

Monday Night Clarity and Peace with Boundaries

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SPEAKERS

Pam B.



Pam B. 00:02

All right, welcome. It is Monday, January 15. Welcome to clarity and peace with boundaries. I wish you all clarity, I wish you all peace with boundaries. I am extremely passionate about boundaries. When I first learned that I had to learn more about boundaries, I thought they were just for the first stage of recovery from betrayal. And as I got into it, it started getting frustrated. It as we progressed through our recovery in my personal recovery, I learned that boundaries weren't temporary. They weren't something that I just did for a little bit. I learned the hard way. Because I allowed them to be temporary. And as I started coaching, I learned the same thing, the same conversation started coming up. And there's different phases of recovery of trauma recovery. The first phase is safety and stability. I'm going to go through here, safety and stability, safety from continuing injury, safety with boundaries, stability of emotions, triggers emotional management, that's the first phase, we've got to have safety and stability to go into the next phase is which is the biggest one, you're not going to be surprised when I tell you it's the longest one it's grieving. And this applies to anyone who's experiencing trauma, whether it's a soldier coming back from war, that's the classic one we know, right? PTSD, whether it's a soldier coming back from war, whether it's a victim of a really major horrific car accident, or someone a victim of a violent crime, are some of the more subtle, little tease, maybe illnesses or prolonged COVID Young covert abuse. So this applies to everyone, including betrayal, trauma, and then the third phase is reconnection. So we've got safety and stability, we need safety and stability and the luxury of a calm brain to attend to our grief and our mourning and are counting our losses and making new meaning integrating those losses into our life. And then the third stage is finally reconnecting with our gut with our intuition with ourselves with our personality. And then in or maybe connecting with our partner if we're still in a relationship, and connecting with outside world. I know that I disconnected from the outside world because of my betrayal included all kinds of people and my betrayal spilled over into my family, where my sister is a problematic person to accused me of some horrific things, and my sister betrayed me. So the whole world became a very unsafe place for me. And so reconnecting also not just myself and my partner, but with the outside world. And then the fourth stage you don't hear about is post traumatic growth, which I do believe I'm experiencing in my husband is experiencing. So those are sort of the basic stages of all trauma. Dr. Barbara Stephens in her book, your sexually addicted spouse, which is the name is misleading. The book is really about you, and about the betrayed. And she is the one who opened up the eyes.

Still trying to open up the eyes of providers who labeled us as neurotic or codependent or too needy or some personality disorder, or bipolar, right? No, she said these women are not don't have a defect. These women are experiencing trauma and they're experiencing PTSD, fortunately, can be traded. And that recovery is possible from trauma. There's things that we can do, thank goodness. And so she went on to found AP SATs, which is trying to steal trying to educate navigate for all of us as the betrayed partner and the kinds of risk regard and treatment and therapy and coaching that people like you and I need. Okay, versus what I experienced over 30 years of mistreatment misdiagnosis re traumatizing me with treatment induced trauma. Okay, so that really does happen. And that's why I wanted to create a boundaries course, which is education because so much of my own recovery I learned in recovery is learning new skills, learning new insights, learning to understand trauma and addiction. You know, depending on what, what, where the trauma came from and helping people understand these new paradigms and how powerful boundaries can be. And when I started really learning boundaries and applying them in my own relationship, I started applying them with my son, I started applying them with people in my web design, marketing work, and that kind of work that I was doing, and just started applying them everywhere. And I, I was amazed and encouraged, and uplifted and empowered when I started using boundaries in all places in my life. So I will also say that my husband, who is in a good recovery, thanked me profusely in his early recovery, for setting boundaries. Because sex addiction is a disease of no boundaries. Okay, so they're learning boundaries, too. So it's good for us to model boundaries for ourselves, for ourselves to hear, hear us and see ourselves and feel us ourselves implementing boundaries and enforcing boundaries. It's good if we have kids, or anybody younger people around us see us doing it, good for our partner to see it good for family members to see it. And to just model it I often say we are culture, English speaking culture is really bad at empathy. And it's really bad at boundaries. And so let's go out and change the world. Hopefully, y'all have watched the the introductory videos that kind of introduced me, and some of the the boundaries for our group, did everybody get to watch? The housekeeping? Okay. Basically, this is a therapy, right? This is this isn't therapy. I'm not a therapist, I'm a coach. This is a skills group. There's lots of different betrayal, trauma recovery groups that you can join different types. Some of them are processing groups, where you go, and everybody is, is taught and coached, how to listen to each other stories, right. But we have, but it's a really controlled boundary and environment. That is really more therapeutic. So there's, there's groups out there that you can join like that. This group is for learning some of the new skills, okay. But I also I bring in my app sets training, I bring in my door of hope training, I bring in my training that I've had with Dr. Jake Porter and couples centered recovery. And whether or not you are with your partner, whether you don't know if you're going to stay with your partner doesn't matter. This information will validate you, the couple related stuff will validate you will set you up for success for any future relationships you might have. But it'll validate also your need for safety, that you're not crazy. It'll give you language, I think around some of the boundaries that in requests that you want to make with any partner you might have. And also um IRCAM training early couples early recovery, a couples empathy model with Dr. Carol sheets, I'm very grateful for that training. So I try to bring all of that in to meet you where you are. So we're gonna do a little grounding exercise before we start, and I'm going to interview you guys, I'm going to ask you guys some questions. This is more of a you know, just sort of like get to know you kind of session. Okay, but this is a heavy subject. Okay. And so G module one is all about you. And it's all about you being able to get focused back on you. And to remember what it is you're protecting with boundaries that you have a right to protect yourself with boundaries, that you have beautiful values and rights, and to be able to bring the focus back to you is very, very powerful. So if you will, if you feel comfortable doing so if you could put both your feet flat on the floor. This is something really common that we do in betrayal, trauma recovery, the any trauma recovery, the ability to ground, okay, so take a nice deep

cleansing breath and let it out real slow. If you want extra credit polyvagal theory to activate the vagal nerve if you go ah on the outbreath oh you to activate a nerve in there that sends more relaxation through the entire body.

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Pam B. 09:48

And if you could place your awareness at your feet and feel the ground underneath your feet, wiggle your toes a little bit know that that ground that floor that ground is solid underneath of you It's not moving. It's not going anywhere. Feel it. Feel your toes and your feet either in your shoes or on the floor. Continue to breathe really slow, intentional. Take your time.

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Pam B. 10:16

Bring your awareness up through your calves. And just stop there for a minute and feel your calves

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Pam B. 10:24

feel how they feel? Do they feel hot? Do they feel called? Do they feel tense? Do they feel relaxed? Now bring your awareness up through your thighs and feel your thighs sitting on your chair. Sitting wherever you're sitting. Feel what they're feeling. Do they feel hot? Do they feel cold? Are they relaxed, don't try to change what you're feeling. Just notice what you're feeling. Don't judge what you're feeling. Don't say Oh, I should be relaxed. I should be this. Just notice what you're feeling. Then bring your awareness up into your belly. This is our gut. This is where our intuition is. This is our biggest lie detector. Feel your belly moving out and in with your breaths in and out. Just let your awareness focus there for a minute and actually feel your stomach moving in and out as you breathe.

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Pam B. 11:32

Then go ahead and bring your awareness up through your chest. And stop there for a minute. feel what it feels like. Is it tense? Is it relaxed? Is it hot? Is it cold. Feel what that feels like as you breathe. Then bring your awareness up into your shoulders. We all carry tension on our shoulders. Go ahead and put your shoulders up and shrug and just let them drop. Just let those shoulders drop. Then bring your awareness up through your jaws feel what it feels like there's tense isn't relaxed. Is it solid? Is it shaky? What do you feel there? Just notice what you feel. Then up into your forehead, maybe bring your eyebrows up and down. What do you feel there? Does it feel tense? Does it feel relaxed. Continue to breathe. And now we're gonna go back down. Go back down through your jaw, through your shoulder area. Through your chest area. feel what it feels like there, pay attention. Your body wants to talk to us wants to send us messages. Bring your awareness back down through your gut. linger there for a moment. Make friends with your belly with your gut. So much truth comes from there. We're going to learn to interpret what it's telling us. Down through your thighs back down through your calves and down to your feet again, and continue to breathe normally. Take one big last cleansing breath and let it out. Let me hear ya Oh

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Pam B. 13:26

I needed that. I needed that today. So an interesting thing about the brain. It cannot sense the body and engage the senses and feel real strong emotions at the same time.

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Pam B. 13:48

Okay, so I want to do a little bit of education on betrayal trauma brain does every cuckoo does everybody know the difference between the amygdala and the prefrontal cortex? Does anybody here not know? Okay, so we do a little, you know, education like this because the the amygdala, which is the state of the trauma, right, where all the trauma is experienced and where the PTSD is, is ignited is a little teeny tiny gland in the middle of our head, right? I'm oversimplifying, of course, right? This little gland can't do math. It feels emotions. It senses danger. Its entire job is to keep us not dead. Its job is to warn us of of danger. Sometimes it gets it wrong. Okay, and sometimes it gets over activated. Like in trauma. It gets stuck on ringing the alarm bell. When that happens. I do normally what happens when we're not in trauma is this little gland talks to this part of our brain right here the prefrontal cortex, the prefrontal cortex is executive functioning like math, and division and sequencing of events. If I do this, this will happen. If I put my hand and I put my hand on the hot stove, my my hand will get burned, right? That happens up in here. It's also the set of values, morals, ethics principles, right. And so when this little guy here, the amygdala is, is on all the time, it candy caps, this part of our brain. And so when we are in trauma, when we're having a trigger, this little guy here doesn't know the difference between past, present and future. It can't sequence it can't do math, it doesn't understand the calendar. All it knows is Danger Danger, right now. And so when we're in a trigger, we feel like the thing that hurt us and caused us our trauma is happening in that moment. That makes sense. And so when that happens, our prefrontal cortex is handicapped, we still have it, but it can't do as good of a job. You normally when you're walking through a forest, and you come across this long brown thing, immediately amygdala goes snake. And we go, oh, and we get ready to run and our adrenaline fires up. Because you know, that's, that's its job, its job to get us ready to run really fast, or to grab something and fight, right? So it's either flight or pick up a big stick and hit it right or fight. The prefrontal cortex then jumps in and goes, Wait a minute, is it moving? What color is it? Does it have a head? Does it have a mouth, right? And so the prefrontal cortex comes in and goes amygdala, just hold on a minute, you're calm down, take a breather, it's just a, it's just a stick, it's not a snake. And so the amygdala goes up. Okay, relax, fire drills over, right. But when we're in our trauma brain, this guy is in charge. But the beautiful thing is, is we can do things to hack our brain to make this part of our brain work. And to steal blood flow energy away from the amygdala. And because trauma can change the structure of our brain, the more we do that, the more we can encourage our brain to do what's called Oh, God, I hate being this age, I forget nouns and words. neuroplasticity, because of neuroplasticity, our brains can change. And it's not they've come to know it's not exactly heal, we don't go back to our original state. But neuroplasticity means our brain can build new wiring. Like bionic brands, we can wire our brains better than they were before. So the more we engage the prefrontal cortex, the the more impactful, the work we do to recover from betrayal trauma will be will be more impactful. So that makes sense. Any questions on that? Okay, good. And I fully understand, and this is why I have the video in there about learning brain and trauma brain, okay. So you have lifetime access to this content. But here's what I want to say you're gonna get out of it, what you bring to it. Some of us, we're going to be in all different places, some of us are going to be right off the heels of a discovery, and deeply in trauma brain and some of us are going to be a little bit

further along. I don't want you to not show up for these meetings if you haven't done the worksheets, okay, you have lifetime access to it. I know people that have I've been doing this this course for like two years now people have come back a year and a half later and said to me, okay, now I'm ready to actually do the worksheets. And I remind them, you have access to the course here's your login, right? Go back and do the videos, right? So please show up for the meetings. It's so important. I don't allow venting in my Facebook group. Because neural neurologically room. That's rumination, just venting out right? venting out and staying stuck in the problem. When we're in, in groups like this, and whether you do it this group or another group, being able to express yourself and see other people going. It changes you. It changes neurological changes happen when you're when you're interacting and expressing right and it moves us from one place to another So it's so important that you come to these meetings because we want to talk and we want to get to know you. And being able to see that you're not alone, that you're not the only one that has these thoughts or these feelings or emotions is so important, because isolation is the worst. And I don't know if you belong to other groups. But coming to group is important, and you have lifetime access to the content. That's what I want to say. So Module One is all about you. When I did discovery for this course, I took a course on how to do a course right. And I wonder that my tasks and my education was, you have to go out and you have to validate that your idea for a course, people really want it. And so I talked to about 20 women, I asked for volunteers from the Facebook group. And I took two or three weeks, and I talked to about 20 Different women, it was wonderful educational experience. I thought that the place to start teaching boundaries is here's how you say a boundary. Here's how you enforce a boundary, right? But no women said to me, no, because one of the questions I was supposed to ask is, what's the first thing I should teach? Overwhelmingly, they kept saying, remind me what I'm what I'm protecting with boundaries. I've lost myself, I've lost my self esteem. I don't feel like I have the some part of me even though logically, I know I have a right to set and enforce a boundary. I have trouble with that I some voice inside my head says you shouldn't do this, or you remind me that I have the right to set boundaries, and what it is I'm protecting, and I went, Wow, that makes so much sense. So that's why Module One is all about you. Why betrayal, trauma, creates hyper vigilance on him. He's not safe. That's trauma. It's trauma, right? Trauma brains gone. What was that? Where's his eyes? What was that sigh? Up, he got up really quickly. What was that all about? Oh, he's wearing that shirt. What does that mean? Right? Right. Right. Okay. Is there any power there? No, there is absolutely no power in hyper focusing on every little move he makes, okay? Because that's not gonna have any power. Our brain is going to say, Well, you got to watch. And this is a trauma response, even as children, right? Children learn this from an early age, if they grew up in a home where there's any lack of safety, they learn to become very hyper vigilant on people's facial expressions and make, you know, then they become empaths. Right? I've got to know exactly what everybody's thinking and feeling so that I can respond in a way that keeps myself safe. And on the plantation, right on the reservation. But there is absolutely no power in hyper focusing on her partner. And it's just not. And bringing that focus back to me instead of what is he thinking, What is he feeling? What's he going to do? It is so much more valuable to say what am I thinking? What am I feeling? What am I can do? That makes sense? I know it makes sense logically. I know some of you still may be gone year, but okay. The more you do this, the more you will believe it. Which brings me to my next request. Do something different. Do something different? I went I've had multiple discoveries and multiple recoveries, right? I went to therapy with the CSET really good sees that woman. I went to meetings. I did the books, I worked my recovery, I would did the workbooks. I watched the videos, I read books, and I think I just expected that whenever something would happen. Or if I you know, if there was any conflict with my partner, or if I felt a boundary was being broken, that I just show up differently. While I'm reading all this stuff, I'm just going to be different. It doesn't work that way. It doesn't work that way. You have to do something different. You have to break the neurological bonds in your

own brain that says when he says this, I always do that. Or when that person breaks a boundary. I always respond this way. Somewhere back in your past, maybe that kept you safe. Or maybe it got a result that you want it but you're here because what you've been doing isn't working. And I'm here to ask you to do something different. I give you something called Snap on Asking you to use snap. I'm asking you when you feel dysregulated the focus on you and to stop. Notice what's happening with you like we just did. And that body check in, ask a ask yourself some questions. What am I think? What am I feeling? Am I feeling sad? Am I scared? Am I angry? What do I need? And how can I pivot to something different? It requires us to slow down to stop, get off the merry go round, and look to our tools, and do something different. Don't be like me. Don't think just because you're reading and listening and doing all these things, that you're just going to show up differently. It takes intention. And I can give you some tools on some really good ways to reinforce that as we go through the course. Right. So I've talked a lot now it's your turn to talk. I'm going to pick on each one of you. And I'm going to ask you some questions. I'm going to ask you, where are you from? Geographically, I'm going to ask you to share your last due date, but I'm going to ask you not to share details about it. Okay. We get it. We get how bad it is. We get how bad betrayal and betrayal trauma as we don't need the details, right? It's bad enough just knowing you've been betrayed. We get it. I could sit here and tell you stories and make your hair curl. You don't want to know trust me, you know, I've been hurt. You know, I've been devastated. You know, I've had PTSD. Okay. So I'm going to ask you when your last few day was, I'm going to ask you do you prefer? Do you prefer it? This is funny now for all the weather that we're having in our in our country right now. Would you prefer to be on a hot beach with a cold drink? Or would you prefer to be up like on a mountaintop on a snowy mountaintop in a ski lodge? Right? With a hot beverage in front of a hot fire? Right? So I'm going to ask you that. And I'm also going to ask you what you hope to get out of this course. Okay, if you forget what the questions are, I'll remind you, I'll interview you. Okay. I when I do this, I asked for volunteers to go first. And if nobody volunteers, I usually go alphabetical either forwards or backwards. You won't know. So who would like to go first? Michelle, brave woman. Okay, where are you? Geographically?



27:46

I'm in Alaska. Oh.



Pam B. 27:52

Okay, cool.



27:53

So I can I can jump right to that last question and tell you I'd much rather be on a




Pam B. 27:57

hot beach. Or really, okay. away. Are you is it this is dumb question as a cold.

 28:06


I mean, it's like in the 20s and 30s. But that means ice. So it's extremely icy. Because I'm, I'm in I'm by the ocean so it doesn't get super cold. And

 Pam B. 28:18

it's beautiful. There, right?

 28:20


It's gorgeous. Yeah, let's see. It's gorgeous. Okay, it is? Yep. Okay,

 Pam B. 28:25

when is your last day? Last worst day? December 28. Last,

 28:32

we were in Italy for Christmas. And it was the last day in Italy?

 Pam B. 28:38

Oh my gosh. Yeah. Oh, boy. Yep. Okay, so fairly recent. So what do you hope then to get out of this course. Um,

 28:49

I have already gotten so much out of this course, the boundaries has been amazing. I so at this point, I just hope to just continue to set boundaries, become, I wanna say a little more sophisticated with intent to just keep on doing it and maybe start doing it with other people than just my husband. Because like, I got into this class and got to the boundaries thing, and I immediately wrote up boundaries and printed them out and handed them to me. And it was a really good thing. Like, like your husband, he thanked me.

 29:45

And

 29:47

I'm just seeing how much he needs it. And and just feeling how hard that is. It's just, it's

challenging.

P

Pam B. 29:58

It is you It is. So help me understand what you mean by sophisticated. Yeah.



30:13

Maybe?



30:18

Well, so I had some, I had some friends over last night, and I was complaining about our neighbor whose dog barks constantly. And she said, Well, have you tried talking to them? And, you know, so a boundary would be, you know, and again, you can only do so much in it's one thing when you're in an interdependent relationship, and it's different when you're just neighbors, and they have no reason why they really should do anything about anything. So, so So my thing. So when I guess I think of the more sophisticated boundaries, I've been just like maybe some more difficult situations, and

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Pam B. 31:06


I get it. I get it. And I have a story that I'll tell just a quick story. We went camping, and one of those places that's really a parking lot. And it was Thanksgiving. It was it was we were about two years into recovery. And I wasn't doing any of this work yet.

P

Pam B. 31:24

But I had learned nonviolent communication, which is what I'm going to teach you guys requests and boundaries, right? So you can absolutely make a request. There was a guy next to us. It was really we're up here in Tennessee. Before we lived here. It was really very nice weather for Thanksgiving. It was probably about 75 degrees, which is kind of normal, I guess. We're in Gatlinburg. And I love her. I understand these campers. They have TVs on the outside. And there was a guy next to us and we had our windows open because it was nice. And he had his TV on outside facing our camper and he's watching a football game because it's Thanksgiving, right? And it was bugging them. monamy But all pam pam one Dotto would have gone outside walk back and forth giving him the evil I probably would have mumbled under my breath, right? resentful. He should know better. How dare he? What does he think he is? It's all about him. That's all Pam? Seriously. But new Pam went outside. I walked up. I walked back. I said excuse me, sir. When your TV is on, we can hear it in our camper. And it's really quite loud and it's distracting. Would you consider turning your volume down? That man popped up out of his chair and went and turned the volume down was like, sorry, I'm like, I don't know. That's okay. And I went back to our camper. Whoa. And I was very happy with myself. I was like, Hey, that's pretty cool. Okay, so, you know, and I've had, I've been an owner of a barking dog. And I know there's a whole lot I could do but keep the dog locked up, right? But that's me, you can


make a request. So that's the kinds of things I'm going to teach you in this course. So again, it doesn't control other people doesn't make other people stop. But nonviolent communication method is based around needs. That Marshall Rosenberg, the guy who designed it observed that conflict happens based around needs not being met. So we can get deeper into that. So I do all this to say is I think you're in the right place. And if if any of you tell me what you want to get out of the course, and like if you know, well, I want to make my husband change and stop. And I'll tell you, this is not the course for you. Right, I'll tell you, but I think you're in the right place. Michelle, so thank you for sharing. Thank you. Okay. All right. Who's next?

 Pam B. 34:00

Hey, Karen. Hi. We're gonna put you up top where I can see you.

 34:06


Hello. Hi.

 Pam B. 34:09

Okay, where are you geographically?

 34:11


I am in. I'm in Denver, Colorado, where actually it is colder here than it is in Alaska. We have a pretty bad cold snap coming through Denver right now. It's zero degrees at 530. Yeah, we got down to negative 10. Last night, I think.

 Pam B. 34:29

Gosh, oh my. Okay. Okay. So beat your mountain.

 34:35

Oh, mountain hands down. I love this weather.


 Pam B. 34:38


Really? Okay.


 34:40


I do. I do. Winter is my absolute favorite season. Yeah.


 Pam B. 34:48
Okay. Yeah. All right. Winters my


 34:52
time. I love it. I I don't do well with summer. Even in Colorado, it's usually pretty mild. I just don't do well with summer. Ah,


 Pam B. 35:00
okay. All right, fair enough. Okay, well, when was your last worst D Day? August 15 2023? Yes. Okay, so that's still fairly recent. Yeah, what do you hope to get out of this program,

 35:17
I hope to learn about creating boundaries, and voicing those boundaries, and then learning how to learning what to do when a boundary has been broken. August 15, is not my first day. And there was a period of time between the first one and this one where there was a lot we didn't get right. But focusing on me, there was a lot that I got wrong. And I spent a very large portion of time avoiding my own boundaries, even the ones that were just kind of sitting in my head, you know, based on my own values, I ignored them. I ignored my gut. For those who have looked at the information before class, I was the one walking around on eggshells. That was me. And it, I thought, we were okay. And then August 15, my world was rocked. And I learned that what I thought I was doing right. What I thought I was doing was, you know, keeping the peace. And I had no clue that you were still acting out.

 Pam B. 36:52
Girl, you're not alone. You're not alone. It's the nature of this disease, the addiction, that it is progressive. And it will do anything to keep itself intact. And you're not alone. You're not alone. You don't learn this stuff at school. How do we know what to do? Exactly,

 37:13
exactly. We don't we don't learn this stuff in school. I recently started seeing an upset. I interviewed with her in November. My very first meeting with her was first part of December. And she had interviewed me and said, you know, ask you some simple questions. And she said, Did you have a boundary between the first time and now and I said, Yeah, I had one boundary? And she said, what happened? I said, I couldn't.




 Pam B. 37:42

You're not alone. I did the same thing. Ladies, if you've if you've implemented boundaries, or you thought you had boundaries in place?

 37:50


Well, that was the thing was it turned out to be more of an ultimatum than it was a boundary. Okay. And so. But even then, you know, I perceived it as a boundary. I learned from my upset, therapists that it wasn't. But either way, I didn't stick to it at all. And

 Pam B. 38:13

I'm just going to tell you all that when my husband embraced recovery, said he was embracing recovery. I got serious about boundaries. There were times I was calling out behavior, and setting boundaries around it like seven times a day. And it was the best thing for me, it was the best thing for him. And it was the best thing for me. Because we were floundering before and didn't realize it. And I think one of the things you learn, I think you're learning to we pay the experience tax of. We think we're doing it right, based on what we know, we have to give ourselves credit, Grace, for doing what we've done. When when you you don't know what you don't know. Right? You're on that part of the learning curve. So I think you're in the right place. I think you are okay. All right. Thank you for that check in. You're welcome. All right. Okay, who's next? Lin, let him go. Let him go.

 39:21


Hello.

 Pam B. 39:22

Hi. Where are ya?

 39:24


I'm in Northern California.


 Pam B. 39:27


Ah, okay. When was your last worst, do you day?


 39:33


Last day was September 30.


 Pam B. 39:37
Okay, so that's fairly recent two


 39:40
was pretty much almost the worst one to

 Pam B. 39:44
number. That's usually how it goes because of the progressive nature of the disease. It doesn't get better. It's like alcoholism. An alcoholic will start with a beer a day, then move to a six pack a day and then when that's not enough, we'll move to a 12 pack and then about, you know, a quarter gin. And just on and on, it's progressive. I'm sorry, I forgot to ask you, beach or mountaintop. They gotta take the beach, the beach with a cold drink.

 40:13
Yeah. Okay, to warm out, but I can't do severe heat, but I'm definitely more of a beachy girl.

 Pam B. 40:24
Okay. All right, I just spent 10 years in Florida, but I grew up in Illinois. So I'm ready for what do you hope to get out of this course?

 40:37
Well, I hope to get the strength, I need to enforce boundaries. I had some boundaries in place. I'm, it's really a struggle to enforce them for me. And you mentioned in the beginning about that, we need to learn to do things differently. We need to do things differently. I need to learn how to do that.

 Pam B. 41:07
Listen, we all do. We all do, right? So many of us fly by the seat of our pants, because we think it's this, we think this is the problem. Oh, I can deal with that. I'll just do these things. But what we don't understand is the power. I'll say this addiction, sex addiction is a cruel, baffling and powerful disease. And I still don't know everything I want to know about it, right? I want to know, so that I got to a place in my life where I am going to learn everything I can. So it never comes up and kicks me upside the back of the head again. And the more I learned about it, the more I learned what a powerful disease it is, and how it can just take over somebody's personality. So we really do have to give ourselves some grace on this for not knowing what we

don't know. But this is my goal to is to remind you that how healthy it is, and how loving it is, and compassionate for you. First, it has to begin with you. All of that love and compassion has to begin with you. But it's loving and healthy and compassionate, to give other people boundaries and to enforce them. All right. It's other people deserve to know how their behavior impacts other people. Because addiction puts the blinders on Oh, my, the biggest lie and addiction person will tell themselves is my behavior doesn't affect anybody. It doesn't negatively impact me, and it doesn't negatively impact other people. And that's that's a ridiculous lie. So I'm here to empower you to encourage you. And help you know everyone changed their paradigm about enforcing boundaries. It's different and anything different is painful. Because we can't predict like even like if you get invited to a wedding or invited to a baby shower, that you do a bunch of people you've never been with before. Hey, it shouldn't be fun. It's a party, right? But there's people there I don't know. So I can't predict how it's going to go. And that's hard. And so enforcing boundaries when you can't predict exactly what's going to happen. That's hard. But I'm hopefully going to tool you up with some other things with self care and self focus and self honoring and regard that is going to help you understand that you are doing a wonderful thing when you enforce boundaries. So I think you're in the right place. Lynne. Thanks. Thanks for being here. Thanks for checking in. Okay, who's next? Deanna? Hi, Deanna. No, no. Where are you?



43:57

So I'm in Cheyenne, Wyoming. Oh, and it's a little bit colder here than it is in Denver. Our high today was zero. We're currently sitting it negative eight or low was negative 15. It's definitely a little cold here. Oh, but it's still cold. Cold. It's cold. Yeah, no matter what. Right? Exactly.



Pam B. 44:23

Once it gets below 32 It doesn't matter how far below right? Yes. No matter what. So then where would you rather be? Would you rather be on the beach with a cold drink or up?



44:35

Absolutely on a beach. That's why the end of this month. I am headed to Florida. We're in Florida. And my daughter is applying for college in Fort Lauderdale. Oh, good school. It's a good school. And I hear they're trying to like tamp down on Fort Lauderdale.




Pam B. 44:55

It has a reputation. Yeah, yeah, it's always on I used to let my you slip down there. It was always on the news. Exactly. But Florida has some good schools, so that's good. Okay, so when was When was your last worst D Day? Um, mine



45:12


was? Actually it's been a couple of years now. So it was December of 21. Okay.

 Pam B. 45:20


Okay. So then how are you doing with boundaries? And what do you hope to learn from this course?

 45:28


As far as boundaries, things have setting boundaries. I struggle so bad with it. And when I do set a boundary, nobody honors it. And so then I'm stuck with Okay, well, how do I implement safety for myself? I've tried, you know, fine, I'll just leave the house. And he's like, go ahead, I don't care. He, he tried doing all of the classes, the different groups. For about a year and a half, we were doing that. And he finally just decided that a divorce was easier. And trying to be a decent human.

 Pam B. 46:15

That was in July. So I'm so sorry. That is a loss. But it is.

 Pam B. 46:23

Okay. I think you're in the right place anyway. Because I struggled with those things, too. And I learned, and if I can learn it, you can learn it. That boundary enforcement is how I take care of myself. Right? And how other people respond is data.

 Pam B. 46:49

And I have to let go of how other people respond as you know, a statement about them, and they're a reflection of their state of mind. Right? And it's in and I know this all sounds good in theory, right? I get it. It doesn't make it any easier. I know. I don't say any of this, like, oh, well, it doesn't hurt. No, it it's a loss. It hurts when other people show you who they are, show you their truth, but their actions, and it's cold, hard data that we need. But I think we're all smart. And I think we're all strong, and that we need truth that we would rather have somebody's truth and deal with an ugly, disgusting truth than a pretty package lie. Right? Those, yeah, that we can deal with that we can make, we can say okay, that's, that's the ugly truth. I'm gonna go make myself a better life, then I'm going to take that for what that is and be in charge of my own destiny. So

 48:02

like, my kids and stuff that I need to learn boundaries,

 Pam B. 48:04

exactly. Any, any future relationship you have, because you can't swing a broom without hitting somebody. It's just the nature of our culture. There's addiction, there's personality disorders, there's I just think our entire culture sucks at empathy, and boundaries. And so yeah, it's it will definitely skill you up and empower you. So I think you're in the right place.

P Pam B. 48:33

Thanks for being here. Okay, who hasn't gone yet? Chrissy your first time my screen, so why don't you check in with us? Where are you geographically? Hey,

 48:47

I'm from Georgia.

P Pam B. 48:50

Are you close to me? I'm close to Georgia. Where are you in Georgia?

 48:53

In relation in North Atlanta. Okay. Marietta? A little bit above that in Canton. Oh, all right.

P Pam B. 49:02

So I'm in teleco plains, you know where that is? No. You know, you ever hear the 411 sale? Yes. Okay. Okay, I'm about half an hour from 411. Okay, not far then. That's a thing in this part of the country. It goes from Tennessee down to Alabama, for 11 sale once a year in September. So it's the biggest yard sale you have seen through three states. So okay, so we're kind of close. Mm hmm. So are you a beach person or the mountain person? Beach?

 49:33

Definitely.


P Pam B. 49:36


Yeah. Okay. All right. Um, when was your last verse do day? Um,


 49:41


I noticed something going on about two months ago and I got full therapies, therapeutic


disclosure last week. So


 Pam B. 49:52
right now, you're exhausted then?


 49:55
Absolutely.


 Pam B. 49:58
Okay. And this is a great time to set really rock solid boundaries. There's never a bad time, ladies to set to set boundaries with people that you love and supposedly love you. So, okay, what do you hope to get out of this course?

 50:21
Um,

 50:22
I've got two reasons I'm here. Number one is my husband and I both came from families without boundaries. We were walking doormats, people pleasers. And we started learning about boundaries a few years ago. And when we started enforcing them, we've had to pull away from a good bit of our family. Because of that, my social network has gotten smaller and smaller, as I've realized who's safe in my life. Sorry, guys. No,

 Pam B. 50:57
this is the place to do that. Please. It's safe here.

 51:04
So I'm here to build the network app a little bit. People, I can talk to her about this.

 51:08
So um, yeah, and this is our second time around with this. The first time was 20 years ago. He told me a couple years in like, I'm good, I don't need to go to the meetings anymore. And, and I'm like, Okay, I trust you. And they still have my store on me. So I definitely need to learn good, safe boundaries and how to enforce them.

P

Pam B. 51:38

You are telling my story. Karen was raising her hand. Michelle's nodding. Yeah. My first foray into Oh, my God, it's we have a diagnosis. It's an addiction. Oh, there's help for that. Oh, wow. There's hope. Okay, and start it. Oh, we're in recovery. Now, after so many months. I'm good. I think I'm good. Now. I don't think I think I'm done. I think I'm fixed. Okay, what can I do? No, you must go to therapy. So we live life that way for seven years. Fries. And then because of the progressive nature of addiction, his behaviors were over the top. And there were startling, shocking things that I found out. And I went but I learned I we had a whole lot better resources. Where we were in Florida versus Illinois in seven years, a lot has happened in seven years. And it's been almost seven years now. Six years. How many? Three? We're coming up on seven, coming up on seven years of recovery. And there's so much more now. Ladies, you are all on the cusp of betrayal, trauma, recovery, of new treatments, new discoveries, new understandings, new integrations of different therapies of attachment theory, attachment, wounding trauma, right family dynamics. You guys are all on the cusp of this and so is for sex addiction to Okay, so Chrissy, you're not alone. You are not alone. There is hope for you. There is hope. Okay. And I think you're in the right place. Like, all of our stories are so similar in so many ways. Thank you for being here. And this is the place to cry. It's good to cry if you nobody wants to. Because everybody says if I start I won't stop, but it's okay. Right. Healing. Tears are healing. We need to do it. And we get it. Nobody here is gonna go. Oh, don't cry. Now. Go ahead and cry. Because it's good. And we have a right we have reason to cry. Okay. All right. Okay. Who hasn't gone yet? Laurie?



54:04

Hello,

P

Pam B. 54:06

where are you?



54:08

I'm in Mesa, Arizona. And I'm not jealous of all you and Nicole. It's like 63 degrees here, or whatever. Hey, we suffer through the heat. So this is our this is our good weather. Okay, so obviously I'd rather be on the beach. All right in the mountains. And then as far as the most recent D Day, I mean, there's been a lot of trickled truth through all this, but we went over the therapeutic disclosure letter on December 17. of last year, so still, yeah, recovering from that.

P

Pam B. 54:55

So you he read you his therapeutic disclosure. His disclosure to you Oh,



55:00

yes. Okay, correct. Okay.



Pam B. 55:03

And you all know that the next step is your losses letter. Right. You right, that's safe instability, grieving. vouching up what you've lost the money, the time, the self esteem, the faith, maybe even the cognitive ability to do work or just to take care of things, right? Sexuality, all of the losses, that the betrayal brings us.



55:34

Like the impact letter? Because I read that, too. Okay.



Pam B. 55:40

I requested that. It's the impact of your losses. Yeah. Oh, good. Okay, good. And then their next step is to read you their amends or restitution plan. on bringing that up, yeah. So what do you hope to learn and get out of this program?



56:05

Um, well, I've been doing a lot of therapy for like, the first time since this happened and learning I have a lot of childhood trauma I haven't dealt with, including setting boundaries. I've never learned any of that. So I feel like it was cost would be really good. Getting that foundation and definitely, setting those boundaries and sticking to them.



Pam B. 56:30

Yeah, okay, good, good. But you're in the right place that you're in the right place. I grew up with no zero boundaries. There were no boundaries in our home. My father was a serial cheater. I said, Well, he must have been a sex addict to in the 50s. I learned that he and a friend went off somewhere. Producer on pornography. So I didn't know boundaries in the house that I grew up, either. You know, we had one bathroom and for adults, and when I was taking my bath, people were in and out of the bathroom. Like, I have to it's just no big deal. Right? So, and again, our whole our whole culture, just terrible of boundaries. So I think you're in the right place. Thanks for being here. Thank you. Hey, Sally. I saw you put your hand up. Yes. i Where are you?



57:22

I am in Woodstock, Georgia. So I'm actually very close to Chrissy. Oh,

P

Pam B. 57:27

okay. Well, maybe you guys can meet for coffee. Yes. Yeah. share resources. Okay. Um, so beach or mountain? Cold drink or hot?



57:41

I like both. It depends on it depends on right now. I probably want the beach in the summer. I want the

P

Pam B. 57:51

right. Okay. When was your most recent worst day? Um,



57:57

I'm a little iffy on that. I would say six months. But that's something that he denied. It was anything so. Okay.

P

Pam B. 58:09

Okay. So what do you hope to get out of this experience?



58:14


Um, I think I just need more stability within myself to know how to implement the boundaries. I have been implementing a lot of boundaries. And there's been a lot of pushback to the point where we're almost in a boundary battle. I feel like that's he's decided now he has boundaries, but it's, it's weird it. So I think I need I think just clarity on how to implement them well, and then even knowing when I get the pushback when the boundaries are broken. What I need to do, and


P


Pam B. 59:06


yeah, so okay, I get that power struggle. I was there. You hate it when? Oh, you're gonna set a boundary? Oh, but then I have this boundary. Well, you know what? Yeah, they had to have boundaries. They had to have boundaries that things like the you and I would never think of breaking, they get to have boundaries around. We're not going to call them names, right? We're not going to demean them. We're not going to emotionally verbally abuse them. They get to have boundaries over their health care, right. But when they get weaponized, that's important information. Right. And there's ways to just exit that whole struggle. And I hope that you can, you can adopt that viewpoint as we go on through the week. So I think you're in the right place, and I have a whole push back Document. and of what you can say back to


somebody who's giving you verbal pushback, and I'm just going to keep repeating this, it's more important for you all ladies to hear yourself saying these things than it is for it to land with the person you're saying it to. Let me say that, again, it's more important for you to hear yourself saying it, protecting yourself saying, because I value this, when this happens, I feel these things, you got to validate your feelings. So I include the feelings we'll write, and that's part of a boundary statement is validating your own feelings, hey, I feel sad. You feel scared, I feel angry. It's okay. There is no such thing as a right or wrong feeling right? Need to validate yourself and the things that you can say back to somebody is really just validating yourself. Okay? Because, because somebody will have said to me while I said those things back to him, Pam, and he just said this or that and like, okay, but it was more important for you to hear yourself, say it so that you validate yourself that you're right, and setting the boundary in the first place. And being able to detach, not completely like boundaries. Boundaries are not a wall. But to be able to detach, and when I say detach, I mean attached to you. Attach more to yourself and your values and your rights and your self care and attach appropriately at an appropriate level with your partner. Apple centered recovery. Big thing coming up over the next few months in my life. So I think you're in the right place now. Thanks for being here. Okay, cat.


 1:01:51
Hi.


 1:01:54
Hi. Good morning from Brisbane Australia. Oh. Originally Australian. I'm originally Canadian from Montreal.


 Pam B. 1:02:06
Yay.


 1:02:09
So yes, hot and humid here. I can give some away if you guys like,


 Pam B. 1:02:14
send it our way. The snow lovers is no.


 1:02:23
I would be a hot beach but. But I'd be swimming for at least an hour and a half in the sea or ocean. Not drinking. Okay. Yeah. Which I do that anyway. Very


 Pam B. 1:02:40
nice. Very nice. Okay. When was your last worst day?


 1:02:48
It's recently and I'm, I don't actually understand what the day means. Because there's always been what can I catch him?

 1:03:02
Discovering it. Yeah, little discovery day.

 1:03:07
Yeah, I know that it means discovery day, but which like the discovery of him acting out that like or doing for a lie

 Pam B. 1:03:16
with the moat that Yeah. Because because the betrayal is not just the sexual behavior. It's deception. Yeah. So and just for those of you that are new,

 Pam B. 1:03:30
most of us get over the sexual stuff, the sexual betrayal stuff. And then but what still lingers is the deception is the hardest thing to get over, because it's the withholding of themselves. And it's the disempowering of us of our ability to consent. So anything, anything at all, most recent,

 1:03:52
or Yeah, so then I say slightly, because it's recent, it's very recent timber, he decided, he realized that he had a problem and he sought help. But he's always been one foot in one foot out. And so since September, there's been October and November something and December something and January, something. And the last one was January when he had promised me because he has he's had a female friend for 18 years, which they've only been friends. But it's they've developed over the 18 years, this dysfunctional relationship where they tell each other create stories and drama like she tells them about her boyfriends and what they're doing to her and then she comes in with lies. I've caught him literally saying lies about me just to feed

 1:04:50

that dysfunction. Okay, yeah. So



1:04:53

that's what happened early January. The other contact when he had promised me For the I don't know, the it's time that he would never have contact with her again. And then this was that a common guy friend that they have told him that she's moving back to the States needed to get like I know



Pam B. 1:05:22

we did it. Yeah, it's wrong. It's not fair. It's an injustice. It's treason. We get it. It's volcanic. It's an earthquake. It's not fair. It shouldn't be. Yeah. Yeah. We get it. so recent, recent.



1:05:42

Yeah.



1:05:43

So



1:05:44

I'm flooded. I'm angry and stuff like that. Right. So and I'm exhausted, by the way, it is morning here, but I don't sleep well. Yeah. And I'm constantly hyper vigilant all the time. And yesterday, we had our first three hour session with a therapist to start the therapeutic disclosure thing. Okay. He's taught, he's always resisted boundaries. And maybe that leads into your next your question about boundaries. What am I here for?



Pam B. 1:06:13

Yeah.



1:06:18

Any the word boundary for him as a trigger? It's like, what are you going to take away from me? And I'm not having that. And he's unwilling to relinquish control and power. And so we've been together for 10 years. And in the beginning, it used to be broken agreements, like I would sit down with him and say, you know, talk, like, let's have an adult conversation, let's set some agreements. And then requests, because in the personal development world, which is he's done, and I've done a lot. He used to,

P

Pam B. 1:06:57

sorry, this is a whole new animal doesn't matter. So it sounds like yeah, let's listen. We get it. Yeah, it, you don't need to go even in the weeds about that about his background and everything. Because it's wrong. It's wrong. And you deserve safety. You deserve loyalty you deserve. And I don't know, if you went to my most recent two webinars, the five boundaries you must have for relationship success. Two people come together as a dyad. This is Dr. Jake Porter. It's also Dr. Stan tack, and who wrote wired for love. This is attachment theory, two people come together and create this thing called a relationship and a dyad. And the relationship must burst before your friends before this or that, right. And boundaries are not taking something away from him, unless he makes that decision. Boundaries are how you protect yourself. Boundaries are how I take care of myself and protect myself when you don't. Okay, so we'll we'll get into that. So I'm just going to tell you, you're in the right place. Because there needs to be the shift in this paradigm and this power struggle. You it's just this whole journey of betrayal is about disempowerment of us. And boundaries helps give you your power back. Your autonomy, your agency, your authority. Okay. It is about you taking care of yourself. That sounds good.

U

1:08:33

Yes. And Mike, I have a quick question is like so we get to learn all this stuff. And this is where my brain goes crazy is that I'm constantly learning, learning learning about this about that about whatever, all the time growth

P

Pam B. 1:08:47

mindset, yay.

U

1:08:48

But but it is it just creates a prison in my own head and a trap. Because outside with other people, I don't have problems, expressing myself setting boundaries, voicing my my voice, like, like the example that you gave with the music or whatever, right? Like,

P

Pam B. 1:09:10

yeah, the football game.

U

1:09:13

And, and I'm like, I don't have a problem with approaching people and saying, No, you know, being polite and ask what I need and whatever.

P

Pam B. 1:09:22

Yeah, but there really are most prior most intimate relationship is a higher value. There's more risk there. I get it. Yeah. And I



1:09:30

don't want anything about his history, because he withheld it all when we met, right. Yeah, and so I was always trying, but I rather the red flags, right. What's What's the question? When the other person is not? Like they say, yeah, yeah, yeah. But and they're not hungry to learn. And there's always the excuses. I'm busy at work and I'm stressed at work and you So there's already an imbalance in like, cuz you're doing all the work, you're turning yourself inside out. And then there's this other person in the relationship that is lazy.

P

Pam B. 1:10:12

I get it, I've been there, I get it. I'm getting, you want to be in integrity, you want to be authentic. That's the higher value higher. You here's the thing. We value our relationships up here. Because we know the relationship comes first. So we put the relationship first. And we think our partner is doing the same thing, right? Discovery the ball, he wasn't putting the relationship first. Oh, I thought he was all in. He's not all in. I'm all in. I'm putting the relationship first. When I did my webinar, I said, there's these five boundaries you've got to have, but they don't apply to you. They don't apply to you until you see him doing it. You can't put the relationship first if he's not. And there could be all kinds of reasons why and it's painful to hear. Okay, some of this is painful, but I've got your back, okay? It's okay for you to say, Hey, that hurts. I don't like to hear that. That causes dysregulation. And you know, when I when you hear you say that, Pam, it causes dysregulation. But I'm going to tell you something. We all think the worst thing in the world that can happen is losing the relationship. Right? You know what's even worse, losing you losing your sanity, losing your ability to create, losing your serenity, losing your authority, losing your equality in the relationship. If you are constantly struggling against this addicted person who's up today's love bombing you Oh, yeah, I'll do that. Yeah, I care about the relationship. But then you said behavior is the truth. And any. Since I've been married to an alcoholic, that room, I forget how many years I don't even want to say how many years ago, have over 40 years ago. And learning how to deal with alcoholism, believe behavior. We believe behavior. Words are just words, we get caught up with the words and we think but if we just had this conversation, and I'm ladies, you could sit here I could talk about this whole thing for hours and hours and hours. I am never short for words, okay, I have a little thing on my little talk less. That's what it says you probably can't read it. But it says talk less. Because I talk too much. I talk a lot. And I used to think I just said this to him. And if we just had this conversation, and the meeting of the minds that if I explain it this way, he'll get it. And if I explain it that way, he'll get it. And if I appeal to his compassion, if I appeal to appeal to his traumatic childhood, if I appeal to what his mom's gonna say, if I appeal to what the world would think, to his political beliefs, right, to his belief, and that I just kept trying every. And he would go above and he and I would, I'd almost get high on his words back. But then his behavior would do something else. You know, what a person's truth is their behavior. Addicts learned to people please. They learned to fun. They learned to go okay. All right. Whatever you say they learned to do that, to make you go away in the moment. Do not believe their words. Until you see a new person emerge. All addicted people. alcohol drugs are regressed

emotionally. In Dr. Jake Porter says that sex addicts don't do recovery. They have nothing to go back and recover. They have never individuated out of out of that teenage, rebellious stage where they're supposed to they're supposed to pull back from mom and dad and develop their own ideas. Right? But when you grow up, which addicted people don't do, they learn they're supposed to learn we learned to be mutually interdependent. But Alex said, no, no, no, I'm going to be independent. You can't make me. Right. So So what they need, what they need is they need to learn new boundaries, new new, our relationship rules. And the worst thing in the world that can happen is not losing the relationship. I used to think that with my first husband, I was he was I met him when I was 15. I fell in love with them. He was my first true love. He was my first husband. I'm like, I'm not going to be a failure. I'm not going to be a divorced woman. I'm going to stand by your maiden name. Right? I was I was going to do it all. I'm not going to be a divorced person. him, and I struggled against his alcoholism and his addiction and the mindset that that surrounded him because of the addiction, the immaturity the lack of responsibility, the lack of ownership, the the stupid behaviors, stupid, childish behavior, that I kind of saw it all his friends, so I thought all men are that way. No, he just had a lot of friends that were very childish and immature, and sophomoric. And you know, boys, you know, boys will be boys. No, once you see an addicted person grow into manhood, adulthood, you can't unsee that you'll never accept anything else again. So they either choose that, or they don't. And when they do, and I'm just gonna say, when, when they say no, I'd rather get divorced. It's not a rejection of you. It's a rejection of recovery. It's fear of recovery and losing the thing, that it's to an addicted person sex addiction to and we may say, may not be able to see this, because we don't have addict brains, it's life or death. You take in the thing that keeps me alive. The thing that, that keeps me from crumbling onto the floor, going into the fetal position, and that keeps everybody else in the world from seeing what a failure and a loser I am. It's that critical. Okay, so the worst thing in the world isn't losing that relationship. The worst thing in the world is losing yourself, your best possible self to that relationship. And again, you know, you get this metaphor of somebody drowning, and you reach your hand down to help pull them up, but they just keep pulling you down under the water. And that's it. I'm sorry, I'm on my soapbox. But I really, as a person who survived divorce, when I all I could think and this was a cognitive distortion, this movie kept playing in my head of laying in a hospital bed, hooked up to IVs dying of cancer, and nobody coming to see me and nobody there to comfort me. I'm gonna die alone. I'll never get married again. I'll never love anybody as much as I love him. Right? And I'm here to tell you life goes on. After divorce, or after after that, okay? Don't please don't die to this relationship.

P

Pam B. 1:17:39

Does that make sense? It's hard. It's hard. But the more you enforce boundaries as a way of honoring yourself, honoring your soul, honoring your mind, your intellect, your rights to be an equal in the relationship, the more you honor yourself with boundaries, the better it feels, and the more it feels right. And the more it feels good, and the more it feels hopeful.

P

Pam B. 1:18:18

Okay, and a person's behavior. And this is hard, I'm not going to sugarcoat it. A person's response to boundaries is cold, our data about the health and the potential potential health of the future of your relationship.

P

Pam B. 1:18:37

Be in a growth mindset, absolutely. Good for you. And then what happens when you're in a growth mindset, and you're into growth, and healing your childhood stuff and becoming a more resilient person and becoming a more compassionate person, that that's your goal, to be more compassionate to the world, and more loving to the world and give to the world.

P

Pam B. 1:19:05

That shift is so empowering. And you you realize that you may not only your partner may not only say no thanks, I'm not going there. You may lose other people on the on the way you may lose friends who can't keep up with you or who are threatened by your growth. So it's not just our partners. But people who come to this come out of pain you all you are all here because of pain. And an addicted person only comes to recovery when the pain of staying in the addiction looks more painful than the pain than the pain of recovery. Because recovery is painful too. Okay. But I want to encourage You're all smart. women, women are smart. Women are strong. Women are survivors, women are nurturers and healers. Women pull our our the encouragement of compassion and nurturance. And we lead the way. We do. We're smart, we're intuitive, but this addiction has tamped us down. This addiction has taught us not to listen to our inner wisdom. This addiction in the world, oh, well, everybody, does it just get over, oh, you're overreacting. What that's not happening. Oh, you're just making that up, oh, you're suspicious, you're always suspicious, oh, you're not you're crazy, or you're on your period, right? Take your wisdom back. You have so much wisdom within you, I am excited for all of you. Because you each have something to give to this world. I didn't know I had this to give to the world. I very humbly try to be humble. People tell me all the time, send me messages that my content that the stuff I'm putting out there, has encouraged them and inspired them and help them. And I hope I'm doing a good thing for the world. I never knew I had to send I never knew I had to send me and I have so much more creativity in me. And things that I want to do for the world, right? You all have so much within you, you have books within you, you have businesses within you, you have healing to give you have nurturance to give, you have so much creativity that this addiction has stolen from you. And when you begin to set boundaries, around your safety around your emotions, because that's your experience, your remit your, your reality, your lived reality. And when you begin to tease out and sort out, okay, am I having a cognitive distortion, a judgment and assessment? That it's fear based? Or am I having an emotion? Am I having a trigger a trauma trigger or a grief wave? And you begin to tease these things out? And ask what is right within my value system does what that person that what that person is saying and doing does that line up with my personal core values. And if it doesn't, then it's it's costing me, it's costing me something that I don't want to give up. That I value too much. So where I was saying before we we kind of overvalue the relationship over our mental health. Please, from this day forward, I know your relationships are important. Let them be important. But at least from this day forward, decide make a decision that you're going to make your mental health and your serenity more important than the relationship. Because even in my relate my husband has grown into a man I never knew he could exist. Is he perfect? No. Am I perfect? No. Right? But he's grown up now. And like I said, once you see it once you experienced it in your relationship, you can't go backwards. You you you look back and go man did I put up with a lot. Oh, I put up a lot a chunk that I wasn't even realizing I was putting up with. When you do that. Everything shifts, the power dynamic shifts, you take your power back,

you become more powerful. I just want to share one other thing before we leave tonight. So I'm gonna let you go soon because you have lives. I can be here another three hours talking about this stuff.

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Pam B. 1:23:59

But you don't want to be with me for three hours. I want to share this and you may have seen this before.

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Pam B. 1:24:08

I need us to have agreement that this is true. That mental health is an ongoing process of dedication to reality at all costs. Our reality has been taken from us in the ways that I mentioned deception. No, I didn't say that. No, I didn't do that. Oh, that pop up. Oh, that look. I don't know where that came. I know where that text came from right. Deception, then the world telling us or even our partner saying You're exaggerating. You're overreacting. Why are you so angry? Oh, you're always sad. Are you Oh, you're a scaredy cat like, no. There's nothing to be afraid of. I'm not going to do that thing again. Why are you so afraid? Right? Right They've taken our reality from us our reality is some sad. I have a right to be sad. My reality is I'm scared. I have a right to be scared. My reality is unfreakin angry. I have a right to be angry. Oh, don't be angry. No, I'm angry. every right to be angry. You all have a right to be angry, make friends with your anger, right? And so there's other things too cognitive distortions. My husband thinks I'm an idiot. That was my biggest one. The other one was, this is the this is always the way it's going to be even if I go with another man, right? Even if I divorce him and get with another man, this is just always the way it's going to be. That was a cognitive distortion. I was telling the future I was mind reading. My husband thinks I'm stupid. He thinks I'm gullible. He thinks I'm stupid. Well, now in recovery when we talk about that, he's like, Oh, my God, no, I did not think you were stupid. I knew you were intelligent. And that scared me. He never told me he thought I was stupid. But that was my cognitive distortion that I could read his mind. Or if my husband watches this TV show, I know what he's thinking. He's just looking for these women, right? He's just looking for some nudity or something. I always thought I knew what he was thinking. That was a cognitive distortion. And so I give you guys a free module on cognitive distortions, please, please, please, please, please watch it and do the worksheet. Our minds will tell us things that aren't true. And it's the trauma, and even anybody who has anxiety, depression, and trauma will have an even higher percentage of negative thoughts and negative bias because of the trauma, right? But when we learn to tell the difference between an emotion I'm scared. I'm angry. I'm sad. I'm curious. I'm suspicious. I'm resentful. I'm disgusted. Right? Being able to tell the difference between my husband thinks I'm stupid. That's resentment. Right now, what I was really feeling was resentment, that he had lied to me and wanted me to believe it. That was really resentment. He didn't think I was stupid. So being able to tell the difference really helps you set boundaries, right? Could I set a boundary around my husband thinking I'm stupid? No, no, I couldn't, right. But I could set a boundary around dishonesty. And mid, you know, a manipulation trying to manipulate the truth, right. So I need to be able to help you guys understand when you're having a cognitive distortion. And so I needed agreement to be able to, can I call you out? Can I say timeout? Could that be a cognitive distortion you're having of mind reading, or fortune telling, or black and white thinking, or personalization, or the fairness fallacy, there's probably 15 or 20 in the worksheet that I have. Familiarize yourself with those are really helpful. It's x exercise is to do journaling.

Just without editing, just get it out whatever you're thinking, get it out on paper. And then waiting a little bit and then going back with a highlighter and underline take take your pen and pencil and underline anything that is an I feel I feel sad, I feel scared, I give you the feelings we'll write in a future meetings, I'm going to ask you to check in with the feelings well, because they're part of the basis of your boundary statement. What I find you've been dishonest with me, I feel angry, I feel scared. Right? So those are important. I need to be able to call out cognitive distortions because they're going to help you because again, you can deal with the truth of I feel sad, I feel scared. I trust you all, to deal with that, versus a cognitive distortion. Do I have permission? Okay, thank you. Mental health is an ongoing process of dedication to reality costs. It's from M. Scott Peck and a book. I think it was the 70s a road less traveled. One of the first big self help books. Good book, but it's true, especially for us, okay, because our reality has been taken from us and so many people have wanted to distort our reality. We need to begin to own our reality of our feelings and our emotions. I'm trusting you all that you can do that. You can sit with them. Okay, any questions about the course how to access Anything else Facebook group? Okay, I want to coach you, I want to coach, I want you to bring your real life questions of, here's my situation, I want to set about I want to make a request, I want to set a boundary. Here's where I'm struggling.



1:30:14

I have one cleaves. Yes. So, yesterday morning, I found out that I've been invited to a business leadership summit. Cool. That is, it's an hour, at least an hour drive, if not more traffic, which means I need to sleep over there overnight. It's a two day event. And petrified to leave him behind alone at home, because that's usually when everything starts happening when he's alone, even when I've gone out for like a cup or the grocery store, like, so. I don't know what to do with that. And I don't know how to tell him. Do I drive back every day? At night in the morning? Like



Pam B. 1:31:02

that would be trying to control whether or not he acts out?



1:31:05

Yeah, but I'm I don't know how, what kind of boundary? can you how can you say anything? Please don't do that. Like, what am I supposed to do? And feel safe, going and being present there. Okay.



Pam B. 1:31:24

Your safety authentically your authentic safety is within your own brain and body. It needs you need to feel safe there first that you know and trust that you will take care of yourself that you will respond appropriately should you find there has been a violation. Okay. That's where your first sense of safety must come from any other safety in terms of other people's actions, is perceived safety. And there is such a thing as false safety seeking. For example, wanting him to have an app on his phone that captures everything and when you feel scared going to look at

the app, that's false safety because an app can lie. Right? False negatives, false positives, that's that's perceived and a false safety. This is addiction. Let's let's not forget, this is addiction. And if an addict needs to medicate, they will medicate the question I need to ask myself when I leave the house, and I have to go somewhere and spend the night which I had to do in Charlotte because I gave a boundaries conference there. Room to heal is Who am I if my husband acts out, who am I if my husband doesn't act out, I am the same person. His acting out and living in his addiction. It has no meaning for who I am for my worth in the world. And it really has no meaning for who I am in the relationship. I have integrity, I have authenticity. I don't know anything until I know it. I don't know anything until there's something in front of me. And if I come home, and I find out my husband acted out, while I will respond appropriately in the moment to take care of myself. I will get distance I will get space, I will either ask him to leave, I'll leave myself, I will make sure I get a therapy appointment lined up. But there is nothing in the world. This is the hardest part of recovery. This is the hardest part right here. And the most powerful. The hardest things to do are the most powerful is letting go of whether or not my husband acts out.

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Pam B. 1:33:52

Whether or not my husband betrays me being able to live in the space of I can't control it. I didn't create it. I didn't create his addiction. I can't control it. I can't cure it.

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Pam B. 1:34:06

Okay, so being able to let go of the fact that if he's going to act out, he's going to act out.

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Pam B. 1:34:14

And if he does, it's sad. And it's it's it's pathetic, and it's disgusting. And it's it's awful, because I wouldn't want my mind to be where his mind is to go and act out. I wouldn't want to be in that place. Thank Deborah for the grace of God go I'm glad I'm not a sex addict. I'm glad I don't medicate with fake relationships and sex and whatever right? There is nothing you can do. My husband can be sitting on the couch next to me. Here's the nature of sex addiction. My husband to be sitting on the couch next to me holding my hand watching a movie with me and acting out in his head. I know it's horrible. It's awful. That is the nature of addiction and sex addiction and this disease. This is how this is the hell they live in. Can you imagine being so in unable to manage your emotions, and deal with the thoughts running around in your head, that you have to turn to anything externally like that, whether it's drugs or alcohol or fantasy, or Oh, horrible, and there is nothing we can do to stop them. And it's safety seeking. Cat, I want to tell you, it's your lack of feeling safe. That drives you to say, I want to control whether or not I won't, I might even drive back and forth because I think proximity keeps them from acting out. No, it doesn't. You can go in the bathroom and act out. Get up in the middle of the night while you're sleeping and act out. We have to be able to accept that as part of our denial, that we have to accept that we cannot stop it, we cannot control it, the only thing we can do is respond to it. Right? If it happens, when it comes to our sense of safety, like right now for you, you're you would need to find a way and work. Don't you know, when you work with this therapist, hopefully you have your own therapist, your own app sets betrayal, trauma train therapist, to talk to you about where your safety comes from, what kinds of things make you feel safe, when

you're not with your partner. Like having a roof over my head makes me feel safe. Knowing that I have money in the bank to buy my groceries makes me feel safe, knowing that there's a week's worth of meat and produce in the fridge makes me feel safe. Those kinds of things and knowing that if there's a fire, I can call, whatever it is their 911 or whatever, right? I can call the fire department. And they will come that if this happens, I'll do this. And a really powerful phrase is even if

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Pam B. 1:37:14

because we tend to go What if what if I go away for a weekend or overnight and he acts out? What if this what if that that's that's scary.

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Pam B. 1:37:24

A better place, a better way to flip that around is to take some paper and write down that what if he acts out and then write down a sentence next to it. Even if he acts out.

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Pam B. 1:37:36

I can take some space, I can ask him to leave, or I can go to my sister's house, I can go here I can go grab a hotel room.

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Pam B. 1:37:45

I can go somewhere and take care of myself. And and because that's what boundaries are boundaries. I don't like to use the word consequences. Because the consequence of boundaries, you feel hurt. That's a natural consequence. I put my hand on the hot stove, the consequences, my hand will burn. Right? It's not a punishment. It's what naturally happens. And so boundary enforcement is how I take care of myself after I've been wounded. So how do I what am I going to do? So that's where the safety comes from, is now an even if something bad happens, I will respond. And this is what this course is going to do to help you fill in the blanks of even if

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Pam B. 1:38:29

even if the worst happens. Even if my husband acts out, here's what I'm going to do to respond to take care of myself

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Pam B. 1:38:47

I know it's I know it's hard to get out of that place of there must be something I can do.

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1:38:55



1:38:55

Yeah, I know for a fact because when the program that he did the group program where they wrote what are the triggers? Or what are the you know, when when does he like so I know he values his job far too much to do anything like I don't. I know that he it's been when I'm not around if I go traveling in the past when I used to go away,



Pam B. 1:39:20

so that shows you to choice. It's definitely a choice he makes. And you know, if there aren't any negative, and here's constant natural consequences, not punishment, but natural consequences of you know, if you come running at me with a machete, I'm not gonna stay close to you. I'm gonna run away from you. And it you know, the next day, if you're standing in front of me with a machete in your hand, I'm probably not going to stand within you in the machetes. Right? It's like, we use the analogy of a Mack truck this addiction in betrayal and sex addiction, deception. infidelity is a Mack truck running at you when you're in the crosswalk. Once the Mack Truck hits, you got it out, I gotta get out of the crosswalk. Right. And just because the Mack truck goes, you know, maybe it hit you because the, the wheel started coming off, got a flat tire, because he goes and gets the tire fix on the Mack truck that doesn't heal you. We are suffering from betrayal, trauma, and we have to address the trauma. And all trauma is a lack of safety, it takes the part of our brain that helps us feel safe, and handicaps it and we have to work on that. And looking outside ourselves to Him doing this or doing that or not doing that is not going to bring us safety. My husband is in a great recovery. I don't look to his recovery, for my safety. It's a different conversation. I always worth six and a half years in a really good place. Always crosses my mind. But it doesn't own me like it used to. In the beginning, I thought Oh, I gotta babysit. Because I'm the one that's going to keep him sober. I'm going to be the one who's going to keep them loyal. But you need to hit them. You need to let them do what they're gonna do, we have to disconnect from, in fact, I tell this story, and I know we're going over and people are dropping out. But I tell the story. We were in our second last worst discovery 2017 Cinco Demayo I'll never forget it.



Pam B. 1:41:43

And there was that struggle that Sally was talking about the Oh, you're gonna do this? Well, I'm gonna do that. Like, excuse me, I'm the injured party. Okay, you go do that. And there was this this struggle. And I don't know if it was a God thing or what, but I was sitting in the other room, I was looking at these passwords that he had given me. And I walked out.



Pam B. 1:42:06

And because there was there was, we were in the middle of this power struggle, and I went, Hey, your passwords. Go live in your addiction, it seems to make you happy. You keep returning to it, you keep saying you're gonna leave it, but then you keep returning to it. It must make you happy. Go live in it. Who am I to judge if you like that lifestyle. And those are the kinds of activities you like, and make you happy. Go do it. But I'm not gonna go there with you. I'm going over here, I'm gonna learn everything I can about betrayal, trauma and sex addiction, because I don't want sex addiction to come up and hit me upside the back of my head again, I'm gonna go towards recovery, I'm going to go towards good mental health. I'm going to learn

about why I why I hurt so much when people do certain things. And I'm gonna learn about it, how to work through that. And I am going to always walk with other betrayed women for the rest of my life. Now you're welcome to come with me.

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Pam B. 1:43:01

But sex addiction is not coming with me. You're welcome to come with me. If you also make the recovery lifestyle, your number one priority. But go, I don't care what you do. I'm gonna go over here and do this. I'm going towards health. I'm going towards integrity. But now Yep. Hey, you know, well, you know, Zack will get married someday and have kids and we'll both go to the wedding. And we'll be friendly. You'll bring a date, I'll bring a date. And we'll just you know, we'll be like those people who are divorced. But friends.

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Pam B. 1:43:32

That was a huge, huge change for me that day. It lifted the weight. And I just released the fact that he may choose that. Oh, limit it? And it stopped me from like, no, no, come on. You've got to get into recovery. Come on, you got to be a lot. You got to do this. You got to be good. Or you're not looking at. You're not looking at things that are racy, are you because that might trigger you to go back though, right? It stopped that whole struggle. Like I needed to see what it was going to do. It's just a funny thing with addiction. As soon as the person who's constantly pulling, right. I constantly had his attention. I was the one in between him and recovery, going to better do recovery got to do recovery. You better not be looking at racy stuff. You better not be cut what's going on email did somebody tried to email you that shouldn't be emailing you. You know, I was constantly there. But the second I stepped out of it. It was just him and his recovery. Just him and that choice didn't have anything to do with me. He couldn't blame it on me. He couldn't be resentful towards me. Oh, what I can't be resentful towards you. I can't I gotta drop the sword. Oh, it changed everything. He taught his recovery. He may you know what, he may not have chosen recovery. But I needed to know.

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Pam B. 1:44:53

I needed that information. Are you going to choose recovery for years So, now that I've stepped out and said, you've come with me if you want, here's the terms. But no go, Oh, I was like almost pushing him. And it you hear this too? Like if there's an affair partner, right? One particular person, no, go live with her. No, please go. Because then it's not taboo anymore, right. And then he gets to see go living with that woman, and oh, my God, you know, she picks her teeth and leaves her underwear on the floor. And she makes noise when she chews what she's bitching at me, because of the mortgage payments do right?

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Pam B. 1:45:38

I took all I took some of the fun out of it, maybe I don't know. But I let go, I let go of his recovery and sobriety. And there was a shift for me a huge shift for me, because I'm going to tell you something. And I don't put this in writing on my book, or on my Facebook group or anything, because I don't want people to misinterpret, a man can smell when you don't want to

let go of the relationship. A man can taste it, he can sense it. When when you are willing to put up with almost anything to keep the relationship. He can taste it, he can smell it. In the minute you said, my mental health is more important than a relationship. And you're dragging me down and I can't have I can't let your illness drag me down. I'm not going to drown because you're drowning. Sorry, I love you. But I'm going to love you from the shore. I'll pray for you from a different address. I'll love you from a different address. I'll always love you. Hey, listen, I always still love my first husband. So love them. So as a special place in my heart. But I had to learn to love them from a different address. I want you all to sleep on this. Because I know in this moment, some of you gone Damn you Pam what tell me these things. It's hard. But life does go on. And you are more important than the relationship. And you need to know because the relationship rules need to be for a successful relationship. And especially after betrayal, trauma, the relationship comes first. God I really feel like I am really feeling really angry right now. And I feel like I want to go look at porn. But I'm choosing our relationship over that. I'm feeling really resentful towards you right now because you set this boundary with me, but I'm choosing a relationship over my resentment. You know, my guys want me to go golfing, hunting, bowling, whatever, right? They're bugging me. They're telling me what do you put the wet grip? Sorry, ladies. I gotta get real, right. But what do you whipped, right? Oh, I know who wears pants, your family. The guys are embarrassing because I won't go on the thing. But I'm choosing our relationship over that. My mother's calling me mother enmeshed man. My mother's calling me seven times a day. But I'm choosing our relationship over my mother. Jeff and I put our kid first he was on the autism is on the autism spectrum. We put him first no more. Sorry, Zack. I love you. But we had to put our relationship first. And those are the rules. The relationship must come first over the addiction over the anger. Okay, not over mental health. You know, the obvious because this is hyperbole not over mental health. Or you know you're having an appendicitis. No, I'm feeling sad. You got to stay here with me. Don't get the ambulance, right. No, of course. Mental health, health comes first. Right maybe maybe even God, prayer. But the relationship has to come before friendships. I don't care how long. That's leakage read, not just friends by Dr. Shirley glass. really eye opening. You must build walls around the relationship and not open windows or doors to other people. If you need to vent you need to go to vent to somebody of the same sex. You cannot share intimate emotional intimacy and drama with somebody who's not your spouse. Otherwise, there's leakage, right? It has to be that way. I know that these are hard truths. But I'm here I'm not going to sugarcoat anything. I'm not going to tie things up and say oh, boundaries is going to save your relationship in might. It might because it's been my experience that these guys want to change. They don't want to be tied to this addiction. This thing that controls them. There's a bit of resentment on their part to towards their addiction, right. That people do. These people do want to change but they don't know how they've never gotten the right assist. Since they've never gotten the right boundaries from us, the motivation of I'm going to lose everything I really care about really authentically care about. If I don't, I'm going to face a lot of pain of losing access to my kids all the time, I'm going to have to set up, you know, visitation, I'm gonna have to give up my salary, I'm going to have to do you know, I'm gonna have to tell my family why this is happening. And they don't want that, right. They want to change, there's going to be a percentage of them that don't, that they reject recovery, but they're not rejecting us. They're rejecting recovery. Okay, I'm not going to tell you boundaries are just going to save everything for you. There are going to be some people in your life who go, no, no, because I'm not going to choose the relationship, I'm going to choose something else, I'm going to be independent.

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Pam B. 1:50:53

It's just a hard truth. But, but the saving grace is you get to keep your integrity, you get to keep your authenticity, you get to keep your integrity to your personal core values of who you want to be in this world

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Pam B. 1:51:13

of how you want to operate. You get to put yourself first and not feel bad about it. Will you lose people along the way? Yes. Will you crave them? Yes. Will you move through that? Yes. Will you come out on the other side of that? Yes. Will you experience joy again, and creativity and surprise? You? Well, you will, especially if you decide to? Because it is a decision. Okay. Nobody has promised us anything. Nobody's promised us a rose garden, even though those of us who are Christian. Jesus told us Scripture tells us

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Pam B. 1:51:56

the world sucks. This is not your home. This is an evil place.

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Pam B. 1:52:03

You know, we could get into a whole lofty discussion about that. But the best even though we can't, you know, when I said to my therapist, what am I going to do if I can't control him if I can't control whether or not you know, his addiction, and she said the only thing you can do is not be a sex addict.

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Pam B. 1:52:23

The only thing you can do is be healthy. If he's not going to be healthy and make healthy choices, the only thing you can do is make healthy choices. And just be not be what he is. And if that's the minimum we get away with, that's a big prize.

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Pam B. 1:52:43

Okay. All right. Um, okay, so there is a form in the group in the, on the website. And let me get there where you can ask questions of me. And I will go live in the Facebook group and answer them in between Monday to Monday. Okay. I'm not gonna promise you're gonna like what I say. But I say them because I'm trauma informed. I've been divorced. I've been married to to an addict before where it didn't work out. And I've paid the experience tax. Do I have all the answers? And I'm and am I here to tell you how to do it? No. I'm here to tell you how I did it or how I would do it. Never ever am I going to judge any of you for not enforcing a boundary? It's hard. I get it. I'm never going to shame you. Or, or scold you for not doing something in my course. Right? I know this is four weeks, then they'll think maybe you won't get it in four weeks, you know? But yeah, I Karen said that it's okay after being lied to for years. You need my honesty. And I do realize that I also I come with my own biases. I get it right. I can be wrong. And you can tell me Pam, you're wrong. And I'll handle that. Okay. But I'll give you the best answer I can based on experience and making mistakes. And based on ladies, please follow Dr.

Jake Porter. Follow him on YouTube. Consume his the videos on his website. It's science. It's the neurobiological science. I'm going to be I'm so excited. I'm going to be doing a group with him for for 16 weeks. I'm going to be helping him with this new boot camp is coming up. It's it's 16 weeks of COP well centered recovery for couples. And it's based on science. It's based on attachment theory. It's based on safety. Okay? And for some reason guys can just, they can hear him. You know, I could say something 100 times, but Jake can say they'll get it. But where's this form? Additional resources even I can't find it. There's a private Facebook group, Rounders, Quickstart. Don't wait to set boundaries, use the boundary squid start trigger tools. Most of you have told me you've had really recent D days and so you're probably still experiencing triggers from time to time. I'm so sorry. They're the worst. They're the worst because you logically know you're okay. But your body's telling you some. So please look at the trigger tools. The feelings wheel is a big part of you forming what you're going to say in your boundaries. You need to validate your emotions, we're going to validate emotions here. There's even a body sensations wheel because some of us so like, I look at that wheel. And I'm overwhelmed. I don't know what I feel. So there's a body sensations feelings wheel to help you kind of tease that out. Here it is asked me anything q&a. So there's a forum in here. Use that and when I get that I will do a go live in the group between now you know in between Mondays, okay. So any other questions right now? I talked your ear off for two hours. God bless you for Stan. I have faith in you all. Women are smart women are intuitive. You're going to take your intuition back.

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Pam B. 1:57:04

Once you get that back, you don't need me or anybody else. Once you start protecting that with boundaries, you'll get it you'll know what to do. Okay. Alright ladies, do the content if you can, okay, watch the videos, do the worksheets. That's where the magic happens.

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Pam B. 1:57:27

And you need to start validating your own emotions. Okay. Alright ladies, I'm going to let you go. I will see you next Monday, same time. Thanks, ladies. Bye bye