

Monday Night Clarity and Peace with Boundaries

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SPEAKERS

Pam B.

 00:02

January 29, clarity and peace with boundaries. I wish you all clarity, clarity on your values, clarity on who you are clarity on you and your sacred circle, clarity on your rights, to set boundaries and what works for you and what doesn't work for you, and peace, peace and knowing that you're on a growth path you are trying to do everything you possibly can to do things, right, whatever that means for you to do things with integrity, to do things with self compassion first, and with love, and the peace of knowing that you are standing in your sacred circle, and peace that comes from standing in your own god given authority, autonomy and agency to say, no, that doesn't work for me. And yes, this is I feel safe when I feel chosen when I feel accepted one, right. So that's the kind of clarity and peace I want you to have. And knowing that when you speak from the heart, that this method of communication you're using the nonviolent communication format that I give you, which no therapist in the world can criticize it because if they don't know if they haven't heard of Marshall Rosenberg nonviolent communication method, they need to go back to school, that it is a system of communication that is focused on mutual needs being met and choice You know, I you have a choice to participate or not participate when you make requests, recognition of the fact that other people can still make a choice to either give you what you need, worn and they can make the choice not to either way, we need to know that data, we need to know what that other person's choices

 Pam B. 02:10

and believe behavior, not words. Believe behavior. Okay, so clarity, I wish you clarity. I wish you peace with your boundaries. Okay, so hold on.

 02:25

We moved a bunch of we moved a bunch of stuff around today kicked up a bunch of desks. So I have some frogs in my throat. Somebody else just came in. Let me just make sure that it's in fact not Brian. Who is this? A bright whoever has Brian, whoever just came in. Can you change


your name? We have a couple things going on. I'm sure it's Brian's wife. muted. Okay. Well,

 02:58

that makes it easy, but I don't see Brian I see my own name. So.

 03:03

Oh, it's cat, okay. Oh, no, no. Okay. It's switched around. Okay. Well, maybe it's good, good. Good. Okay. Back in the old days before the pandemic, anybody you never knew people could just pop in, right? Spammers, hackers that could get the URL. Nowadays, they can't do that. So it's just a little bit of old. Pam be in Mama Bear protective my Zoom Room ladies. Okay. Okay, let us let's just recenter bring our awareness here. This is your time. Let's bring this back to you. Okay, so let's just do a really quick grounding exercise. Hopefully when we do this, as you begin to practice this, you're going to be able to do this in seconds. And I encourage you to do this throughout the day, whether you need it or not. To just stop and it's just mindfulness. It's bringing everything back to you doing a quick scan of what's going on here. That I may have. I'm used to just sort of ignoring and pushing through to survive, but I need to start paying attention to because our body is our biggest truth teller, our biggest lie detector. Okay, so please, I'm going to do this too, because I need it to put my feet on the floor. I'm going to feel the feet, the floor underneath my feet and close my eyes and take a big cleansing breath. Let it out slow and I feel the floor underneath my feet. I feel the floor protecting me supporting me. I feel the floor as part of my sacred circle my sacred space that's me. It's supporting me it's not going anywhere. It's solid. I bring my awareness up through my calves and up through my knees. Just sort of stop and check. On my way up, what's going on there? Is there any discomfort? Is there anything not at ease, don't try to change it, just notice it. Be aware of it. Bring your awareness up through your hips, feel the seat underneath of you, whether you're sitting on a chair, sitting on a couch or the bed or the floor, wherever you're sitting, feel that support underneath of you, supporting you. Bring your awareness up now, to your belly to your gut and feel your breath. Feel your belly moving as you breathe, just linger there for a second

 05:55

now notice what's happening in your gut in your belly Don't try to change it is there any dis comfort, dis ease? What are you feeling there? The alert moving as you breathe. It supports your your your gut supports you supports your functions in your body.

 06:25

It's your it's your helper, it's there to help you. Then bring your awareness up through your chest as you continue to feel your chest move as you breathe, feel it going in and out

 06:43

extra credit if you make a sound when you breathe out. Oh, you are activating nerves that can calm your entire nervous system and bring your awareness up through your throat. Day

calm your entire nervous system and bring your awareness up through your throat. Pay attention. just linger for a minute. What's happening, they're up through your jaw. Loosen your jaw up through your forehead and your eyes are you furring your forehead up through the top of your head and just let your presence be at the top of your head for a minute. feel the tingling that the blood rushing around, moving through your skin at the top of your head through your scalp, just sort of feel that tingle.



07:34

linger there for a minute. And let's work our way back down through your forehead where your jaw or your throat to your shoulders, drop your shoulders, continue to breathe slowly in and out



07:56

your awareness through your chest. Back to your gut. Your lie detector, your truth teller, your warning system back down through your hips, your thighs, your knees, your calves, back down through your feet and feel the ground underneath you grounding you supporting you continue to breathe and when you're ready, come on back to our Zoom Room



08:37

Okay, might want to just like stretch. Feel the space around you. That's your circle, right? That's how big that sacred circle is. Here, there and can't see my hands on the camera but



08:58

all right. Okay, so tonight we're gonna set boundaries. I want us to and this is all volunteer, okay, I'll call on you. You don't want to do it. That's okay. I want you to I'm going to give you about two minutes. I want you to think about something within your own personal control about your life about yourself care that you can do better at and we're gonna practice setting boundaries for ourselves. Okay, all right. It is 7:13 I'm gonna give you till about 7:15 Take a minute. Think about something recently. Or the last time maybe you're taking super really good care of yourself. Yay. You think about the last time you let something in your self care slept now I'm not talking about getting your nails done, which They get a hot bubble bath okay self care is enforcing boundaries self care is doing hard things like doing a budget all all manner of things that ultimately support you and take care of you so I'm gonna go quiet give you about two minutes to come up with what that is.



13:13

Hey everybody got one. Okay. I'm going to start and here's here's how we're going to do it. We're going to use the nonviolent communication method format. Okay. And we can we can modify it, there's there's not just one way to do it, we can always add on to it right? I love the non communications form, nonviolent communications format, because it's for phrases that are fill in the blank, that when I'm shocked that a boundary has just been broken, and I'm hurt and

I'm angry and I'm mad and I'm sad, right? That I can go when this thing happens I feel if this thing happens again, I will write. There's a lot of ways to modify that. And it's not always about saying it to the other person. Most importantly it's important to say it to ourselves first. So we can say because I value authenticity and honesty. When you're not honest with me when there's deception like that time last Tuesday at 730 When you said X and I just found out it's why I feel feelings will teach ticker tape and you can modify that by saying if you don't own it, and make a repair or if you do it again right. If they've already made the repair. I will not be close to you I will go off and self soothe I will Go and do what I need to do to regain my sanity regain my senses regain my sense of self, regain my sacredness, and retreat and being sanctuary, away from you until because you're not safe, you're a Mack truck until you come in and make the repair, right. So there's lots of different ways that we could modify that. So I'm going to start when I don't get enough sleep. And if I stay up too late, like the other night, we stayed up till like one o'clock watching TV that really wasn't, I wasn't even really into it. But I just sort of stayed up because I had this thing like it was Friday night, and it's too early to go to bed. Because it's Friday night, and I get to stay up late, right? When I stay up late, and I don't get enough sleep, I feel exhausted, I feel tired. I feel contempt for myself. I feel sick, and I feel unhappy, disappointed. I feel discouraged. I feel fatigued and tired. Right? If I feel like I'm going to stay up late again, I am going to I will journal on the reasons I want to stay up late versus the reasons I should go to bed. And if I stay up late again, I will start getting ready for bed earlier in the evening. By placing my bed close right by my bedroom door, my slippers. I will go and make sure that my bed is turned down and my pillows are fluffed. And that the temperature is right in the room much much earlier. So that it becomes more inviting to go there. And that's how I'm setting a boundary with myself. This is real ladies, this is real. This is me setting a boundary for the first time around that. So those are just some ideas on how I'm going to respond with self care to my own boundary. And I found that before I could really feel effective and powerful and righteous about setting a boundary with my husband, is I needed to learn to set boundaries with myself. And being able to do that helped me feel like yes, this is the right thing to do. Setting a boundary of a somebody, right? Who would like to go who'd like to share a boundary they're going to set with themselves



18:15

I think I misunderstood. And I ended up setting a software boundary that my husband to be part of.



18:22

For him to be a part of. Yes,



18:24

yes. And I mean, I can I can I can just read it. And okay, I mean, it's a boundary I feel really overwhelmed with so many commitments right now. Because I have multiple classes that I'm taking. I have would you be willing to take on doing the laundry for from here on out?



19:00

Okay, let me let me stop. Well, we're gonna divert ladies a little bit away from the self boundaries and we'll go ahead and deal with this now. Right? What what part of the formula? Did she miss?

 19:15

Well, I know that I missed the if that last like consequence.

 19:24


Okay, how about when, when I observe when I think about when?

 19:39

Well, so I wrote it, and then I rewrote it. The first phrase that I didn't say that I wrote was, I've been doing laundry for 30 years in our relationship, and I would like a break from this tour. Okay, can you do our Laundry each week.

 20:01

So when I observe that I do the laundry, I'm the only one who does the laundry. And when I observe that you don't help with the laundry, right? I feel and then you've grabbed feelings from the feelings we'll write Would you consider, and here's here's ways that we can like requests, the grid, all of nonviolent communication is around needs, right? Because here's another way to say it. Because I value my sanity and my health.

 Pam B. 20:46

When I observe when I look at the laundry, and I see that I'm the only one that you know, has up to this point, does the laundry, I feel overwhelmed, I feel sad, I feel tired. Because I need peace and sanity and doubt some downtime and relaxation and self care. Would you consider doing your own laundry? And half and you do the towels? And I'll do the sheets or something? Right? Would you consider right? The when you part is to make it just very non accusing. very factual, right. And we stay away from the I feel resentful, right. But it becomes just a very factual thing. And it becomes based on your needs, because I need because I need downtime. Because I need I need self care. When I see that I have all this laundry to do. And historically, it's been me that does it. I feel overwhelmed. That's the emotional intimacy. Does that make sense? Michelle?

 22:10

I mean, it all makes sense. It's not exactly accurate to my situation. But



22:17

it makes sense. What part of, of when I see the laundry? I get overwhelmed. Is that accurate? No. You don't feel overwhelmed when you see on the laundry? No.



22:35

No, it's just that I don't have much laundry and most of the laundry is his, like, 80 90% of the laundry is his laundry, not my laundry. Okay.



22:45

All this time, and I've been doing laundry. It's the light when I see the laundry. So it's



22:52

it's more it's more about the justice that I'd have been doing.



22:58

And that is subjective. And that is subjective. And nonviolent communication is completely to be not about the justice. It's because that's subjective. Right? If you agreed, one could argue if you agreed to do it, and you've been doing it, right. But



23:18

that's not what I said. What I mean, my, my feelings are overwhelmed, not looking at the laundry. But just like this is something that could be taken off my plate, would you be willing to take this off my plate? So I'm not overwhelmed? I'm overwhelmed by all the other stuff in my life? Could you take this off my plate? So I'm not so overwhelmed? It would be like, if we have kids, and you know, he takes the kids out away for a day. So but Right.



Pam B. 23:52

And so nonviolent communications and boundaries work best with specific, even if you have to do it seven times a day on seven different topics. work best with specific and detailed and when you can point to an example rather than the well. It's just everything you get that is just everything. But if you're dealing with a person who has a handicap, like addiction, and everything else that has that comes with addiction, and the behaviors that change the thinking. We do have to get very we do better and get better results when we get when we get very specific.



24:37

Does that make sense? Yes, there's injustice. Absolutely. Everything about the reason we're here is because of the injustice. And it is absolutely unfair. And we all have choices. And if anybody makes the choice to just end the relationship after betrayal, that's just also we have to choices to leave or to stay. And so when we make choices to stay, we're also saying, Okay, I'm going to work through some really difficult stuff until I can't work through it anymore or and I'm going to work through some, I have some really hard work to do. And if we're going to try to make the relationship work, and try to help the other person see how to meet our needs, nonviolent communication doesn't address the justice, we can say I feel all the all the feelings that come along with injustice.



Pam B. 25:43

Anger, frustrated, annoyed, envious, mad, aggravated, upset, resentful, irritated, jealous, animosity and raged furious. That's absolutely what I think I would feel what I did feel because of the injustice.



26:06

Nonviolent Communication allows us to start breaking down exactly where for the other person, because remember, they're in denial. They're in denial. Okay, so who wants to do a personal boundary? Let's let's move on. And let's talk about personal boundaries, boundaries for me, what boundaries for you something that you need to set about that you'd like to set a boundary with yourself? To help you move forward and approve? Karen? Yes, you have your hand up? Yes,



26:36

I have a personal boundary. But I have a question first about what we were just talking about. As you were working with Michelle to kind of formulate that nonviolent communication. It was what I observe, I feel would you consider Do I go any further than Would you consider? Do I just stop there? No, you don't have to? What would I say after? Would you consider let's use a real



27:03

life example of pornography, okay, because the other person is coming at it from Oh, culturally, it's okay. All guys do it. And it's just so normal to me, my father had it in the house, right? So for somebody who is normalized, you have the option of you have all options, you have all options to say if you use pornography, I'm going to divorce you. And that's it. And you can leave, right? You have that choice. To someone who is brand new to the idea that pornography is bad because there are people out there that are not Christian that are not faith based, that don't know about the data that are there. Like they're totally progressive and liberal in their ideas. And that's okay, I don't care you do you? I'll do me. And they have no idea that pornography is actually very harmful to the people who do it. Who are in right to say, would you consider not using pornography?

P

Pam B. 28:04

Oh, sure. Maybe there's some guy out there somewhere, man. Maybe there's, there's some people who would say, Yeah, okay, I better start thinking about that. That's a way to open up the conversation.



28:17

And it's also okay to say you've used pornography, I'm out. If you it's also okay to say if you use pornography. Again. I'm going to have to take some space and rethink this relationship. Because it's not okay with me. And it is very, very hurtful. Not just hurtful. It's very damaging. Right? I say very often to my husband when you walk in here with your boots on after being outside and doing lots of hard work, right? And it brings all kinds of Medan I feel distressed. I feel overwhelmed, because and I feel nervous and anxiety. Because it's getting out right. You ladies know why? Okay. Would you consider being more mindful about taking your boots off when you come in? Do I want to leave them over that? Probably not? Can I Sure? Right. So it's up to you, you know, to think about do I want to start with a request? If he's running at you with a big knife? Please don't say Would you consider Right? Right. So it's up to you to gauge what do I want? What's my need? I'm trying to get to a need. Do I need I need Can I need you know, at the same time that I want him to take his shoes off. I still need connection with them. Right? I still I don't want to like push them away and say you don't bring if you don't wear your shoes. I mean if you don't take your boots off when you come in the house. I'm just not going to see you for three or four days. I'm going to go stay in a hotel Right. So what are your needs? What are you trying to get out of it? But I think understanding that people who have an addiction are emotionally regressed, they have they are. They have Arrested Development. And part of their brain is stuck back at eight 910 1112 13. And so chunking these things up rather than trying to deal with the whole of all of your feelings and all of the needs all in one conversation is why nonviolent communication allows us to get specific, let me tell you why. I had to I have a story about two different jobs I had in corporate America, one was back in New Jersey. And I had this young guy who was a looked great in a suit. And I think that's why he got the job. But he called me into his office I was I was I worked on projects. It was a tech job. And I worked on projects. And I got called into his office and he said, you know, the project team saying, You're uncooperative? And I'm like, me. I thought I was a model employee, right? I thought I was always coming in smile. How's your weekend? I thought I was really good at the relational stuff, right? I see. Can you give me an example? He's like, Nah, it was told to me on the condition of anonymity. You're just you're not cooperative. I walked out of there, sad, depressed, scratching my head gone. What do I need to do to make everybody think I'm cooperative? I have no idea. I thought I was doing it. Biafra frustrating, all kinds of stories about that job that now makes sense, right. Fast forward many years, I returned back to the workforce had a wonderful boss. And, again, same kind of thing, working with different teams, got called into her office. And she said it lots of nice things. It just but there's something I want to talk to you about. Got to some feedback that you were not as cooperative as you could be. And I'm like, what, please, what can you tell me? Where? Yes, I can tell you. Last Thursday, you were in the meeting with the project managers, and they're doing some work for the HR department. And they asked you could this lesson module be done by a certain date? And you said no. And I'm like, but it couldn't be done by that date. What could I have done? She said, here's what you could have done. You could have said, Here's what, you know, some options that she didn't say you should have done that. She said, Well, you could have said, No, not by that day. But listen, I want to see if we can find other solutions. I can take this back to my boss, and see if she can get more

resources, move things around. You know, let me see what I can do. Rather than just know, I learned so much that day. I learned so much because they gave me a spiffy specific example I could look back to and here I thought, you know, I'm a great employee. I've get along with everybody. Nobody ever complains. Nobody ever came to me and said You're, you're uncooperative, right? So from my perspective, I had no clue but when she gave me that specific example, and some feedback about what she you know what I could do instead, that was so helpful. And i i That was such a pivotal moment for me. I never ever said no to anybody. I always said Not right now. And let's look at what else we can do. Does that make sense? Yeah, okay. Okay. So um let's



33:36

see how this goes. When I observe that I am lost in my thoughts or struggling with distorted thinking. I feel confused anxious hurt a lot of times angry. Because the thoughts are not good. I'm insecure and scared



34:33

I will



34:42

snap, stop. Notice, ask and pivot when I feel I will And journal that it was in our thing today, for this week, the writing down the date, what happened, what my thoughts were, what my feelings were just getting it down on paper or doing a voice activated, you know, talk to text just to get it out, and then putting it into my journal later. And I will do this, hopefully until I feel like I have control again until I feel safe until I feel like



35:46

my head is not foggy or clouded or distracted. At all. Okay. That was hard. Right? Hard about that. I had to really think hard about that. Yeah. Great. Thank you. Thank you.



36:07

Do you see how you didn't punish yourself?




36:14

I did not notice that. But that's a good thing. Because I, because I have in the past been like, Oh, that was so stupid. Why did you do that, you know, a lot of negative self talk.



36:36

 Pam B. 36:26

So this kind of shows how when you set a boundary, even though it was with you, right? It was for your benefit for you to get a benefit from it, to do something that increased your sense of safety vs control, okay. A lot of safety comes from, okay, I'm gonna take steps. I'm trying to do something,

 36:51

right. And I think another thing I'm gonna add to that boundary is because that felt so weird. It felt weird, observing myself in a behavior, recognizing it as something negative, deciding what I'm going to do to turn it around and make it better. I think I need to, like look at affirmations or, like, go over my values again, or

 37:19

what was that? Stick up? Because I value? Yeah, in the beginning, because I value my sense of clarity, and self awareness, right? It doesn't have to be on the list that you guys pay, right? It's the Hey, I'm noticing that I value this, this value. I want my peace, my sanity, my sense of self control. That's not even self control, but self awareness and self direction. Somebody turned me on to a beautiful new phrase, that instead of self worth, and self respect, and all that, that, that we really want to be developing self efficacy. We want to feel efficient that we can efficiently take care of ourselves that we know what to do in a situation. And that that brings about a feeling of safety and I can move forward in my healing, right. So yeah, because I because I value being in charge, being in the driver's seat, and not letting because my thoughts well to this day, because it's human nature. It's this is how we survived. We are constantly scanning the horizon for danger, right? I have a DD so the people with ADHD do that constantly, even more, and anxiety. A trauma causes us to go even further into constantly scanning for negativity and trying to create stories around it. So cognitive distortions are a huge mind killer. Good job, Karen.

 38:55

Thank you. All right.

 38:57

All right. Anybody else? Chrissy Yeah, so you can go up first.

 39:06

Okay, um, I used when I don't exercise at least two times a week. I feel anxiety, stressed, depressed. And when I don't feel like exercising, I will go ahead and get on my workout clothes and shoes and put on upbeat music to try to motivate myself a little bit.



39:35

Yeah. All right. Good job. And again, see, you didn't feel like the boundary had to be punitive. Like I'm gonna put \$5 in a jar or something, right? I suppose that could work for some people too, but you didn't have to punish yourself. You did more to take care of yourself. And I think from what I understand about you know, habits that doing stuff like that, are those Excuse, like putting your shoes by the door gets you in the mindset to go to the gym or whatever. Yeah. Good job. Good job. All right. Lynn, did you have your hand up before?



40:13

I did? Okay, here's my situation. This just came up yesterday, actually. So my husband is ready to start therapy, and we're, and he's agreed to do a full therapeutic disclosure. So we've been researching different places we could go. And we decided yesterday where to go? And this is something I do I just try to take control and like, Okay, do you want me to schedule your first appointment? And he's super busy at work. And but it's just like, it's so I know, I shouldn't do that. I should let him handle his own schedule.



41:01

You could let him let's not shoot ourselves. I could, you could let him he could do it yourself.



41:09

And him if he does it. So anyway, I want to have a bout of self boundary around trying not to step in and take over, and especially around his recovery work. I think that's important, personally.



41:29

Yeah. So human nature to jump in and out. Right? It's just right. No, I'm serious. Right? Well,



41:36

yeah. And it is kind of like how our relationship has been, I have more time free time than he does. So I handle kind of doctor's appointments and you know, scheduling



41:45

thing, because because you have the X chromosome.



41:49

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A woman? Yeah. Yes. But around his recovery work, I want to I want to have a boundary where I'm not doing that. I don't think so.

 42:01

Do you need some help? Do you need some help work?

 42:04

There's a benefit for him to do it himself to?

 42:07

Oh, yes. I could go on about that. How are you going to word that?

 42:14

Yeah, that's the problem trying to word it. So when I see myself feel myself notice that I'm starting to take over some kind of something to do with his recovery work. I, I think the reason I'm doing it is because I feel insecure and apprehensive that he won't actually do it.

 42:42

It's safety seeking safe when we do that. Yeah.

 42:47

And you've

 42:50

what are the feelings? Go right? Feelings will.

 42:54

The ones that I wrote down, were insecure and apprehensive. Those are on the wheel. And I also wrote down I feel remorseful because as I was saying the words last night. Do you want me to do this? Or do you want to do it? I was feeling I was literally in myself going I shouldn't be doing this. I shouldn't be doing this. I still did it. But I was telling myself I should not be doing this. So I was having some remorse about it too. I guess maybe that's the right word.



43:25

Yeah. Yeah. regret or remorse or so.



43:29

I didn't stop myself though. I just let it happen. And he said, Sure. Go ahead, do it. Guess who did it. Okay. But anyway, so when I start to notice that I'm starting to take trying to take control of his recovery work, I, I realize it's because I feel insecure and apprehensive about him doing it or not doing it. Um, so I will say, it's kind of tripping me up too.



44:08

Well, let me stop you for a minute and help. Yeah, I can't. Thank you. This is I'm just going to shortcut and put your hand up if you disagree with me. The reason we want to help with our recovery is because it's really kind of based in some fear.



P

Pam B. 44:26

It's safety seeking. And we have the right to feel those feelings. Right? Though if it's safety, we need security we need and our partner, some of your partners may be able to do it. If you go to them and say look, I'm just feeling really



44:46

apprehensive and scared about where this is all going. Can you comfort me? Can you connect with me? Can you reassure me, some of some of them may be able to do that. But the other people I've been talking to this last week I've talked to 11 couples this week I was sharing a lot of the guys can't do that yet. That's one of the last things to kick in. So if we need if you need, you know, because I value safety and security and feeling secure. What helps you feel that way? If he's not able to do it, like your SNAP, I'm stopping. I'm asking that question. What do I need? It's the opposite of the things you said, well, I need safety and security. Can I give that to myself? Or can I ask somebody else? So what can you do to help yourself feel a sense of safety? What kind of things can you do that shore up? You're like, I'm okay. No matter what, like, even if the worst happens? Yeah, I'm gonna be okay.



46:01

Um,



46:03

what are times when you feel that way? Not when you're not with him.



46:09

When I feel insecure, or secure, no secure.



46:14

Whew, you feel it right now in this moment with this group of women? Absolutely. So, so maybe when you're feeling that way, you'll connect with somebody who's also of the like mind, who understands what you're going through? Yeah. So maybe I'll reach out to a recovery friend. Okay, all right. I'll get connection with someone who is safe. Or maybe I can do some journaling. Here's a really, we all struggle with the fear. What if? What if you relapses? What if this happens in a year? What if this happens in three years? What if I put all this energy into this? And it just goes, right? Right? Am I right? What if What if here's a really beautiful way to start developing an antidote to that, even if, even if I put this effort into it, because that's my integrity, that's my belief that I want a healthy and safe, secure relationship. So I'm doing everything to help that. Even if I do that, and he doesn't, I will know that I did all the right things. Even if he relapses, I am learning new tools right now. And I am gathering more resources that even if he relapses, I will get into a meeting immediately. There's always an S anon meeting you can get into right on the phone or zoom, or some sort of celebrate recovery or 12 steps, some sort of support me, even if you end up going to an AI Anon meeting, and you take what you need, and you leave the rest. You can always connect with people who are in a situation that don't want to be in but are trying to work through it right, I'll get to a meeting, I'll make an appointment with my favorite therapist or coach, I will connect with my safe recovery people, I will go to my MD and tell them what's going on and see if I need an STD panel or some meds for a short term, I'll do something that I put myself first, I will take care of myself. Right. So maybe that's one of the things I can do, you can do that. I will. I will and have some of those things list some of those things that you know, will help you feel what you want to feel.



48:44

Okay, so I shouldn't be focused on if, if this situation comes up again, and I'm feeling like I want to my knee jerk reaction is to, you know, hey, let me do that for you. But I catch myself. I was focusing more on like, what should I do in that moment?



49:04

Snap?



49:08

Have you done that? That part of the course yet? No. Go look at snap snap is the way when a boundary is breaking, or you're in a moment of



10:12

11 49:10

so even if I'm breaking my own boundary that's worked for that too. Yeah.

49:23

Yeah. Well, you don't really breaking a boundary you. You've had this experience thrust upon you. And they don't cover this in freshman High School. Right? What to do if you marry someone with really problematic behavior, right. So

49:40

like, I want to set a boundary for myself, so I don't so I tried to stop this. Trying to control his recovery work.

49:47

Yeah. And I think talking about it tonight, all of us talking about these things tonight. It's going to help us remember you're going to get it perfect. Nope. Please fail forward. Just to try to do something different. Now you have some awareness that oh, wait a minute. And here's another term over functioning and under functioning women over function in certain areas of cooking and cleaning and diaper changing and men over function with lawns, that landscaping and car repair and right. It's different in every relationship, but especially where there's addicted relationships where there's addiction, and that's that dysfunction of this very fluid, blurry responsibility. Selfish irresponsibility. Just realize when you're starting to feel responsible, you know, for something that's, that's not yours, it's going to take time, but the fact that we're talking about it is going to create more awareness, you're going to remember, remember what that felt like, you know, maybe go journal on, what did you feel in your body? Did you feel like, I'm at attention, right? I gotta get snap into action. So maybe a little bit of adrenaline, a little bit of cortisol. Maybe you were like, looking for pens, looking? Grabbing your phone. So you could Google right? Remember what you were feeling? So that you can tune into that in your body? Well, that's why we do a check in and our bodies. Okay. Anybody else have any ideas for what you can do when you feel like

51:20

jumping in to help? Who else has felt it? Look at all those hands go up. You're not the Lone Ranger. Okay, I

51:33


have one idea if you want to hear it. I just get really quiet when I noticed myself thinking, Oh, he needs to do this. He needs to do that. Well, I could do this for him. I just shut up. And eventually it seems like he's like, Okay, well, this needs to be done. That may help.

 51:58

That makes sense. That's a really great idea. Yeah, I like that. And I have actually, this past couple months when I pulled myself away from him after last D Day, although things are better getting better now. That's what I was doing. I was even when he would come to me to tell me whatever. I would just sit there and listen. wouldn't try to solve it for him or so that's really good, actually.

 52:27

And can I encourage us all, please, self compassion, and not shutting? Why should do this and I should write or I shouldn't have. When we know better, we do better? We don't know better? Because we don't learn it in freshman High School. Right? Nobody brought us up with all right now, if you shave your marriage, you know, the person you're married to starts becoming very flaky. And squirrely and worse. Here's what you got to do. Right? But now, now, now we're learning better. And we can do better. Let's give ourselves some some grace for not knowing. I didn't know. I made this is why I'm here. I made all the mistakes. So you don't have to. I tried to help I made the appointments. I forwarded articles and videos and it only led to my to frustration on his part. And big big frustration on my part and anger and resentment. I sent you all the stuff you didn't do it. I'm such a great person. I know things. I'm smarter than you are.

 Pam B. 53:40

Right. And but we all did cuz. And then part of us we we are the moms who kissed the Bobo's. If this is why the ROB Weiss wrote pro dependence. Because if our husbands had cancer, I'm not comparing the two. Okay. One is voluntary one. One is not.

 54:00

We would be reading WebMD going out to the book, you're getting books, what are the things I can do for diet or to create an environment, right? We would be doing it. But this is different. And they do need to do it. And we can't decide what's best for them. They got to figure it out. So I think those are all good things that you're going to do next time. And you may fail and that's okay. You'll do better than next time. You'll just keep trying right. Thank you. All right. Thank you. Okay, who's next? Anybody else want to share one? Yeah. Hi.

 54:43

Hi. Good morning.

 54:45

Good morning.



54:48

Um, so it's a little bit like yours this leap one. So I've noticed that



55:06

how can I say this? I go to bed late. That's one of them. I'm I'm consciously choosing to do things that I know are harmful to me. And this is the part with the field. I feel that I'm, it's a little bit like, I know that it's harming me, so I feel disappointed in myself. But at the same time, I feel like well, I deserve this. I deserve something naughty. So that's okay.



55:51

Yeah, so how do you so that's not a feeling feel like I deserve it is not an emotion. And so this is why this NonViolent Communication Theory is so valuable, because it separates the cognitive distortions that Karen was about cognitive distortions or assumptions, conclusions, judgments. Right? You may deserve it. You may deserve it. That's a separate discussion that we can put up to the side for a moment. The value of this process that I'm teaching you teaches you to dig into the real emotion underneath it and so do you have your feelings wheel up?



56:34

Yeah,



56:35

right here.



56:36

Look at your feelings will. Okay. Is deserved on there. Yeah. Either is injustice, unfortunately. But there are feelings that we feel when there is an injustice or when we does. And that's that injustice that you're talking about? I deserve it because there has been an imbalance of power, there absolutely has been deception. Is it Stan catkin talks about the injustice, that betrayal is treason. So there is right. And so we do need to take our power back, we need to take our voice back. I think so So looking at the emotions that we feel in the wheel is structured into interestingly, it's not a black and white one for one comparison. But if you look on the left side of the wheel, those are all the feelings we don't want. Those are feelings that we feel when a need is not being met. So look at the left side of the wheel and tell me you said that one I'm sorry, go ahead. How do you feel in those moments? The emotions and emotions word. So



57:51

just to clarify a little bit with this one is is it the because I know the consequence of how i i ended up feeling is because in this particular kind of case when I'm conscious that I'm doing

something like I should go to bed at a decent time, but I just give myself permission to go to bed later and but then and then the consequences that I do feel exhausted I feel like then I don't have any self control. I feel that I'm no longer like I get very emotional very easily. So then I ended up so I can speak into the consequences of that but in the moment, so which one So in a case like this Makati



58:42

I, I'm just gonna take a stab at something I used to do. Okay, early in recovery. And I used to go back and look over and over again at the stuff that I found. And I used to go into his email. Okay, and I used to go and look at other websites to see if he was on there and the stuff I saw it was just nasty. Right to each zone. But okay. Because and here's how I would say that to myself. Because I value my health because I value my mental health and my serenity and my peace. When I observe that I am drawn to looking stuff up and going in its safety seeking, you know, it's it's looking for validation of my reality. I'm looking for validation of my reality and I'm looking for what I think it kind of drifts over though the pendulum swings a bit too far into I start getting hits of a draw analyze. And it makes me feel powerful. And it makes me feel like I'm in control. And I can go in and I can look at emails and I can look at this. And, and I that's that sort of like that i The cognitive distortion I'm having is I'm equalizing the justice, right. But what I really need is safety and serenity. And those kinds of behaviors for me, wasn't giving me what I really wanted the empowerment. It wasn't empowering me. It wasn't giving me safety, it wasn't Validating my reality. It was giving me hits of adrenaline. That as soon as I got disgusted, shut the laptop and would walk into the other room. And I'd be high on adrenaline for a little bit. And then the adrenaline would subside, and then I'd be worse than I was before. I and so what the real need was, you know, when I observed myself doing those behaviors, because I need safety and serenity and health. When I feel like doing that, I'm going to figure out what I am feeling. In the moment, I'm going to snap, when to use the snap, I'm going to stop. I'm going to notice what I'm feeling in my body. I'm going to notice that my belly is upset and churning in my head feels hot, my ears feel, right, I'm going to note I'm feeling angry. From the injustice. I'm feeling sad. I'm feeling lonely and feeling the feelings that I felt when I'm at Discovery, right. So in order to to feel because I need safety and serenity, I am going to instead journal on what I'm feeling journal when I'm thinking maybe can try to connect with somebody at the time, I had a 12 step sponsor. And I was able to basically tell on myself, I was able to connect with a sponsor call her up and say, Hey, I am really tempted to go, and this is this is an old miss. This is Old World 12 step, okay. It's called pain shopping. But But I want to take the stigma out of that because it's safety seeking. Okay, and the adrenaline pulled my body into thinking, This is good. This is powerful. Okay, now I feel better for a little bit. And it kept me up at night. Right? And I didn't sleep. So really digging into the feelings. Well, what am I feeling? What emotions? What is? What is my body trying to tell me? That I'm sad. So any any connection with someone, then I'm afraid. So I need I need safety? How do I feel saved? It's different for all of us. What are the things that helped me feel safe?

P

Pam B. 1:03:08

My therapist is the one that actually explained to me about the adrenaline, I'm like, but you know, she said, Yeah, but it's a quick hit. She says there's other things that you can do, that will give you that same adrenaline type feeling, but it's longer lasting. And it's more authentic. And it's based in your information, your knowledge that I will take care of myself, that if he doesn't

change, I will withdraw from the relationship forever if I have to. That's sad. And I don't even want to think about the grief associated with that. But if that's what I have to do, to protect myself, I'll push through, I'll find a way to push through and take care of myself.



1:03:53

So when I observed that I am tempted to do this behavior, because I need safety and sanity and health. I will do snap I'll do my I'll use my recovery tools, whether it's 12 step because there's some 12 steps that you can do.



Pam B. 1:04:13

Whether you're faith based, and you can you know, go go to your scriptural tools, whatever your faith is, or connect with people. And that's why it's really important that we develop a toolbox of those things. And I give you a 37 page, place to start thinking about what am I going to do to take care of myself? How am I going to talk with myself? Maybe I will, there's a letter in there to write to yourself. Right? Write yourself a letter. When you're not in that mode.



1:04:44

Do your cat you deserve safety? Everything that happened to us not fair. You have the right to feel the feelings you're feeling is your brain trying to take care of yourself? So you congratulate yourself? Have compassion for yourself? write her a letter when you're not in that mode. And then the next time you feel like doing that, go grab that letter. That help.



1:05:10

Yeah, I got what you said, yeah. Can I just say, I think I got it, like just a concise version of it or as so because I value? Oh, no, maybe I don't start with. So when I observe that I'm about to give myself permission to stay up late, again. What I'm really feeling is lonely, sad, depressed.



1:05:50

anxious, and scared. Nice and simple suppressing those feelings, which is why I'm staying up late. And, and because I value mental health and progress and inner peace. And even self control, I value those things, self discipline and things like that. What I'll do instead is reach out to someone from the s anon. Ladies. Where my sponsor if she's available to have a conversation to connect that way. I haven't tried journaling. So but I could try maybe journaling instead. Um, meditating in that moment. And maybe, or maybe, just begin my mind night routine to get myself to bed on time.



1:07:11

Yeah, that's gonna lead to pain. This is some good ladies. How you honor yourself when you do

all those things, right? Like, no, I'm going to put me first. Back with that. This I'm going to take care of first. I'm more important than all that stuff. Right. You're that sacred, your sacred and you're honoring that sacredness? That's beautiful. Yay. Good job. Okay, thank you, cat. Thank you for sharing. So honestly and vulnerably. Thank you. Okay, Geeta asks, is there a 12 step program for betrayed partners? Absolutely. There's several. There is in late please. There's good groups, there's bad groups. 12 Step is about the literature, not necessarily the groups, right. That's where the the wisdom is in the literature. And then people get together to talk about the literature. Sometimes they don't talk about the literature is where it's go opposite goes off the rails. But there's s anon.org. There is i survivors.org, which is more trauma based. There is SA lifeline, which is based in it's based off of s anon. And they've added some more trauma pieces to it. They are mostly LDS Latter Day Saints, but you don't have to be LDS but just a little disclaimer. Again, take what you need leave the rest or Celebrate Recovery. Sometimes depending on where you go the larger cities will have a betrayed partners and an essay group. It's an Celebrate Recovery is faith based and they they use they backup the 12 steps with Scriptural support for those 12 steps.



1:09:09

And could you could you dropped some of those into the group chat. I tried to get them all but I think I missed them. Elsa



1:09:21

Oh, oops. Oops. Okay. Everyone, there we go. There's I survivor.or there is cosa.org There's even called.org They say they're not codependent anymore they started in codependency but you know what? It codependency just talks about a lot of the stuff that we talk about it talks about over functioning over caretaking trying to help too much right. So forget the label. There's so there's Coda there's Say life line that org, you take what you need, and you leave the rest. There's going to be people who show up there with all kinds of crazy ideas. And just because it applies to them doesn't mean it applies to you or that the program says, you know, I, yeah.



1:10:20

You also mentioned something like a sea life right SLI, sa lifeline.org.



1:10:25

I put it in the in the chat. Okay, that's the one that's out, it's based on SNR, they tried to bring some trauma pieces in. They kind of turned some people off because of the heavy emphasis on the LDS



1:10:42

approach to,

 1:10:44

you know, throw the baby out with the bath, take what you need, and leave the rest are gonna be okay. All right. If I think have any more, I will also put them in the because if anybody who didn't come in there watching the video, I will put them in the Facebook group

 1:11:01

too. That'd be great, actually. But yeah, that's

 1:11:05

a great way you can go the s anon dot Isilon website, and they have the worldwide meetings in different languages. And so, yeah, and so via zoom and telephone, whatever. And so, if you're, you know, you're in California 230. In the morning, you can go find somebody having a meeting, probably just pop in and listen to some of the readings that are positive. And yeah. Is

 1:11:31

there a cost to all of this?

 1:11:34

Yeah, the ones that I listed now, it's, they'll pass the hat and ask for donations. Okay, but, and there's cost for the literature if you buy the books.

 1:11:45

That's not bad. That's right.

 1:11:48

Okay, who else wants to set a boundary with themselves? Cat? Cat, one, cat, you're on the top. That's why I'm gonna call you get one.

 1:12:00

Hi, I. So I think all this is really great information. And I have a really hard time with boundaries. So this is very new to me. A boundary for myself. I also stay up very, very late. And I don't just mean like midnight. I mean, I go to work at 6am. And I'm getting up. I'm going to sleep at four. So I don't know why that is. I think I'm, I feel very anxious. And I disappoint myself. Oh, so and

then I'm not, you know, I do great at work. I don't know how, and then I come home and I do it all over again. So there's times I go to bed at two or three times I go to bed at one. It just depends. I put the TV on and I zone. And I think that's where I just zone. And I want I binge it. And it's like a drug almost. So I I have a hard I don't know how to put a boundary around that I don't I don't know how to stop the behavior, if that makes sense.

 1:13:28

So you mentioned some things so if if you could split yourself down the middle and talk to yourself, why are even your future self let's say your future self 10 years from now you're all recovered and you've grown in your experience, post traumatic growth, then you've learned so many lessons and you're so wise and you know how to handle any situation and anybody that crosses a boundary, you know exactly what to do with love and compassion for you first, right? So that that wise woman comes back and sets a boundary with you right? And uses this process. And she says to you when I'm seeing you stay up late and not get the sleep that you need. I feel what does she feel we're using the feelings well. Do you have the feelings? Well? Yes, I do. Look at that wheel and what are some of the feelings that she feels?

 1:14:35

I feel stressed I'm apprehensive fatigue

 1:14:50

disappointed uncomfortable

 1:14:59

it's and anxious. I think those are the I think that covers it, I can do a lot more.

 1:15:09

Yeah, I can. I have no shame when I'm setting a boundary with my husband, I have no end of words as well. You guys know, I'm verbose. So, so if those feelings on the left side of the wheel are what we feel when a need is not being met. But on the opposite side of the wheel of those feelings. And those are the feelings we feel when those needs are being met. What do you want to feel instead?

 1:15:38

I want to feel optimistic. Safe. comforted.

 1:15:51



1:15:51

I want to feel positive.



1:16:01

Thankful.



1:16:06

insecure. Okay, those are great feelings, right? So can you imagine feeling that way, doing something different than you're doing? So you're ready to do something different? Cool.



1:16:22

I am. So understanding



1:16:26

that this whole journey brings about anxiety, and lack of safety and all the feelings and it just makes so much sense that you're, and it's, I hate to say the word normal, but it's normal, that we all feel that way. Right? Regarding sleep, can you brainstorm three ideas of things that you can do to begin baby steps to move that needle?



1:16:57

I think that meditation and I don't, I'm not good at meditation. So me too. But there is something on YouTube that has asleep. And I do it all the time. Because it doesn't work all the time. But sometimes it does. And it has a nice calming music. And I lay in bed, and I do the deep breathing. And I pray for sleep. I'm not I don't always it's not always the fact that I can go to sleep, but I don't. It's that I just don't sleep.



1:17:35

Yeah, like you lay there. And you're like your mind is racing. And you know, you're not sleep laying there anyway, right?



1:17:43

So I just binge watch NetFlix, so that you really are away even more away. And I'm even more awakened. But I've tried it. But anyway, yeah, I can I can go ahead and meditate early.




 1:17:59

And just a guided meditation. I can lead you through body relaxation. Because if first thing we got to do is get our body relaxed, right? Yes, yeah. What else can you do? Like maybe even in terms of research, what to do.

 1:18:23


I know that. I love yoga. But for some, I don't know why I do this to myself. I love I want to do it. I have all the tools to do it. And I don't do it. So it's like I self sabotage for some reason. When I have the time, and I just don't. So I just need to set up like maybe a plan of just give myself I write out a timeline of my day. And this is what I'm going to do. I've never done that.

 Pam B. 1:19:01

Maybe it's worth trying. But if if there's there must be something about yoga that's not attractive enough to you that you want to do. You just don't want to do it. That's okay. Right?

 1:19:11

Are there others make you sleep? Are they okay?

 Pam B. 1:19:14

Are there other things that you can do? Little some more baby steps towards changing your sleep habits or how you approach the problem of not sleeping

 1:19:30

I can probably turn the TV off earlier and just set a time sort of boundary of what time the TV can be on.

 1:19:38

Anybody ever google how to sleep better?

 1:19:41

I've never done this.

 1:19:43

Oh really? I like and it's always the same things right? So I was like turn your devices off earlier

on really. Like and it's always the same things right. So I was like, turn your devices on camera. Turn the TV don't have a TV in your bedroom. I break that one because I have no problem sleeping now. Make the make sure the room is Cool, right? Make sure there's fresh air, like maybe have a fan on maybe have white noise. So maybe there's some maybe you could google or Go to

 1:20:09

WebMD. White Noise. I never tried white noise noise, but I have heard turned your devices off.

 1:20:16


Yeah, because it does something with the the body clock, body rhythms. The light coming into our eyes tells our body, it's time to go out and plow the fields. You know that our lizard brain?

 1:20:33

I'm committed to change. I'm committed to doing this. All

 1:20:36

right. That's pretty cool. Those are three things. Those are three things to just start with, right? So I have a little video out there, I'll probably pop it in the group. It's called it's Will you join me in the do something different club,

 Pam B. 1:20:52

we've got to do something different because we don't get the education in front our freshman year, we don't get it from our parents, right? Of how to handle betrayal or betrayal, trauma, how to handle trauma, right? So we have to learn. So much of what we do is learning new ways to look at our problems and new ways to approach our problems. And I tell the story, the video, I went to therapy, I went to asinine groups, I went to all kinds of groups, I read books, and I thought that I would just show up different when things didn't you know what, when I had a trigger, when I had an interaction with my husband that he wasn't empathetic, or I was worried, right? I just thought that I would be different. And I was wrong. I had to literally in the moment, stop and say to myself, do something different. Don't do what I've always done. Because if you do you ever hear if you do what you've always done, you get what you always got, right? Part of the biggest, the biggest empowering moment in my own recovery is when I said I will not let this bring me down. I am going to overcome this. I'm making a decision. I feel like if I check my feelings, my feelings are going.

 1:22:14

Right? My feelings are screaming, no, my feelings are nervous, right. But I had to make the mental decision that I was going to do things differently. So this is what puts snap, go to the

course and look at snap and put the image on your on your phone. And the next idea. Okay, the next time you're like,

P

Pam B. 1:22:34

Wait, what am I supposed to do? I'm supposed to stop, check my body. Ask what do I need? Was my body need? What am i Feelings need? Oh, I don't know what I need. I'll go to the feelings will what I feel on the left side it all these things? What I want to feel is on the right side? How do I get to what's on the things? I want to feel peace? I want to feel calm, a little more confident? What are the things I can do to feel those things? I don't know, well, what have I done in the past? Well, I went bowling and I made a strike. And I felt pretty confident maybe I'll go bowling, right? You know what I'm saying? I talked to my friend. And whenever I talked to my friend, I always feel better after talking to her, right. So it's just sort of like mapping out the process that we wouldn't think we would have to become intentional about in life in order to be successful and feel confident. But we've had so much taken away from us and betrayal trauma, that we have to almost really make these implied things. They're just implied for other people and change that programming to become very intentional. And the beautiful side benefit is we become very intentional people. And we become very authentic, living even more close to our authentic values. Because we're just so darn intentional about it. So do something different cat.



1:23:52

That's a good I'm gonna write that down. I've I've never even said that to myself do something different. Yeah,



1:23:58

you to cat to south and cat north.



1:24:04

And then the other thing I wanted to say was when Karen shared, I resonate with that huge that I could have shared that same thing myself. So thank you.



1:24:20

cognitive distortions are when you when you start to observe them and recognize them, and challenge them in yourself that it can be very empowering. That's why I included of course, cognitive distortions is one of the bonuses you get. Thank God. And it's hard work. And it's it's you got to really keep looking at it to integrate what does that mean? What is how do I know when I'm doing it? Right? Well, that's why the feelings will. If it's not on the feelings we will it might be a cognitive distortion. Right? Or it might be true, but then we're making some other stories around it and it just it feeds into those emotions. So it's very, do something different. Okay, who else? Sally, you want to share one?



1:25:11

Yeah, I can share mine



1:25:18

when I see myself skipping quiet time or prayer time, I feel alone discouraged, depleted, anxious. Despair. When I'm tempted to skip, I will set my alarm, put on an audio book or a short show for the kids, make some coffee, and go to my quiet room for their needs.



1:25:48

Oh, my gosh, I love that I'm, I, I'm learning from you. Because I have, every year, the beginning of the year, the best of intentions to read the Bible, you know, the year plans through the Bible and their life happens right to have a doctor's appointment. And so thank you for this. This is very good. I also when I don't read scripture, I'm too much in this world. I get caught up in this world. And this isn't our home. And when I I never thought I would have said this. But you know, I absolutely believe that the Bible is one of the best psychology tools in that ever existed. There's so much psych psychology wisdom in there about boundaries, and people and, and good healthy thinking. Right?



1:26:43

This exercise was helpful, because that's one thing that I tend to make excuses for, because I have kids and I have a baby. So I'm sleep deprived. And it's always like, When am I going to fit it in. And so this was actually very helpful to kind of eliminate my excuses for why I'm not doing it as well.



1:27:03

That's, that's great. I'm so glad it was helpful. And again, I want to encourage us all to give ourselves grace, right? If we can't do the yoga, maybe you can do five minutes of just stretching, right? Maybe I can't get to the whole thing. But even just doing something a little bit. And if you can't do a full 30 minutes, pull your phone open when you're in the bathroom, or something right? Do something little, little baby steps add up of just changing the neurological pathways of one of our biggest problems and trauma and betrayal trauma is we react. And again, let's give ourselves grace, because we are trauma survivors. But moving from that reactionary place that we always regret afterwards, right? Am I right? We always regret it moving to that place where we can stop the snap stop. So I can think about responding versus reacting to do something different. It's our neural pathways the brain, God love our brains, right? But our brains want to be lazy and efficient. They think for me, it's just more efficient to grab the potato chips. Just efficient. And so retraining those, those neurons that fire that way, or staying up late, right, I absolutely guilty of it. Especially early in my recovery, because I couldn't sleep and so I just fed into I'm like, Wow, I can't sleep, I'm just gonna and but the thing was, is I, I encourage the cycle, right? So being able to change and stop and say no, I'm just

gonna do something different once or twice. The first time you won't feel better, I promise you. It's not like an instant fix. It's gonna feel different and like, Oh, darn that Pam, I did something different and it doesn't feel any better. But the consistency of two three times you are breaking those neural pathways that go Oh, it's just always more efficient to do this thing. And we're diet creates appetite. The more you do something, the more you want to do it. We're our brains love ritual. Right? Our brains love that. So the more we ritualized these things that we're doing in a healthy way, the more our branches go up, no problem. Okay, Laurie, did you have one you want to share?

 1:29:33

Sure. Yeah, I can share mine. Um, I know with all extra anxiety, it kind of suppresses my appetite. Um, a lot. So mine is when I choose not to eat, I felt tired, weak, insecure and maybe self sabotaging. If I choose to skip meals, I will makes sure that I make more nutritious meals. And that makes sure that I eat good and feel good. I will also look at pictures of the babies I have carried and the joy that I feel for them.

 1:30:15

Oh, that'll inspire. Yeah, right. Yeah.

 1:30:20

Yeah.

 1:30:21

That's a good one. Because what do you want to feel? Instead of all those feelings that you feel? You want to feel? What instead? Look on the right side of the feelings wheel. What emotions? Do you want to feel?

 1:30:37

Joy feel joyful. I'm appreciative and thankful. Yeah, I think part of it is because I had I was actually a surrogate with my last pregnancy. And the eye hurts because I found out about like, the betrayal afterwards and to put that baby at risk

 1:31:14

has really hurt me. And it's been hard to lose the the way after that one. So it's just like Ellie's the baby was healthy and everything when I gave it to her parents, but it's just like, something that carries with me, or



1:31:38

that's not completely understandable. Okay, something to grieve. Yeah. You there's loss there for you. Absolutely. Yeah. Just more loss on top of our other losses.



1:31:53

Yeah, yeah. I'm thankful for my healthy babies, despite everything.



1:32:02

Yeah. And I love the way that you want to honor yourself with better nutrition, and to take care of you know, as I lead us through that, that, that body scan, one of the things I want us to do is to stop and give thanks for this heart that beats right. Stomach and our brains that support us and kept kept going, right. It's there to support us and nurture as part of our support system. And you want to honor that? That's part of your sacred self. Definitely. Yeah. Well, thank you for sharing that. Thank you. Who hasn't gone yet?



1:32:46

I guess it could be. Hi, bye. It is really good to hear not about your shoulder. But staying up late is me. But it was very helpful to listen to that. I would talk about something different, which is me flooding. So when I'm talking to my husband, I tend to flood at times. And when I do that, of course, I don't feel great about myself. I feel disappointed. remorseful that I stick to the plan. So I think I bought a kitchen timer. It he just started using them more often. It is useful to use it family in the house and use the kitchen timer personally just harder. It is a spontaneous discussion, some of the others over the phone. When my husband was traveling last week, then yes, I do. I have to find ways to limit that.



Pam B. 1:33:47

Okay, so can you use the process that I'm teaching you guys, that's what this was? The whole part of our exercise tonight was to practice the process of using the formula of when I observe or when I feel or when I think right when I something rather, I feel



1:34:06

Yeah, I felt when I observed myself learning. Okay, I feel frustrated at myself. But after the flooding is done, I need to feel better. So I would like to I plan to use the PT timer to limit my limited discussion. Okay.



1:34:25

Okay, great. All right. And, you know, we have the Can I just speak to the overwhelm? we all we

all have it. When we have trauma. It's our amygdala, right? And, you know, the accident car accident victim gets gets to leave the scene of the accident. If we're still living with our partner, we've got this narrative that Oh, things are gonna change. Everybody's gonna get help, and things are gonna change and become safe at some Point? And what's that gonna look like? So when we're face to face with the person who betrayed us who harmed us, of course, our window of tolerance for anxiety is going to compress. And it's trauma, right? And so we all get flooded all of us. And this is why I give you the tap out process in the, in the, in the course you all seen the tap out to take to your partner and go, Hey, I learned this tap out, I'm willing to do this, are you willing to do it? And but what that requires, is to stay really tuned in to what's happening here. So that when you start to feel, we think it's like boom, or we pop, right? But not really. Because as that starts to happen, I bet our breathing changes, we start to breathe really, really quick. Probably, we may tighten up, we may get ready to like, say something. And you know, maybe we're not listening as well, because we want to say something. And so we could probably feel ourselves working up to that. And it's a really good to go. Can I tap out, I need to timeout, I need a pause. I want to talk about this. And I want this is important discussion. But I'm feeling overwhelmed. I'm starting to feel flooded. And I would like to go over there in the other room is self soothe and self care for about 30 minutes to an hour. But I will because I'm the one tapping out, I will come back and restart this conversation in an hour or 30 minutes. And then you do that. Right. And he gets to do that too. When I let him I was really bad. I'm the one that brought the process to him that he wanted to tap it out. And I'm like, No, you got to talk to me. It's like no, no, I'm like, Okay, right. It's hard. It's hard. But it works. Because when you both start flooding, because and men are really good at masking that are flooded better than women. Women are more allowed to freak out and right, we're allowed to break down and cry. And because we're we're, it's just more accepted that we can show our emotions. Men are really good at like, Yeah, I'm cool, right? And so but they do get flooded. And when that happens, the prefrontal cortex goes offline and no good conversation can happen. The part of the problem solving part of the brain goes offline. So if you're there trying to solve a conflict, not going to happen unless you go and self care. So but that's the key is staying tuned into. So do you think that you can possibly add to your I will statement, something that helps you stay more tuned into whether you're overwhelmed or not?



1:38:10

I guess I really have to remind myself that I cannot change my husband with me talking. And planning comes up to me talking for a long time. Well,



1:38:23

that's good, too. But can you can you come up with an i will statement that only requires that only pertains to you. For example. Every time I see my husband, I will count my breaths. to three, I will count my breaths, right so that you stay focused on your breathing. And then if at any point, you're because you're focused on that, you start realizing, one to write up, I need to check out just something that helps you stay connected to your body. That is not regarding him.



1:39:07

Yeah, I guess I can try. I just don't want to be in the same space. Unfortunately, doesn't want to

be in the same space. Yeah,



1:39:14

that's okay.



1:39:17

But can that go on forever? No,



1:39:19

that's the problem.



1:39:20

Right? Right. So if you tap out, it's a fair way to say I acknowledge my brain is not in a place to have a good conversation right now. Or maybe my partner's brain isn't. Okay. And I will go take care of myself and give us both a chance for our amygdala as a chance to calm down and not be on high alert. But those are good ideas. That's it so so just some ideas to do things differently so that you can get back to the tap out, allows us to get back back to having conversations so that they don't because if you tap out, it's one of the four horsemen from Gottman. And by the way, Gottman only works for when both people are really healthy. So know the Gottman stuff works when your partner is not in recovery, not in a good place. But one of the four horsemen of Gottman as a predictor of divorce that we all cannot stand is if one person says I'm not having this conversation and walks out the door. I can't talk why I'm not having this conversation. It's two o'clock in the morning, I'm going to sleep. Oh, that was you know, when one person refuses to engage and ditch puts a wall up. That's stonewalling. It's rejection. It's abandonment. It's the same feelings that we felt a discovery, right? So creating rules of engagement that says Get and why does that person do that? Why do they Stonewall, they're overwhelmed.



Pam B. 1:40:55

But what they should what they should be saying is, I'm overwhelmed. I'm starting to feel overwhelmed, or I am overwhelmed. I'm flooded. I need to tap out or whatever word you want. If you want to call pause, take a break is timeout sounds. Rental sometimes I want to take a while to tap out is a wrestling term. That means I give up you don't want to use that one. I need to take a pause. I need to take a break. But I will come back and complete this discussion. We will continue talking about this that alleviates the the complete abandonment rejection that, okay, we're just taking a break. It's not over. You're not refusing to engage. But I understand you have to go take care of yourself. Does that make sense as a tool?



1:41:41



1:41:41

Okay, we do we get overwhelmed. In the beginning, oh my gosh, it didn't take much in my early days. I was out of coffee. I would have a complete meltdown. If the milk spill, I would have a complete meltdown. It was too much. You know, right? Yeah. Yeah. Okay. Chrissy did you go? Did you want to share one? Yeah,



1:42:12

I went. I had one about exercise. Okay, I've got another one, though. If you want to hear it.



1:42:19

Sure. I'll stick around for a little bit. It's 846. I want to be mindful of anybody who wants to leave. But this is just discussion you want to stay stay.



1:42:30

Mine was



1:42:35

when I



1:42:39

feel myself getting triggered. So I'm feeling the crazy anxiety and feeling like I'm going crazy. And feeling like the disclosure is happening right now again. I am going to start using calming protocols. When I'm triggered. For instance, my therapist calls it like the box breathing like inhale for four, hold it, exhale for four, hold it, you know, that type of thing. And using this snap protocol. And I saw there was a big worksheet with all of these things. So I need to figure out which ones are the best for me. Yeah. So yeah, and keeping keeping that worksheet nearby would be helpful to because I have been triggered probably about three times a day, every day, the last week or so. And it's just getting out of control. Yeah.



1:43:47

It's awful. It's just awful. It does. It feels like the worst thing. It feels like the discovery is happening and the betrayal, the actual betrayal, is you in that moment? Because like it's stuck there. And you're not alone? You're absolutely not alone. It is the brain trying to do its job. And it's frustrating because it's our body and we logically can think well wait a minute, I'm okay. But my brain wants to tell me something in the rest of my body, that there's a huge danger in the moment. And it's so frustrating, but I want to encourage you and anybody else experiencing these things when you're in that pit of despair, that again, consistent, doing something different. And again, it doesn't happen immediately. But the benefits are progressive that I do I

have a worksheet in the group then that gets on my websites, set I think 17 different things you can do. I have my I have my trigger toolkit up on my My shelf over there, it has essential oil, anything you can do to engage the senses of sight, of smell, of touch of hearing, just because you can't be in that part of your body and the trigger part at the same time, right? There's things that you do cumulative is the word I'm looking for the effects are cumulative, of doing these different things. There's the 54321, it's on your hand, five things, I can see. Four things, I can hear three things I can feel with my fingers. Two things, you know, I can smell one thing I can taste this way I've missed, right. So just developing those tools and getting in the habit of remembering to use them. They will subside your brain will that helps your brain to heal and develop new neural pathways. Yeah, that's good. That's good. Okay.



1:46:02

Um, I have a question. Sure. In module three, the first, I call it 3.1. Thing about relationship comforts. Okay. quite understand the list that you've put there. That so we're not meant to be doing those things is that



1:46:29

those are ideas, suggestions? Right. Those are just the overarching our idea is that when we are in relationship with someone we are all in, people watch the coaster video, right? Well, I'm all in I'm protecting the relationship. I'm feeding the relationship. I'm nurturing it. I am building walls around her and protecting I am making it the most important thing, you know, at all costs, but then we find out our partner isn't. So when we continue to act like fully devoted wives nurturing wives when our partner isn't, we're not living in reality. We need to reflect the reality that our partner is not all in is not safe, is not acting like a husband or a committed partner. Right? We need to act and behave in ways that are that reflect the reality that our partner has, in some ways emotionally divorced us. Now because of his addiction. Usually, the compartmentalization. He would say use words to say no, no, no, I'm here I want you to write the words are there, but the behaviors just don't line up with the words. And trust me, he really wants that. I know from dealing with my husband and caring about the guys in the group they want that they're not able to actually do it. Because they don't know how yet. They haven't developed new skills to do it. But so what shall we need to protect ourselves, and we need to live in the reality that hey, I'm sacred. Access to me is a privilege that you earned by being consistently protecting the relationship, putting the relationship first just like I did, just like I thought you were doing. When I see you consistently putting the relationship first, choosing the relationship over your addiction, choosing the relationship over your emotional outbursts. Choosing the relationship over your anger over your resentment over your mother over your hobbies, right over your need to be right over your need to not own your stuff. Some of the ways I did that was I'm not sleeping with you.



Pam B. 1:48:53

You know, and I'm not even talking about sex man has sex with you. I'm not going to sleep in the same bed as you I'm not going to address for you that's intimate. You have shown yourself to be not a very good even friend. So I'm moving you out to the friendzone I'll be friendly.

 1:49:15

But you right now you're not even being a friend. And so I need to live in the reality of that does does that help them help explain why some of those are just suggestions to think about? Yeah.

 1:49:27

So

 1:49:32

yeah, I'm having trouble with the reaction is for them. And I think you've pointed this out as well as like that they become aggressive because they feel like something is taken away from them. And well, that's what happens with mine. But I've heard other women as well. It's like, Oh, you're

 1:49:57

100% you're 100% right. That is One of the reactions that these people can have, how dare they?

 1:50:05

It's like, I'm taking something away from him and poor him. And then it goes into this chaotic like this chaos of an argument and, and I even call it out I say like, I just expressed something from a place of peace and connection and safety and then firing.

 1:50:27

Right. Okay. And your expectation is that he? What's the expectation that he responds with?

 Pam B. 1:50:37

Personnel? Again, and I know you know, I keep I'm gonna sound like a broken record. But I needed somebody to keep repeating it to me until all of these things started gelling. Why would I go to the hardware store for bread? why this works for any alcoholic drug addict? an abuser, an adulterer. Okay? Why would I go to my partner? Who is who was I thought, who was lying and deceiving about being all in and having my back? Why would I go to him and think he'd have my back all of a sudden, and care about my emotions, right? It's, I could go into all kinds of explanations about why he acts that way. It doesn't matter. It matters that he acts that way. And it's not cool, right? It's not cool. It's hurtful. It's harmful. And and that needs a boundary cat, did you want to say something?



1:51:34

Go ahead. Hi, hi, cat. It's cat. I, I totally understand where you're coming from. And I just wanted to share an experience I just had this weekend with my husband, I don't live with my husband. So I set a boundary a long time ago. For reasons that I just did. But over this weekend, I was getting really upset because he just wasn't coming to the work. He wasn't, you know, he had the tools. But he didn't listen to anything. He didn't look at anything he didn't, he didn't do anything, which made me feel absolutely humiliated. Because why do I continue to do work with him if he's not going to? And I finally came to the realization for me that, and I told him if you don't want to do this, that is up to you. But my reaction was, we are divorcing. Because if you can't come to me, then I cannot. And that was the hardest thing I've ever done. And and I was gonna, I was very much gonna stick to it. I'm already legally separated. So it's just a piece of paper. And he knows that. And he did come in, start doing exactly what I've always wanted to do. And my reaction was, it won't last. I was I was a horrible reaction that I gave back because I don't trust it. But that is my experience when I had to



1:53:22

thank you for sharing that.



Pam B. 1:53:26

Cat, what you're explaining is that he's, he's, when you express to him, you've broken a boundary, you've hurt me, he responds with more boundary breaking, with more boundary braking. And so when that happens,



1:53:42

the best thing to do is to not be engaged in conversation, to leave the conversation. Yes,



1:53:48

for me, that was the best thing. And I told him, you're either in or out because I can't do this. This has been a five year thing. I've been doing this for five years. And



1:54:00

there is no relationship that gets better by letting somebody yell at you and, and blame you. There's no, you're not going to make the relationship get better by taking it. Because that's just standing there and being the target. And they so he so he acts that way. That's that's data that is cold, hard data about where his mind is currently. And there is nothing you can do to change it. So you can either stay present for that. That's a choice that you can make. You can show choose to stay present, and take that and keep expecting him to do something different. Here's the thing that we women think and tell me if I'm wrong, ladies, if I could just explain it to him

with the right words, if I could just appeal to his sense of fairness, if I could just use the words that appeal to a sense of guilt. If I could just maybe bring God into the conversation and make if I could threaten to tell you what would your mother If I could just find the right word, and we could just talk it out.

P

Pam B. 1:55:05

I expect I predict, I expect him to go. Oh, man, I don't want to lose you. I'm, what did I do? Oh my God, I don't even know what I was thinking. I'll do anything. What do you need me to do? I'll do it. You're right. I need help. You're right. I can't go on this way.

U

1:55:23

Has that happened to anybody? By just talk? No, just no. I mean, like, is the guy ever come back and said that just by because you've been? And then if he did say it, did he actually follow through with the behavior with the actions? That's

U

1:55:38

what I was gonna ask Pam about the consistency there is they are incapable of being consistent, consistent and following through.

U

1:55:46

Yes, they are capable. They just decide not to. And here and here's the thing. Why are you here? What feelings brought you here? Pain. All of you are here. Because you're like, I can't take this anymore. I need something different. what's currently happening now is more painful than making a change. The change looks better to me right now. That's exactly what an attic test to think. And as long as we are there comfy little soft place to father. We're their little safety net. And they always think Well, I was got her in my back pocket. She's not going anywhere. She needs me too much. She's not willing to give up the relationship. You know, we'll just sweep it under the rug. I'll invite her out to dinner and we'll go for a drive and we'll have a good time. And we did. We did I went I was like cool. Things are good. Right. Till the till the shoe dropped again. I was his soft place to fall. What? This is all based in attachment theory. Okay, we need secure attachment. It's not because we're needy, or codependent, it's human psychology. We you form a bond with your caregiver at infancy and you carry that into your primary adult relationship. There is no no embarrassment in wanting safety and security. And no one your partner's there for you. Right? They want that to and as long as they have it, there is zero reason for them to change. And I won't put this in writing because people will twist it but I will say to you, you let them know, I will walk out of this relationship.

P

Pam B. 1:57:31

I will, you will lose full time access to me. You will if you have kids, we will have a custody agreement, you will not see your kids 24 hours a day. It will cost you money. The average cost of a divorce is for those of you who are married is \$40,000 unprotected. That's what will

or a divorce is for those of you who are married is \$40,000 uncontested. That's what will happen. And I'm sorry if that sounds like an ultimatum. But when it comes to sex addiction, it's abuse. Deception is abuse. And you do have to draw a very hard red red line in the sand. Now it's one thing to say okay. I might give you a chance at a new relationship. But I'm gonna be me for a while. I'm just gonna do me. I'm gonna be Miss Pam not Mrs. Death. And Pam, for a while. I'm gonna be Miss Pam. I'm a watch. And I need to see consistency. And I need to see more than just words. All addicts blah, blah. I promise I will do this. Oh, you know, they know how to how to make us go. Oh, they know how to. They know how to melt us. They know our buttons. Addicts are really good at that. They know how to say what we want to hear, man. I'm going to call that CSAT I'm going to dig it. Oh my god, I got it. You're so right. I gotta get into a group. I can't go on like this anymore. I can't hurt the people I love I love you. I don't want to lose you. And we go, okay. Let's go to dinner. That's right. We have a great dinner and and he's like, oh, okay, everything's fine. You don't have to. Let's just kind of see if it doesn't get mentioned again. Until I said, You need to leave. And this is this is done. You know, this current thing is over this current situation of you and me being married. And me being here for you is done. This part right here, maybe something in the future that maybe maybe I don't know yet. I'm in trauma. About I read about I get some steadiness from my trauma before I even think about evaluating whether you're safe or not. This is addiction we're dealing with addiction is cunning and baffling and cruel. We need to take it seriously because it is abuse. Use it will harm us, if they don't get into recovery. And I hate. I'd love you all. I don't want you to think I'm coming down on you or being hard on you. I'm saying this because please learn from my mistakes of being too nice and too helpful. In Oh, you're a good person, you can do this right and being the cheerleader. No, I had to take my space. But I did that for years and years. And he kept relapsing, as he was comfortable. The Qods the natural consequences of my husband's betrayal was I was devastated. I was traumatized. My whole world blew up. I didn't know what my future was going to be. I had a kid a special needs kid, how am I going to take care of this kid? What if What if I say yes. And he I come home and he's moved all this stuff out in the middle of the night? Because he found some Luzi on Craigslist or something, right? How do I know what's going to happen? This is the I put up with that year after year, only to keep the relapses getting worse, because that's what happens in addiction. Addiction is a progressive disease, then you always need something new and novel and taboo and risky, in order to get high to get the same Hi.



2:01:20

Can they change? Absolutely. Absolutely. Will they change? Well, they're comfortable? No, no. Let them wander. Let them know, you do have a red line that you will only take so much danger in your life. Love you. I understand you have an addiction. But I can't let you make me sick. I can't let your need for risk and, and whatever it bring me down with you. And for all the pushback it and sometimes the pushback is a boundary breaking right and getting angry and getting that that's manipulation. That is their trauma, because when we tell them, I'm not putting up with this, be sure that they're getting a little hit of trauma there themselves. Not your problem, not your responsibility to prevent it either. They need to take that sphere of losing their safety net, just like you did, and transform it into change. It is the only thing that will bring an addict to recovery. You've heard the term rock bottom. What does that mean? It means anything looks better than what I'm doing right now. Anything I need to change, I need to change my situation. I need to get help. I need to start doing things differently. They have to do that. And as long as we make them comfortable. Even with just like, Yeah, we're gonna be Yeah, well, yeah, we're okay. Where are we going? Next? You're on vacation? Or we're planning for that Disney Cruise or something? I don't know. I don't know if we're gonna be together still

depends on you. It depends on you. You tell me. Are you going to be in recovery? Are you going to be different? Are you to be changed? Are you going to start leaning into learning how to be emotionally connected and show empathy. Do not give them a sense of security unless they've earned it. Unless they are showing that they're consistently jumping back on the coaster. They may fall off but they jump right back on consistently. My first husband was an alcoholic, no different. It amazes me how much sex addiction is an addiction. And some of the behaviors are just so similar as why posted in our Facebook group. Living with an addict will rob you have your serenity? Justification? minimization? Oh, come on. What I did is not that bad. Oh, your feelings aren't that important, right? Denial is not that bad and or you know, promises to change. It's the same thing with alcoholism. And imagine what you're going through know that there's millions of wives out there, married to alcoholics, who are going through some of the very similar things. It's very, very more personal with sex addiction. But there's lots of wives out there today with alcoholic husbands are drug addict husbands that are going through the same lack of emotional connection, lack of responsibility, lack of vulnerability, lack of off being authentic with their feelings and emotions and just it's addiction. And addiction is progressive. It doesn't get better on its own. Very, very few unicorns wake up and go. I'm just not going to use porn anymore. or I'm just I'm not going to sex or whatever. They would have to be unicorns. They need help. They need professional guidance. An addict is not capable of deciding his own treatment. I'm gonna go to 12 step and I'll be fine. No, no, you might be sober. But you will not be recovered, you'll still be emotionally 12 years old and sober. But you're still going to justify, you're still going to minimize, you're still going to isolate into your phone, right? You guys are all listening, I must be hitting. I must be hitting a nerve, right in my right. But it's okay. It's okay. Because you're not addicts. You do have full use of your prefrontal cortex, you can decide you are here deciding, I want something different, I'm going to do something different, this will not defeat me, I've hit my rock bottom, and I'm ready to go up. And anybody who tells you you need a man in your life, to be happy, needs to be burned at the stake. If you lose the relationship, because you won't change, it's a loss. It's something to grieve. It's something to go get therapy for. It's something to address. It is a loss.

P

Pam B. 2:06:32

But it's not the worst loss you could experience. The worst loss you can experience is losing yourself. And your sanity, and your focus and your worry and your concern into a relationship with someone who has this dysfunction, this disease and will not change. That's the worst thing that can happen



2:06:55

is you stay in this relationship with someone who's just not getting better, because they choose not to. Or, or they won't. I can't even blame it on the providers. We for years struggled with like not the right help. But honestly, if he really wanted help, he could have gone from therapist to therapist to therapist and said help me, okay, you're not helping me, you're fired. I'm gonna go find another therapist help me. He could have found somebody to help them. Okay. But they're not going to want it as long as we make them comfortable and let them think that Mom, just I'll just stick around until you figure this out.


P

Pam B. 2:07:36

Don't because it means what if it takes them 15 years to figure it out, you're gonna wait around 15 years, but we stay because if you're like me, you're like, but what if I stay for two years and then leave him and then the third year he figures it out marry someone else?

 2:07:55

Right. Thank you. I know, you're all thinking it. Karen's just the only one who admits it.

 2:08:03

But you know, came to that I came to that realization just a couple of weeks ago, when I saw my therapist, she had asked me, you know, she asked me if I was afraid of divorce. And being alone. I said, Absolutely not. I said I'm not afraid of divorce. I'm not afraid to be on my own. I'm confident that I can do it. As a matter of fact, in my last separation after day one, I was on my own for for many months, and, and thrived. I was healthy. So she really kind of put it on me to think about, okay, what is it? Why are you continuing to allow this behavior? Why is this okay for you? So I had to really think about it. And I finally figured out just like a week and a half ago that my greatest fear right now is that I will put in all this work. I will wait around for a year, two years, five years, come to the realization that it's not working, that he's not getting the help make the decision to divorce, filed the papers, sign the papers. And when the ink dries, he calls me up and says I'm ready.

 2:09:17

Okay, so you can get very good. I

 2:09:20

told, Well, I told my therapist then I said, My greatest fear is that he will do that. But I know that once that ink dries, I'm done. I'm out. And I'm not going back. That's okay. Then, yeah. And I want to believe that he can recover. I want to believe that that he wants this relationship that he wants me. And right now his actions don't show that because he's not in recovery. And so once I put that out there. I was able to kind of put my thoughts to it. And I'm like, Okay, this is what I need to accept. And she asked me to put a boundary in place. How long am I willing to be patient? Knowing that once that ink dries, I'm done. And so I gave her a timeline. And that's what we're working towards right

 2:10:32

now. And I believe every single woman should be well, and the relationship, it doesn't mean you are going to do it. And I know, I had a superstitious belief that if I go to a lawyer, and just get information on divorce, that I was somehow encouraging divorce, right? Or even if I let my mind go there, that God would peer into my, oh, you want divorce? I'll give you a divorce. Right? That was magical thinking, cognitive distortions. But I'm sure that you'd be willing to divorce your husband's if every night he came home with a baseball bat. to bash your head in,

and you had to defend yourself from that you'd be willing to divorce? How far away are we from that? Physical violence and emotional harm and neglect and manipulate emotional manipulation, using anger? To get you to back off your your boundaries? Are you he uses his anger to manage his own emotions? Right? Or lies. I'll do it. I'll do it. Right. That's how he manages emotions and nurse promises to change and let and when the behavior doesn't change, it's not a promise anymore. It's manipulation. Please be willing. Because if you're not willing to conceive and considerate kinda like if you ever heard the story, if you ever gotten this advice from an older person, when you go to buy a car, or house, do not show that you are emotionally connected. You go on to a car lot. And you fall in love with this beautiful blue, royal blue, right? You just oh my god, I got you start imagining yourself driving the car or house. This house is beautiful. It's got everything you need. Fireplace has a beautiful deck screened in porches and a gorgeous neighborhood, I can see my kids playing in the yard, I've got to have that house. If they sense that in you. You have lost all negotiation power. You will cave you will pay more than you should for that car and more than you need to for that house. And I'm telling you, our partners can sense that in us. They can sense when we're not willing to conceive and consider divorce. They need to know that we've considered it. And this is where boundaries are so beautiful. Done, right? Because so many myself included you do this again, it's divorce, black, white, no gray area, no other color. You do it again, divorce. Scott made him better at hiding it. Because he was an addict. He didn't have replacement tools. So just got better at hiding it because you didn't want to divorce. But when you use phrases like I cannot participate in this relationship like I used to. I can't shop for foods you like I can't cook for you. I can't sleep with you. I can't listen to how your day went. You don't care how my days go, my day sucks. Because I don't know what's going on with you. And you want me to listen to how you got cut off in traffic? Or, like, why should I care about what you're feeling? You don't care about me. So I'm just going to take some space while I watch what you do. I'll just sort of observe. And I've got to make decisions about how I participate in this relationship up to and including ending it up to ending possibly including ending it. That gives a lot of Lee room for maybe I'll stay maybe I won't. We don't use what are you gonna do? I don't know, you know, that depends on you. Ask yourself, are you going to really take this seriously? There's your answer. If you take it seriously, and you become a person who heals and changes and you know, maybe I don't know. I'm pretty. I'm pretty beaten down right now. I don't know if I can make a good decision after all, what's happened, I need to, I need to do some more work on my recovery from these wounds you created so that I can get to a place where I can evaluate whether or not I want to be here. real conversations is that if you send that would you be like, you'd be being authentic? Right? If you really believe that, are you sitting there going, but if I said that he would not your problem, how he feels emotionally from you being authentic, and real. And standing in your power, it is not your job to shield him from whatever feelings comes from that. He should be they need those that's or they need to experience those real consequences of their behavior, if you shield them from that consequence. Talk about what are the boundaries consequences, that's a real consequence. That's a natural consequence. That's not me punishing you. The consequences. You stay in your room for three days, you know, like a child. Now the consequences I don't know what the heck I'm gonna do. I don't know if I'm staying with you or not. Really, right now mostly depends on you.

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Pam B. 2:16:13

But they need that reality. I love you, I hope. I hope you do it right now, I pray, you change. I don't want to lose all this. I don't want to lose what I thought we had. I want to you know, I want all those good things. We talked about the day we met the day you asked me to marry you. The day we said I do I want all that.



2:16:36

But now it's an all in question. Because you you and Mary Lou are, you know, you and pornography, you and your phone. And that's a consequence of your acting out.



Pam B. 2:16:48

That's just reality. And we can't if they if we're trying to shield them from anger and toxic Yeah, maybe you don't say that. If you've fear there's going to be violence.



2:17:02

Oops. But if you just worried about, oh, he might think I don't love him. He might think I don't care. Like I'm thinking we can control what they think. He can also choose to think rap, I better get my shit together. I don't want to lose everything. He has choices and how he can respond to that. But that's just being real, you are not going to You can't stay in a relationship where they don't change forever. You'll lose your mind, you'll lose your ever loving mind. There is no way to surf through this with your with your dignity and attach to yourself, right that you don't, you're not honoring your sacredness, and you're not honoring your self care. Because living with an addict of any kind now, now listen, there's women I know. And I totally support this. Pam, I've got assets, I got 401k I've got money in the house, I got money in the property. I've got insurance, I've got financial reasons that are also part of my safety, my roof over my head. I can't leave this relationship. Well, okay. Now you may not leave the house. But you don't have to participate in the relationship the way you used to. You don't have to go to the hardware store for bread. You can adjust your expectations that that guy, the good provider or whatever, right? And he may be a friend. Right? You can be friendly with him. But don't expect him to be there for you emotionally. Don't expect him to go to him, you know somebody close to you dies and he's gonna hold you in his farms and hold you and said it's gonna be okay. Right? He may not be there for you can't. You've got to keep your standards high. And your your boundaries and your conditions high. But your ex Hi. I am only physically and emotionally intimate with someone who is on the coaster, in recovery working towards you're trying to get better, right? But I'm going to predict that even though I talk Adam talk Adam, he's not going to change. No amount of talking is going to change my prediction that he just doesn't get it. He's mentally incapacitated. Maybe he had a lot of trauma when he was a kid and his that literally keeps the limbic system from developing in the brain. It literally keeps the system that helps them manage emotions, and grow up and mature and handle emotions and the world in a logical way. He may just always be 13 years old. But if you know if it benefits you to have the roof over your head and have your kids taken care of, I am all for women staying, if that's what you need in order to feel safe, and that benefits you personally, and that's what you need. I think there's no sin in that. I think that you've been smart. As long as you have appropriate predictions and expectations of how he will respond to you, and you don't lean on him, you find other ways to nurture yourself. I don't mean other men, because the last thing you need is another man, okay?



Pam B. 2:20:36

You find healthy things, healthy female relationships, how or go to school, back to school, learn a new skill, learn a new art, get creative, start a business, find ways to make money so that maybe you could work your way out. If that works for you. You find really, you know, things that nurture you things that fill you

 2:21:07

where's my thing, somebody interrupt me, says I was.

 2:21:13


I was just gonna say, you know, I was a stay at home mom for 19 years. And my kids are adults. So when all this happened, they were already adults. And but it forced me to go back to school. And it forced me to change my career. Obviously, my career was my kids, so and so I did. And I'm now successful and making my own money. And he knows that. So it's very empowering. Because I was not a high school graduate. I was married at 21. I didn't have kids until I was almost 2627. And, and we had a we have a long marriage, we're married for 30 years, I still love my husband very much. And he's now coming up to the plate. So we'll see, you know, in time. But women, I am very empowered. By just going back to school, and getting myself my own career and my own job and my own things. And my own home. And so it can be done. It's very, very, very difficult. I'm not gonna lie about that. It's very difficult.

 2:22:26

I was working with children.

 2:22:29

Yes, thankfully, I my kids were adults. So if you have small children, that's even hard. I mean, I can't even imagine but um, you know, if you have help, or a parent or somebody that can help you. With child care, that would be one thing, but I was in a different situation. So but it can be done it just very, very, very difficult in but she could do it. Because if I could do it, anybody can do it.

 Pam B. 2:22:57

In I'm not at all, trying to downplay the grief that comes with either our current situation, or some of the current options, like I just described, that's not an ideal situation that you stay. Because you need the money. You need the finance, you need the assets. That's not an ideal situation. It's not what we what we hoped for. All of life is not what we hope for sadly, you know, like, I often say I was worried about, is he going to relapse is he going to relapse, then he had he almost died. He had pulmonary embolisms, that can happen too, right. So being able to live in the current moment and appreciate what I have, but grieving. We even if our husbands are in recovery, we still have to grieve the dream. That was the life that we thought we had, or that we were going to have my status as being a woman who was never cheated on. I lost that.

Right? I had to grieve that. So I'm not at all downplaying the grief. What I am saying is I trust you women. I believe in you all, the you will take care of yourselves, that you will put yourself first and then if you need to grieve. You will get the help. You need to grieve in a healthy way, and you will get support. I encourage you I pray My prayer is that you get support from experts in grief processing



2:24:34

and that it doesn't last forever. And that grief may look like this right now. Right? But this is the thing about grief and the loss is it looks like this now. But you did talk about the analogy of grief of being like dropping a ball into a jar. And all you can see is that ball in the jar. But as time goes on and you have have experiences and you do other things for yourself, you start putting other balls in that jar. And it's not just that grief anymore, that grief doesn't change size doesn't get smaller, but we start adding more things to it. And I hope that those things that you add are your, your self care, your trigger tools, your recovery tools, people that you can trust, that are that are safe, and we learn new ways to define what that means, right? Who will can I trust my story to who's trauma informed. And were just a little bit more discerning about the things we do. But that as you move through this betrayal, trauma journey, there is post there's growth afterwards, there are gifts of recovery, you may not be able to see them now. And it certainly doesn't justify what they did. It is an injustice, that is a loss. But I have faith in you. Women are strong, women are smart. All we need to do is to be validated. And to do the self care and to learn again, how to listen to the gut, listen to the lie detector and trust it and let it be wrong. But to be wrong a few times, you have to in order to learn how to use it, you have to learn what it feels like when it's wrong. Be willing to be wrong to set boundaries around it, right? It's never wrong to enforce a boundary that takes care of you. You don't need to justify it. Right. So I I've, I've bent your ear long enough, I'm off my soapbox.



Pam B. 2:26:46

I want to encourage you, the fact that you're here encourages me that you will take care of yourselves and that you will put your self care and your the thing that you're protecting with boundaries to elevate that to a status of sacredness because you are you are all sacred. And you deserve to have the feelings on the right side of the wheel where your needs are being met. And I have faith that you will over time



2:27:16

especially with boundaries. Okay. You know how to get me in between. Okay. And so I will see you all next week. Okay.



2:27:29

Okay. Thanks, fam. Thanks. Thanks, everyone.



2:27:33



Bye bye.