingerprint in this world brings more value than any human can say.

All of you.

I don't care what anybody says I don't care what some addicted person says. Doesn't matter. Okay. If my husband walked in here and told me that I was at fault for his his most recent acting out five years ago, would you believe it? I hope not. Because I'm not know his choices. His thoughts are the reason he acts out. The more you hear this, the more you're going to accept It is reality. But the problem is, is most of us have only been talking about it with this one, addicted, emotionally mature unrecovered first or even a struggling person who's trying but yet doesn't know how to help us feel chosen and protected, right. That's why this group is important. Because you're going to get reality in here and your reality is going to be verified and validated. that your feelings are important. Your feelings are your reality. Your your personal values are important. Yes, there's new skills to learn, like cognitive distortions. And let me just share one other thing. And two in 2010, please don't make the same mistakes I made in 2010 is when we got our first diagnosis of sexual addiction got into a CSAT and a big part of me when my daughter got a term for it now there's help for it now. Maybe there's some hope. Oh my god, I put all my hope into his therapist and workbooks and 12 step and all my hope there. And I dutifully went to therapy. And I dutifully went to my 12 Step groups. And I said, I read books. And I took it all in. And I guess I thought that because it was taken all this and that all of a sudden, I start showing up differently when there was conflict, or when I had a need met. No, it didn't happen. It didn't happen until I stopped by myself. And what, what am I supposed to do in this moment? Okay, now I have the back in 2010. I had my first smartphone. Now I have a smartphone. I can go. What am I supposed to say?

Okay. Oh, that's right.

When you come in the door, and the door slams loudly, I feel scared. I feel a little angry. I feel resentment. i Right. Would you consider taking more care when you walk in the door? Old Pam to be like, what? He is being such a jerk? Is it me must be angry, right? It's in it's in the video. I think I use that example. But when I stopped myself, and I actually went to some of my advice and and the things that I was learning, and I actually stopped and re and instead of focusing over there on him, what is he feeling?

What is he thinking?

What is he doing? What's he gonna do instead of focusing on that and focusing on?

What am I feeling? I feel tense.

I feel my jaw clenched. I feel angry. I feel sad. What do I need? I need to not feel sad. I need to feel happy. I need to not feel scared. I need to feel safe. Okay, what is what makes me feel happy? What makes me feel safe. Okay. Right. Going through that and focusing here. This is where the power is. And this is what I'm going to teach you.

Does that sound good? Okay. It's a lot.

I know. It's a lot and it can be overwhelming, like cognitive distortions. It's really powerful too. And all I ask is that you give it your best shot. When you find pockets of time, listen to the videos, do the worksheets come to the meetings prepared even if you don't do the work to talk about those things right? To talk about them do some check ins with me I'm going to ask you to in the future meetings to use the feelings wheel and check in with what you're feeling okay, what you want to feel instead and talk about some of these things.

Boundaries are powerful

boundaries put you back in the driver's seat boundaries make you bigger than the problem of living with a person with a sexual

question.

Um

Are you going to cover boundaries for triggers?

boundaries for triggers? That's a that's kind of a big wide question because trigger like the triggering thing like movies and stuff and

I know I say for example, I when I drive up to my son's house in Massachusetts from Connecticut, that whole route of that drive is was all his little stops. Okay, you is acting out. So when I drive, it's just a look at the exit aisle did he get off there, you know, that hotel over there was bad hotel, and all that kind of stuff. And then the time I get to my son's house, I'm ready to kill them. So it's like, I don't know, like, we've put music doesn't help. Talking doesn't help. So I don't know, like what to do for that two hour drive. Okay.

Specifically for that specific event, no, but I'm going to give you a group of tools for self care, and trigger management, I have a download on my website. I don't know if you've seen it yet. That explains why that's happening in our brain, part of it is physiological part of it is physical. So being able to take care of yourself, there are things that you can do to hack your brain. So that what because when you talk about that, what I hear is real is use this, this is the amygdala, it's a little almond size thing in our brain, we're all that trauma is unprocessed trauma, that stuck there that hasn't had a chance to naturally do its thing that normally happens. And when that happens, this this little, this teeny tiny little gland is throwing off red alerts to the whole body. And so it creates this whole loop of high blood pressure and cortisol and stress and anxiety, chemicals being being released through our body for fight or flight. That part of the part of the brain, its only job is to keep us alive, it's only job is to keep us not dead. It doesn't think logically, it cannot process time. It can't sequence it doesn't know the difference between today, yesterday or tomorrow. It only knows Danger, danger, danger, right. So it's doing this thing on overdrive. When that happens. Normally, there's a two way conversation of neurons between the amygdala and the prefrontal cortex right up here that does math, division, sequencing, if this happens, then that happens, then this happens, or that happened yesterday. And that's going to happen tomorrow, executive functioning. So when that when that thing takes up all the energy in our brain, this thing can't do its job. So if you download the trigger toolkit on my website, it explains all this in more detail than you probably need. I'm kind of a neuro geek. It's like my layman's hobby, there are things that you can do to force this part of your brain to take over from this part of your brain. You can do math, you can do the 54321. If you ever have you ever heard of that, I forget what it is. But it's basically forcing your brain to engage your senses, smell, taste, tactile. And if you have to pull over on the side of the road, I'm going to teach you something called Snap, which is how to respond versus react. If you're driving and you have to pull over the side of the road to do this, to take care of your brain. Then you do this in your work, you pull up my PDF on your phone, and I give you 15 different things that you can do. And one of them is the 543215 things you can see. So it engages this part of your brain for things you can hear forces this part of the brain to take energy from the trauma, okay? Does it make you all happy immediately No. But sick gives your brain a chance to start to calm down your nervous system to come back online in a healthy way release, stop the release all those anxiety chemicals. Okay, so I'm giving you some tools for self care. I'm gonna give you snap this because you're on the merry go round. You're on that I kind of find that gift. I love the gift because it's just so I don't know if I can find it quickly. You need to be able to, and this is what I'm talking about. When I said I just thought I magically do things differently in every situation. It wasn't until I did something that I'm teaching you called Snap, which is a soft check and it forces you to stop. Notice what's happening in your body. And a few other things. It's in module two, you'll get to it. Ask yourself some questions. What am I feeling? What is he feeling? What's he doing? What he did? What am I feeling right now in this moment? Ask yourself some questions and pivot. You're gonna pivot towards your values which is why you need to do your values work. Worksheet, pivot towards your value Use of your good mental health or something else that's in your value system instead of dealing with the merry go round. It's that's that is stopping and pausing and taking that moment to do that soft check in brings all the focus and power right back here. You haven't done it yet you don't believe it yet, when you do it, then you'll start to believe me. So I'm going to give you a range of tools to Yes, but do that. There's counting backwards from 100 by threes. Engaging your senses, you know, the 54321, GM, essential oils, really strong essential oils, anything that saying to yourself, that thing that he did is not happening now. Again, saying that out loud, is so important because this little guy here doesn't know the difference between today and tomorrow. It thinks that betrayal is happening right now. And it's not. That's a lie. That's a lie. Trauma brain will tell you. So being able to say to yourself out loud, I'm safe right now I'm safe. Right now I'm working a recovery program. Right now. I'm putting my private myself. First, my mental health first. Right now for some of you right now my husband is in recovery. And he's trying. You know, he may not know everything

he needs to know yet. But saying those things those realities about right now can help combat trauma, trigger trauma, who is who's not had a trauma trigger. We've all had them. We have trauma triggers and grief waves.

So you're getting more than just boundaries out of this.

Anything else?

Because I do bring it like when certain things come up. Like one time, I didn't plan on having a measurement in this as part of this course. But one time it came up as a question. And I knew a little bit about it. And I had some resources on it. And so I stuck it into the course. So if you have a question, and again, if I know, I'll give you the resources that I can, and if I don't, I'll go to my abscess strain, betrayal trauma coaching group and ask them, hey, I need this problem. I need I need this information. Anybody have any information on it? Any other questions about how this group is going to work? Or doing the work? Or topics we're going to cover? I have a question. I just went on the website. And so

we're doing like the vocabulary

feelings. That's the first thing and module one, and then just kind of go down those six things.

And you can mark them complete. If you look at it at the bottom, you can mark it complete. You can also take notes, if you want to. If you take notes, you're the only one that can see what's in those notes nobody else can see. And I can't see they're encrypted. And when you say there's videos, there's videos down at the bottom or something and let me show you an example. I'm going to share my screen

okay, here's the one on personal core values, right? It's, it's in module one. It's down here, right? Right over here on the left. And then here's a video. And I talk for five minutes and 48 seconds in my PowerPoint about the power of core values. And then I have a top personal values worksheet.

Okay, so

here, my boy in this module, we're going to learn about personal core values. They're important because they'll form the foundation of much the work we'll do going forward. Okay. Does that help? Okay. There's a lot of stuff because I just looked at it a lot. I hope you find it valuable. This course is a love letter to my former self. This course and all the work that I do this Facebook group that I've had

for five years, and the training that I went and took with AP SATs and door of hope and Dr. Jake Porter is ultimately my top most value is anytime there's kids involved if I can help keep a kid with to a two parent family. If that as possible, that's my ultimate goal. I want second to that I want women to know, I want to help women to know, if they have to walk away from a relationship where the abuse doesn't, doesn't stop. It's abuse, it's wounding, it's traumatizing. I don't advocate for any woman to stay, invested in a relationship. And hoping and hoping he'll change when he's a man is not changing. I don't advocate for that. Sometimes there comes a point when women have to make the decision that they're going to leave the relationship I did my first relationship with my alcoholic husband, I didn't, I don't know if sometimes I say, you know, if I know all this stuff that I know, now, would that have changed? I don't know, I'm not gonna live there. He's even passed away since then. So. But yeah, if at all, if only I would have known what I know, now, things might have been different. But this is a this is everything I wish I had known from day one. Because it would have shortcut, my recovery length, and would have saved me probably a lot of pain. And it would have empowered me. And it would have validated that I had rights. And I had power. And I wasn't taking advantage of it. I was afraid to use my power, and my voice. And so this is this is me, trying to help people learn what I wish I would have known. And I get, I've done this four times now, I think you guys are the fifth group that I've done. I just started as a 12 week program. But I realized that in the first four weeks, we were getting to all the content because of the questions that were being asked. So I tried to make it a four week program. That's why there's a lot of information in four weeks. And and so I've got nothing but good feedback from the people that have taken this. And again, this is your program, if there's something that you don't see this covered here. If you have a question, I will try to get you the answer. I want women to be empowered. I want women to take back their power, this whole experience is a disempowering experience. And it's injustice. And I am here to help balance that justice, that injustice and give you back the power. And this is why I love the Jake Porter, are you on the coaster video? Because he talks about? We thought they were all in? We were all in, then we find out they're not all in with their behaviors. And it is, you know, there was grumbling, I guess on the part of the addicted person saying but wait, she's got boundaries? How come she's not just given me her all? And he's saying, Oh, no, no, there's been an injustice. She's going to stand over here and watch you to see if you're all in, you may fall off a little bit because you have slipped or whatever the do you jump right back on the coaster? Because that's just as she needs to stand off to the side to see if you stay on the coaster. What can we do? We can say, here's what I need to feel safe with my husband. So I need I need you to leave your phone with me when you go on the bathroom. I need you to not lock the door when you go in the bathroom. I indeed when you walk into the house, not to just go off and do your thing come in and find me and say hey, I'm home. How was your day? I need when I'm talking to you for you to put your phone down, pause the TV and make eye contact with me. I need you when you're snarky to own it immediately. I need you to not blame me. You know, all these and for me see there's my list. To some of you. Maybe some of those things aren't important. And it's not an exhaustive list. Right. But they need they need to know specifically because they didn't get it from their parents probably. And and here's here's a here's a cognitive distortion. That if he loved me, he'd know what to do.

No, they don't. They don't.

I love you ladies. I don't know what to do. I don't know what Teresa needs to feel safe. If I were to all of a sudden inhabit her husband's body that you wish I could. I don't know what she specifically needs. What are her? What are her little holes that need to be filled right? And it's okay to need those holes to be filled. That's attachments is to secure attachment. I also came from you know, my first husband was alcoholic and so I came from that hole. Well your co dependencies You're You're

codependent. So you just shouldn't have needs. You know how long it took for me to unwind that and undo that belief, it is okay for you to want secure, safe connection, it is okay for you to want your spouse to make amends through continually leaning in, and showing that he protects the relationship over and over again, it is okay, it is healthy. You're not a bad needy person, for wanting safety in your relationship and to feel connected and to feel chosen and to feel that, you know, if you get a flat tire on the side of the road is going to come. But you know, if you have I need you, will you come from me? Right? There is nothing wrong with wanting those things. Nothing wrong with wanting to feel chosen, like you belong. And you're accepted exactly the way you are. And nothing wrong with wanting your husband, when you're having a grief wife or a trigger to lean in and say what do you need? I see you hurting? I see you're scared. I see. What are you feeling? What do you need? You're feeling this way because of me. VCR validate right? I see you feeling hurt. I see your sadness. I see your fear. It makes sense. Because of all my acting out. I see you upset over this movie that has the character named Amy. And it reminds you of when I acted out with my affair partner with the same name. I see that. And it makes sense. And reassure VCR. I'm want to reassure you that I'm here with you right now. And I'm not going anywhere. And I don't want to be that person anymore. And I'm doing all my work as much as I can't. I'm doing recovery work. I'm doing therapy work. I'm trying to be more mindful and trying to slow down. I'm trying to respond not react. I'm trying to manage my learn my emotions, I want to reassure you that I am going to be here for you and I'm not going anywhere. Can you imagine how that would feel? Guess what you can make requests around that and set boundaries around it. does it guarantee is going to do it? Can I promise you that if that if it doesn't happen, it's not a rejection of EU. It's a rejection of the recovery work necessary. I promise you that. It's never a rejection of the woman. Sometimes guys can't. Because I already want to go into why sometimes they can't. Sometimes they're not able to. And here's a hallmark of addiction. hallmark of addiction is trying to quit wanting to quit. If there's somebody who doesn't want to quit and isn't trying to quit. There's a there's a fine line between trying but not having the right help. Or having a therapist that enables it gives the really bad help. There's a fine line between wanting to change, but not getting the right support and help and professional help to change versus somebody who's just like, I don't want to change I like this lifestyle.

That's not addiction. That's something else. To make sense, ladies.

You're not alone with the gaslighting and the crazy making and the confusion and the blame and the victimhood and but I even give you as we get later into the course I give you scripts on how to deal with pushback, loving scripts bookending it with love and compassion. So that not a therapist or a judge in the world can say Yeah, but you said it wrong, right? i This would nonviolent communication is Okay, so I've I have bent your ear long enough. I hope you feel that you're in the right place. I hope you feel that. You can do this. I know you can do this. You just you also just need you want you want to change. You just don't know how. Right? Kind of like some of the artists I want to change. I just don't know how you want to do boundaries in a healthy way. And you just up until this point. You're like me. Didn't know how. Here's a bulletproof way. Oh. I can only do so much. You got to do the rest. You have to actually implement it when you're ready when you're ready. Okay, and not a minute before. Okay. A when you're ready. So, in between now and our next meeting, try to do as much of this content as you can. I'm going to release another module tomorrow, or tonight at midnight. So you will actually have access to two modules tomorrow. This is good stuff. You have lifetime access to it. In between now and our next meeting, send me your questions. If you're asking the question, I guarantee you it's on at least three or four other people's minds. Okay. And so I'll answer it in the Facebook group with go lives. Or if you need if you feel like you need personal help, please

reach out to me, okay. We all good

All right, ladies. Till next time, okay. Take care of yourselves. Put yourselves first.

Okay, we'll see ya. Bye. Thanks.