

Monday Night Clarity and Peace with Boundaries

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SPEAKERS

Pam B.



00:02

Welcome to January 22 2020, for clarity and peace with boundaries. I want my dream, my hope I desire for us to all get clarity around what you're protecting clarity around what your needs are, what your rights are, and peace, in the knowledge that when you speak these things to other people, you are standing in a place of integrity, of authenticity, that you are speaking with love, kindness and compassion for you first. For you first, before you have love and kindness and compassion for anyone else. And that's why I teach using nonviolent communication method because it's all very, I statement focused, it's not accusatory, it's not blaming, and it's all about needs. And resolving conflict that way, hopefully, it takes two to resolve conflict, if one person doesn't want to resolve conflict. That's something we have to accept, work on acceptance and start making plans around that. Okay, so the very first thing I'd like us to do is get re centered where we are. Module One is all about getting focused back on you were your truth in your reality that's been taken from resides in your body in your gut, and getting refocused back on you because it is so distracting, so easy to be consumed with this other person and other people's behavior. So if we can, if we can just ground for a minute, just put your feet on the floor. And take one nice big cleansing breath. Hold it and let it out real slow. Feel the ground underneath your feet. Knowing the ground is there to support you won't let you fall. Drop your shoulders we carry so much in our shoulders. into just for a moment, please just continue to breathe. But place your awareness around your belly around your stomach around your gut.




02:35

And just feel what that feels like. Does it feel calm? Does it feel a little shaky?



02:44

Does it feel cold? Does it feel hot? Does it feel hard or soft? And just continue to breathe for a moment?

 Pam B. 02:55

And then I want you to ask your gut. If they could talk, what would it say to you? I'm not talking about head stuff. But if your belly could speak to you about how it feels right now, what would it say to you

 03:16

just continue to breathe for a moment, nice long, slow breaths. This is your time. This is time for you and nobody else. Your wellbeing, your self care, your wellness care. This is my time to this is my favorite time of the week. And when you're ready, I'm going back to our Zoom Room.

 03:57

And I do mean that I worked for years in corporate America. And I dealt with all the personalities, all the egos all the narcissists all the ladder climbers all the backstabbers and some really wonderful people too. But doing this kind of work. And I just want to thank you for being here because you're part of my recovery too. And being able to connect authentically vulnerably with real people, not one of you have a mask to put on. Not one of you're here to pretend to be anything other than you're not and I thank you for that. I am grateful for the opportunity to connect with people on a very real level. So thank you for being here. For me, I appreciate that. But it's not all about me. It is it is about you and I am passionate about boundaries, I am passionate about this journey that we go through that does get us hyper focused on this other person, that we had dreams, we had expectations. We still have them, that we had hopes, desires. And when we get something other than we're looking for, we have every single right, to be disappointed to be sad to feel sad, to feel angry, even know feeling is wrong. And feelings are a big part of our boundary statements. So tonight, I'm going to ask you, and if you don't have your copy, I'll pull up my copy. I'm going to ask us to do a check in with the feelings will not I like my feelings will. It is the nonviolent communications method that keeps us real honest about emotions and feelings. And it doesn't let us use words that blame that shame, that accuse that make judgments or that label what the other person is doing. That doesn't mean they're not lying, deceiving. Rejecting, betraying, it doesn't mean that there's a place for that behavior. There's a place to talk about that too. But when we talk about I feel, and a part of betrayal and any trauma, recovery, being able to get to develop this new language and get real comfortable with, I feel sad, I feel angry, I feel scared, I feel confused. I feel frustrated, I feel disgusted. I feel exhausted. Being able to say that is so validating to the self to yourself. Your brain needs to hear that. Why? Anybody can tell me why it's important for you to be able to say that to yourself.

 07:16

It's our reality.

 07:17

Yes, it is our reality. It's our reality. That's our experience, our lived experience. Why Allah?

Yes, it is our reality. It's our reality. That's our experience, our lived experience. Why Aaron. What did what does the rest of the world say about our feelings?

 07:34

They see a smart room getting written.

 07:38

Right? Oh, you know, you can? Why are you sad? You have no reason to feel sad. Right? Or how about even the therapy community? Why are you still holding on to the sadness? Listen, if I could let go of it, I would trust me. Trust me, I am not holding on to it. I don't want it. I am actually drinking and eating and smoking and whatever to not hold on to it. Right? How about our partner? What do they say? Aaron's laughing here? And what does your partner say about your feelings?

 08:24

Sometimes he doesn't, sometimes he just sits there blankly staring. Because he doesn't know what to do or say. Right? And other times he's like, Yeah, I understand. I get it. I'm with you. But you can just see the the glossy. The glossiness in the eyes.

 08:51

So somehow, it sounds like he made a bunch of statements about his experience of your emotions about his understanding. Mm hmm. Okay. How about other reactions to your emotions? Anybody want to offer any of this? The IQ that you hear? Sometimes

 09:17

my husband, he just looks like he can't understand. It's like I don't know. I gave him a hug the other day and he said, Oh, you must be missing me. Next week. We're here. He said, We I must I must be missing him because I. I said, Can we hug and we were sleeping in separate rooms. And you know, we're disconnected right now. And I kind of paused I didn't say yes. And he said, Oh, you're not missing me. And I said, I'm not letting myself miss you. And he couldn't understand that. He was like what? I'm like, I have a wallet to protect myself from And that involves not letting myself miss you. And he could not understand that. No,

 10:06

no. And, and I may not understand that it but that's okay. That's okay. Right.

 10:15

Um, another thing that I've heard is Why are you always so angry? You have no reason to be angry. What do you angry about? You have an anger issue. Anybody else? Anybody ever hear that?

 10:36

My experience is, well, you don't feel that.

 10:41

You know, just like, just complete denial that I actually had these feelings, that they're not real. Wouldn't that be nice? What do addicts medicate? If a section is a medication, right, what do I Okay, right?

 10:57

There medicating feelings, right? I like the one where it's, you know, why would you be mad? What's upsetting to you? You know, why would you feel scared? Why is it scary? And,

 11:14

and that's okay. As long as first there's a Yeah, that's understood, so understandable that you're right. Because I might, you might come to this, I'm really mad. And I might go, wow. Well, that's really understandable. That makes sense. Because in this situation, anybody would be right. Tell me more about that. I get curious. Yeah,

 11:38

no, it's it's, you know, why are you Why would that make you mad? It was it was just this or it was just that. Why is that upsetting to you? Right?

 11:48

Yeah.

 11:50

So this is, as you can see, this is why it's so important, because being emotionally invalidated, whether it's our partner, or a boss or anybody else, because it can happen, because I just think it's in our culture. Because otherwise somebody will try to fix you here. Can I bring you high? Or if you ever watch The Big Bang Theory? What did? What did he do when? What's his name? Sheldon, people are upset. What do you do? A hot beverage you bring them a hot beverage?

Right? So you know, that's our culture we're fixing women are so let me bring you food and right or, you know, let me reframe it. It's not that but look at least like Brene Brown has a really good video out there on empathy versus sympathy and, and she said, empathetic statements rarely begin with the words but at least, but at least you have another child, but at least you know, I'm here, I haven't left you yet. I still live under the same roof right? To be emotionally invalidated is one of the worst things in the world that our partner can do. For us. It's the worst thing in the world a parent can do for a child. It basically rejects the humanity. It basically says, Your what you're experiencing right now is appropriate. It's not good enough from not getting a good enough. It's it's not the right thing, right. And so we need to validate ourselves emotionally and validate each other. If you're ever in a group. One of the first things we learn is the first thing we have to do is normalize the experience of betrayal, and the awful, crappy, ugly emotions that we don't want that come with it. Or even maybe some other emotions sign. I myself the the very beginning stages. When I made my discovery, I was a bit relieved, because I was like, I'm not crazy. Okay. All right. Now, some truth is coming out. I wasn't like overly suspicious. I wasn't crazy. I wasn't nuts, right? I'm not this horrible person that didn't trust because you know, because of my past history, whatever. So no matter what you're feeling, and I felt that and it felt angry, and sad loss at the same time. But the point is, is no matter what your feeling on that feelings will, it's not right. It's not wrong. It is. And it makes sense. Because betrayal is disempowerment. It's a form of abuse, abusive behavior because it does disempower it robs us of informed choice. Also, the defensiveness when we go to our partner with a complaint, or a request around transparency and honesty and healing, and show me you're a different person and show me that you get it because this is one of the biggest things we'll go through in our life. Can you imagine having a major heart attack and going to your partner and saying, I'm really scared that I'm not going to, you know, I'm going to have another heart attack and him going. Well, why would you be scared about that? What that that doesn't make any sense what, right? Or passing an airport, if you are in a major airplane accident, you can imagine the passing an airport could be triggering for you, and saying to your partner, oh, my God, I am starting to hyperventilate, I'm starting to freak out. That just scares me so much and have gone. What, what, why? Why it's just an airport? What's the big deal? You're overreacting. You got to connect it? Yes, it makes sense that what we have been through is catastrophic at the time. It is it is a volcano, it's an earthquake, it's a hand grenade going off in the room. So the feelings that we feel are absolutely making sense. For the type of attachment, we feel that bonding, that attachment, and that safety with our partner, for that to be threatened, to be destroyed, to be severed, and to find out that your reality isn't what you thought it was. So with that being said, this is why it is so important. Another reason why it's important here in the boundaries course, and recovery from betrayal. And anybody who hurts you that you're in sort of an emotionally close relationship with, it's a form of emotional intimacy. To say, I'm really scared right now, my mind is logically telling me you're in recovery, you're doing all the right things. You're you're sober, what all the good things that you are doing. And so, but I'm a trauma survivor, I'm my brain is recovering from trauma. And I need to tell you that I'm feeling sad and scared. That's emotional intimacy. And whether that other person can handle it or not, is not for you to protect them from. And it's not your responsibility to protect them from your feelings, so they don't go act out. They're gonna go act out no matter. Like, if that's if that's what they're going to do. And that's where their head is that it's going to happen anyway, whether you're the one that shares your feelings with them, that's part of their recovery, they need to learn to process those things. Now, if they weaponize them, which happens, right, oh, well, you know, you're just, you're having a trigger. If you go into like, Hey, I'm a little bit scared. I'm concerned, I felt like the need to look at your phone. Oh, you're just having a trigger. You're just having a trauma trigger? No, no, I'm I'm not triggering right now, my amygdala is just fine. I'm a little sad. I'm a little scared, right. And little concern, I'm experiencing grief. But it triggers something much different, right, having a trauma trigger. If

that person isn't safe to share your feelings with, then by all means don't, don't vulnerable, you know, make yourself vulnerable in that way. A group like this is a good place to share. So I'm going to ask you to use the nonviolent feelings, we all nonviolent communication feelings well that I have in the course, if you need one, I have one up ready to share. And I'm going to ask you to share three feelings. You start at the middle of the wheel, it's all the basic stuff. It's all the real basic like sad, angry, maybe even trusting or loving, right. And then as you go out the wheel, it gets a little bit more granular and a little bit more nuanced. So I'm going to ask you to share three words. If you struggle, start in the middle. If you're struggling and you feel overwhelmed, start in the middle with the most basic feelings. And if you feel comfortable doing so work your way out. And you don't have to stop at three if you don't want to. Okay, the other reason I forgot to mention that we do it in nonviolent communication in boundaries is because it does form the basis of our boundary statement. When this thing happens, I feel okay, so it's important for you to get for many reasons for you to get comfortable with this terminology who would like to go first?



19:34

I can go first. Hey, Karen. Hi. This is the wheel you're talking about right? Yes, ma'am. Okay. All right.



19:48

I feel scared. concerned.



20:05

upset and heartbroken.



20:15

What do you scared about?



20:30

The unknown, the the not knowing, um, you know, as a part of betrayal, trauma, you know, and how our brain works. You know, we thought we knew what our reality was. And that's not the case anymore. And so, since I don't know what my reality was, it's hard for me to, to predict what's going to happen. And my spouse and I had some very deep, much needed conversations. Over the last four or five days, it just kind of blew even my perception of what was going on. Now. Since disclosure and disclosure, the second one was in August for me. I thought we were on the same page. Even in, in light of disclosure, even in light of our desire to walk together in in finding healing and, and rebuilding the marriage. I discovered that his perception is



21:54

a bit different than mine. That makes so much sense. Yeah. And you said something very important. You said I can't predict. And that's the basis of our brain's ability to feel safe. Yeah, we want to be able to reasonably predict or expect what is going to happen next, or what our partner is going to do when you lose somebody into your life so much like with our partners, and you know, we make those plans together to move forward. Right. So that makes sense that it's scary. Yeah. Yeah. Does anybody else feel scared? Oh, hands. You're not alone. You're not alone. So you just had disclosure in August, you said? That's recent. It is. I just want to caution to everyone. addicts, say things, addicts early in recovery. Even they say things. And Dr. Jake, we had Dr. Jake on the on the hopeful wives podcast, and we're wanting him to come on and talk about what should a man tell his wife about his recovery? Right? How much should he share, and he started going down this path that we were just like, we couldn't like we just listened. As he said, addicts don't do recovery. There's nothing to go back and recover. Addicts do discovery. So times addicts will say things. They don't mean they haven't found their authentic self yet. They haven't truly because his His thing was because this year, the addiction starts such an early age like eight 9 10 11 12 13 The first time they probably were exposed to pornography or were sexualized by someone, right? The development, the limbic system stops there, it's literally Arrested Development. And that part of the brain that processes emotions, physiologically, doesn't develop to a place where they can process emotions in a healthy way, process information in a healthy way through the prefrontal cortex. So I would caution everyone to take what their addict says, with a grain of salt. And I know that's a hard place to be because, like I still can't predict, I still can't predict what's going to happen. And so a big part of our recovery is acceptance. Acceptance of the situation, whether it was somebody with cancer or another type of disease that this is the person I'm married to. This is their limitations. I don't know if you saw the free group today. I was moved to post a really valuable insight that I had that I got received, from a book courage to change one of my 12 Step groups about why would you go to the hardware store for bread and addicted person doesn't have access to their authentic core values, their authentic



Pam B. 25:26

feelings, desires, dreams, hopes, principles, they don't have access to that yet, until they get really further along. In I call it recovery, Dr. Jay calls it discovery as they discover who they are. And so that's, that's a difficult place for us to be. And I could go off probably on for an hour about that about us attaching again, bringing that focus back to us, okay, I can't predict what he's going to do. But I can predict what I'm going to do that even if my addicted person goes off the rails, even if my addicted person, my relationship goes south, I will take care of myself.



26:11

And it's not about self worth or self esteem. It's here's a new term self efficacy. And you be efficient and taking care of yourself. And you take the steps that you would have to do, if the house catches on fire, you know, you will call nine one, we'll get everybody out of the house, you'll call 911, you'll know what to do. You don't want to think about it every day. But you know, I'm reasonably sure that I can do that. Those kinds of things. If this things happen. This is this is what I can do. I know I can take care of myself and start building up that plan, have even a written list. So I don't have to think about it when it happens. Karen, thank you for being so authentic, and sharing so vulnerably. And if we want to break down this place to do it.



27:07

Thank you for creating that safety. To do so. Yeah,



27:12

we need to, we need to it's healing. It's our it's our brains way of moving us through the betrayal, and the trauma and pain. Sometimes you're gonna fall into a clump. And I know, I know, if you're like most of the women that I've been interacting with the last six years, you don't want to start because you think if you start you won't stop. You will. Okay. All right. Who would like to go next? Lynn, I see your handouts are okay.



27:50

Today I'm feeling a bit thankful and curious, my husband has agreed to start doing the work towards a full therapeutic disclosure, and to start working with the CSET. This is a first. So I am thankful for that. And I'm curious to see how he does. And I'm scared and vulnerable. Because I don't know if I can trust his commitment. And you know, like Karen said, just the unknown. So I'm feel like I'm opening myself up to be vulnerable again. But I know this is an important for next step.



28:39

And it makes complete and total sense everything that you're feeling I can I can also relate to the grateful on many different levels. Even just not as my partner, hey, here's a person I care about. And I see them taking steps towards becoming more whole and more healthy for themselves. And maybe it even will have a benefit for me and our relationship. So I can see that. Go a little bit deeper if you can. On the wheel. You said you said intrigued and curious. I



29:20

said I was thankful and curious to see Yeah. Well curious is under intrigued. I'm just curious to see how he handles it. And if he'll really allow it. You know to go deep to like surrender to it. I think you say they need to surrender to the process. And that's not something he's been able to do yet. So for him to take this step is for him. It's huge. And you know, I I want to make you know, just curious to see how it plays out how much he embraces it or resist it. or is he just checking a box? Or is he really going to do the work? So I'm curious. I'm glad to hear. I'm glad to be curious about that.



30:13

Yeah. I'm glad to hear you say that. And I applaud you for having curiosity. Because that's a very kind of, I want to say neutral. A place of have no expectations.



30:32

Right? Because I don't want to get like oh, so Oh, yay, yay, he's agreed to do this finally, and then go down a rabbit hole where I get burned again. So I'm just trying to



30:44

you're tempering and brain my Yes. Yeah. Okay. Good. Good. Okay. Thank you for sharing. Who's next? Chrissy you want to unmute and share? Yeah, um,



31:03

today, I'm feeling empowered, and calm, but still a little hesitant.



31:14

Okay, what are you empowered about? Well, I mean, that way, all the



31:20

information you have given us over the last couple of weeks and questions that you've answered for me have really helped me to kind of get to a point where I'm like, Okay, I know what I'm doing today. And maybe even next, I know what the next step is. And probably before this week, I was just lost and had no idea how to handle anything. So this has been very helpful for me. I am a bit hesitant though, because I am seeing my husband digging into recovery, like he wants to heal. And I truly do believe that I can see it in his face. He has gotten in the last week, so much better at showing empathy and, and showing that he sees how I feel. So that's good. But I'm hesitant, because if I sign on this day with this guy that's been doing this for 20 years, who's to say, two months, six months, a year or two years from now, I'm not right back in this again, and I've given him my heart again, and feeling all of these feelings. Again, you're gonna



32:51

say yes, right? Anybody else? Can I tell you of it as competent as I am, and my husband's six and a half year recovery, and he's down the hall leading his Monday night group of 79 guys that show up. And I don't know what's going to happen tomorrow. I don't know if I'm going to have a heart attack. I don't know if he's going to have like six months after his last recovery, pulmonary embolisms on want to rush into the hospital. I don't know. All one of my the biggest parts of my recovery, and they said this about any recovery is being able to be in the current moment. Being able to develop and cultivate that skill of holding these two things at the same time. Right? This is a big thing about DBT therapy. Two things can be true at the same time I can I have compassion for my husband, I can hold them responsible. I could feel for that little

boy, that little Trump. But I can also hold very strong boundaries about what happens today. Right? I can hold that I have no control over what happened in the past. And I have no control over what he maybe he'll have a brain stroke, because I was in a group one time where the man started acting out and 70 some years old because he had a stroke. And it affected the part of his brain that was impulse control. And he his behavior was just all over the place. Right? Definitely wasn't sex addiction, but she was in the right place to get the support she needed. So maybe he'll as long as I know he's not going to dip back into his addiction with pretty much shorty because he hates it he talks now with regrets and hates it and despises that life. Right doesn't want to go there sees now how awful and what a hell it was. But I know I don't know what's going to happen tomorrow as you can have an aneurysm right I don't know. But I'm okay. Because I have that self efficacy. Whatever happens, I will take care of it. If I have to go to the hospital for a heart attack, I will bring Jesus with me. I will make my peace with guidance and whatever you have for me if it's my time I'm gonna go right. I'll say goodbye to everybody. Make sure I love you. I love you have a good life, right? I'll make sure that I can take care of myself. If my husband again has ambulance embolisms, like he did all that for six months, I was like, what's gonna happen in six months? What's gonna happen in a year? Right? Well, we had embolisms, I thought it was gonna die. We never know what's gonna happen. The future the past doesn't exist anywhere. But in between my ears, right? The future doesn't exist yet. So being able to cultivate in this moment, because when I was so focused on what's going to happen next year, that, you know, I wasn't having gratitude for what currently was with me, with my son, with my creativity with with whatever, Jeff and I were learning together, right. And so a big part of recovery is getting comfortable with accepting and being comfortable with that. I don't know what's going to happen, anything could happen. Everything could happen. Nothing could happen. Right? But I understand totally, please don't take this as Oh, don't feel that way. feel those feelings. Because here's another benefit. All of these feelings are messengers. They're here to tell us something really, really important. about something we need to do, whether it's a perspective shift, whether it is protecting something moving to protect, moving to communicate, moving to connect, right. So sit with those feelings. Ask them what are you here to tell me once the first time I felt this way? What was going on the first time I felt that way? What is this feeling have to say about me? What is this feeling have to say about what I should do or what I could do? Okay, but the feelings are normal. all normal. So, thank you for being here. Thank you for sharing. Okay, who's next? Michelle?

 37:42

Well, is that Ray was talking I got my list got longer and longer. So lots of feelings. I feel hopeful. I feel anxious and uncertain, feel vulnerable. I am furious. I am angry. I am yearning. I am determined. And I am sad.

 38:10

Anybody else spelling words?

 38:12

And that all of these words were on the list. They were just there. You know, just sensing just where I'm at right now.



38:25

Especially that yearning? Yeah, I know. We yearn when we date. Right. You pining for someone and you yearn? Oh, I really liked this guy. Whenever it's gonna go somewhere. I really yearn for this to go somewhere and then it does right. And then we get into life and no more pointed. Does that yearning misshapen than where we are? Right now? It does that make sense? Ladies? Do you feel it? Even stronger? yearn? For what you thought you were gonna have what you thought it was gonna be. What you know, in you will you feel in your heart? It could be right.



Pam B. 39:11

I'm a divorced person. My first marriage ended after nine and a half years I should have waited 10 So I could collect a Social Security. But I didn't know back then. As he's passed now and I could collect nine and a half years. And I survived. I didn't just survive. I have no regrets. Really. No regrets divorcing that person. He was an alcoholic and he wasn't capable of authenticity and being real and sharing of his real self I was in a relationship with the mask right.



39:48

So so I get that and and but two things that I want to share with you about that. And where I am now is what I yearned for after divorce right after divorce. I had no idea how good life could be after divorce. I didn't yearn enough I should have yearned for even more because my god life was wonderful. I fell in love with, with my, with who I was, for the first time in my life and this relationship, if you would have told me that this relationship could be what it is, I would have said no, I yearn for closeness and authenticity and trust and safety and security. Right. So don't stop yearning. But I think you know, Michelle Burkett has such a wonderful story to tell about hope redefined y'all know, Liz shall my podcast colleague of Hawaii's dot com is my car is my podcast, with Michelle Burkett of Hope redefined. And Bonnie burns, a strong wise and we talk about betrayal recovery from through a Christian lens. But but the shell tells the story of how she placed her hope.



Pam B. 41:12

Because she cycled through just like I did multiple relapses, promises to change. I'm changing, I look like I'm changing relapse, promises to change. I am changing, right? She kept putting our hope and oh, he's going to this therapist, finally. Oh, he's working on this book. Finally, Oh, you went to the pastor. Finally, her hope was constantly in these other places. But when she kept doing the hat, like another place, I'm placing my hope again, in a pastor or therapist or group chat a God moment. God said you're putting your hope in all the wrong places. You need to put your hope in me.



41:54

So if you are a person of faith, I invite you to put your hope there. And if you're not, and secondarily Put your hope in yourself. Please.

P

Pam B. 42:07

So I get that I get that Michelle, I get the yearning. I get all the feelings, all the sadness and the grief. Because that's the second biggest stage we go through in recovery. And we need boundaries. Because in order to grieve, we need a safe brain and a safe environment to fully grieve everything we've lost. When you have a question, I'm gonna say some Oh, sorry. Okay. Thanks, Michelle. Thanks for sharing. Okay, who's next? I can go. Go ahead. Fairly I



42:54

think I feel concerned, stressed, devastated. And go I still have a lot of anger. And I probably hopeless right now.

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Pam B. 43:14

I can understand that. I can absolutely understand. You and I had some conversations back and forth in email. Is your husband doing anything for recovery? Is he in recovery?



43:27

He is seeing a counselor currently, and he originally went into a recovery group. It's not a 12 step. And he's been in that one for I guess five years on and off. So I don't I don't know how I feel about the group from what I've heard and how it's run but that's where he is right now.



43:54

You're still experiencing some wounding behaviors from him. I



43:59

think they've actually i i would say the last two years of what I think is sobriety have been worse than the eight years of acting out. So that's where I'm at and I think it's been the hardest to go through because I you know, obviously hoped for the turnaround and keep looking for it. And you know, something's something's desperately got to change and then it doesn't and so, yeah, Dr. Jekyll, Mr. Hyde right now, I think. What was that? I feel like I'm with Dr. Jekyll and Mr. Hyde right now.



44:41

Yeah. Yeah, that's that's because if you don't mind me sharing I what you're describing to me

with your husband is white knuckling and a dry drunk. Somebody who is maybe not using in the way we think they are to medicate. Okay, they could actually be sober, loyal, faithful, you know, in terms of sexual sobriety, but they don't have the emotional sobriety. They don't have the recovery, the discovery of the authentic, authentic self. So the Jekyll and Hyde is because there is no authentic self, you're getting the mask. And I've said this, I said this today, your you think we think we're in relationship with a person. But when there is relational abuse, dismiss the what did I mean, my jealousy my post about when you're in a relationship with an addict, they create chaos, they create drama, they're dismissive, they justify, right? All those things, right? That's what you're in a relationship with. You don't relationship with the person, you're in relationship with those behaviors. And that's why boundaries, the kinds of boundaries that say, Okay, I'm not going to go to the hardware store for bread, I'm not going to keep going to have conversations and be vulnerable and make requests for connection make bids for connection is Gottman calls them, even arguments or bids for connections. I'm not going to keep doing that and expecting a different result. And hoping for a different result. Or trying to predict an expectation. That's what I mean. Keep your standards and your boundaries, you know, conditions high, the keep your expectations realistic or nil. Right? And this is where boundaries and pulling back into more relationship with yourself. It's it's an acknowledgement of reality. Listen, I, the so this is me talking to me too. Okay, so this is not coming down on anybody here, right? You know, I don't sugarcoat right. We keep going to the hardware store for bread. Because we get sucked into the illusion there are that good. The love bombing, right? The pretending and putting on a face like, Oh, I'm a dutiful husband. I'm here for you. Let me open the car door for you. Let me carry the groceries, whatever it is, right. But then when the rubber meets the road and authenticity, and emotional intimacy, what do you mean, right? But what that's just you having a trigger? Or will your Are you on your period? The best one, right? You're just you're just upset over your mother did whatever. Right? Right. But yet, we keep going back for the good guy

P

Pam B. 47:37

expecting that the good guy is going to show up. Whereas that's not living in reality. That's living in hope him. That's not That's it. And it's not not our fault. Because they're conditioning us to do this. They're reeling us in and costing us out and reeling us in and casting us out. And until they stop casting us out, we got to stop taking the bait.



48:08

We have to learn to be realistic about I pretty much going to expect the bad guy to show up every single time. In all appreciate when he wants to carry the groceries or change a diaper or whatever, right. But I am not going to bear my soul. Right? I'm not going to walk off the curb into the path of that Mack truck.

P


Pam B. 48:38

That's living in reality. And I know that hurts and that sad, okay, but I want you to accept the hurt the sad of the guy not in recovery. Because you're in relationship with the dismissiveness the justification, the minimizing your feelings, the invalidation the the inability to hold space for your feelings, the ability for them to own their stuff. Because they haven't yet learned how to

sit with their own gut saying, dude, you got to change your ways. This isn't right. They can't live with that voice. That's another reason why they compartmentalize. Right? Or they justify they it's a defensive behavior. And I'm not going to sit here and say they're horrible people. Dr. Jake talks about it's part of that developmental

 49:32

Arrested Development, that they never developed the part of the brain that stands up and says, Okay, I'm going to be a stand up guy. I'm going to feel my feelings. And I'm going to use them to make a perspective change or to change right? They also have to learn that

 Pam B. 49:52

so if anybody needs a wake up call this is it. Stop going to the Wow, right Don't expect don't predict don't hope that this time is going to be different. Because that what keeps that is what keeps us from creating and enforcing boundaries.

 50:14

And I know that sounds lonely. But you're already lonely. Right? Yeah. That doesn't mean you can't say, Hey, I saw that you asked me if I was okay. When you saw my face was sad, even though when you answer and you go, No, I'm not okay. They can't handle it. Right? My husband was great. He'd see me go up, go. Are you okay with this matter? Then I'd tell him and then he'd blow up. Right? That doesn't mean you can't say. Thank you for noticing. I was feeling sad, or that I was different. Thank you for noticing and asking. I'm not ready to talk about that yet. Doesn't mean you can't encourage a curiosity, right. Boundary up ladies. Boundary up, come here and tell people why you side or get into another group. If it's not, you know, if you don't stay in this group, and the momentum after this group, get into a group, surround yourself with people in recovery. Women in recovery from betrayal, trauma, want to grow. They want to start showing up with better skills. There are people who are growth oriented. All of you are here because you want to learn you want to grow. You want better get into a group stay in a group of women like this. Okay. It's a game changer. Set, Sally. The fact that you're here tells me a lot about you tells me you have a strength. I see a woman fighting to see a woman fighting for her sanity. For her future. I see you're fighting for your marriage. I'm just I want to give you different ammunition. Okay, and a different shield. shieldmaiden. But I see a fighter. No matter what happens. You're going to come out on the on the other side more than okay, because you're here. Thank you. Hey, you're welcome. Thanks for being here. And thanks for sharing. So honestly and vulnerably Thank you for trusting us with your truth. Okay, all right, who's next? Laurie? Hi, Laurie.

 52:46

Hi. Um, so today I've been feeling especially anxious, worried and apprehensive.

 53:00

So I had a pretty big trigger this week. It is ago. So a little backstory, my grandma. She's turning 100 years old next month. So we're throwing a birthday party for her and I was so excited for it. And, um, but her daughter, um, the restaurant she chose is like it's it's kind of crazy it's a restaurant I met one of my husband's old co workers coworkers at which ended up being a mistress so Oh, girl. I'm like, so scared. Like, I want to go in on myself. But I'm like, also so triggered it's just like yeah, that's that's the only time I met her. And I'm afraid the flashbacks. So Real. I



54:07

think anybody would have flashbacks in there. Do you want us to just listen, or do you want us to help you find solutions for this?



54:19

You may find solutions. I'm just glad I realized it like before month. I'm glad like it was a last minute thing because then at least I can go through therapy and try to calm myself down. Before having to go there. That's out on the patio. And that's where we ate with the mistress and she even hold my baby. Oh, you. I know.



54:49

In the same shoe, so bad. Like, yes, it's trail. She betrayed you too. Yeah, absolutely. Oh, oh, horrible. And I want to go there enjoy my grandma's birthday. I don't want to come to Tulum. We want to. So is this restaurant within driving distance? Yes, you could go there before the actual party.



55:22

Yeah



55:27

I'm gonna throw this out to the group too for for ideas, but I just want to give you an idea of first of all been there a friend of the family, right? Someone who held my son fed my son. I fell asleep on her couch. She threw a blanket on me. Supposedly a friend. Yeah, yeah, coworker actually was his boss. One of the things I did, because they went to a restaurant, that was one of my favorites.



56:11

And one of the things I did, I'm sort of bitchy. I was really like, you will not steal my restaurant. This was hard to do. But as most empowering things, they're, they're hard and worthwhile. I went to that restaurant by myself

went to that restaurant by myself.

P

Pam B. 56:35

And I went with my phone, but the time loaded up with all my recovery stuff on it. And I sat down at a table, and I ordered a drink, non alcoholic drink, cuz I don't drink. And I sat and I let myself cry. And I said, I am here, because I want to be here. It's not this place. This place didn't have anything to do with what happened. And I want to be able to come here. And I am working my recovery. And I went through all the things that at the time was 12 steps and some other things. I'm like, I'm doing Here's Step one, I am powerless over other people. Step two, you know, just going through all the steps that's gone on, look at me taking care of myself. Look at me not just giving in like it means taking action, and letting my anger out. And can I tell you, every time we pass that restaurant, what was the last thing I remembered? I went there. And I took my power back. My last memory of that restaurant wasn't all visualizing them in that restaurant. Or, you know, maybe even for you, you being there with her. But if you go back to that restaurant on your own, and you just let yourself own your space, say I have a right to be in this restaurant. That might be the last memory you have of it. Group any other ideas from the group?



58:12

Or or I did something similar. I do something similar to that we used to go for a timeshare for 20. Some years with my family are this really wonderful memories. Then I discovered my husband spent a lot of time last and we were they are at point to implant sites and 60s and all that. So when it was supposed to go again last October, I discovered his 30 betrayal. Last September. So a month later, we were supposed to go. I didn't want to go when I asked my mother whether she would call me. And as I told myself, I have wonderful memories here. Why would I allow that to be ruined by my husband's behavior? And so I went with my my mother, I have wonderful memories. Of course we cried. And we talked and all that. So now I feel like this is a place I felt supported.



59:01

Yeah, so do you have like a friend or a relative



59:03

or somebody support my mother? My mother mentored me? Well, I'm asking Laurie



59:10

it can you do that? Consider somebody who understands what you're going through. Yeah, you can bring with you.





59:15

Yeah, sounds like I'm gonna be making a sister date there. So



59:23

take your power back. Owner space, really? Anybody else? Even words of encouragement.



59:35

Pam, I just thought your idea was magnificent. Just I, you know, when you said that you sat there and you just allowed yourself to cry in that space. I never would have thought of that on my own. Because who wants to sit in a restaurant alone and cry, but how do we heal as women? How do we heal, we sit in our emotions, and we cry and we talk to ourselves, and so just having that visual of, you know, going there and and taking back that place and allowing myself to grieve in that place is so healing in and of itself. Yeah. So I think that's just an amazing idea. And not what I would have thought of on my own. And I don't even know how I



1:00:25

thought of it, except that I was just so mad about losing that another loss. Right. Right. Other loss? Yeah. I think, sorry. I saw I said, you want to want us to just listen to you want to



1:00:45

know, I appreciate it. I'll, I'll definitely be saying that out with my sister. Because she's always been here for me. So,



1:00:52

God, I do you wish to live or live to 100? God bless your grandma.



1:01:00

amazing woman. Yeah. Yeah.



1:01:05

That's great. Yeah. Don't be determined that your will not be willing to enjoy that party. That's your product.




1:01:16

No matter what. But this will help for sure.

 1:01:19

Yeah. No, that's not to say no, it's not to say that that's just going to completely wipe it away. Right. Yeah. Here's the other. Here's the other thing. Is your partner in recovery? Yes. Is he a safe person that you can go to and say? When I think about going to the restaurant, I feel like everything you just said, anxiety, worry, concern. I'm coming to you for comfort, and connection and reassurance. And this is his opportunity. This is where the healing happens. There's some hopes to get to the point where now that's going to make anybody feel who's who's been betrayed or lied or deceived. Or hurt any other person that's going to make them go, Oh, I feel such shame, right. But their job is to go, I feel the shame, but I choose the relationship in their head, right? Yeah. I want to validate those emotions that you're feeling make perfect sense. It's because of my acting out with XYZ person. But I want to reassure you that I'm here for you right now. And so on, and so on and make a plan with him. Because you may have moments where you're just like

 Pam B. 1:02:48

and that you can go to him and say take a walk with me. I need you to take a walk with me. And do VCR validate, connect, reassure. Right? Those are incredible moments for him to earn trust and healing with you. Or that you may not, you may not want anything to do with him in those moments, you got to if you could have a plan to say, if I go up to you and say, you know The Eagle Has Landed or whatever, right? The sky is purple on Monday. That means I'm going to go out to the parking lot. And I'm going to self soothe, I'm going to self care, I'm going to snap snaps out but I'm going to stop and notice what's I'm feeling in my body. I'm going to notice my cheeks feeling red and my eyes welling up and I must be having sadness and grief and it's okay, because that's appropriate. Right? And what do I need? I need to be alone. Oh, I need people and pivot. Or it's that. Is that something that you can go to him and talk about?

 1:03:53

Yeah, he realized it right away. He's apologized to me several times for ruining the place and I know he's gonna be there to help comfort me in any way I need.

 1:04:07

Well, he'll do him a favor by letting him go in detail how? Okay, okay, because most of these guys want to do that when they want to do it, but they don't know how. And we can help them understand how. Okay,

 1:04:23

yeah, when is it?



1:04:26

When's the party? When



1:04:28

it's, it's next month? So? Yeah, so I at least have a month that goes through therapy and help help myself. get through it. So yeah.



1:04:43

And play and make some plans and maybe go there and own your space. And



1:04:47

yeah, yeah, I can always plan for that. The



1:04:50

best stalls in the bathroom to go have a good cry or so.



1:04:57

I'll take the place out again.



1:05:00

Well, thank you for sharing all that with us, Laurie. Thank you. Your Your pain is welcome here. You know what I felt like was over so welcome to the pay your your feelings, all your emotions. There. Okay here. They're acceptable here. Thank you. You're welcome. Okay, who hasn't gone yet?



1:05:21

I guess it's me now. Yes. Hi. Hi. Hi. So I see it is milho printers that are so discouraged, and also humiliated.



1:05:33

Oh, let's start with hopeful What are you hopeful about? So the

 1:05:39

Nina, my husband, like I said, for the third time, I found out that he is back online, chatting with different women different sites. And he's, he's like, you know, there's nothing. He's not really doing it any person in person. So I should be grateful. It's not emotional connection, connectedness, crazy. Yeah, the median time we had of crap that he asked me for, like six months ago, but I would look foolish to get away to Hawaii using our timeshare. So I did and when the time came, I'm also not sure whether we should be going together. But we decided I'm gonna sleep in different rooms like room and the couch, that motivated and then within the app, so it was nice, the second day when you're walking around, and he wanted to go a certain way in the farmers market. And then he insisted on it, but he stopped and asked me to be like, I'm trying to I'm controlling you does it feel like controlled? Controlling? And that's kind of question he never asked what his behavior. So that felt to me that he's trying to get himself right. So that is the hope for cottony. Okay, and and then seeing the universe hiking normally who just all about efficiency, who just go for it. But this time he walked next to me, but it's hard. So I also noticed right now, he's doing all this good behavior. But I turn over this dusty

 1:07:08

area. But is there any recovery program?

 1:07:11

Here? Not really. So that's sort of discouraging part of it. The discouraging part is that he doesn't believe he has any kind of he hears the word addiction. And he doesn't think it's a sexual compulsion is what he has even that is minimized. Because the first time he read it, I found it find a credit card as a card statement. Second time he got blackmailed. But the pictures he sent. Then a year later, I spent doing this group therapy thing, self directed group that I've been trying for three months, and I thought, Oh, he finally got it. And seven months later, I catch him again, online. And so,

 1:07:51

so no, so no, no, he's not in recovery.

 1:07:55

Oh, he's got so he's never been in recovery. And so we asked, my therapist asked me the right, why he thinks he doesn't have this problem. Here's him an addiction problem. And he's reasoning is the only short time and I was so emotionally connected.

 1:08:08

We can I can ask you to stop. Tell him we don't care. I tell him your group doesn't care. doesn't

want to hear about him. He doesn't want to hear your story. Yeah. Right. Yeah, because what the label doesn't matter, right. The reason why right literally does not matter to us. We part it part of our brains think, well, if we knew the reason why we could help them stop. It doesn't matter whether he has an allergy to plastic, and it makes them do that. Right. Does it matter? They need to stop. Yeah.

 1:08:52

Because, yeah, that's the part that he not understanding. We might sing it. I feel like he's gonna do

 1:09:00

it again. Well, and so, you know, like I said, when there is positive connection, because nothing's black and white, they're not usually not horrible all the time. Sometimes they are. To be able to acknowledge, right? When you asked me, you know, my opinion on blah, blah, blah, I've felt encouraged.

 1:09:29

So I do share that. We try to keep a journal to be sure that and not so I did it. We are trying to do that. And I don't know. You see, I feel like we have a couple of good now my health therapists Yes, authorities do group notes that are based on that so it will take us somewhere. The last part of the humiliation is that are on our cup I'm sure all of you all have the same thing. You have your copper friendships and all this and they kind of look at me like this guy's really good Time something you know, walks like a duck and quacks like a duck. It's a duck. Why are you fighting it? What? What is? Why can't you have everything? You don't need to rely on this guy? Yes. And as far as financially, so why are you putting yourself in the place you're going to get hurt again

 1:10:24

I can understand that feeling of from the get go from the very beginning of discovery of humiliation. And we feel that shame. And it's, it comes from shame all shame is like being pushed out. Being rejected. Being told you can't be part of this. Right? Being on the outside. It's very primal. It's because if you are on the pushed out on the outside, you know, my biggest question was, if the building is burning, will you carry my body outside? Yeah, right. But will I be left on the outside because if you're left on the outside of the tribe, you don't survive. You you you don't have the the support of the tribe to feed you in times of drought share water, right? It's very primal. It's not our shame to carry. It is our partner shame.

 1:11:27

Right? Yeah.



1:11:29

But so here's again, do you want us to just listen? Or do you want us to help you find a solution



1:11:36

for that? Didn't you say one more thing and then I like to listen. So the some of the thing is like if I like a couple of my close friends every time to get me out of this support me right? And get me out of it. Be the alpha male? Yes, I suppose. And then also right now, like, I don't feel comfortable inviting a long term, close friends. I feel like it's a fake relationship right now. So how do I say I'm struggling with those emotions?



1:12:05

I can speak from personal experience. All right. My story is that what I learned to do because I had family doing the same thing and a close friend doing the same thing. Why do you stay with this person? Why don't you just leave come live with me right even. And, but my heart was to stay something God whatever told me. And by the way, it was right. It was fixable. Something told me to stay. And what my therapist helped me form was one thing they don't do recovery, your friends, your family, all the people on the outside looking in judging, we do education on what sex addiction is. It's not just bad character. effects the character Yes, but it's not because they're dogs or they're jerks or they're monsters that perverts it's right. We know that there's a developmental delay that there's Arrested Development. There's neurological reasons that the the trauma brain can't connect with the with the values and the principles brain, we get that education. Our friends do not. Stories very powerful when we tell people our story because we need help. We go to our friends ago, oh my god, this is what I'm going through. Right? We need to tell our story. Story is really powerful for marketing, even marketing. People have understood this story sells. Why this is why 12 step is really powerful. Because there can't be any crosstalk because there's power in just listening to another person tell their story. When I tell you my story, you don't realize it but you're putting yourself in my story. You're seeing yourself. Lori maybe saw herself sitting at the table, ordering her drink, congratulating herself for taking care of herself and owning her space. Is that right? Laurie? Little bit? Maybe? Maybe not even consciously, right? So when we tell our friends about how this horrible betrayal that we're going through, what do they do? They project themselves right into our story. But what I would do is I would just fly but what I would do is I would just fight oh well just freeze because everybody does it. So just fun. Just go along to get along right everybody, right? So everybody's got all these uninformed, unrecovered uneducated biases to bring. So this is really powerful. Okay, thank you so much. I can see that you care about me. Oh, it just sort of touches me that you care about me so much and you want to see me say I'm talking to professionals about this for giving me really good guidance. You I'm taking their guidance. And thank you so much for caring about me what's going on in your life? Do you see how I bookended? Basically saying, I got professionals, I'm speaking to people who are aged without saying, Yeah, you don't know what you're talking about. Thank you. No, I just want to reassure you that I am taking care of this. I've got professionals that I'm talking to, and I'm getting really good advice. And I'm working through it. And sometimes just saying to people, I'm going through something really typical right now. I can I tell you my story, I just want you to listen, I don't want solutions. I'm working on the solutions. And you know, in your case, for the people who are already into that

place, you could say, well, I'm getting some education on it. I'm learning some things that you know, maybe you haven't learned. Would you like some books? Would you like, would you write right? Oh, so they'll go no, no, no, I'll go. Okay. Well, and but thank you so much, I can see how much you care about me. I'm so grateful to have a friend like you. I'm so grateful that you're there does. Does that seem doable? Because

 1:16:20

you're giving bad people? It's just me my own feelings. Right? Yeah, they understand where they're coming from a great deal about me. So I'm not. So I understand. It's just like me, they know this, your contract is to twice already. And they can eventually forgive my husband and come back clean that he's going to be good to her. So he's doing it again. So when they come home, how do they how are they supposed to feel about him? So that's the awkward dance, right? Do you feel how you feel? I can see it. But I also feel kind of deviated like

 1:16:55

this way. Okay. But are you? Are you humiliate when you sit and think about your own story? Are you humiliated? No,

 1:17:04

I'm sad.

 1:17:07

Problem. So it's their judgment, their thoughts? Right. That's another big part of our recovery is and I have this in the course is whose thoughts and feelings are you responsible for? You're responsible for yours, not your partner's and you're not responsible for your friends. But some feelings there, there are always going to be people who don't want to understand that if they and here's the thing, if they really did want to understand, they would say, Yeah, give me the websites, give me the book, I want to, I want to learn about this too, so that I can support you. So that maybe if I'm concerned about it happening to me, or if it ever happens to someone else, I can help them. Right there, their perceptions are not educated. And so it's kind of like, you know, if a seven year old walks up to you on the street, it kicks you in the shins and says your big dummy head. Are you going to take the seven year old? Seriously, you're gonna be like, You're seven years old? What do you know? You can only take you know, you can kind of go, ah, they don't understand. Too bad for them. Right? There's no, there's, I understand the emotions I do. The it's It's shame, right? The humiliation. But the shame really belongs to your husband. Because, you know, they say shame is not a good feeling. Shame is an important feeling. There's toxic shame, which is not good, right? But there's a certain amount of healthy shame that our husbands are supposed to feel. Because again, those emotions, those feelings are supposed to move us to correction to pressure,

 1:18:50

maybe maybe I'm fitting the word perhaps it's partially brief, like brief of how you how you personally your house, how you felt about welcoming people. You had this great now family that looks like everybody else was a wonderful family, but ended up being a mess inside.

P

Pam B. 1:19:08

Right? Well, well, then we've had an important conversation if you've narrowed it down now, and sort of put a finer point on that. Grief is absolutely ours. We've suffered a great deal of loss and part of what we lose, in addition to you know, the trauma aspect and the physical and the cognitive, and the emotional and the trust and self worth is the loss of power. My friends. Look at me. Absolutely. So I understand that.



1:19:39

Yeah, anybody else feel that from friends feel that loss of relationships because of what you're going through, because other people don't understand or they aren't educated? Yeah. Yeah, that's again, that's why a group like this is so valuable.



1:20:00

because there are some things that he still takes to to dance. So you have done something wrong, one of my friends and lied to me



1:20:09

well, and they're wrong. They're the seven year old kicking your shin in the street and saying, you big dummy head, you're being stupid, you're your face is stupid, or you know.

P

Pam B. 1:20:23

So they're, they're uneducated, they're I hate, I don't mean this in a negative way, but they are ignorant. They're naive of what the real issues are, it does not take to, and you can push back on that and say, no, no, I have nothing to do, I will not accept any responsibility for my husband's poor choices. I did not agree to this, you can absolutely push back on that. Because that's reality. That's just reality, that I could listen, if I could, if I could influence you all. If I could force you or make you. Change, I'd heal you all, you'd all be healed. Your husband, Robbie healed, right? If we actually had that kind of power over other people. No, no. And that's what I say to is, don't protect your spouse's from feelings. Don't protect, like, well, I have to do this or that, or he's gonna go act out.



1:21:23

Your husband can be sitting on the couch next to you acting out. Seriously, that's how acting out works that preoccupation phase. In the brain. My husband told me that he was sitting on

out works that preoccupation phase. In the brain. My husband told me that he was sitting on the couch next to me watching TV and talking to me about what was going on in the TV. And a part of his brain was over here, in preoccupation about his addiction, about what he was going to do next, and how he's going to do it. And we Can you are you just gonna tell you what my therapist said to me, she was so adorable. I love this woman. Most of what I know, and I teach I learned from her. I said, but I can't, I hope I don't want to do that. What if that makes them go act out and she went, Oh, honey, you don't have that kind of power. I was like, why I thought she was insulting me, she's like, you just don't have the power to make somebody act out. That's their choice, you don't have the power to make them act out or not make them act out. If somebody acts out, it's got nothing to do with you. It has absolutely nothing to do with you and everything to do with their, their disease, their lack of capacity, their the mental status of their emotions, and, and thinking in their head, everything to do with that. And if I could have I would reached into every man's brain and change that. But oh, in every betrayed spouses brain and tell her, you are good, you were worthy. This has nothing to do with you. You just happened to be an innocent bystander of somebody else's mental illness. That is that an illness that is really good at hiding, and masking. And saying everything you want to hear and being everything if you think she wants to be right, I'm gonna be just very good at that. But I am here to tell you don't let that scare you. As you move through boundary, this is another benefit of being boundary. And you stop going to the hardware store for bread. And you spend more time in your gut.

P

Pam B. 1:23:33

Your body is the best lie detector. Now it's been quashed, it's been stuffed away and told no you don't know what's going on. Well, that's your imagination. I didn't say that. You're making this up you just want to cause drama right? Your lie detector has been told over and over to turn off that as you move through this and you get more boundaries and you practice more boundaries and practice more self focused and more self care and self validation of no I do have a right to be angry. Now I do have a right to feel sad and loss and grief. Your your guts will come back online and you will know and if you said some somebody is lying to you, or deceiving or hiding that's all the proof you need to enforce a boundary. You don't need a smoking gun. You don't need to explain it to somebody you don't need to justify it. You don't need to present evidence.



1:24:36

If you need to enforce a boundary you are trauma survivors. If it's a cloudy day and you feel unsafe, enforce the boundary. There's my story about the pink purple polka dot bow tie. Who's not heard the pink purple polka dot bow tie story.

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Pam B. 1:24:58

Okay, say same therapist, Pam set down, what do I do set boundaries? I've already set boundaries. I said, Don't do this, don't do that, or I will divorce you. She said, That's not setting boundaries. I said, you know, what, what can I set a boundary around then what not leaving the house. She said, if you need him, in order to feel safe in the relationship, if you need him to wear a pink, purple polka dot bow tie every single day, you tell him that, and he has two choices he can make. And those two choices are called hard data. He can either choose to go I

don't get that. I don't understand that that's not going to make her feel safe. That's stupid. I'm not wearing a pink purple polka dot tie. But that's controlled, right? He's protecting something else. Right? That's cold, hard data about the potential future of your relationship, if nothing changes, right, and that nothing's going to change. Or he can lean in and turn towards instead of turning away, can turn towards and say, I don't understand it doesn't make sense to me. And might feel kind of silly. But if that's what you need, I'm gonna do it. Because your safety and your healing and your health is important to me. And I understand that you're a trauma survivor, even if he's not to the point yet where he could say and I caused it, because that's a milestone to get to, if that's what you need. That's what I'm gonna do. I will wear the pink purple polka dot bow tie every day. And I don't need to justify why the tie is needed. I don't need to enter into any argument so Jade justify, I don't need to justify it while I need it. Because when you were on June 13, you were wearing a pink purple. Right? I don't need to justify it. I don't need to enter into any arguments about it. I'm not going to argue about why I need say about why I need no porn. Why I need you to cut off access connection with a former acting out partner. Or you know why I need you to stop talking about the former acting out party and protecting her and caring about her feelings. I don't need to argue about that. That's a no brainer. I don't need to defend it. I guess I gotta need to say well, yes, I do deserve to have this boundary because we got married because you promise I don't need to defend it. And I'll need to enter into over explaining it. Now if somebody is curious and says help me understand. Do I wear the bow tie all the time? Or just certain times? Right? If somebody's authentically curious, and how is that going to help you? If they're authentically curious, you can explain it don't over explain it. But you don't need to your feelings and your safety, your emotional safety as an especially as a betrayal trauma survivor, I think it gives you a special set status. But just as the partner who has betrayed and stand tat get and I have this in the course box about that the betrayed must step into her power. The betrayed now should have all the power in the relationship because she gets to say, okay, the old relationship you murdered. With your treason with your deception with your lying with your betrayal, you damaged it, you murdered the old relationship. I'm not going back to that same old relationship and just kind of like pretend like, oh, okay, everything's fine. No, I might take you back. I might take you back with these new guardrails in place that everybody just knows explicitly under the current or implicit under the current. Now, like, you know, the relationship comes first. Now we're making it explicit. Above the current, we're going to be very intentional that the relationship comes first, before your parents before kids, before you're acting out partner, before your addiction before pornography before your golf buddies before your hunting buddies before your fantasy football. Before you're working on your car for six hours, the relationship comes first. Because what's good for the relationship is good for me personally, if I put the relationship first, that's two people to pick two are better than one right? Two people supporting each other. The relationship is what's best for each individual. People live longer, they have better health outcomes. They support each other. And we tell each other everything. Those are the two new rules of the new improved relationship. Then I might take you back under. But first I need to see You betrayer displaying that you could put the relationship first, over your anger over your shame over your resentment Get over your impulses over your addiction. But the relationship first, and we tell each other everything meaning, instead of saying, Well, what are you still mad about you say, I'm feeling a lot of dysregulation in my body right now. Honestly, right? When you, when you say you're mad or you're upset, I feel queasiness in my stomach.



1:30:24

I feel shame, I feel startled. I feel overwhelmed. That kind of we tell each other everything. I might take you back if I see you demonstrating that over a long period of time, three months,

four months? Because change doesn't happen immediately. But when you have can you imagine having those two things honored all the time? The relationship come first covers a multitude of boundaries, right? It covers porn. It covers acting out. It covers competing attachments, and competing

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attention for the individuals time. That covers just about everything. And we tell each other everything means no secrets. We don't protect each other from the truth. Well, I didn't tell you because I knew you'd be bad or you want you Dipset? No, I told you, because we tell each other everything and I trust you to handle it. I didn't tell you because we want you to go act out. No. I tell you I'm mad. I'm upset. I'm having grief. Having a trigger. Right? I'm feeling startled and feeling depressed. I'm feeling horrified. Right? I'm telling you. And then what you do with that it's not my responsibility. That's different from saying, I'm sitting here thinking you're a jerk.



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That's not sharing every that's not sharing authentically, right. That's an accusation. That's not I statements. Those are those are.

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Pam B. 1:31:59

Those are shaming and blaming, right? Or you make me feel scared. We've got to take that you made me feel out of every single person in America. In the English speaking world, we've got to take those words out of our language. Nothing can make you feel. I know we say that all the time. Ice cream makes me feel happy. You know, my husband bringing me flowers makes me kind of happy. No, my husband brings flowers and I feel happy. It didn't make me feel anything. Again, if I could make you feel something, I would reach into your brains and make you all feel beautiful and loved and worthy and sacred and worthy of protection. And no fear that your husband is going to abandon you or reject you or reject relate the relationship or recovery. Right? I would make you feel like oh, okay, good, good data to know and move on. Nobody can make us feel anything. That doesn't excuse people from behavior that does bring about fear and hurt, they still are responsible. Two things can be true at the same time. My husband can't make me feel something. But my husband can do things that I have feelings about that. I don't want. bilin, thanks for being here. Any questions on that? Comments? No.



1:33:24

Just quick question. How long? How long? Is this week? supposed to go to?



1:33:32

Each meeting? Yeah. I've gone over I'm sorry, hour and a half hour. Okay, gotcha. If you if you need to leave, that's fine. That's okay. I see. I have where's my little post it? You've got to help me do this. It says talk less. Please interrupt me. I get started and I don't stop. Yeah. Okay. So I

will go ahead and end here. Because you'll have lives and you have other places to be and you go need, yeah. And I want you to go integrate this. I want you to go sleep on this. And I want you to hear these things over and over again. You are worthy. You are blameless in your partner's behaviors, absolutely blameless. You There is nothing you could do to cause someone to act out or to stop them from acting out. Has nothing to do with you. All you can do is respond to it. Hopefully respond with self care self compassion, self grace, right? Self Protection with boundaries. And all we can do is allow our boundaries to teach other people what's okay and what's not okay with us and how to be in relationship with us. boundaries aren't a gate, right? They're a gateway. That if your behaviors between here In here, the relationship comes first, we tell each other everything, then you get access to this part my heart. But if your relationship is over here, deception holding back demeaning language, demeaning behavior, pornography, whatever, then you don't get, you don't get to come through this gateway. It's a gateway. It's a roadmap to my heart, not a block to make sense.

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Pam B. 1:35:31

And most men want to change. And most, you know, we're in the infancy of recovery from this stuff. And most men don't have the right support.



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And they won't be motivated to go find the right support, they should be going to their therapists going, my wife feels unsafe, help me. And if that guy can't help them, he should say you're fired. I'm gonna go find a therapist that can, or or some other group or intensive, or an online program to learn because it's education. Most of these men want to help their wives feel safe and want connection and want intimacy and they don't know how they're afraid to do it wrong. They're afraid to make a mistake. They're afraid to make it worse. They're afraid to look foolish. They're afraid we're gonna go. What? That still get you think that makes me feel better, right? They're afraid they're afraid of doing it wrong. People like Jake Porter, know how to show them how he can teach them how. And we need to teach them what we personally need for that. What RP pink purple polka dot bow tie is, I can't go into your home and tell your husband, this is what Chrissy needs. This is what Karen needs. She needs you to say these things and do these things and put that thing down and walk over to her and hold her hands don't touch her. Right, whatever it is. Each one of you can help your husband learn how to hold your boundaries. They please don't enter into relationship or go to that hardware store for bread until

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until they can start to learn to manage their own emotions and be relational and be fair and be and have ownership and humility. It won't happen overnight. But they need to see that we will not accept less than adult mature healthy behavior.



1:37:49

Okay, I'm off my soapbox. All right, I'll see you guys next week. Okay, let me know in between if you have questions okay good Use the Facebook group See you later everyone Bye bye

If you have questions, okay, good. Use the Facebook group. See you later, everyone. Bye bye.