

# Clarity and Peace with Boundaries Meeting 01-16-23

## SUMMARY KEYWORDS

feel, recovery, boundaries, person, husband, redacted, feelings, video, addicted, women, pam, trauma, relationship, sex addiction, wrote, values, thinking, talk, part, module

## SPEAKERS

Lisa, Tiffany, Pam B., Mary, Christy, others unidentified

### **Pam B.** 00:00

Time. Okay, welcome, clarity and peace to you all with boundaries. It is Monday, January 16. And we're talking about how to navigate the course on recovered piece.com. And over here is the, the meeting videos. Over here on the left, you're gonna see the introduction, the course modules module one through four. With topics underneath that you can expand these little arrows. And the meeting videos are here and there, each one will be a topic. Okay, and you're gonna have a PDF to read an audio to listen to or the video. And I was I was going to make a point about, ideally, we're gallery mode, because the reason why meetings and being a community are so powerful. Because we're connecting safely here, I have a lot of boundaries around what happens here. That's an intro video, I talk about our meeting guidelines. I've been trained by door of hope. I wish everybody would go to door of hope and get training and start your own groups. I like to plant that seed on how to make groups safe. And something happens. It's very different when you're texting back and forth with someone or or if you're just posting on a Facebook group. It's not really two way communication. It's not, you don't get that human element. When you're listening to me talk, I see your eyebrows go up. I see a cock your head. I know you're hearing me. I'm feeling heard. I'm feeling seen. I'm feeling known. And being able to connect with other people safely, when the person closest to me maybe isn't a safe person yet, for that kind of safe connection can be a really valuable place to feel connected and feel seen and heard and known. Okay, any other questions on the website or the Facebook group or emails or anything? Zoom if I can,

### **Christy** 02:17

I don't have a question, but I'm laughing because I'm looking at the picture and I thought that was live. And I'm like, that looks like me. I'm like, wow, her living room looks just like mine. Like, Oh, weird.

### **Pam B.** 02:29

Okay, hold on. See, okay, see, it's a live. I don't have the sound turned on. Yeah. Would you even have closed captioning? Because I, I'm also a web marketer, that's my other life. 87% of people on Facebook, watch videos with the sound off the captions? Did you know that? I'm like, I'm not so alone.

02:54

People watch a lot of videos.

**Pam B.** 02:59

I watch TV that way too. I'm like, I can't. Is everybody in movies like this? Right. Okay. All right. Okay, so I sent an email out and I said what we're going to do, and it's a loose, my agendas are always loose, because we go with whatever's going on. But the first thing I wanted us to do is a grounding exercise. Because that's part of betrayal, trauma, recovery, any kind of trauma recovery. The trauma is in our body. Okay, it's in our nervous system, we're easily triggered early on the skill of grounding, which is breathing, and putting your feet on the ground and feeling the ground can really start to call your nervous system, getting because when we're having that anxiety and fear and those feelings, we tend to tighten up, and we tend to hold our breath. And we don't really breathe fully. So I almost all my meetings, even like the other monthly meetings, weekly meetings that we have in the monthly group, we always start with, let's come back from our day. Let's come back from the kids and work and whatever other things we were doing, and be here now. So let's ground. So there's a lot of different ways to do that. It's also important for me to teach you this because the foundation of what I'm teaching you, before we even go into boundaries is self importance. Self focus, self awareness, right? And how do we do that? If we're if we're hyper vigilant, which is a part of our trauma and betrayal, trauma on our other person or because of the trauma, hypervigilant because of the world? We need to be able to come back to us where that power is. Does that make sense? Okay, so a lot of Different reasons we do this. So what I'm going to ask you to do is just get comfortable in your chair so that you can, wherever you're sitting so that you can feel your feet on the floor to uncross your legs, and put your feet flat on the floor. Ideally, you do this, ideally, you would do this out in the forest, in the green or in grass, where you're with nature and earth and ground. But wherever you can, wherever you are, you can do this, you can just kind of close your eyes and feel your feet on the ground, feel the ground, or the floor or wherever you are underneath your feet, maybe wiggle your toes a little bit. That's where grounding starts. The next thing I want you to do is drop your shoulders. Just drop your shoulders, we all hold our shoulders uptight. The next thing I want you to do is so important, I want you to breathe so deeply that we can all hear it like and hold it for a second and let it out. So you can hear it oh just sort of pause for a minute. But your head dropped, let your shoulders drop. And do it again. Breathe a deep breath, slow breath in. Hold it, feel it going out make hear the sound Oh. When you're making that sound, you're activating your nervous system has something called vagal tone in, there's a vagal nerve in here that's connected to your entire nervous system. And so when you can breathe like that, and it may take some practice on your own doing it. You know, when you're not here in class and on camera, and maybe self conscious doing that on your own brings you back to you. It gives your body a chance to get the oxygen it needs for your brain. Okay. And being able to do that. Now I also have a couple of other exercises. They're just they're like animated GIFs. They're like, it's a shape. It's a ball that expands out to breathe in and breathe out. Right? So I will put those in the Facebook group is there anybody here who's not a member of the Facebook group yet? Okay, good. It's just a place for me to put extra stuff when we're when we have our meetings, being able to do that and to remember to do that and everything I'm teaching you don't try it once and say it doesn't work. Because usually probably won't work the first time. I want you to be open to repeating these things as often as you can, and keep trying them and building up that muscle. And these are new skills. If you've never bowled before, and I take you

bowling, you are not going to you probably are not going to get a strike. The first time you throw the bowling ball. These are new skills that we're learning. Did anybody ever I mean, I wish they taught me in third grade. Oh, stop, put your feet on the floor. Really slow feel your body. So that's just the start and there's a lot of other wonderful grounding skills that we can practice over the next couple of weeks. Okay, let's recap what we've learned so far. You you've looked at the feelings wheel. I really want you to use this feelings wheel that I give you. There's a lot of feelings wheels out there. You can get them on pillows now. Right Have you seen that you can get them as well Hanes those are pretty Those are good reminders. But they're not this feelings will. This feelings will is just emotions. It's not judgment words. I was betrayed, absolutely betrayed by my husband. I was forgotten by my husband. But those are not emotions words. I feel and felt sad, hurt, angry. All the emotions write things without an E D on the end. Because when I say betrayed it, it absolutely requires another person to feel betrayed, right? It's really what I'm saying is your action was one of betrayal. Your action was one of forgetting me right? Or even unheard how many of us feel unheard okay. Really what we're saying is we feel alone. We feel isolated. What we're saying when I say I feel and the first time a therapy First kept picking up me, I got so angry. I'm like, No, don't tell me. There, it's really so important to distinguish between what you're feeling and what the other person did. It's absolutely true, right that we have been betrayed. But the feeling that we feel is so important. It's really important. So getting familiar with the feelings, well, we laminated our feelings wheel because we used it for check ins, I used it for my recovery work, I used it to try to express myself when I was frustrated with my husband. And we handed it to our 15. At the time, he was 15 years old. on the autism spectrum. I handed him the feelings wheel when he was frustrated, and yelling at me and telling me I was the problem. Here's the feelings. We'll tell me what you're feeling. And it helped. It helped a lot. So the feelings will that particular feelings will is important, I give you a second because a lot of times people will look at all of those words and be overwhelmed. It's I don't know what I feel. Because I feel all these different things. I'm not sure right. So I also give you a bodily feelings wheel, so that you can start in your body. Personal core values. Anybody have any AHA hours when doing that is if you didn't do it yet. That's okay. Please do it before our next meeting. It's all foundational. Anybody have any aha was when doing that exercise.

**Pam B.** 11:46

Mary, what, what was your experience doing it? Can you hear me? Yes. Oh, gosh. Okay. Yeah, yes.

**Mary** 11:56

Okay, I'm not muted. Okay, I'm sorry, I thought I was muted. It was astonishing to me that I wasn't even living life with those values, maybe a little bit, but not like, because one of my really top, you know, you said to do a top three, and one of my top threes was integrity. And I felt like I wasn't really truly living in integrity. So it was actually really, really helpful. It was, it was a great exercise. And I always knew that family meant a lot to me. And I kind of jumbled family and love together. And I think that's why I really was trying to keep the family together. And you know, always thinking that love is going to be the way out and I just, you know, and, and God, God was in top three, so spiritual. And I felt like there was a lot of times when I wasn't really listening to God, because I was in trauma, and it was trying to, like, fix things. And I was trying to, it was never like, I'm just gonna rely on him. Or I'm just going to go to him, or I'm going to pursue him, I'm going to open my Bible or, you know, have a deeper relationship with God. So it was a really good exercise. It was very, very much of an aha moment. And to answer those questions at the bottom, like, how would you want to be remembered? I want to be remembered as it

has this like, traumatized crazy person that I've become, you know, just, I want to be remembered for the goodness that I have in me. And what really means a lot to me. So I don't know what you're supposed to answer. You know, we're supposed to share what we wrote. But

**Pam B.** 14:03

yeah, and you weren't sure. Go

**Mary** 14:06

ahead. Yeah, sure. And I actually had to go to a funeral this last weekend. And she was a woman not that much older than me. And she was married to a guy just like my husband. And so it was surreal to do this, it was just like, oh my gosh, how is she being remembered? You know, and so. And she actually died early, because she became an alcoholic, and that's where she went to, instead of healing and getting help. And so watching that and seeing how, you know, but anyway, I wrote I wanted to be remembered as the person who are like, traveling, okay. I want to be remembered as someone with integrity, loyal love. by being kind, giving authentic, trustworthy and honorable. I was a good kind person, making people feel safe and loved. I want to be remembered. While I wrote that, again, as a person with integrity, I guess it means a lot to me because there was two questions. And so that's why I think it's hard for me the cheating part, because it's very much an integrity thing. You know? So really bumps against that. And yeah, so

**Pam B.** 15:41

the thank you for that glowing recommendation on doing this work, just that simple, will simple. Pick 20, pick 10, pick three, it's so important. Even in just life coaching, right, one of the first things that a life coach will do like what like I did in the corporate world, with business people for HR, and, you know, what are your values, because when we're not living in accordance with our values, and you use a phrase, I like to use two things, we're bumping up against my values. And that's where my boundaries came from. And two things that I want to point out here, ladies, all of you, if you do this work, and your personal mental health isn't in their top three, hopefully, it's second, if you're a person of faith, God is one. And your mental health is first, and everybody else, your relationship, your marriage, your family, come third and whatever, because living with an addicted person living with a person with problematic sexual behavior, living with a person who is deceit has been or is deceitful. bumps up against your values of integrity and honesty, right? Will make you crazy, will tear you down will wear you down. And if you whether you're living with an alcoholic, or a person, even if it's a child who has a drug problem, living with anybody with that kind of dysfunction, we absolutely must put our mental health first and take action on it and be mindful about it not just winging it. And this is why one of the big things that we feel is confusion. Besides our reality being taken from us, and now there's this other reality, once you get to the point where you can kind of like accept that you're I was out of denial, how can this be? Then there is the confusion of Wait a minute. My values I thought your values to where honesty, integrity, loyalty connection, right? And so it's so also powerful to do this work. Because I give you a formula to set boundaries. When you want to I observe that you said one thing and did another or you said you want to do this. And this is what actually happened, whether it's getting milk at the store, or not using pornography or not having emotional conversations with other women or whatever. When you do this behavior, I feel feelings we'll sad angry all the words, right? Because I value integrity. If you do this again, here's what I'm gonna do. Right? Because I value honesty, because I value loyalty. Because I

value my mental health. I'm not going to stand stand and have this crazy conversation, right? Because I value my mental health. Because I value my peace and I'm feeling overwhelmed. I'm going to tap out of this conversation. We've got to got to got to please and if you have a problem putting your mental health before your relationship, let's talk. Message me. Let's talk Why

**Tiffany 19:17**

didn't Why did Pam I just wish I had known this 25 years ago. Oh my gosh. I didn't value my my anything 25 years ago. This is It's crazy how, ma'am, I see how much I put up. You're not alone. If I didn't even think of my mental health then. It was all about my husband. Yeah. So glad to be here.

**Pam B. 19:49**

It's I'm glad you're here to every one of you as part of my recovery, too. So Tiffany, thank you for being here. You're part of my recovery to this reinforces my recovery and And I learned from y'all. And I take things that I learned from you and I put it in my next group. Doing the values work can help when, you know, somebody saying well, will you bake three dozen cupcakes for the bake sale, and you're just, you're, you're depleted and you got nothing. You want to be what your value is, I want to be of service to community. Right? That's your value. I want to be of service I want to help I want to be a helpful person. But your value is your mental health and your physical health and your emotional health has to come before and then you can you don't have to feel that conflict Ignis. You can feel like that's my value, I am going to act with I'm going to behave and make my actions in accordance in imbalance with my true values. Authenticity. That's how I can feel confident, because I was a fixer as a people pleaser, right recovering fixer recovering people pleaser. want everybody to love me can't stand it. If anybody doesn't like me. No, you must love me, everybody. I can feel like it's okay, Pam, it's okay. If your mental health and your physical health and emotional health has to come before what something you also prize very highly being of service to the community, right? I prize that too. When you're living with an addicted person, you've got the it's your spouse, you've got two people, you've got one person who has a dysfunction, who's doesn't think clearly who doesn't think logically because he can't access that part of his brain? And is creating chaos, creating confusion, creating question marks, not predictable. One of Yeah. And one of you asked to be the grown up in the realm, one of you has to start doing recovery for that for yourself, because otherwise this person will drag you down. Okay, and you can't throw them a life preserver because they will drag your life preserver down. So one of you has to pursue recovery if the other one wow. And, you know, if you don't put your mental health first, you bring nothing to the relationship. You bring that into the relationship with your children. You believe you know you, you are constantly depleted, and you have no capacity, you have no compassion, because you're constantly being walked on and and, and taken from I've got a great video from but I'm gonna write down from Bob Hamp. And it's maybe about it seven or 12 minute video about its education for pastors and other therapists about how to recognize an abusive situation. In relationships, traditional marriage counseling to people come in and the relationship is the patient for a marriage counselor. He said you can't do that where there's addiction, adultery, abuse, that that one person survives by thinking that you know, I'm a good person love, love will cure everything, love solves all. And I'm going to I have all these pluses I have all this strength. I have all this goodness, I'm going to give you my pluses and the person with the addiction or the abuse, right? Take things I'll just take all those pluses, but they're the ones with all the minuses. And you're gonna love the video because he's gonna say it much better than I. We can't fix these people. We can't listen, if love cured addiction. Mothers would not stand at the graves of their

opioid addicted children and cry. Love cannot cure addiction. Love can cure us. We my love for me can cure me. If I act on that love for me if I treat myself with love and self care and all that and lavish all that on me first, then I've got something to give my partnership or my child or my community. Does that make sense? Ladies? It does make sense. But we're not taught that and culture are we We're not rewarded for that. We're not rewarded for self care. We're given brownie points. Oh, look at Pam. She baked. She's always bacon for the bake sale. Look at Pam. She's here every Sunday morning setting up the chairs. Right? We're recorded we're rewarded for that. It's very cheap rewards, right? Yes, ma'am.

**Christy 24:42**

I was just gonna say that reminded me of something that I heard Brene Brown say she said as women were supposed to do everything and look good while doing it.

**Pam B. 24:54**

On that a long time ago. Yeah, it's our call Sure. I mean, there's I love my country, I love my culture. I love being an American. But our culture is just suffering so badly right now. And we're, we're supposed to be evolving. However, I want to encourage you that what I've seen, and it was an unexpected consequence of me getting into doing this work, is I see people like you go on and start groups. And I see people like, you come back and go by set a boundary with with this person. And I was amazed how I felt. And so that person now is setting boundaries, it's like it ripples out. So we can change this culture, one person at a time, all the people around us can see us and observe us starting to do things differently. And we have to be okay with that. And some of them are going to go whoo. Oh, I don't like that. Because it disturbed it disturbs their spirit, that you're not being healthy. So you have to be willing to let some people not be comfortable with you now that you're setting boundaries and putting yourself first and living in accordance with your values. And being okay to say no, thank you for asking me. I can't do it right now. Saying no, to your partner who may is not you know, used to hearing you say no. We have to be okay with that. And how do we do that? We stay in community. We stay in group. Okay, I put a note up here cuz I watched the video and it's just talk less I can I'm verbose. Okay, do the values work. And you can you can do a deeper dive into it. There's wonderful work free workbooks out there to go even deeper and I have some other exercises I could give you like take your values now and put them in current current tense statements with the verbs right? If I love I had a client that loved she was single and her partner sex addicted partner did not choose recovery and one of her values was beauty. I said Okay, put that in a sentence I like beauty no i i Walk in I walk through the world and wherever I see beauty I noticed that I walked through the world and I look for for beauty in the world right act of sentences so that's something you can give a try to also very powerful value where values work my rights anybody get any eye openers when doing the my rights looking at that list? And he has.

**Pam B. 28:19**

mean, let me pull one up

**Pam B. 28:38**

this is good stuff. You have rights in a lot of different dimensions. And again, culture tells us what women couldn't get a credit card and their name until the 60s. We couldn't get credit in our names. If we were married. It had to be in our husbands names that late in life. The 60s I was born already I was

in grade school like so we're coming out of you know the the Leave It to Beaver world where women are just getting financial rights and equal rights. It's still fresh in my mind. We have sexual rights to say no, I don't want to do that thing. Right. I have the right to ask why. Why are you doing that? I have the right to ask why not? Why not go to therapy? I have the right to say no, this this. This broke my heart that a lot of my clients didn't think they had the right to say no to their butt being patted or their breasts being grabbed. You have the right to not be touched. It's still consent. Even though you're married. It's still consent. You have the right to privacy in your recovery work. I had another client whose husband insisted, oh, we don't have any secrets anymore. You know, I'm supposed to be rigorously honest. And now I want to see what's written in your recovery work journal? No, no, you have a right to privacy with your recovery in your, in your therapy work. Some of them are just so basic, I have the right to expect full honesty in my relationship. I have the right to enforce the boundary without proof or evidence of wrongdoing. Your feelings are all you need to enforce the boundary don't have to have a smoking gun. So I really encourage you to look through that list. Because again, our culture tells us once you get married, all boundaries are off. There's no boundaries between two people, right? No, you there's still there's still relationship boundaries that are healthy, that that keep us healthy, we come together, in here's something I like to repeat, like, you know, when you're an infant, the infant is completely dependent on adults and care primary caretakers. And as that infant grows, they start to get some independence and they get to teenage stage. Anybody here? How many of us have had teenagers? Right? You know, they get to that stage? And it's like, no, no, or no, right? Very independent. I'm going to, you know, Zack, you need to go do this. And that, no, I'm gonna go do this do it this way. Instead, Zack is my son. They have to it's a very healthy sage for them to go through. For them to become independent. It's called individuation, where they start to see themselves as separate from Mom and Dad, it's so important to their identity development. I didn't get to complete that stage. Because I moved in with my first husband when I was 17. I never got to learn who just who Pam was. They go through that stage to learn about what they're feeling, what their opinions are, what their hopes, dreams and desires are, who are they? Who are they socially? Who are they in the family, who are they independently, it's so important, and addicted people get stuck in that stage, or they revert back to that stage very independent. And so then we're supposed to move to a stage where two independent people come together to be interdependent. And that's what we thought we had, right? And then we found out our partner was acting like an independent person. Right? So we still do have and bring more value to people aren't supposed to become one. We're not, we're not supposed to have the same exact political beliefs, religious beliefs, spiritual beliefs. But we're not supposed to have exactly everything the same. We're supposed to be able to come together as two independent, independent people coming together as interdependent, mutually interdependent people. So we do have rights, it's healthy. We have rights to have that independence. Anybody here have questions or thoughts on your rights within a relationship? Do I have the right to?

**Pam B. 33:52**

Okay, all right. I'm okay. And that rights work will also help you with when you're forming boundaries. Okay. If you look at that list, and you say, that right was taken from me, my right to ask questions, my, my right to expect honesty, right. Looking at that list, you can set boundaries, right? I have a right to know where all the passwords are, to all the financial instruments, all the bank accounts, all the insurance have a right to know where all that stuff is. And, you know, in the past, before recovery, I would say Jeff, where's the login for that 401k thing? Oh, well, yeah, I'll get it. I'll get around to it. And

it's in my work laptop. I'll get it later. I'll get it for this weekend, then you'd never get it and he didn't want me to have access to it. Because there were things there. He didn't want me to see. But now I have access to everything. He gladly gives it to me.

35:03

Okay

**Pam B.** 35:10

Okay, so now I would like us to do a check in. I would like you to get your feelings well. In developing this language is new. Right? Because in the past used to say, I feel so unheard. I feel so betrayed, I feel so disrespected. You know, I feel all those things. I wasn't really I was that so focused on what he did. That was focusing on No. But for me to say I feel hurt. As me that's just me. I feel sad, I feel angry. I feel disappointed, right? That's my reality. That's my authenticity. No matter even if I'm if I've got cognitive distortions, or somebody else is hiding reality from me. I know the reality of if I feel sad, I'm sad. Nobody can tell me this. You know, I grew up. I grew up in a household where I'd say Mommy, I'm sad over something or other? And she said, Well, you have no right to be sad. Look at all those toys you have. We just bought your brand new bike. Right? Solid. I love my mother, God rest her soul. She didn't mean harm to me. She was trying to help me. She's trying to reframe it. Right and move my feelings from sad to Oh, I'm so grateful. Right. But that's a form of invalidation. I'm sure that we many of us have been told what he's upset about. You got nothing to be angry about? Why are you so angry? Why are you so mad? Right? What do you say? What? You got past that yet? Why are you feeling sad and hurt and scared? You're not past that. I'm doing everything. Right. Right?

36:57

Yes, yes.

**Pam B.** 37:00

We're going to deal with that. Giving you the tools to deal with that. So please, get your feelings we all. The reason I like this wheel is it's just emotions and the judgment examples around the bottom forces you to hone in on just what you're feeling. The left side of the wheel is interesting. I love this wheel. The left side is what we feel all those negative things when our needs are not being met. The right side of the wheel, while the happy stuff is is what our needs are being met. So I'm going to ask you and people sometimes in the group say, Well, this is kind of confusing, because I feel things on both sides. Yeah, you can. You can This is the human experience is that we can feel sadness and fear at the same time feeling some pride and happiness over other things. So I'm going to look, I'm going to ask you to start at the middle of the wheel where the most basic emotions are sad, angry, etc. And give me at least three words that describe what you're feeling today. In general. Start at the middle, and workout. Christie, you want to go first? You're muted, hon. Your mood. Sorry,

**Christy** 38:27

I'm trying to pull my feelings will up. Can I go next? Sure.

**Pam B.** 38:31

Who's got who's got through feelings will up and is ready to go?

**Tiffany** 38:34

I do.

**Pam B.** 38:35

Okay. Can Tiffany Go ahead?

**Tiffany** 38:38

Um, I feel calm today. And I bet I also feel anxious right now, just with this being my first meeting. But let's see. There has to be something hopeful on here. Right? Is there hopeful? I'm here. Yeah. Yeah, I feel hopeful. Okay, starting this journey.

**Pam B.** 39:09

Okay, did everybody who else felt anxious the first time they came on one of these meetings?

**Tiffany** 39:18

Well, I just have anxiety. So

**Pam B.** 39:21

who has anxiety? Yes, we wouldn't need this if we didn't have anxiety, right? Yeah. It's part of the experience. It makes sense, Tiffany, that you feel anxiety. I say in the video, and it's so true. It grieves me that these kinds of support systems are needed and these meetings are needed. It grieves me. And it's such a huge sign of strength that you all are here. You're not alone. It makes sense. It makes sense that you would feel those things in this under this Crips current situation. Yeah, yeah. Okay, what is there anything on the right side of the wheel that you want to feel also? Today or just just in general yeah

**Tiffany** 40:21

elated wouldn't be nice. haven't felt elated and acquired.

**Pam B.** 40:27

Thrilled. Okay, so interesting. When's the last time you What were you doing? What was happening? What was going on the last time you felt elated?

**Tiffany** 40:36

All right, goodness. Like just true elation. I don't know. It's been a really long time. Honestly, it's I don't even know. I mean, I'm happy. There's lots of happy times, but truly just elated. It's probably been a while. I can't even give you an example. Um, a vacation probably. Okay. Yeah. Just being with all my family. Yeah.

**Pam B.** 41:09

All right. So in order to feel elated, maybe that's a need that you had. Maybe you need a vacation.

**Tiffany** 41:16

I do. Have a good idea.

**Pam B.** 41:21

See how this works, though? Yes, yes. Yes. A lot of times, you know, when I'm working with somebody like, well, what are your needs? I don't even know. The first time I was asked. Okay, well, you're gonna do this check in with Jeff. And you're gonna tell him what your needs are. I'm like yeah. That's hard. I need to not not feel like I'm in a six foot Dark Pit. Yes. Right. So yeah, from there, like so that what was the opposite of that on the I need to feel confident and happy and content and, and safe. Right. And so when was the last time I felt that well, this is what was happening. Okay. So that's my need. Okay, well, in order to so if you have a need one of them just one of many right? Might be your new simulation in my life to combat this other these other feelings. So instead of constantly being in this place all the time, these are important messengers on that side of the wheel. All these emotions, they serve a purpose. They're an important messenger to tell us we need something. See how that works, ladies? Yes. What do you want to feel? Well, when was last time I felt that way? What was I doing? Maybe for me, you know, well, I want to feel my situation. I'm live. This is a this is a lofted barn shed, that's a green screen you're seeing behind me. That's my bed with my unfolded laundry behind it behind this. I don't have my my art stuff. And I'm not an artist, but I like to dabble, right? I buy things and play with them. And I want to feel creative. And the last time I felt creative, is I had my watercolors, or polymer clay or beads and stuff like that, right? I have this creative thing I've been trying to cook. But it's not the same trying to cook new things to be creative, right? Because I feel kind of bored. So I need to feel right. So you see how that can work and help you figure out what your needs are. Yeah, just to start. Okay, who's gonna go next? Thank you for sharing. Thank you for your vulnerability and your bravery.

**Tiffany** 43:44

Thank you.

**Mary** 43:47

I can share. Okay, great. Um, I feel sad. grief and sorrow and heartbroken. I would love to feel elated would be great. Yeah, I agree with that would be a key thing. But I would settle for joyful or excited or ecstatic.

**Pam B.** 44:20

Once uh, well, first of all, I want to say, yes. This journey is just sadness and grief. Because we've lost, we've been disempowered. We've lost personal power. We've lost so many things. So all of those emotions make sense, right, ladies? Who else is feeling that today? sadness, grief. Yeah, see, you're not alone. It makes sense. That's what this journey is. We've had an we've had enough people in the world telling us you Yeah, no reason to feel that way. No, we have every reason to feel that way. We need to be validated. These feelings are appropriate. Nobody wants them, but they're appropriate for the situation. They're ours. That's our reality. Absolutely. When's the last time you What were you doing last time you felt joy?

**Mary** 45:34

Just like Tiffany, I'm trying to think like, How long ago was that? I don't. I don't really think I felt joy in a long, long time. You know, my first D Day was two years ago. And my last D Day was like, a week ago. So I think the last two years have been grueling. I think.

**Pam B.** 46:00

It does see how that what it does is it kind of like if hyper karuma hyper focuses us into all of this pain, and the betrayal of height and it's almost like everything else disappeared. And we forget those moments that we had joy, children.

**Mary** 46:21

Yes. I was thinking of the last time like we had joy. You know, when we were, I think it was before two years ago. Because I mean, I feel like the dark clouds in our home and so I would say maybe like a vacation or just some kind of time with our family together.

**Pam B.** 46:44

Just for you personally, though, not the we joy. The major to me, Joy. What lights you up? What do you like to do? before all this happened?

**Mary** 47:01

actually trying to figure that out, really, because I've been married for over 30 years. So I've lost what it was, I have to go back to when I was 19 years old. And think when I was 19. I love to dance. And I was very creative, but I just didn't I'm not doing anything creative anymore. So I love to dance. I can start dancing bar around the house and and I don't even have to take a dance class. It could just dance. Me bring me joy. My I like reading. I like peaceful quiet things to like taking a walk in nature by myself. I like it's just like, maybe why write things? I don't know, like doing yoga. And

**Pam B.** 48:13

so that's a pretty good start, I think. Yeah. Okay. Dancing and readings. Right. And, and doing yoga and being out in nature. Those are some really good things. I signed me up. Right? Yeah, yeah. I'll share I don't know. I'm really bad with nouns and names. That's the stage of life I met. Somebody had shared with me and I signed up for like, \$9 a month. Because I live. I live rural, I love where I live, but I pay because it's rural. But it's a thing that you can sign up. You can even do it on fire TV. And it's just real simple, almost rumba, like simple dance exercises to get you moving. Because I don't know how to dance, but, but I've started to do that and the movement of my body. It's just, it lifts me up. It lifts so that's good. That's the see that's that's a great start. So you're gonna do do one of those things this week.

**Mary** 49:22

Yeah, it was actually shocking to try to dance today. Because Miley Cyrus just came out with a new song. It's called flowers. Really good ladies if you want to cry and no joy because it's about when her husband cheated on her and they got a divorce, though. So it's, but yeah, I'm gonna start dancing more. I should dance every day.

**Pam B.** 49:53

All right. Thank you. Thank you for sharing. Thanks for sharing that with us. Let's see Hey, Lisa. Hello. Hi. We didn't get to hear from you last time.

**Lisa** 50:05

Yeah, I think I'm a psychologist, which is why I feel ashamed. That's one of the words on the feelings wheel. I feel sad and I feel surprised. But I was an hour late because I had a client request a session last week. So my apologies for having been late.

**Pam B.** 50:27

Just glad you made it. And can I can I just also validate you that since I've been doing the online group for over five years now we've had at least probably one per month, somebody who's a psychologist, psychotherapist, licensed counselor. It hits every demographic, sex addiction, so

**Lisa** 50:50

embarrassing. I mean, I counsel couples and I've done trainings and I had no idea what was happening under my own roof.

**Pam B.** 50:59

That's how it goes. Because even if psychics were a real thing, we're not psychics, right? We can't be psychic. We this is this is this is sex addiction and the mastery of deception. And that is something I think we all feel. We feel like, like my first husband was an alcoholic. 10 years, okay. When I was done, I'm like, never again, I am never dating or getting involved with somebody with an addiction.

**Pam B.** 51:37

My husband was such a straight arrow. He's retired Marine hated drugs didn't ever smoke didn't drink. I used to smoke pot, don't tell anybody. That's a secret between you and I. And, and I was like, come on. He's like, it's illegal. So I'm like, All right. straight arrow. very right wing Republican, very conservative. Right. You You did what? You do. So please, all of us, do we? Is there some part of all of us that like, I should have known? I'll come right. I do anyway, and I know, I've met other people through this, like I you know, I'm such a woman of the world. I've been through this. Well, I've had women say, you know, I've, I've done project management all across the world. And I've seen all kinds of things. And I should have known and there's no way we could have known. No way. No way because deception and that shame that is deceiving. And it's kind of ironic that they deceive to protect the relationship. doesn't make it right. But I'm glad you're here. Thank you. And thank you for for being so vulnerable with us about that. Thank you. So Can Can you pick three words on the on the feelings wheel? On my version of the feelings wheel?

**Lisa** 53:09

Sad, ashamed and surprised? You

**Pam B.** 53:11

could say that? I'm sorry. Yes. Yeah. Can you pick a word on the other side of the wheel that you want to feel?

**Lisa** 53:22

I'd like to feel joy. I mean, I feel joy with my kids.

**Pam B.** 53:30

How about picking a feeling that you would like to feel that doesn't require another human being?

**Lisa** 53:42

I'd like to feel creative again. I feel I used to paint all the time. And now I sit down to paint and I'm like, who cares? Like, what's the point? Oh,

**Pam B.** 53:59

can anybody else relate to that? Doing things that they used to do? That they used to like to do now you got to do it? And it's like, right. Yeah. Mary said the same thing in the beginning. Yeah, I would sit down and watercolor and my therapist told me draw a picture of what's going on. And I'm like, I am not an artist at all. She's not just just stick figures of what's going the dynamic between you and your husband. This is before I knew a lot when I knew something was wrong, but I didn't know what it was. And I ended up doing starting with stick figures and some colored pencils. But I couldn't stop. I just I drew a woman on her knees. And I drew a big stick figure like a monster. But then I started adding to it. And it wasn't artistic, but it was just drawing the picture of what was going by the time Am I was done, I had my husband behind the big monster, he was all tied up, there were holes in the ground, with eyes coming out of the falls, those were that was his monster, right. And there was this flower of mine, starting behind me and around me, and the vine would go over to the monster. And by the time it got to the monster, he was stomping on the vine, and the vine had turned black. And just, I was amazed and it wasn't art. But it was very cathartic. very cathartic. I really encourage, I encourage everyone I have this thing women must create, whether it's creating a business, or ministry, or art or something women have to create. I encourage you to, to, to delve into that and to just keep doing it and just paint whatever.

**Lisa** 56:01

Well, I have done that I've done a lot of art therapy, there are things that I wouldn't much show to anybody. I mean, I've said I, in when I've been really angry, I've shown them to my husband. And I guess I'm so tired of him, like I'm so tired of his nonsense that I don't want to sit down and use my time to. I'm so tired of thinking about him. Honestly.

**Pam B.** 56:35

That's that's why the foundation, the first week of module one is and really module two, too, is let's get the focus back on us. Because that's where reality is reality is going to start with us or our power is our feelings are us. That's why I like this feelings wheel. Because it forces us into back into our own experience. So thank you for being here. Thank you. Thank you for sharing. So vulnerably that had to be hard. Doesn't feel

**Lisa** 57:09

great, but seems like that's the right place to do it.

**Pam B.** 57:13

It is it is. Okay, Angela, we haven't heard from you.

57:23

I'm trying to feeling like all motion. But as for like right now I've, I feel calm and actually encouraged this coming to this group and things have really helped helping me, like you said, focus on yourself. Because I have them up until like last week, it's been about feeling anxious, hopeless, worried for a hired, spin all the other ones on the left side this whole past week, but right now currently calm. And I'm a little encouraged for doing a lot of self care. And I think that has been helping and this is like a big self care for me to be here

**Pam B.** 58:24

to share it out. And the other group self care is health care. Yeah. Yes. Absolutely. Thank you for being here. Thank you for coming back. Yeah. So are there other things on the other side of the wheel that you want to feel in addition to feeling calm and encouraged? What else

58:53

have optimistic,

**Pam B.** 58:55

optimistic. When's the last time you felt optimistic?

59:05

While

**Pam B.** 59:09

I'm noticing, are we noticing Can I stop for a minute? are we noticing a trend? It's been a while. It's yeah, it's been a while. Recall that what was that?

59:26

I think it was when we actually when me and my husband started couples counseling for the first time

59:36

with a real like certified sex addiction therapist. I was just feeling really optimistic about relationship and so that's probably been about a year ago. Kind of derailed since then. But yeah,

**Pam B.** 1:00:00

So, can I ask you When was the last time you felt optimistic? Just about something about just view? That has nothing to do with your husband or your relationship? work or family? Or was that? Yeah, that's a hard one to guess. That's why they asked in it.

1:00:26

Yeah.

1:00:37

I mean, even this courses, making me feel starting to feel a little bit more optimistic about my options and what I do value and I am, I am so on without my husband. Yes. That's what I'm trying to find as myself. I'm usually pretty optimistic and positive. Or lately,

**Pam B. 1:01:06**

this is a hard journey, it's hard to stay optimistic. There's so many ups and downs, even in recovery, even with my husband, finally, you know, it's not an overnight success. After 25 years, he finally took his recovery seriously. Even then, there was lots of ups and downs, and you know, we're in a good place, and life sends us ups and downs. It's not even just us. So. Yeah. Do you notice a trend here? So I didn't again, culture, we give ourselves to these relationships we give ourselves to our children. We give ourselves to careers and jobs and ministries and church and whatever else we get involved in. And culturally, it's just a thing women lose themselves. And especially especially in trauma. I think you've heard me say this before. In trauma, you do go through an identity crisis you do in betrayal, trauma. Dr. Barbara Stephens calls it an existential crisis, we become identity fragmented. And we we have to our reality has been torn out from under us. It's, you know, it's one thing to say, okay, the current day, I thought it was this, and now it's this. But now this change changes all the meaning of all my past memories. And everything that I poured my heart into the family and the family status, and the relationship in the marriage. Well, all that's changed now. And we have to, and I say, we get to put ourselves back together again. So we were all on a trajectory before we got married, right, we had an idea that we were going to, we were going to get married, but most of us probably had other ideas about things we were going to do, you know, whether you're going to be a ballerina, or the next great, you know, acrylic artist, or create a job, you know, a business or become an influencer, whatever, right? Most of us had ideas of where we're gonna go. Now for me, I never thought I'd be doing this, you would have told me I'd be doing this. I'm a, I was a programmer, a web designer, I sat in a cubicle, I worked in the corporate world, I didn't really want to deal with those, all those big funny people. So I've the only reason I tell you, that is because of your journey. That dream might change. It might become something brand new, and that's okay. We get to recreate ourselves. And now we get to do it without Glamour magazine, without a church structure telling us what to be and what to do, and how to dress and what to look like, right. And without culture, we can say no to culture, because that's not in our values. I don't think anybody put their values lists together and said, well, one of my values is being acceptable to society. Right? Or fitting in. It's important to be you know, to follow the rules, right? But we can put ourselves together and, and, and really take a look at our values and start crafting actions and goals around those values. And those rights are those things that you didn't think you had a right to. Okay, in the interest of time, cuz I have to talk less. Okay, so what's next in module two? I think probably some of you have skipped ahead a little bit and took a look at what's in module two, module two. And yes, there's a lot I get it, I give you a tool called Snap. And it's a simple acronym for pulling things back. And I've got that great video in there, that you're gonna see of the kid and the kids on the merry go round where the boys in the middle, that old fashioned merry go round on the playground, you turn the wheel, and the thing goes around, and there's a girl on the outside trying to hang on. That's us. We have to get off that merry go round and snap, helps you stop, breathe, pause, and stop the hyper focusing on them and their drama. And what does he need? What is he thinking? What's he going to do? And what did that eyebrow raise me? And what did that breath mean? Right? Get stopped the hyper focus on them, and put it back on us where our power is. So snap will help you stop. Notice. Ask yourself some important questions and pivot to your values. See how this is foundational? See why you had to do the

values work first. Because now I'm going to tell you that when you get into a crisis situation, because there's always a crisis with an addicted person, there's always drama, right? There's always drama, to pull yourself out of that dance. And put your power. Remember where your power is back with you. I'm not going to tell you it's easy. It's not we're not used to focusing on us. It can be really uncomfortable to go. Yeah, I feel like crap, I feel powerless. I feel angry. I am so disgusted with that behavior, right? But it's important because those are the feelings that are going to move us emotion motion, those emotions are going to move us to take action towards our values. And when there's drama going on, do we all have drama kings? We all have Yes, we have. So when the drama King is, is is doing that, or in the recovery world, there's something called King Baby where everything revolves around them and there's trauma, it's going to allow us to pull it back to us. Because there's no power in watching that drama. There's no power and just watching it happen. It's going to allow you to come back and go, okay. What's going on with me The heck with what he's thinking and feeling and gonna do? What am I thinking and feeling and what am I going to do. And it's hard, it's different. It's a, it's a mindset shift. But fail forward, it is so important that you keep trying these tools. I, I've been doing, I've been teaching this course for a year now. And I'm constantly updating it and proving it. And I really promise you if you work it and you work these tools, they work. And they will become very powerful. I've got people that swear by it and give me really nice kudos and everything. So that's it. So self focus, self talk. So important. We all have a script, we all have a little mp3 player in the back of our head going, this is never going to end, this is always going to be this way, no matter what I do, it's never going to work, we've got to stop, we got to press stop on that and replace the playlist. So I give you some tools for that. Take Take your post, it's like mine says talk less. But I also have posts that say I am worthy. I have posted to say I don't have to ask for permission. Right? We've got to change the the thoughts the the voices that are going on in here. Instead of listening to oh my god, this just always is never gonna stop. We have to stop just listening to that and speak back to it. They talk to you I teach you about nonviolent communication how to make a request before you set a boundary right and how to set a boundary in a way that is calls out the behavior factually. Excuse me, expresses your feelings in the I feel from the feelings we'll see why this is foundational for you to get comfortable with their feelings will and ask for the change to behavior. And say if it doesn't change if this behavior continues, this is what I'm going to do. This is how I am going to get to safety. This I'm going to get to sanity. Okay, so I've got some videos there for you to watch. Basic boundaries. The Who, what, when, where and why of boundaries. And I asked you to to do an exercise called I feel safe when so My therapists kept saying, Well, what makes you feel safe. I'm like, I don't know my husband not acting out. I know. My husband actually listening to me when I talk. I feel safe. When you put your phone in front of me, when you go to the bathroom, and you don't take your phone to the bathroom, I feel safe when you're taking a shower, and you don't walk the door and getting really specific about the behaviors. And is there anybody here who hasn't seen my bowtie example, pink, purple polka dot bow tie?

**Tiffany 1:10:38**

I don't think I have.

**Pam B. 1:10:41**

I wrote a post and I have it in one of the articles on my website, I leave I said to my, my therapist was like, Well, you got to set boundaries around around that. And like kind of a boundary around that. There, you have to remember what it was, it was probably something I don't have a right to set a

boundary around it. And she said, Pam, if you if in order to feel safe in your relationship, you need your husband to wear a pink purple polka dot tie every day. You can set a boundary around that. And I'm like, Okay, but what if he does? What if he says I'm not wearing the tie? He says she said, That's data. That is cold, hard data. You can say in order to feel safe, I need this. He has two choices, these two choices you can make. He can go, I don't understand it. I don't think it would work for me. But she says that what she needs? I'm gonna lean in and do it. Or you can go I'm not doing that. No, no, I'm not doing it. Those both are data about his commitment to the health of a mutual mutually independent, interdependent relationship. So that's, that's what that is.

1:12:01

And

**Pam B.** 1:12:03

watch the video I have in there with Jake Porter. Talking about are you on the coaster and it's really a video addressed to the addicted person in recovery. Make making a complaint about well, how come I have to do all these things, she doesn't have to do anything and and he's talking about the power imbalance, the injustice of betrayal. And how he needs to prove over and over and over again. He's all in with the I feel safe responding to the I feel safe one. He needs to show he's in he may fall off the coaster. But it gets right back on again. My husband make I've got snarky with me. He goes, Wait a minute, can I have a do over he immediately corrects and jumps right back in. And I get to stand over here and watch. And I get to not I don't have to say I'm all in. I'm not all in. There's been a power imbalance. I need the skills balanced out. I need to see you humbling yourself and doing whatever it takes to help me feel safe. And if you can't do that, that's fine. No problem. You don't want to do that. Fine, no problem. But if I don't feel safe, I can't stay in this relationship. Or I can't stay as close to you as I've been. I can't open up my heart and be vulnerable. And I've got examples. Does anybody want to set a boundary? Does anybody want me to coach you through setting a boundary how to say it who has a boundary they want to set tonight or tomorrow?

**Mary** 1:13:51

I am here

**Pam B.** 1:13:52

Oh, okay.

**Christy** 1:13:54

Oh, sorry. Did someone else say they were? No, no, no, I

**Pam B.** 1:13:56

was gonna I was gonna give an example since nobody did. All right.

**Christy** 1:14:00

I want to set a boundary around my husband doing like photos or like, sharing recovery. But we're not together. We're not I mean, we're separated. So I don't know how. Um,

**Pam B.** 1:14:19

let me ask you a question. If you were to say to him, is he a safe person for you to say? I feel so sad. I feel helpless. I feel scared. I feel disappointed. I feel disgusted. Is he a safe person?

**Christy** 1:14:36

Maybe most of those except for disgusted.

**Pam B.** 1:14:40

I don't think that would go over well. Okay. Have you ever felt disgusted in the last month over the situation? Yes, that he's not a safe person yet. Fan OHS should be reserved for when the addicted person is willing to do risk Every and will in is invested in its showing he is willing to lean in. Now Jake Porter talks about skill of listening with his mouth shut. Who me I had to learn the skill of listening with my mouth shut and listening to understand not to respond, we all do it we all listen to respond. It's a skill that we all have to learn to listen to understand. If he's listening to understand, okay, he they also have to develop a capacity. People sexually addicted people have a real small capacity for their own emotions and yours.

**Christy** 1:15:39

I met him doing fun us, not me. Like Like him telling me his feelings, his appreciation, his needs, etc.

**Pam B.** 1:15:54

Okay, you could you could make a you could make a request, or you could and you could set a boundary, you could make a request for it. Are you willing to enforce a boundary around it?

**Christy** 1:16:08

Well, that's the problem. I don't know what a boundary would be. Because we're not. We're not together.

**Pam B.** 1:16:16

It sounds to me. Let me I might I might be wrong. Tell me if I'm wrong. It sounds to me. Like you want connection.

**Christy** 1:16:28

I do. I mean, we're not. We're not together. And he, there's no. If we don't, if I don't initiate talking really, we don't ever talk like and this is exactly what he wants. He wants to be left alone. Like he wants to just, you know, so I never understood what a good boundary was, besides, I'm done. I'm out. Because it's like, if I say I'm exiting the conversation, he'd be like, great. Let's exit the conversation. That's exactly what he wants. Or if I say, I'm not going to talk to you about this anymore. Well, he'd be thrilled.

**Pam B.** 1:17:04

Right? So so there's a lack of skill and a lack of capacity. Right? So there's no recovery yet. So you're at that place where it's this power struggle, right? And see, I'm I'm a little bit more advantage, I know a little bit more about your story and what's been going on. He's not a safe person to do that with. And you guys don't have a therapeutic Separation Agreement. Were with milestones. And I would advise

you to start there, if he's not safe to if he's not a safe person to share those emotions, then. All addicts medicate emotions. That's what they're medicating. They're self medicating emotions, they're self medicating thoughts and feelings that they don't have skill or capacity yet to deal with. For a variety of reasons. Maybe they didn't learn maybe they weren't validated, like I was, you know, as a kid, or maybe there's trauma, whatever the reason, doesn't matter what the reason is, if you're asking him to tell you feelings, give you affirmations tell you his needs own things and give you sobriety day. He's He's not he doesn't know how to be authentic with that yet. He's gonna probably make up things.

**Christy 1:18:27**

So there's just no connection right now, which he did. Call me this morning and say he wants to do the intensive. So

**Pam B. 1:18:37**

that's when you can ask for it. You can absolutely say, because I value connection, would you consider and I cover this in the videos, there's making requests watch the video on making requests in module two. It's a step before a boundary now. If he's coming out if ladies if a man if anybody's coming at you with a machete, you don't sit there and go, would you consider right? This is for when you're like, Hey, would you consider not leaving your towel wet towel on the bed? Like you don't want to go right to a boundary with that? I mean, you could. But you know, honey, thank you so much for registering for the intensive when you register for the intensive. I feel right. Because I value connection because I value you your thoughts and your experience and connecting with you Would you consider giving me what's involved in a fat loss? And he has the right to say no, he has a human right to say no. It's his right to say no. He may not feel comfortable doing that yet. That's a fantasy is a very vulnerable experience. Does everybody know what a fan Oh says? It's a couple's ship recovery check in For connection, one at a time you each go through you say the feelings from the feelings wheel. You give your spouse an affirmation, Christy, I thought that was really great. The way you did that tap out with me, when you were feeling overwhelmed in that conversation, and I have a need, I have a need for that. I need to feel good about myself. Right? Ownership. You know, I, I said some things about you that weren't true. And I was just mad and I was I shouldn't have done it. I did it out of anger. I should not have done that. I should have been more mindful. And I fully own that. This this is Advanced Recovery stuff. Okay, but

**Christy 1:20:43**

Apple, so what would a boundary be them? I mean, I'm just curious.

**Pam B. 1:20:47**

Okay. So a boundary is what like one that for that? Okay. Well, the boundary? You could it could be anything you want. I mean, it could be? Well, let me know, what would make you feel safe?

**Christy 1:21:01**

I don't know, I've heard I've heard you say like, there's a lot of boundaries in between, you know, just don't do this, or we get divorced. But I struggled to find any, because like I said, any sort of disconnection or stopping is exactly what he wants. So that's what I'm wondering,

**Pam B. 1:21:24**

a really powerful part of our boundary enforcement is the word until. If my husband comes in here, and screams and yells at me, he said it before before recovery. But if he comes in here, again, it does it. I will say when you scream and yell at me, I feel lonely. I feel sad, I feel angry. I'm not talking to you until you make a repair. And I've got a six point repair. And it's based on the work of Harriet Lerner. I've got a two part podcast with her and Brene Brown that talks about how to repair when you've when you've screwed up with somebody, how do you fix it? How do you how do you stand in your integrity and make it right and I gave that six point repair to my husband. Early on, and I said you you need to apologize to me for yelling or screaming at me, or, or just whatever he did and and he's like, Well, I don't know how to apologize. I'm like, go to your phone, go to your email, the subject line is how to make a repair. And he went and he did it.

**Christy** 1:22:34

So what would be another one? Besides I won't I you know, I won't talk to you what would be another? What would be some other boundaries that you could say and we are separated?

**Pam B.** 1:22:44

Okay, so some examples are I'm I'm not going to talk that can interact with you about relationship stuff, until you make this trip until you apologize. Yeah. So apologize. You can't just let that go. Right. I won't do any couple ship work with you. Until you're really thrilled with both. Well, that's data. But I know you and I know what he's done. I know twice in the last 48 hours. He's come crying back to you. He doesn't, he's struggling. He's I just know in your case that he's he doesn't want to end the relationship. And he's struggling. And he's using, he's being very defensive, which is an addict thing. Because they don't have the skills or the capacity yet, right. So what do they do when they feel that dysregulation instead of acting out? They lash out, they do distancing behaviors, they push you away, they say you're the problem. They gaslight, okay, you're asking for something that is kind of advanced, that he's not ready for yet. So I would just I would I would coach you around that around your expectations, your standard is going to be we're gonna do check ins in this. Your standard should be we're going to do the fan house, but my expectation is, I can't really expect him to do it yet because he doesn't have the skills he doesn't he doesn't have the recovery.

**Christy** 1:24:09

I know it doesn't even have to be found out. That's fine. I just am more wondering like what boundaries because like I said he's so detached. So I wouldn't I won't talk to you about any I'm just thinking for boundaries for anything.

**Pam B.** 1:24:22

Okay. So it all revolves around what is going to make you feel safe. What is going to give you peace and clarity, if not interacting with him or you're just going to interact with them if he hasn't made a repair. If it's not about how to affect him boundaries are not about how to affect the person. How do I bring about change with that person? How do I make them see that is not what boundaries are? That happens sometimes the primary boundary enforcement is what is going to help you feel safe, protected. supported by your community, what helps you feel? Out of the path of the Mack truck that is an addicted person?

**Christy** 1:25:09

Okay, well, that that makes sense that changes things because I think my goal was really to control him or like, hit him with a hammer, like get his attention. So yeah, okay.

**Pam B.** 1:25:19

God grant me the serenity. To accept the things I cannot change. Our husbands, any addicted person, any other person that is not you, I want to talk about another thing. This is philosophical. It is cash. I'm so bad with nouns. Byron, Katie, she talks about three kinds of business. There is my business, your business and God's business. God's business is the ocean, the moon, the universe, grass growing platypuses, those kinds of things, okay. My business is my feelings, my thoughts, my self care, my actions, my behaviors. Your business is your feelings and your thoughts and your actions and your behaviors. My husband's bad mood, is anger is not my business. My husband, my teenagers. Not cleaning up his room and leaving the kitchen a mess. Is not my business. It's my business as if it's my property, okay. I cannot change another person. It's not my business to make another person get into recovery. If I'm spending time trying to change the other person, you're not in your own business, you're in somebody else's business. I know. I know. Then I'm out. Just kidding. You know what? That's a choice you can make. That's absolutely you have that choice. We all have choices. We all have choices. Now. This is this is a truth, though. Yeah, it's not 100%. When one person in the family starts to change, other people usually start to change to when one person moves in a positive direction, other people go tan, how can I be left behind? Oh, they're starting to have healthy behavior. I can't I can't attack that that's NonViolent Communication Theory. They don't say that. Because they don't know that. Wow, she didn't blame me. She called me out on a behavior. But she called me a name. She didn't say I was a monster. She didn't say I was a pervert. She didn't say I was careless on thinking. She said, I said I said it. And she's telling me that she feels set. Right? So not NonViolent Communication Theory is a way that it's non violent, it's not abusive. It's factual it's based in needs, making requests around needs. And there are three kinds of business and his recovery is not your business. Where you plant your behind and where you walk with your feet with other people is your business. If a person is over here being an addict speak and King Baby and King drama King, your that's not your business. Your business is to go away from it. You can be standing in the road and a Mack truck is coming at you. You can know it's coming at you and there is not a darn thing in the world that you can do to go stop right. But you can step off off off the curb out of its path. So if you know the addicts going to addict addicts going to addict right they're going to they're going to have these behaviors that are frustrating, hurtful, wounding, annoying. Our job, our responsibility, our business is to get out of their path. But we can also say because this behavior is i i am now feeling sad and confused and hopeful but discouraged at the same time. So because I value feeling hopeful, and feeling sanity, I'm gonna go over here. Until I tell you, when you speak loudly when you raise your voice at me, I feel scared. I'm going to the other room. until you can lower your voice. Or when you tell me I'm codependent. I feel angry and scared and resentful. I'm going over here until you apologize for that and make that repair. I've got a six point repair. Whereas it listen to this, you're gonna love this. Where do you,

**Mary** 1:30:28

Pam? I'm sorry, where do you find that? The How to make a repair. The sixth part is in our coursework.

**Pam B.** 1:30:34

It is it is in module four. And you know what, I've made a decision. I'm not going to drip this content. I'm opening all the content. So

**Mary** 1:30:44

how far are we supposed to go? Am I behind? I'm only finished one and I'm going to to

**Pam B.** 1:30:49

know your that's exactly where this week I expect you to work on module two. Okay. So here's a, here's a repair. I'm opening up all the all the modules. This is in module four. But again, this is a teachable moment. Right? So starting a repair. And again, this is work on the basis of the work of Harriet Lerner and some other things. uses the word sorry, or apologize. I'm sorry, I called you codependent. I apologize for raising my voice. It names the specific offense, not just I'm sorry for what happened. It says I'm sorry, I called you codependent. I have no one to blame but myself. Yes, I was hungry. I was angry. I was tired in sleep last night. But I can't. That's no excuse. I have nobody to blame but myself. I take full responsibility for not not using good language with you. I can see she got to show the that you understand the impact of the person you hurt. When you said when when you call me codependent, I feel angry, I can see you, you're angry. I can see you're frustrated. That's got to be awful. You have every right to feel that way, because of what I did. Because of what I said. I can see how this has impacted you and how this is probably impacted. You probably don't even want to move forward with me in this relationship. Right? The more they do that they understand the impact, the better. How will you ensure this doesn't recur? What steps are you going to take other than trying harder not to yell, trying harder not to go to name calling and pathologizing? Right. For example, I'm going to go journal on what I was thinking about and feeling about. And what I really needed. At that moment, I'm going to go work on the tap out. And I really should have, I'm going to reread the tap out because I should have tapped out. I was dysregulated I was probably in my amygdala. I was overwhelmed. And I probably should have said you know what, I need to take a pause. Let's finish this later. Right? And make amends. So when they do these things, I love the analogy of the emotional bank account from Stephen Covey Seven Habits of Highly Successful, successful people, right? When you hurt somebody else, when you want someone else, you're making a withdrawal from the emotional bank account. You have to make deposits. And it's in our case, it's not enough just to even the score, they have to pay us double. That's how you make a repair. And the person who gets hurt gets to decide if they're amends or not. And let me tell ladies, them doing their recovery is not amends. That's not what I'm doing. And I made amends, I'm doing my recovery. No, that's not a men's and men's is. And because I see that I've stressed you out and how difficult this is for you. I am going to do dishes for the next six months, I am going to make dinner every Friday night, I'm going to take the grandkids or I'm going to take the kids to extra nights a week so you can have time to go out with your friends or go to do more of your meeting work or whatever, right? And what kind of behaviors demonstrate a new mindset that would help you feel safe. For example, when I see you stop what you're doing and make eye contact and when I'm talking you repeat back to me what you heard me say these are all new relationship skills. Now how would you feel if your husband's made a repair like that? It's good stuff, isn't it? I sent it to my husband, who's like hi, apologize. What else do you want in the other room now? Because he just came back from his meeting. I'm like, don't you you need to make a repair. You know, you need to you need to like actually acknowledge that it hurt me I need to I need to know that you fully understand the

consequences the impact of you saying that to me, are you doing that thing? Or me? You know, note me knowing that you're using pornography or whatever it is, right? When I can understand when I can We get that you really get what the impact was, I'll have a little bit more faith and try willing to extend little bits of trust, that you won't do it again that you want to avoid that. I'm going to open up the course so that you have access to all of that, feel free to send it to your partners. I use this with my 15 year old, I needed to make a repair with him. I needed to make a repair with him, I lost my temper, blew him off. And I had to sit him down and say, you know, I am so sorry, I apologize for what I just said. I can see that you're angry, and I have nothing to blame. But myself. I can't say I was too tired or, or whatever. Or that you because you did this, I was angry. I can't do that. Oh my gosh, did that change the relationship with my teenager. It built up some trust with you. I immediately saw him go when I said I see how angry you are. He went and he relaxed. And he paid attention and he listened. Sound good. That's good stuff. Good stuff. Module Four. I'm gonna as soon as I exit out of here, I'm going to change all that I'm going to remove the drip, you have access to it all you can look at it all. That way. If you need something, you can look through it. Message me I'm having this is the difficulty I'm having. I'll point you to a module go watch this video. But this module, the second week is all about how to bring the focus back to you. I give you this tool snap so that you can stop and respond versus react. And it's going to take a while it is not going to work the first time you try it. You may stumble. But try it. Fail forward. Don't Don't be like me in 2010 and go, I tried it doesn't work. You have to keep working. And reach out to me. I'm here for you over the next six weeks. Well now it's four weeks. I'm here for you. This is my life. Christie. Is this my life. Did we talk this weekend Christy? Will you give me a glowing recommendation please? Well, you can do with me.

**Christy 1:37:36**

She talked me off the ledge several times.

**Mary 1:37:43**

Yeah, is there a way that you can give an example of snap? You know, like they do something what you just stop, and you notice. And then you ask and then you pivot is that? Like,

**Pam B. 1:37:55**

I have a whole video on it.

**Mary 1:37:59**

I must have watched it last night. I'm just tired. I was just tired. Yeah,

**Pam B. 1:38:03**

um, I have an example with veterinary. I love my cat Milo 14 years has been through a lot with me. And he was he had to go stay at the vet. He was real sick. And he's never stayed at the vet before. So I'm a bag of nerves and sadness. And you know, seven year old Pam was there. And they the vet had told me told us that he was eating. And maybe if he saw if we came in and went into the room or the couches were in, they let them out. And if we could be with him, then maybe he would eat. So we drove a half an hour to the vet and I'm like, I want to see my low. I'm so worried because she's be like, he made I may not die. That was where it stood basically. So when I went into the vet, the vet tech said, but he's very difficult. He's very he's very mean. And he struggles so you're not gonna be able to take

them to the room. You're gonna have to go into the cage and just like talk to him through the cage. I'm like

1:39:12

that's that's your

**Tiffany** 1:39:13

snap. Moment.

**Mary** 1:39:17

So boy

**Pam B.** 1:39:21

Damn. To stop. It took a long time. I was so angry with this little I wanted to be with my kitty cat. I needed my kitty cat. He needed me. I really thought it was crucial to his recovery. That he see mom and dad you know, the kitty mama. And kitty mamas. My last Mama's Jeff and me were the kitty moms but I really had to use it. I'm like, I need I need to walk my talk right now. And I breed and I said When you tell me Well, first I, you know, I'm like, Okay, what do I need? What am I feeling? What am I thinking? I'm thinking all kinds of cognitive distortions about this one, but I didn't. I didn't judge. I'm thinking she's she, you know, she's, anyway, all my cognitive distortions, right? I was mind reading her what she was thinking, but I was acknowledging it. And I'm like, how would I feel? I feel sad. I feel worried. I feel scared. I feel grief, I'm already grieving the loss of this cat. Because, because the vet wasn't saying, Oh, he's gonna be fine. I'm already starting degree, right? He's fine. He's just laying on the bed. I just want you to know that. But that's when I used it, right? In a case like that I was so upset. And I've used it with my husband, or with my son, where there's conflict, like there's always conflict, right? Conflict in itself is not bad. But there's always going to be conflict. It's that kind of our conflicts don't define us. But how we resolve them beautifully. Now after 25 years of not, it does define us in a good way. So stopping and allowing my brain to have an interrupt, because old Pam's brain would have gone to get you man, I would have gone total. Karen, get the manager out here. I want to see your office manager. I want to talk to the vet because the vets the one that told us I would have been making a scene. Okay, that's, that's all Pam. I admit it. And that's the kind of situation where I needed to stop I needed to get off the merry go round. That I was part of and that she was part of she was driving it. Because she wasn't given. She was in the middle. On the merry go round. And so it gave me a chance to pause and stop and think about what am I different options to respond I don't have to respond immediately. I or react. I can stop and think alright. Well, my guardian angel tell me to do what would my recovery Fairy Godmother tell me to do? What would Sarah the first person in my first meeting that ever went to? What would she say? What would my therapist in that say? What would my friend Bren say what would you say? You know, it gave me an opportunity to do the interrupt. Neurologically breathe. Give my body some my brain oxygen. Does that make sense? If you have to watch the video more than once, right?

**Mary** 1:42:42

Yeah, I think I was watching it. 11 o'clock at night. I was really tired. So

**Pam B.** 1:42:46

were you hungry? Were you angry? Were you lonely? Are you tired? Yeah.

**Christy** 1:42:53

So what did you say to the vet tech? You can't leave his hanging. Oh,

**Pam B.** 1:42:59

what Jeff has his headphones on? He can't hear me. He's got this.

**Christy** 1:43:07

You say when you I feel?

**Pam B.** 1:43:10

No, because we don't have that kind of intimate relationship that she was a safe person for me to share my innermost feelings with. But I did say I had a convent, we had a conversation with a veterinarian who felt it was critical to his recovery. That he spent some time with us in that room and we'll get we'll we'll put him back in the cage. She was objecting to taking them out of the cage putting will put them in the cage. Right. So get but it was it ended up with being I want to speak to the veterinarian to clarify this, because maybe I understood misunderstood. But this is very critically important to me. And I just basically let her know I'm not giving up but I but because I calmed down. I think she was more open to me to you know, to going and getting the veterinarian for me and because if I look at my face is getting ready even just thinking about it. If all Pam would have blown my top, I would have gotten loud. I I used to go for Karen. I yeah, I was taught I had Italian friend in New Jersey who taught me how to how to go, how to be very assertive in retail. I've used it since that. And yeah, so I handled it differently. And not because of the outcome was different. The really great thing was I felt different. I felt in control. I felt like I took the high road. I felt like I used my tools and I did self care. And I did the the emotionally intelligent thing. I felt proud because I responded intelligently rather than just reacting. In it he's fine. He's he's never better He's back there behind the behind my green screen is the best. But you can use that when when you're somebody's you know, having drama. creating chaos creating a scene. It's just the most important thing is the interrupt. Hey, Pam. Yes, ma'am.

**Mary** 1:45:21

Um,

1:45:23

cuz I, I sent you a video I was at a message on Messenger help. I couldn't get into the site. Oh, I don't. I was like, it was literally like four o'clock in the morning my time so I have no idea what time it was a year and I clicked videos

**Pam B.** 1:45:39

and messenger because a lot of times they're spam, but go ahead.

1:45:44

Well anyways, I couldn't find the videos. So and then I was able to find some of them. So the snap video which modulars that sent to. That's until Okay, so I've only

**Pam B.** 1:45:58

that's yeah, that's available to you guys now.

1:46:02

Yeah, because I didn't do too because I thought we were just doing once. I mean, I barely get on one

**Pam B.** 1:46:07

stuff. And that's fine. That's okay. That's okay. Module One was available. But I'm going to take the hit for not communicating that very well, before our first meeting, Module One was available. So, because you guys actually had six weeks of me four weeks of this kind of thing, and then two weeks of momentum, where we can still talk about it. We do not have to be in any hurry. And we can be we can adjust to what everybody needs. But I believe

1:46:37

the Facebook page that we're supposed to be on, it's like, I went on it. And I'm not sure. Like, is it more than just us or it's other people?

**Pam B.** 1:46:48

No, it's just us. Let me I'm going to share this. So

**Christy** 1:46:54

I missed that.

1:46:56

I'm going to show you how I was in like a really bad I didn't get a chance to share. The only thing is I just wanted to say that I was in a really. I was in a really bad place last couple of days ago. And I just I was up at like four o'clock in the morning. And I went on my phone and I was just like, I need to talk to somebody. And I went on there but I was like obviously nobody was there. But I was just I didn't know which page I was supposed to be on. That one there. clarity and peace with boundaries and there's people out so that's why I'm saying it's

**Pam B.** 1:47:27

so here's all the members. This is everybody in this group. Christine Theresa Beatty, Ginger, Ginger messaged me and said that she's traveling with her son's sports team, and she wouldn't be able to attend live. But she would watch the video. So hi, ginger, if you're watching, Lisa. Tiffany. Hi. Rochelle hasn't been here yet. Mary. Okay, and those are the email addresses where I invited you guys to come. So it's just these people right here Ted members see this? Clarity, peaceful boundaries. And the link is also up here. In you ever get lost private Facebook group? Okay, here. Right there.

**Mary** 1:48:25

Oh, so Pam, no one. No one sees that we're on that group that we're on. Right? It's

**Pam B.** 1:48:29  
private. Oh, nice. I'm

**Mary** 1:48:31  
so glad you told me that because I was going to try to cancel because people know me and I didn't want I'm not famous or anything. But I'm like, in my community. I'm known. So I didn't want it. I was like, Oh, I gotta get out of that. Because everyone's on Facebook.

**Pam B.** 1:48:45  
You know what? Some of you may know, maybe Angela, you know, when I first started this group five years ago, I had a different name. I had a non diploma. I was with stereo Vera TAs. Yeah, you know me, right. And I used to remember you. Yeah. And then I only went public with my real name. Three years ago, this April, because I want to just start a group and I wanted to invite people coming to grips and I just thought I needed to be more authentic about that. But I totally get listen. The world doesn't understand this. world doesn't understand betrayal. Trauma, doesn't understand recovering from infidelity. It doesn't understand sex addiction. There's a very, you know, limited community of people. Thank God for the people that do and so totally understand not wanting other people to know or see because they don't get like we do. They don't do recovery like we do. They don't do the education so totally, totally get it and want to protect your privacy.

**Mary** 1:49:54  
And then the videos that you do who gets to watch those, just us

**Pam B.** 1:49:58  
the these videos of these Greetings. Yes, I have a Vimeo account a professional account with Vimeo, in every meet, every one of them is limited to my, my domain recovered peace.com. And I turn off the ability to download it. I'm sorry, you can't download it. But it's for your protection. Nobody else can see them. But anybody who logs into my website with your email address and your password, and I've done other groups, this is I think, the fifth cohort of this I started doing this last February, the other members of those cohorts can't see this or that Facebook group, okay. Okay. Just this little tribe right here.

**Mary** 1:50:44  
Okay, it feels more intimate.

**Pam B.** 1:50:48  
And at some point, I'm going to leave Facebook and go to a different thing called Mighty networks, because Facebook has no, they just, it's not their business model there don't support it. I would pay them for support when things go wrong on Facebook. But that's, you know, they're more into the whole VR goggles thing now, I guess, matter. But that's why I'm going to be moving off and some people don't want to be on Facebook anymore. Because all the distractions, all the other stuff and the privacy issues. So not this cohort, but a future cohort, I'm probably going to move over to mighty networks for that reason,

1:51:25

when you move over to that, and is that going to be something like we're going to still be able to follow you like, oh, be part of

**Pam B.** 1:51:30

a while make sure you can follow me. I am all about making sure people,

1:51:36

anywhere, Pam.

**Pam B.** 1:51:39

That's part of my job. I mean, that's my other job before I started doing all this. I'm a web designer, web marketer, email marketing, social media marketing. But it's so different for this demographic. Because people don't want to engage publicly. They don't want to engage on a public post, or a public video. I don't blame you. So my job is to get people into my private Facebook group. So they can see how great my content is. And you should tell your friends

1:52:16

what you should do a TED talk. Oh, I love those. I've learned you know, I have to say when all of my D Day came out, almost three years ago, the very first video I saw was a TED talk on this. Thank God right. Paula Hall. I don't know if you ever heard of her? Probably. Ha ha. And she I sent it to my friend that was so mad. Like I can't believe he did this to you. And but it puts into perspective that that is an addiction. Because you just can't believe Paula. Paula Hall Well, okay. I'm gonna look at that. And she's, she's British. And this is all she does. Like she's a therapist for sex

**Pam B.** 1:53:09

addicts. There's, there's a lot of people out there and tons tons there is there is now when I first started dealing with this, there was nothing.

1:53:20

So Well, thank you for being here because we like you.

**Pam B.** 1:53:27

They like me, they really? Thank you. Yeah. And so your job is when you're done with this if you're happy with me to tell all your friends in the recovery world that you know. And if you're not happy with me, tell me so I can grow. Yeah, okay, I've kept you long enough. I can talk less

**Mary** 1:53:53

Yeah, I have one more question. I just I just filed for divorce today. Is there anything that you recommend that I listened to or you know you guys are talking about TED talks or anything like that up

**Pam B.** 1:54:06

Galen? Emerson. She just changed her name though. She's this woman is just sued does she need to how I gotta find her. She changed her name because she's going back just reclaiming her authenticity. I

got a let me find her name. She wrote women Ever After is her domain I think women ever after let me make sure women ever after.com Yes, women ever after.com This lady this woman. She is a gift to the world. She is a betrayed spouse. Her husband was diagnosed with sexual addiction and He was in recovery and he was even I think becoming a therapist and dropped a bombshell on her. She thought everything was fine and right. Oh, we're going together recovery came and dropped a bombshell on her and said, We're divorcing. And she is such a great writer and such a great speaker. She is a student of Heather Platt. Heather Platt is an author of a book called Holding space. I think that's the name of Heather. I'm going to tell you another story. Yeah, Heather Platt, Heather, P L. e. T. t.com. The art of holding space. And the art of holding space, is holding somebody else's emotions and listening to them without fixing, without trying to reframe. Just saying, Oh, God, that sucks, right? We don't do that in our culture. And so Galen is a student of her has taken Heather uplifts workshops, and I'm on Heather Platts email list, and there's just not enough time for all the education I want to do. Here's my little story. Don't worry Zenko. Anybody know that author. From the 80s and 90s. She's written a couple of books she caught, she wrote a book called woman's book of life. And I was listening to the audiobook, and it was in the 90s. And she talked about the different stages that we go through as women. Medically even like from age zero to seven, your focus is this from seven to 14, your focus is this, and you go through your childbearing years, but when you get to my age, your crown years. And this is the part that I remember that she talks about, you may forget. She says your storytelling years, you may forget proper nouns, like to I forget the names, and then that you remember the essence of the story. Oh, I love it. So I'm at the age where I forget the proper nouns. But I do remember the essence of the story, which is the most important thing anyway. That's why I forget names. I am going to post the video. At least you might really be interested in this too, from Bob Hamp. I'll post a short and then link to the full version training that is I think it's out on YouTube or Facebook and teachers training for therapists and pastors and how to recognize abuse. And that dynamic. I'm gonna look for Pamela Ha ha ha. TED Talk. And I'm gonna look up the song. Flowers. And Miley Cyrus.

1:57:52

Oh, I love that song. Look it up. Yes,

**Pam B.** 1:57:57

it is. Okay, I'm here. Yes.

**Christy** 1:58:03

Can I mention a book? Yes. I don't know if any of you have read. [redacted]. Oh, I heard about.

1:58:12

Yeah, I've heard of it. I didn't read it. But I've heard of it. You don't like it? No, no, no, I've heard of it. But I didn't read it.

**Christy** 1:58:20

No, I mean, Pam space. I'm just Oh. Oh.

1:58:27

One book I didn't really read. I had to do the audio because it was I thought it was very hard to read was Body Keeps the Score?

**Pam B.** 1:58:37

Oh, yeah.

1:58:39

I mean, that is like incredible. Because it brings you back to thinking about all your childhood and stuff that's kind of still carrying you're carrying

**Pam B.** 1:58:49

it. We do we carry it in our bodies, we carry trauma, and all of our experiences in our in our in our bodies. And that's not just you know, airy fairy psychologic Psych. It's not just psychological. It's physiological. It's neurological.

**Christy** 1:59:04

But that that's a hard read. That's a hard that's a deep book. It is. The reason I mentioned [redacted] being alive. i She's kind of crass. But what I liked about it was it was very eye opening to me about it's almost like someone shaking you and saying, oh my gosh, wake up like because I think I have a lot of a lot of things I think things are my fault or I'm not clear about things because of living with someone you know, who constantly blames and so for me, it was just it kind of put it in my face like oh, yeah, that is really wrong. Oh, yeah, that was terrible. He did that. You know.

**Pam B.** 1:59:43

Does she take you to the next step of what to do with it? Does she list I don't

**Christy** 1:59:47

remember I've read so many books. I don't really remember the leaves but it was it was helpful for me in that

**Pam B.** 1:59:52

she the here's why I made a face. I there's certain organizations that I will not recommend and I will will not post in my own group and that's one of them. I don't like the toxic nature. And the the anger is appropriate. It's absolutely appropriate. Dr. Barber Steffens upsets everybody Dr. Jake Porter everybody we all acknowledge it's that deception and betrayal is abuse we all have an absolute right it's appropriate to be angry. The problem I have with like [redacted] and their disinformation have a lot of disinformation on [redacted]. Please don't share this stuff to have them come, don't log in and have them come in and I don't want to get sued. [redacted] I can't do the crass, I don't need the crass, I'm past that I just, I have no patience for that. Yes, acknowledge the anger but takes take us to the next step. move us give us hope give us encouragement on what to do with that. The problem I have is that she leaves everybody there. And I think it's to me it's kind of grifting it's kind of taking advantage of people who are in abusive situation and playing on their emotions. And not that this happened to you or to other people but some people maybe left there think that that's all there is and so the only thing I can do is just leave a cheater I have a problem. Oh, yeah, I

**Christy** 2:01:23

didn't get that issue with [redacted]

**Pam B.** 2:01:26

No, I don't think oh, okay, but it's

**Christy** 2:01:30

[redacted] is very negative. I agree. I just there were there was a lot I got out of her book. I just felt like but but I don't you're I'm sure you're right. It might leave you hanging. I don't know.

**Pam B.** 2:01:39

That's just my personal opinion. I don't demand or ask anybody share my opinion, but I'm authentic.

2:01:49

What's been [redacted]

**Pam B.** 2:01:54

[redacted]

2:01:58

Sorry, [redacted]. Right.

**Pam B.** 2:02:00

[redacted] stands for [redacted]. And there there's some misinformation there about trauma. misinformation about what codependency actually is. We should never accept a diagnosis of codependency we should be treated by professionals for trauma, betrayal, trauma, I just happen to also be codependent have a codependent history. I have codependent behaviors, okay. But there's when you're in this world long enough. You you learn some things and you learn about people and you see some trends and you learn what's information, what's disinformation, and you form an opinion what can I tell you [redacted] does a good job of, of giving people some resources if they're an abusive, excuse me, an abusive relationship where there is just out and out abuse.

**Pam B.** 2:03:16

**Pam B.** 2:03:17

And I'm just going to tell you unrecovered sexual addiction and ongoing betrayal and deception is abuse. It absolutely is abuse. But she also her site also deals with non porn addiction, sex addiction abuse, just you know, narcissistic abuse. But there is some misinformation on that side that's medically disinformation. And they let lay people rights write articles that aren't anywhere true and they're very bitter and very negative and name calling and labeling and I'm just not into that I, you know, I can acknowledge that this is this is wounding. Again, I don't want to focus on its abuses what they do. We were victimized, but we're not victims. We were absolutely victimized by deception. We became victims

of the deception right. But we aren't victims. If you're here in this group, and you're taking action on your recovery, you're not a victim. If you're looking for information on how to solve these problems, that's not victim behavior.

**Pam B.** 2:04:42

I could go on and on. Just that myself. Yeah, I'm

**Mary** 2:04:46

in [redacted] and I realized in [redacted] that, no, don't worry, nothing. I'm actually this is gonna be the last month but [redacted] helped me realize that I'm being emotionally abused, like I'm in that abuse cycle that they talked about, you know that they're just like, oh, the whole cycle, you know, the love bombing and the, you know, like that happens in my life to a tee and that book that they wrote it just, you know, and my husband or your husband's

**Pam B.** 2:05:18

not his he doesn't want to do recovery.

**Mary** 2:05:20

He says he's in recovery, we went to [redacted] and we did an intensive. And then after [redacted], he came he still in that [redacted] group once a week. And the step whatever the 12 steps, and he's in Step nine, and he's had four relapses, just in this last year, but he's continuously blaming me gaslighting, manipulating, hurting me distancing, then he has this picture of he's also a drug addict. So he will do this picture thing with me and make me be like a bad psycho woman so she can go and do you know, his masturbation, his drugs, his porn. And

**Pam B.** 2:06:03

can I say I'm so sorry. I'm so sorry. Thank you. Yeah. And I don't recommend [redacted] to anybody.

**Mary** 2:06:11

Yeah, he's gotten some bad stuff. We've gotten to the I don't even know what the good stuff is anymore. That's why I'm like I'm done. I can't do this. After two years.

**Pam B.** 2:06:20

You can't Yeah, he does. Hold guys. He doesn't hold guys responsible in 12 Step is a therapy isn't therapeutic. And they do a lot of victim blaming of the of the betrayed spouses. Did I sit there to [redacted] yes, there's Rob why there's a bunch of them but there's [redacted] in the recovery community. I don't recommend him either. Because just because we you're getting the real me. I don't say these things in public. I'm saying them to you because I'm trusting you ladies. Okay. [redacted]. Is says that fetishism and objectification of people like bondage BDSM is okay. And to me, that's objectification of a human being I'm not, you know, I'm not going to debate over whether that's healthy or not. "Power exchanges", please. I'm a web developer. I did a website. I used to do websites for adult websites. And I used to like snicker. I've like, Okay, I'm taking the money. But then this happened. And my faith deepened, and I went, I'm not doing that stuff anymore. I'm not being part of that. And so I don't recommend, listen, there are people from all walks of life that need recovery, and people are into

that need recovery. I'm not going to judge. It's not for me. I don't recommend it. Because I don't want to put any energy towards it. That's [redacted] He's written a great book pro dependence, right, that says, Why are we shaming women who stay with addicted people? Right. It's the anti codependent thing. And then there's [redacted] who is a recovering sex addict. And

**Mary** 2:08:18

that's the one we went to.

**Pam B.** 2:08:19

Yeah. Yeah. I've had a lot of complaints from women. He believes that he teaches that men in order to have in order for men to feel emotionally connected, they have to have sex. Yeah. And so teachers that if it this whole intimacy anorexia is a thing that we experience. We experience deprivation, emotionally, right. But I think it goes hand in hand with addiction. He said, I created this whole thing. I discovered intimacy anorexia. No. And he uses 12 Step, which I love to offset. I absolutely love toss up. I think babies should have the 12 steps pinned to their blankets before they leave the hospital. It is not therapy. It's not therapeutic. It supports recovery. It is not recovery. It doesn't dig into the whys and the wherefores, and it's sort of pathologizing his emotions as character defects. Hey, anger is not a character defect. Rage, you know, whatever, how you acted out. But why [redacted] wants to use 12 step and this is why guys don't move forward and says things like women, you must make a sex contract with your husband. I had a woman i i was so upset. Because a woman messaged me saying I have the sex contract. I'm supposed to have sex but my husband's gaslighting me like you don't have to. She's like, No, I need a doctor's note. Under this contract, I have to get a doctor's note. No way in hell. I wrote under Wisteria. I wonder I went and wrote this whole thing about how evil sex contracts are. Another woman last week said, Pam, I'm so upset. I don't know if it's me. But my husband came home from his dog Weis group and said, We're supposed to have sex with our eyes open. And she's like, why am I having a problem with this? Just I'm like, what is his 12 Step group? What? Why is his [redacted] group getting into your sex life? That group is supposed to be helping him? Do his recoveries and his deal with his stuff? Why are they getting their fingers? And she's like, Yeah, she was I kind of just like when he used to say, you know, Hey, I saw this important. Can we do this? Now, having sex with your eyes open can be a very beautiful. I'm sure it's just such an intensely connecting experience, but to a woman who doesn't feel emotionally safe yet. Right? To say your recovery people came? So this is recovery I have to do for you. Yeah, that's why Yeah.

**Mary** 2:11:09

Well, what recovery program do you recommend for these guys?

**Pam B.** 2:11:14

I'm a certified sex addiction therapist. And and that's the process that's important is for therapeutic disclosure, with a therapist, gets them out of denial, right gets them a chance to be honest with somebody. They experience honesty. And that whole that whole process of the full therapeutic disclosure, you riding him back and in reading him your losses letter. And then he writes you back and amends letter, basically that six step repair, right, this is like, I see you, I hear you I see the damage I've done. Here's what I'm going to do. He can you can show you his relapse prevention plan, they should have a written relapse prevention plan. And Dr. Jake Porter, a couple centered recovery based in

neurobiological attachment. And what is secure attachment? What are your different attachment styles? How do you flex to each other? How do you help each other feel safe, and I'm giving you basically the whole, like, fourth module here. This is what we're all shooting for. If we're staying together, two people come together as a dyad. Two people create one thing and we both agree that what's good for this one thing is good for me personally. And we agree on two things, two values that I tell we tell each other everything. We tell each other everything. If if I if I lost my job, I you hear it from me first. I don't read it on Facebook. If if the test came back negative, I hear it from you. I don't hear it from your mother. Right? Not Hey, I sat down at my at my desk and I moved this paper here you things that are important. We tell each other everything. I got an email from a past acting out partner, I'm telling you, right, okay. And the other value is what's good for the relationship is good for me personally. And I always show up to support to protect and support the relationship we build walls around the relationship. We don't open doors and windows really good book, not just friends surely glass. We don't open doors and windows into the relationship from other people. Like I don't talk to men about my complaints about my husband. He doesn't have conversate intimate conversations with his with with with another woman about his relationship with his son, right? You don't open doors and windows, and I show up in every conversation to protect the relationship over my need to be right. I choose my relationship over my need to be right. I choose this relationship over my addiction. I choose this relationship and your safety over my need to not look like the bad guy. So those sound like good relationship goals.

**Christy** 2:14:16

Hey, Pam, what do you think about seven pillars? Love it.

**Pam B.** 2:14:20

Jeff did it. But he was he was he had a CSAT led therapist group

**Christy** 2:14:27

right? No, I don't mean him replacement of therapy. I just Oh,

**Pam B.** 2:14:31

well well, but it's here's where I'm going with that. I used to lead betrayal and beyond group which is same company pure desire, right? If it's if it's layperson led it's just like a 12 step. I did a whole video on groups and 12 step when your your your peer led group is only as healthy as the person with the most recovery. And so peer led groups can be unhealthy And they get into group thing, can they, you know, they get into their little, you know, group mindset. They may not hold each other accountable. But the content is good, it's trauma informed. They're always trying to develop. They're always trying to stay current

2:15:31

I have to go my phone's gonna die. To saying that I found that I couldn't get my computer to work and I'm on this, though.

**Pam B.** 2:15:43

Okay, module two. Okay, peace out, girl. Let's see. Anything else, ladies? Surely somebody needs a bio break by? Do you get me going?

**Tiffany** 2:15:55

This was great. I am so thrilled to be here. Honestly. You're amazing. Panama already. I feel so much hope for myself to learn and grow and progress. So thank you.

**Pam B.** 2:16:11

You're welcome. And thank you for being here. You, I thank you all, all of you are part of my recovery, too. Every time you show up here, you are putting another nail in my recovery in a good way, right? You're helping me stay solid, and you're helping me grow as a person. That's why I'm saying I've got an open door for critique. I have here's another one validate first, you can't see probably, this is an old one. Because I'm such a fixer. And I'm like, I got a book for that. I got a podcast for that. Don't read that book. Sorry. Validate the emotions first. Has to suck. Oh, that makes so much sense. We need to be validated emotionally. And I jumped to the I'm always like, well, of course they know. I get it. And that I see. Right? No, I have to remember to validate first. So you guys helped me improve. So that's an open invitation to everybody.

**Mary** 2:17:17

Thank you for that. I just realized that I haven't even grieved because I've been in like this turmoil ever since the first day. You know, it was like, it was all about him and what program he was going to do. And you know, it was just like, yeah, then that's why I joined [redacted] six months ago. And when I when they joined [redacted] I know they're very negative, and almost every person's getting a divorce. They were not a deciding factor for me, but it was it was an eye opener to see really the abuse cycle that I was in and I don't know if that has to do with addiction that everyone's in it, but I'm just in it like I'm chasing my own tail. He's he has had me running

2:18:06

in the hamster wheel for

**Mary** 2:18:08

years.

**Pam B.** 2:18:09

This is the problem with early with, you know, from like, 2000 I don't know whatever Patrick Carnes wrote his first books to 2010 Is anyone still like his wife's model? It's very attic centered. Everybody has to vote Yeah. Yay for the audit. Look at them. They're doing their work right? Oh, come on. Everybody comment has to support the addicted person and so the betrayed wife with trauma. Right we also have our trauma and stuff. There very little attention. This is why I won't refer and just all the whole sex contract and and all that. But if I had stayed with [redacted] because I also want to be Jefferson. I'd be divorced. I'd be divorced, because I'd have absolutely no hope that you could recover. And I wouldn't have learned the right boundaries. He thanked me. He thanked me in the early days almost every day. Thank you for setting boundaries for me of consistent recovery. Because I'm seeing now that this is much easier for me this is I don't have to go through life so resentful, and so stressed all the time and I have tools now and sometimes it's sex addiction very sometimes it's not. Sometimes it's who knows what it could be. I'm not a professional like Lisa is but you know, there's narcissistic personality disorder

antisocial personality disorder, there's clusters, there's who knows it doesn't matter. What matters is can you change your behavior? Can you become a safe person? If not, love you will pray for You gotta go. I gotta get out of the Mack truck that you are out of the path of the Mack truck that you are.

**Mary** 2:19:50

You recommend center for peace.

**Pam B.** 2:19:53

Um, I I'm only peripherally familiar with some of those folks. I know the folks that run it are really good people. They're also abuse recovery. Yeah. Grief is absolutely part of this journey. All Trauma Recovery is safety and stability grieving, which means you got a really you got an inventory losses letter. So even if you're getting divorced, I encourage you to do the losses letter for yourself at all the different dimensions Financial Times self esteem, cognitively what I lost all the losses, because we got to grieve it and that's a big, big hairy ball, right? And then the third phase is reconnection. With your gut with other people. The grieving is absolutely with yourselves. Yeah. connection with yourself. Absolutely. All trauma victims, all trauma survivors. It happens to a soldier coming back from war, they lose their identity, they lose who they think they are. It's terrible to lose yourself. It's terrible. This is why we need community. And thank you for being here for each other ladies. Please come even if you don't feel like coming and just sit and watch, okay? Because just your face being here and nodding. And you know, when we clap for each other, you're helping somebody else by showing up.

2:21:32

So okay,

**Pam B.** 2:21:38

I have bet your ear long enough. If you have more next week. I'll bend your next week to you can go listen to me bend your ear in the videos. Okay, this next week is all about us, honoring us, honoring our journey of who we were before and what we lost and who we're becoming and how we get to put it together according to our values, not society's values.

2:22:12

Okay, ladies, thank you.

**Pam B.** 2:22:16

I'll see you next time. Bye. Reach out during in between if you need me. Okay, thank you so much. Bye bye bye