

# Monday Night Clarity and Peace with Boundaries

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## SUMMARY KEYWORDS

feel, boundaries, people, lie, husband, feelings, cognitive distortions, intimacy, recovery, emotions, give, learn, wrote, relationship, specific, repair, women, behavior, told, anger

## SPEAKERS

Stephanie F., Pam B.


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Pam B. 00:04

Welcome, April 1 2020, for boundaries, the clarity and peace, becoming foundations of betrayal, trauma, healing, with boundaries. So as I was just sharing, I did all the things I had, I was so good at meetings, I would lead, I would do like a 12 step, you check translating, I would lead, I would lead the readings. And I would share. And I was reading all the books and going to therapy. And I thought that I would just show up differently. But I didn't, because I didn't do anything different. I wasn't mindful about doing something different. And this is coaching. This is coaching. So what I'd like us to do tonight is a little exercise, we're going to do a little workshop. And so, hi, Steph. And so what I'd like us to do is I want us to think of a recent boundary violation that knock your block off that knocked you off kilter. That got you on the merry go round, that got you stifled, right, that puts you in a place you didn't want to be, I would like you to think of something specific. And what I'm going to do is I'm going to lead us through a process. And so I'm putting you all sort of on the spot a bit. And what we're going to do is we are going to write the boundary statement. Okay, and there's no one way to do it. There's lots of different ways to do it. But I give you the four phases, the four step format, really basic. Now, of course, a boundary enforcement can be no, it can be walking away. Right? There's lots of different ways. Some of them can be just in your head. Like what are the southerners white southerners say in your head, you can go bless your heart. Right? That's, that's enforcing a boundary to or you can leave the room, right? There's lots of things that you can do. I want us to practice tonight, and I'm going to give you some coaching, if I may. On Writing a boundary when you do behavior as specific as possible. When you last Thursday night when we were at Outback, and this happened or I said this and you said that right? When this thing happened, the more specific and detailed. And again, these are about actions and behaviors, not general characterizations. You know, last third, last Thursday, when you went into victim mode, that's not specific. That's that's a characterization. That's an assumption. It may be true, it may be totally true. But for the purposes of giving somebody feedback, we need to be very, very specific. I felt so get your boundaries, get your feelings wheel out. So when you behavior, I felt I feel if you repeat behavior, I will. That's one way to do it. I'd like you to add one other piece at the end would you consider and that's the behavior you would prefer to see. Okay. So I'm going to give you a couple minutes to jot that down think about a specific boundary. Now for the purposes of our discussion tonight, I like us to remember our boundaries for the meeting, that we don't go into a whole lot of triggering detail. So if it was something


that was a sexual betrayal, I would like you to for the purposes of this meeting, when when I ask you what your boundaries, please say when you act it out. Okay, but if you would like to please message me in chat, private message, you can pull up the chat and say instead of to everyone to Pam, you can give me the detail. And if you want if you want and I'll coach you on Yeah, that's a lot of good detail or hey, how about a little bit more detail about when and right. We all clear on that one. What we're going to do, okay, I'm gonna give you three minutes when you I'm putting it in chat here.


 05:00  
feel


 05:10  
if you repeat

 05:14  
or don't repair or don't repeat or don't repair

 05:48  
Hey Mary, we hear you we see you. Thank you for letting us know. Okay, I'm gonna give you about another two minutes 712 on my clock so it's 714 Mara you just do it in your head

 06:09  
it's a music, ddd BDD the dddd thing they really needed probably more distracted?

 09:24  
I'm gonna give you about another minute. Oh 717

 10:12  
Okay, I'm gonna call time. Now I'm gonna give you a whole lot of time, because in the real world, in the moment, you're not always going to have the opportunity. If you're driving down the road in a car, I wish that you would take the time to pull out a pen and paper and start writing things down. Right? You can.

 10:32

I actually had a question about that. So so in the real world, when you first started learning about this, that you would just write that in the moment like if you were driving down the road and your husband was driving in a way that made you feel unsafe, you would write that in there, say when you're driving recklessly, I feel scared, afraid and say, Would you consider pulling over and letting Would you consider driving more safely? or pulling over at this next stoplight? So I can get out? Yes,

 11:04

I would say it immediately. But I wouldn't say when you're driving recklessly, because that's Oh, okay. Okay. When you're, I would often look over and go when you are driving 80 miles an hour and a 55 mile an hour zone.

 11:17

Okay. Yeah. See? Facts? I forgot. Okay. Okay. Yes. So Right. And then in the moment, yeah.

 11:24

Okay. It's it started rolling off my tongue, that I would say to my husband, when you he would immediately stop and pay attention. Because I have. He came home with flowers one day, and my, one of my loved one of my love languages is little gifts, little gifts. And he came home. And he surprised me. And I said, when you and he went, he thought I was going to, you know, say something negative. When you bring me flowers, I feel so happy and joyful, and just right. So, yes, I learned to do it in the moment. And it's, that's when it was most effective. And I tell the story, you know, that it stopped me if I told the story about me getting feedback in my corporate life. Now I told it in this group yet. I worked for one company was very dysfunctional, and had a very narcissistic, got young guy looked great a suit. And I think that's why I got the job. pull me aside and say, you know, I'm getting some feedback about you that you're not being cooperative in the project meetings. I was like, what, when this one does happen as well. I can't share because I agreed to tell you, you know, as long as I could not reveal my source and keep the source anonymous. So I was like, I'm not me, not not cooperative. But I didn't know what to do. I'm like, I'm a model employee. Right. So that was not helpful for me at all. Not helpful. years, years later, fast forward, I had this great boss. She loved me, because she knew I had helped, I had returned to the work world. And I had held positions higher than hers in the IT world. But she was happy to have me. And she pulled me aside and she said, I need to give you some feedback. Some of the project teams were saying that there was a situation that happened that you weren't being cooperative. I'm like, what, where she was? Well, specifically, last week, you were meeting with the other project managers, and they were talking about the course development for the sexual harassment thing that needed to be done, of course, that needed to be done before HR, and they asked you if you could be done by March 31. And you said, No. And I'm like, Yeah, because it can't be done by March 31st. We've got this when it got down, like, and I'm like, I didn't mean to be uncooperative. She was, well, she was gonna coach you on what you could say instead? No, we can get it done. By that time as current things stand. However, I could go back to my boss and say that you've requested this day, right? But in my you know, in my mind, no, we can do it by then. But that feedback to know exactly when it was and how I came across and thinking where it was my head that day, and what was going

on. And I could replay in my mind doing it differently. I needed that specific feedback. I needed to know exactly what the circumstances were, and how how I was perceived, right? Okay, so that's why we need to be as specific as possible. And real time so so if you imagine that the good boss had waited six months to say, Oh, and by the way, you know, as a while back, but got this feedback to to our cooperative, when she probably wouldn't even know Remember, right? And she memory being what it is. Okay. Yeah. So my husband took me aside one day we started knees, I was walking around the kitchen, he stopped me and he told me about the shoulders. And he goes, I want to thank you for giving me these boundaries. I never knew before. Now you've given me very clear and specific. How Tos. And it helps me. So, okay,



15:27

how far into it? Was that thank you from him for the boundaries? Oh, it



15:33

doesn't make a difference. Now. You're not good?



15:36

Yeah, I'm afraid. I mean, I know it was a really long time for you guys. We're in like, real true recovery. I'm more I was thinking like, you know, once you really had this way of doing things, and we're doing it yeah. Actually, I did have a question about when you said the positive one to him. The you know, when you brought me flowers that made me feel did you start doing positive things like that quickly? Or did you not do those as quickly? Oh,



16:01

the positive is just as important right? Boundaries. Oh, it is. Okay. Remember boundaries. Remember this phrase about boundaries to boundaries, teach other people how to access the best parts of us. Like boundaries aren't to this. There are boundaries. So yeah. From day one, when you come home from your therapy appointment or your meetings and you share insights with me. I feel connected. I feel hopeful. I feel it right. So absolutely. That's just a mope, that's just us being emotional intimate. Us being authentic. Okay, yeah, it's weird.



16:39

Like, I wanted to thank him for the flowers. He got me for Easter. But then sometimes I'm like, which he didn't have to get me flowers for Easter. Yeah, sometimes. It's like he's finally doing things that he used to do. And it just feels like it's about frickin time. So I sometimes I don't want to. But I think you're right. It's good to teach. Yeah. Yeah, positive reinforcement, just like with children. Well,



17:07

11 17:07

and I know, we don't want to be moms. And that's not the point. But the truth is two things can be true at the same time. We're not We're not here to parent them. But these are addicted people who have regressed development. And I've spoke to 150 couples in the last two months, about four of the men said to me, I'm very emotionally immature. And I know that that's something that I need to do. I'm here to grow up. I'm here to grow. So providers are starting to tell Pete Tell these guys. Yeah, you have Arrested Development. So we are helping some of these people learn skills that they didn't learn growing up in the home or, yeah, absolutely. So I want you to stop for a minute, I want everybody to stop when you don't put your pens down. And I want you to, I want you to just sort of close your eyes. And I'm going to take you to a bad place. I want you to think about that boundary violation. And I want you to think about how it felt and what your thoughts were that moment. And I do want you to kind of go there for a little bit. Not too too deep. But the reason I'm asking you to do this, I want you to very quickly do a body scan. I want you to feel your feet on the floor. I want you to wiggle your toes. I want you to move up through your legs, what are your legs feeling? I want you to move through up up through your belly. What's happening in your belly, move up to your chest, what's happening in your chest, what's happening in your shoulders back up through your jaw, through your eyes, through your forehead and back down again on your own.

18:48

I want you to feel so that I'm going to ask you one to one at a time to go through your boundary with me.

19:03

So who wants to go first? Who wants to share their boundary violation? Susie Susie can delete these leave early sometimes. Susie Can you share what the boundary violation was? Yeah,

19:17

it was like you just want me to say what he did. It was

19:24

long as as long as there's no sexual

19:26

sexual it's not it's anger. Explosive anger so so due to past stuff we were in an argument and all of a sudden he just like had his hands and he hit the table really hard and yelled and that's something that's because of other things he's done. That's like already been talked about but that was



19:53

doesn't get to do that. That's terror sort of terroristic Yeah, any of us if any of them Unless one of us did that with each other, it would be very, very upsetting. So how would you phrase that to him? When you



20:09

so when you demonstrate aggressive behavior, like hitting the table, and yelling, I felt surprised, shocked, scared, angry and unsafe. And if you do that, again, I will need to leave the room and decide what I'm going to do to care for myself, but most likely will be leaving the house. Would you consider that a little stuff, but I'm just guessing or bringing this up with your CSAT to work through. Something about anger issues, and also Paulina are tapping out of our conversation before you get escalated to that point in the future.



21:06

Okay. Can I give you some coaching? Yes, please. We know it was aggressive behavior. I think we all here agree. Right? I would take that out of the statement. Okay. Because we want to call out because aggressive behaviors



21:22

and why an agenda? Yeah, it does



21:25

require discernment, discernment and judgment and characterization and labeling on our part. I'm not saying it wasn't. Yeah, yeah. For the purposes of helping another person understand how their behavior specifically impacts others. I would say, when you slammed your hand down on the table, loudly or right, fortunately, I felt all those things. And I would encourage you to, would you consider to be very specific to that situation? To say, would you, would you consider apologizing for that? That is going to be way more impactful than him taking it up with his CSAT. How you can't measure whether or not he took it up with the CSET. Maybe bringing it up with the CSET won't really actually solve the problem. But the repair is important. And I'll tell you what, every time I have to apologize for something. I don't ever want to do it again. So I don't want to apologize. I don't want to have to be in a position where I have to apologize for something I did.



22:38

Have a question, because this actually happened last week. And it was the first time that I've been able to in the moment. Well, the next day, we talked about it because actually I left actually sent my hands louder and yelled and then left. Um, yeah. Cuz



22:55

like, what's your amygdala has got fired up and he was in he was in fight mode and put you would fight mode. You too. You tuned into each other? Yeah,



23:03

yeah. And the next day, we talked, and I just wanted to hear his guidance. So his, he sat down, and he was like, Well, when I tapped the table, like, not kidding. And I wasn't angry. I was, I was just frustrated. And so once I kind of heard that I was just like, and then I then I gave him my boundaries, because I'm like, I'm not. It doesn't matter if he frustration is part of being angry. But I don't want to like, get all caught up in that. But I'm like this Oh, my boundary, but Right, asking for an apology when he doesn't even recognize



23:40

that's when we enforce boundaries. And, you know, I encourage us all, you know, I don't care if you were angry, or if you're frustrated, or you're excited with glee and happy when you This is why it's important to say when you slammed your hands really hard on the table. I felt scared.



24:01

All right, I see what you're saying. So just being specific. And he doesn't have to agree. And I can request an apology. And because he doesn't agree then, right? I mean, it doesn't.



24:15

Because he's not owning it. If he's not agreeing. Yeah, he's not owning it. And he doesn't have to agree. Yeah, because because not that, why he did it isn't the reason you're talking about it. Yeah. The reason you're talking about it is the I felt at and if he doesn't do the repair, right, his behavior, right. So the more we do that, we need to hear ourselves say this ladies. Yeah, it is more important that we hear ourselves stand up for ourselves and be emotionally authentic, and use mature language that calls out just back things that are factual, right. Things you can prove in a court of law. You can't prove in a court of law that it was aggressive. You You could prove with a video and audio and in a court of law that his hands came down and it was loud, right? Yeah. Yeah, that's



25:07

helpful. It was like, so timely is the first time that I've been able to speak it. And it was so empowering. And I'll tell you like, next time it happens, I'm going to have already picked up the hotel, I would have left and gone to a hotel, but I'm like, it's a nice hotel. And I'm going to just at least leave for a night and enjoy myself. Like I just like, screw that. You know? Okay, sorry. I just, I appreciate this. Like, it just was really helpful.



25:41

And that's, you know, people talk about I don't like the word consequence, because it gets mixed up, right? The consequence was, your feelings, the consequence of him doing that the natural consequences, the emotions that arise in us, our response is to is to how we enforce is a response of how we take care of ourselves and get us out of that harmful way. This was really good. Thank you, Susie. Thank



26:06

you. Thank you.



26:07

Who wants to go next?



26:14

I'll take a stab at it. Okay, Gina? Hi. Um, no. All right. Because you said don't go into specifics. But well, when you act it out two weeks ago, I felt sad and angry. If you continue, and do not repair, I put the I will not attend social events. Or something social, it could be church, it could be whatever small group whatever. With you. Um, would you consider? See, I didn't know how, if I could go into specifics, would you consider deleting eBay and social media and share this with your accountability partner? That's



26:57

a good one. That is that is what would make you feel safe. If that is a particular trigger for you, because of past whatever, it's like buy pink, purple polka dot bow tie. Whatever you need to feel safe, does not need to be defended, or justified. So if that's what you need, and if that is going to lead to him doing that, imagine him doing it say imagine him saying, Yeah, okay, I'll do that. And then doing it and showing you you go a little even just a little bit. It's not the whole picture. It's not everything you need. But if it's one step towards him getting on the coaster, then absolutely. And I'd get specific of the I Will not I will not go to Tommy's birthday party this week.



27:49

I did tell him specifically, if, if this happens again, I will not be attending the wedding that we're supposed to be going to in the end of March and the end of May. That's



27:58



good. That's specific. That's good. And some of you might be like, I will not. I told Jeff, we were going to church, some I will not drive the same car with you. I'll go to church, you're welcome to sit with me. So I'm going and if you want to come and sit with me, that's fine. I'm not getting in the car driving. Good job. John. Any questions on that? Or any? How do you feel about that?

 28:31

You know, I, I get tied up with the Well, like I have written out. Like three or four of them. I wrote out and I'm no book at work. Like when you do this, I feel this. And that's as far as I get. And, like, that's

 28:53

good. Because that's okay. You got before, right?

 28:57

It's the next piece. And like when Okay, so like when you were talking about the I don't know, you were talking about something before? I can't remember. But anyway, it hit me that, you know, I had an aha moment. Just the other day, I was listening to Michelle Mays. And she wrote the, I guess, a book that I'd like to get the double bind the betrayal, and I owe betrayal. So I realized that for the longest time, is that I, I wanted to do these things because oh, that's what it was. You said you you wrote a lot of books, you had a lot of head knowledge, like I the head knowledge, but the implementation I stuck it and a lot of it was is taking that risk of saying this and doing this because of a double bind of having a special needs son and doing that. So Would I be evil able to even fought? Would I be even willing to follow through? On if I made this statement?

 30:09

Right. And that's the excellent point. And if we all got really honest with ourselves, there's very, very few things that we that weren't there. They're big things, but very few things that we would actually say that's it, the relationship is over. I'm moving on. And those are things that we would have, we would have to do. But sometimes a measured response, can my husband slacks off at me, I'm not going to leave him, he starts off at me, I'm gonna get up and walk around the block. And I'm going to come back in my own business, right? Many, many women say if you relapse, again, that said, I'm going to divorce you. But that honest to God, truth is, when we get to that actual moment, to cross that bridge, when we come to it, we don't, because there's usually a man going, I need to chill here. So somewhere along the lines, there's some glimpse of your right, I need to change, I want to, I don't know how I am, right, there's some sort of glimpse of maybe, maybe he will change. And so we say, some men can change if they want to, right. That's why I'm here doing this. So know what your deal breakers are, you know, know that. If you all of a sudden come up with an STD, and you know that you've been faithful, right? And we don't have to say, I will leave you, we can say there's a lot of power and saying, it's this thing happens again, I'm going to enforce a boundary, I'm not sure exactly what it's going to be. But in that moment, I'm going to make some decisions about my next steps.

And it may be up to and including ending the relationship. That's very different than saying, If you relapse again, that's it. We're done. I'm all amped up. It's divorce, I'm just I'm leaving. Like, if we're over, we're done. Right? There are two very different things. One just says, there's going to be some sort of impact. I don't know what it is, I'll make my mind up when I get there. Because we usually do. And we can, you could, this is the thing about boundaries, you can change your mind anytime you want to. This is just a roadmap of how to get to here to there. But you can take a side side trip anytime you want to. You don't always have to stay on the same road. You can stop and go here and go there go back, you can do whatever you want.



32:49

Does that help?



32:52

The words up to and including? Thinking about maybe ending the relationship? Because we all have to have a red line in the sand. If your husbands are coming after you night after night with a loaded gun. You're not going to stay in the relationship. Right. So there will there is a red line somewhere. Okay, thank you, Tina. Who else would like some coaching? I'd like to demonstrate their boundaries. Know how, Rachel



33:27

Yeah, we'll see how this goes. I said, just me. So we were supposed to we were supposed to have a meeting Friday evening at 7pm. I don't know I'm calling it a check in but it was just a scheduled meeting a week after I had read my impact letter. And there wasn't a plan, I guess what we would talk about but he asked for a week of time apart to process my impact letter before we came back together. And his therapist said, Okay, when give Rachel a time of when you're willing to come back together and talk after that. And he said 7pm Friday, so that was the plan. I guess I assumed there'd be a some kind of discussion. So what I what I wrote was, that was my bad on the assumption regardless, I thought we'd have some kind of talk and discussion and check in of some kind. I would hope



34:24

to see you where you would hope so.



34:27

So this is what I wrote. And I don't know if it even really counts because it wasn't really a boundary to begin with or a set plan but I wrote when you didn't come to our scheduled check in time prepared. I felt disrespected, frustrated, skeptical, hesitant. If you continue to show up to check ins unprepared. I will stop spending time with you between check ins until you make an amends and make me feel safe through sharing vulnerably about your feelings. I don't know I'm not sure but



35:01

Would you like some coffee? Yes, please.



35:05

I was prepared. I came with two coffees. I was prepared. I came, I showed up. That's me being prepared to listen to whatever you had to say. You see how



35:15

I know I want you to know.



35:17

I want you to be real specific. Yeah. And this isn't No, this may not be a boundary, but this is expressing the natural consequences of what happened. And it may not animate Yes, it may be because there's the I love the Keaton. Well, Palmer, she changed her name now. But she says an expectation is not a contract or an agreement totally. You expect something you're predicting, something's going to happen, right? But it's still okay. Perfectly relational, and instructive, to your partner to say when you shut up Friday night, and we didn't talk about where our relationship was going, or what your thoughts were, about my letter, or if you, you know, I, the story, I told myself, this is a very, very powerful phrase, it requires your vulnerability. So if the other person isn't safe to say this to write the story I was telling myself or their cognitive distortion prediction, fortune telling was that you would show up, and that you would express to me all your thoughts and feelings about the letter I wrote. And that that was so hard for me and so deep that I thought we were going to have this just as deep conversation. And I realize an expectation is not a contract. But I just want you to know, I was hoping for that kind of conversation. Is that more accurate, Rachel?




36:52

Yeah. And that does that makes so much sense. And I think I did say something similar to that. It ended up being what I would call an okay conversation, because he he, well, he wasn't prepared. I was able to say something similar to that. And and because we hadn't spoken in a week, I kind of have been writing down things that I would have said to him had we been talking all week, and things that had come up for me throughout the week. And I didn't share all of it because it was like, Oh, my word. I've it's been a week, and I have so many things I've thought about, you know, but yeah, I did tell him that I thought, you know, he would at least have some things of what I what he had processed from my letter, and that, yeah, that I expected he'd have something to share about the future of our relationship and what was ahead with his recovery plan. And he did say he had a session with his therapist today, and that he thought he would be able to share more after that session, because it was his first session after my impact letter. So I did feel like there was, yeah, some sharing. But I think you're right, I

wrote that down. The expectation is not a contract. And the the story I told myself was that, you know, this is what may, you know, maybe it was going to happen. So I think that yeah, that definitely helps. Because I think that I do that a lot. Where I was hoping. Yeah.

 38:20

So and you know, I could see myself saying, the story I told myself was this is going to happen. And when it didn't, I was disappointed. And so would you consider us having a conversation where you would share with me? Your feelings? Not cognitive distortions, not the story, you tell yourself? Well, that can come later, right? Right now that needs to be he needs to be sharing that with his therapist and stop, right, that dumping that on you, would you and he may not be ready that Rachel. This is like totally asking people to the rest of development of the limbic system, the processes emotions, it's asking them to be all of a sudden show up and be

 Stephanie F. 39:11  
vulnerable.

 39:14

trust you, they don't trust anybody with their emotions. It's the therapist have to work really hard in the beginning to get the essay to trust them. So this is where they're supposed to do that practice with the therapist and with their group.

 39:29

Yeah, he's been doing a group and therapist. Yeah. But,

 39:34

I mean, it's certainly okay for you to say Would you consider working doing this? And you know, and if he says yes, yes, I'll consider it. Great. How long do you think that might take? That's good. Okay. Can I you know, I love you and I want you to be able to do this too. And I'm hoping that you want to be able to do this and And should I wait a week? Should I wait? You know, when would be a good time to start practicing that?

 40:12

Okay, yeah. And yeah, because the therapist did encourage him on them in that meeting with me, you know that. He said, what what would it take for you to be at a place where you feel safe enough to share with Rachel, what you've been sharing with me and with group? And then he didn't answer the question in the moment. And he kind of said, I think we should finish Rachel's sharing, or we're gonna run out of time. So, but if therapists asked him that, so they can then talk about that together between the two of them. And though and then and then I

can later on say, did you and your therapist, talk more about that? Did you come? Did you come up with it? Or I guess not that but how did how long do you think before you might be feeling safe enough to share some of those things



40:58

vulnerably start to start practicing it right here



41:02

to start practicing.



41:03

And, ladies, it hurts when you hear oh, they can share with the therapist and they can share with the group but can't share with me. You ladies are high value targets. You guys are much higher risk. He can she doesn't care as much if the guys in his group thinks he's a big pansy, because that's what they think they do. She's gonna think I'm a big pansy. I'm a weakling I'm a wuss, right? They don't want you to think poorly of them. They don't care if the therapist as are the guys in their group do. That's where they're supposed to start feeling safe and trusting people. That makes sense.



41:40

Yeah, when he says like, oh, what I cried like a big baby. I'm like, epic baby.



41:45

I love that you cried. So odd to me that so where did he get that programming? Yeah, his 80s Dad. Yeah. Well, that's what we got smells in our cultural too. So thank you, thank you for your vulnerability. Who else would like to share their boundary? We'll go hey, Bernice.



42:11

Okay, so again, it's not a literal boundary. But it is like a difficult situation for me that I'd like to figure out. So we're supposed to go camping with some friends. And we still stay in separate bedrooms. And the trip was in two months isn't like about two months from this conversation. So it's coming up in a month and a half now. So we were having a conversation one day we were having a fan dose actually and Don was sharing not trying to make it a long topic but it was but anyway, he said he was uncomfortable with this camping trip that if we were going to have to stay in separate tents he didn't know that he wanted to go



42:55



42:55

be kind of embarrassing to have to answer those questions right? Hey, where are you guys in separate tents?



43:00

Well, I think that in abandonment we talked about it later because the friendzone though but anyway but yes some of that



43:06

Why are you still in separate tents? What unites us



43:11

Yeah, so do when you said you did not want to go on the camping trip we did not stay in the same tent. I felt I wrote aggravate but angry. If you don't discuss options, I will still go Would you consider discussing the concerns and possible options



43:37

would you what would you feel comfortable or nice coming up with what you would be comfortable with and those options saying right then in there? Because sure we can discuss it. We could discuss it till the cows come home. But wouldn't it be nice if you said could we discuss options that include this is what would I feel safe when I would feel more safe whether it's going and sleeping in separate tents? Right I would encourage you to get a little bit more granular there I'd also encourage you to get more granular about the angry because was there sadness? Oh



44:22

yeah, no I could talk with so would you suggest that I would say to him when you said that I feel not just angry but like um so you say more granular about the emotion or describe the emotion what it's about or not describe the emotion that comes later. I mean, I know what I Yeah, the emotion was but I know what I was angry about because there's emotion and there's also what are you angry about right



44:48

and and the what you're angry about? Is not going back into the My mom dropped me when I was a no no, no, no, no. Let me let me finish because if you go into angry about and then you bring up all this history that we're not in the moment and going when you the purpose of this format, is we deal with what's right in front of us and we don't bring in, pass, pass, pass pass other things. Other things. This right here having this discussion right here. I'm feeling the loss.

I'm feeling sad and feeling grief. I'm feeling overwhelmed. I'm feeling contempt. I'm feeling anxious. I'm feeling awkward. I'm feeling unhappy. What I'm feeling about this particular conversation,



45:36

the males up work would it fit to say at that moment, the story I tell myself is about that particular response that I got.



45:45

If you feel safe, like a wouldn't be weaponized against you. Safe people we do the I tell the story I tell myself is for safe people. Because we're admitting to cognitive distortions and lies. We're saying, Hey, I know I'm, I'm this is a lie. I'm telling myself. And I'm working through that. So because a person who is not safe, will turn around turn around and weaponize that against you. When it's really better for the person. Yet, you know, it's important for you to validate yourself. I wanted you to go deeper than just anger though. Because anger is usually not always is usually a cover emotion. For sadness, grief, feelings of inadequacy, feelings of shame, feelings of why am I not good enough feelings, you know, that kind of shame, not the addict kind of shame. It's, it's more emotionally intimate, and validating for yourself. And it's more emotionally intimate. To help the other person understand these are the these are the natural consequences. So that he knows when he said these things, the natural consequences, right, sadness, disappointment, that there's all kinds of things there. Right.



47:12

Can I ask you a question? Like, I'm reading this and I'm just wondering, Bernice, I'm putting myself in it. Is there any thing to discuss? Like, is there any other option for you rather than just sleeping in separate tents?



47:28

Well, that's why I said to discuss options. I mean, what I said at the time was, it's two months away, I want to plan on separate tents, depending where we are in two months, you know, it might be different, but I'm not going to start out with that is what we're doing.



47:46

Oh, okay. So then,



47:49

if we did share, return, you know, set up some parameters for how we would do that,



47:53

then that's the NATs what I would encourage you to say as the Would you consider, not just Would you consider discussing it, would you consider discussing there being multiple options, that could that are some that are tentative, some that are that we'll make right now, and some that aren't that and I leave the option open to changing my mind the day before, because he could be a perfect gentleman for 39 days, or however many you know, up to the last minute, right? We have always have to have the option. But I just encourage you to get more granular in the in the feelings part than just angry. Only be all with Listen, we have a right to be angry, I want you to also include all the all the anger feelings, right? But I also encourage you to share what might what else might be under the anger, the sadness, it's a symbol of your loss and grief. And I'm not trying to put words in your mouth but oh, no, Can I use you? Can



48:53

you help me with any emotion words with? Okay, so the story I tell myself, which ties with with whatever emotions I had was God in the broadest way is to say he's not getting it. We're not sleeping in the same room in our house. Why does he think I'm supposed to change it for this? You know, and that's what I and I went there really quickly again, to to, to own that myself. He was letting me know only that, how he felt about it. He was not actually coming to me with any kind of demand to sleep together. But he was telling me that he was having a hard time with that. And I will say I jumped and but we're in where I did jump though, and the thing that I had a lot of emotions about that might be other than anger that I haven't named or I don't know. Like, like, how can I think that you're paying attention to what I need? Yeah, well,



49:53

that is a cognitive distortion of mind reading, though. So. So the emotions that come from cognitive distortions. Then we're at we're acting, we're having emotions on things that aren't factual. Right? Right. And we need to self soothe those emotions, right? But this is the power of doing the cognitive distortion work, is when we challenge ourselves. It doesn't take away all the bad emotions. But then we have the emotions. Emotions are our tools for change. They're absolutely tools that are messengers for us to do something. But we want to do something based on reality, not the what ifs of what somebody else might be thinking, or we, we think or suspect they're thinking, I nobody ever thinks just one thing is impossible that that's all he was thinking. But you want you want to be able to respond to a world in as much fact as you can, like the last that's still a loss. I don't feel comfortable sleeping with my husband and I want to that's a lot for me, I want to go on this camping trip. And I would love to snuggle up to you and smell the night. Eric Right. I mean, that's a loss. That's grief and sadness. And my husband will respond to my grief and sadness a whole lot more than he will better than to anger even though I might feel anger, right? I can say I might feel angry and I get angry because I'm because because of this loss. And my hopes are dashed. And you know, so this is why and I also want you to validate yourself beyond just one emotion. I encourage you to list as many they need to start hearing now when they do their stuff. They have a list of eight words. Okay, because they have to start small but we women are in touch with we can feel 20 different emotions on opposite sides of the wheel at the same time. And we need to validate ourselves because the rest of the world will tell us will try to gaslight us. But that's very





51:53

helpful because normally they tried to like pick which one wording it with bullet of just taking several



51:59

Oh, when I Yeah, go ahead stuff.



Stephanie F. 52:02

And a link language that helps me with this is my protective emotion kind of the umbrella that's like keeping, like I it's either anger or sadness. Usually I go to anger. So this umbrella that's kind of like keeping my partner or my kids from my true emotions that underneath emotions are the is anger, right? That's my umbrella that I could hold very tightly to keep me safe. And when I like dig deep and kind of let that umbrella down. If my partner is safe or with my children, it has changed my relationship. Right or in group with my kids or in group. Yeah. It's just Yeah. And being willing to have more than one emotion and being like, Oh, this is normal. Oh, like I can. I can feel more than one thing at a time.



53:08

I just happen to have this graphic up today. Yep. Can y'all see that? I'm going to try to make it bigger.



53:17

The anger iceberg on top is just anger. This is my husband, his go to his anger, anger, anger. And we were driving down the road one day and somebody caught him off in traffic. And he goes, this is after recovery. And he goes, I just realized something. I realized why I get so angry in traffic. I get scared. That guy just scared me. That's why I got angry. angry at him. It helped him deal with the fear. Right? So there's embarrassed and grief and attacked and rejected and anxious and exhausted and just all kinds of things right? Now, my buddy Jake would say sometimes anger is just anger. Right? It's okay. Sometimes like if there is something really, if somebody is coming at you with a machete and calling you a bunch of names. Anger suffices. It's okay. It's gonna keep you safe, because it's gonna make you go into fight or flight. Right? But I really for the purposes of this kind of boundary setting that I teach with, what do I say I market this as boundaries with love and compassion for myself first. I want compassion for myself. I'm setting this boundary because I'm just angry. Because I'm sad. I'd experiment this is a loss for me to not sleep with you. And I don't feel safe. I would love to just do it but I still don't feel safe. That's a loss. I feel sad. Go little angry about it. Right? Yeah. But good discussion around cognitive distortions. We don't really want to respond to the world based on our cognitive distortions. We want to respond to the world as much based in truth as possible. Okay. Thank you, Bernice. Anybody else?

 55:08


Sure. And I apologize, I missed the first part of your explanation. Maybe this is too broad, but I'll try. Okay. When you lie, I feel afraid and distrusting, if you lie, I will withdraw. Would you consider admitting to lying if you do as soon as possible or no later than 24 hours?

 55:28

Okay, so it is too broad. Okay. What the example I gave was when I was in a working environment, and one boss told me I wasn't cooperative, and couldn't point to a specific example, just said, Well, General, and another boss told me I wasn't cooperative, but gave me a very specific day time meeting the people that were there and the situation that was being discussed so that I could remember, and I did adapt, ladies, I did adapt how I communicated based on that I had room to grow. So I said, you know, last Tuesday, when we were at Outback, and you lied about whether or not you ate my potatoes when I when I was in the bathroom? When you lie, right? Very, very specific. So he

 56:12


was the most recent incident was last Wednesday, when he lied, by omission, because he connected to a recovery meeting halfway late, later listed that as his recovery work for the day. Yeah, then I would just fill in the blank when you lie, for example, last Wednesday night, when you failed to admit that you didn't watch the full union connect to the full recovery meeting, you didn't attend the full recovery meeting.

 Pam B. 56:44

The part that you missed is is it met him I guess the Lying is happening. I'm not saying that. But for the purposes of this kind of conversation, to generalize and say when you lie, is very broad and very general and will probably produce very much defensiveness right. He bet he it may happen. I'm not saying it doesn't happen. But for the boundaries teach people how to access us. And the more specific and the less we generalize, and the less we characterize. And the when you should only be something you could prove in a court of law. That, you know, if it's a win, win, I'm uncooperative. You can't just prove I'm uncooperative, and a court of law. Right? When, when you said the other night, that you did this, but the actual truth was you didn't I felt, you don't have to prove it's a lie. You don't have to characterize it as lie. You have to call out the specific behavior.

 57:43

And you don't have to defend well, why would that hurt you? You have to say, well, because it's a lie. Why would I hurt because

 Pam B. 57:51

that's how I felt when this was portrayed. But this actually happened. This is how I felt these are all the feelings. So I stay away from generalization. But even if they lie all the time, then you have to set the boundary all the time if that's your perception.

 58:06

Okay, so just to make sure I understood correctly what it'd be best if I said when you listed attending such and such meeting, but the truth was you connected halfway through so they're flying but by omission

 58:22


need to characterize it he knows he knows what it is? In their in their minds. They're not going oh, okay, when I lie, Oh, okay. When I did that thing. They know, they know what they did. They go even much deeper than lying. Okay, so we don't have to characterize it as a lie. I

 58:40

almost feel like it my story, do you because there's a lot of denial around lying. But I see that come to

 58:45

the club, though. It's not just your story. It's addiction. All addict all addicts are masterful storytellers. They lie to themselves.

 Pam B. 58:56

We cannot the only way to you win. If you got a rat infestation, you can't kill them all at once. Okay, you got to go in one at a time. These behaviors. They are like playing Whack a Mole. But if you go to this generalization that when you lie, then it's not specific enough. Everybody shouldn't lie. Everybody. All addicts have to get to radical honesty. It's more impactful if you call out very every single behavior every time it happens. I had to say it seven times a day with my husband said you didn't leave the milk out. But I were the only two people here and I didn't have the milk. Would you consider rewinding this conversation and try that again? Right there will he some there? It's a defense mechanism. It's not something that's always premeditated.

 59:55

And at some point, it's okay that I want to hear him admit too, it's been a lie. So it's not you maybe not in the pie, smelling up the boundary rate, but I want to get back. And so you have, because then we recognize it's a pattern of lying, and he needs to have that dressed. Not necessarily



1:00:12

that may not fix it. You think you're fixing something, by wanting him to say something, and that may not fix it. What may fix it is being called out every single time.



Pam B. 1:00:23

Every single time and him getting tired of being called out every single time and having to make repairs for it. Having him go, you're right, I'm a liar. That does not stop people from lying. It doesn't. It doesn't.



1:00:39

So what's the rest of it done correctly, saying I, if you do this, which I don't know what to call it, because I had the word lie. When you are inconsistent with your actions, from what you say, that's even better.



Pam B. 1:00:55

I will withdraw. Right? There's a hole I need to get out this video. There's a video out there that talks about what's a lie and what's not a lie, sometimes a lie. There's different categories of what we call lies. Some people honest to God.



1:01:13

Mystery Man misremember, some people interpret differently, a lot of what we're dealing with, is interpret crazy wacko, interpret really broken interpret, right? But the biggest lie they tell themselves is I'm not lying. They don't even sometimes know it is a defense mech it's a, it's a knee jerk defense mechanism. It's been bad, it's the last thing to go. Unfortunately, they can get sober, they can get into recovery, they can do all kinds of things. That habitual defense mechanism is something the brain does, because the brain wants efficiency, not what's good for us. So being called out over and over really caught cause cause attention to the behavior that they themselves may not even really be at a very cognizant level aware of. Okay, and we lie to ourselves all the time, according to the honesty experts, I lie to myself all the time, that really is the last time I'll eat potato chips today. And I'll hide it myself. So, so make it very specific what you could what you could prove in a court of law factual facts, which you could record with a video camera. That's helpful. That's helpful to me, if you tell me very specific, this incident, and when I did this thing, that's how I felt. And you're not you don't have to prove what he did. You. What's up for discussion is how you felt about it. And you don't have to, you don't have to validate that or explain it or justify it. That's, that's the thing we're dealing with.



1:02:48

Okay, so because that's kind of a habitual thing in our lives with with the line piece. And we're

in a therapeutic separation. I feel like I've withdrawn myself as far as I can go before divorce. So I don't know if I'm doing this the right way. Because if I say if you lie, I will withdraw. But then again, how much further can I withdraw? I guess we can eliminate communication via text. And well, I



1:03:12

don't know why. Yeah. And because I don't know why I would want to talk to somebody who consistently isn't authentic with their word. Because there's Henry Cloud says, As soon as there's dishonesty, there's no relationship. As soon as there's dishonesty, everything must stop because you're not dealing with them. You're not in reality, somebody is asking you to live in their movie. And I so



1:03:40

in a situation like that may be like, because you're in a situation where you're trying to work on the relationship. So we do something like withdraw from texting for a certain number of days or something and because if you just stop all communication, well, that mean, well,



1:03:56

then it's just that but that doesn't does that that's just a battle of time who



1:04:00

can wait it out? Oh, yeah. Until it has to be until they make a repair right



1:04:03

has to be



1:04:06

acknowledged that the repairs is acknowledging Yes. And



1:04:10

no change behavior over time consistently shown?



1:04:14

Right? And. you know. would you consider is would you consider ownina the. you know. making

the repair for this, which includes the six step repair, which I give you, which includes owning it. And again, I when I have to apologize for something, I try really hard never to do that thing again. Because I hate upon every, all of you like apologizing. You like yourself afterwards because it feels good because you're grown up and you're mature, right? But we don't want to do things we have to apologize for. That's the biggest motivator for change if it's an authentic apology.

 1:04:48

Interestingly, my husband's really good at apologizing but not the change in the behavior. So that's

 1:04:53

ology that's no apology is long. A repair that I give you and I tell While you in the course, a repair is a start of the repair, the continuation of the repair is the changed behavior and an apology without change behaviors manipulation.

 1:05:12

Where is that six part? repair it

 1:05:17

is in

 1:05:19

each lesson or

 1:05:24

module for starting or repair towards safety and reconnection in intimate relationships. Module Four

 1:05:31

Thank you.

 1:05:36

And you know, you had the here's another piece. I gave you the four step boundaries of when

and you know, you had the, here's another piece, I gave you the four-step boundaries of when you behavior, I feel my feelings validated myself if you keep doing it, or if you don't repair for doing it, here's how I'm gonna get myself out of danger and take care of what just happened. I'm gonna get out of your path until you repair until you start a repair and demonstrate over time to change behavior. In the then, Mary, I encourage you to go back and listen to the beginning for some of the fell in when we wish when we post this video, who would like to share another one? Deb did you have one? Hi.

 1:06:33

My husband is a big sports fan. And we're heading into baseball season. And I think we as women are very aware that sports brings sports seems to advertise women a lot. And I think the more we're aware of that. I'm Canadian. So I'm not an American that I'm aware of what happened was it the something you had a couple months ago, and Dolly Parton was the halftime show or something like that? I don't know. But I think that's just an example of how sex sells on on sports a lot, sadly, and my husband is not immune. So this is something that I've been dealing with, because we're heading into baseball season. So when Okay, let me just backtrack. My husband is working really hard at recovery and sobriety. And yet he desperately wants to watch baseball, on TV and on the internet. So this has been something that I've been dealing with when you watch sports on television, or on the internet. I feel threatened because of the fact that the cameras tend to zoom in.

 1:08:10

You don't need to you don't need to because in any any any of this. I feel I've done

 1:08:17

but I put because I I feel I feel threatened.

 1:08:23

Don't Don't do that. Because Because they'll focus in on the buckeyes and try to fight that and debate that with you.

 1:08:29

Okay,

 1:08:30

you don't you don't ever justify Are you defend or explain the feelings? Never. They're yours. They're not up for debate.

 1:08:39

I like that. Yes,

 1:08:42

I knew that you would.

 1:08:43

So if you choose to watch sports, either on the internet or on television, knowing how I feel, I feel you are choosing to put yourself in a position where you know that this is going to be

 1:09:04

timeout. There's all kinds of things wrong with that statement. Anybody know what it is?

 1:09:11

She told him what he's feeling which was a cognitive distortion to I think it was one of the words down at the bottom. Like,

 1:09:20

I feel that you're this.

 1:09:21

I feel you can't feel that he's anything. You can feel the emotions on the feelings. Well. You can think you could the story you tell yourself right? Right. The story you tell yourself could be while I'm reading his mind and I'm when I read his mind. I think I'm a mind reader and I put my Kreskin hat on you're old enough to remember Kreskin. My husband is thinking my husband is right. We can't do that. We can't feel another person's thoughts. I know the first time anybody ever told me that I got really annoyed that But so I get it. We don't have to explain to them what we think they're thinking or feeling. It doesn't matter what their thought process is. What matters is the behavior. I don't care if my husband is watching sports, because he wants to not because he's got money on the game. I don't care if he's choosing to watch sports because this you know, the heck with her, right? I don't care. It doesn't matter. When you watch sports. This is what I feel. I feel scared. I feel right. All the feelings when you start going down the road of, but you're choosing this, you choosing that that's that's us telling them what they're thinking. We have to operate from the position. We don't know what they're thinking. Because I'm just going to tell you ladies, most often we're wrong. Most often we're wrong. Yes. Maybe there's one little piece there that we think well, he must be thinking and wants to watch sports. Yes.



We know that's true. But we can't get into the because and what they're choosing. Okay, what I would say what the way I would word it is when you choose to watch sports, because that's another good thing to to add. Remember I told you there's lots of ways to say a boundary. A really good way to say a boundary is to is when you choose to when you choose to watch sports.



1:11:35

Yeah, I feel



1:11:40

my first husband was a sports fan drove me nuts. Isolate into it. I'd be talking to him. He'd be like,



1:11:49

oh, one of the reasons I married my current husband because he wasn't into sports.



1:11:55

I feel sad. I feel pain and her grief and sorrow and happy hopeless, miserable despair, heartbroken, discouraged, disappointed. I lay it on. I feel confused. I feel stuck. I don't have to explain why.



1:12:14

Okay, I've got that I understand that. But I'm down on the fourth one, I will. So and this is what I had put, I will feel that you are choosing to put yourself in a position that you might, you know, have temptation, really. So



1:12:34

that's mind reading again, though, because I, I can guarantee you, they don't choose, hey, I think I'm gonna go put myself into the temptation. That's not how that's not how people think that's not how they think.



1:12:50

This is where it really



 1:12:51

has to be an action that she would take like, to distance herself from him because she now feels unsafe in his presence because of choices he's made. Essentially,

 1:13:02

if I'm just going to tell you if it were me, and it was my first husband, Dave. And it would be like, I'm, if you choose to watch sports, what you if you choose to watch sport, after everything I just said if you choose to watch sports, I'm gonna leave the room. I'm gonna leave the house. I don't want to hear it. I don't want to even hear it in the other room. I'm gonna go do my own thing. And would you consider listening to it on the radio? Yeah, I've got that. Would you consider right? Would you consider limiting the amount of time would you consider me see if I just do like to watch the sports too, though? You probably don't even before this.

 1:13:41

I'm not a sports person. Okay?

 1:13:48

What if he likes her to have a space and doesn't mind that she leaves for a few hours? Okay, if

 1:13:53

it's real, it's a little different. That's a whole different

 1:13:57

disease. Right. So I'm thinking I have a disease. Yeah, I mean, I like that

 1:14:03

requires that requires a whole different response. That's not a real common thing. That requires a whole different response.

 1:14:13

not common, or spouses might like their space, and to have us further away from them. I think it might be more common with sex addicts.

 1:14:21

Yeah, like Yeah, he would love it if I said I'm gonna remove myself and go get space he'd be like, awesome, do that. But he's not in real recovery. I don't think so.

 1:14:35

When push comes to shove those are the men that really really need the the hard line of up to and including leaving this relationship more often. Because that's a form of abuse and how much abuse are you going to take? That's neglect when it's when that when it's that level of avoidant and it's that level All of fear of intimacy, their fear of intimacy is a very real condition. And if that's what's going on, then that requires some really hard decisions from you about what kind of boundaries you're going to enforce. Because how much are you going to take? Until they go and get the help they can get help for fear of intimacy and cotton avoidant? And it's not it happens. I wouldn't say it's extremely prevalent, I would say it's, it's, we hear about it a lot because of how painful it is. And we hear about it a lot because of Doug Weiss.

 1:15:34

We just received the book, I just ordered it online, from Doug Weiss intimacy of the NRA includes being very, please

 1:15:44

be very careful with that. He's very, very good at validating what you all feel. He is not very good at the solution. I talked to a man the other night, the other day, I wanted to cry, his wife got off. And he stayed on with me. He was in tears. And he said, I don't want I don't do this on purpose to my wife. I'm reading the book and it's telling me I do it purposefully. I don't purposefully hurt my wife. I'm trying to change. I'm trying to get help. And I'm just I'm very I really need to warn people about Doug Weiss is he's really good at writing books and really good at marketing. And he's really good at keying in on your pain. But that's where it ends. Oh dear. I have had so many women come to me in tears and in fear because of Doug Weiss's fixes. At one time, he was having women sign sex contracts. Because he was telling women that men become emotionally intimate when they have sex. Okay, just please be very careful take, please take it with a grain of salt. And if he got wind of this, he probably saw me because that's how he is.

 1:17:05

Oh, dear. Well, thank you. I appreciate that.

 1:17:08

I read the book. Absolutely. I'm a big fan of reading mind comps and you know, all the bad stuff, right? Reading will not hurt you. Read the book, but please tread carefully there. It's very easy for us in this situation when we're traumatized to hang our hat on whatever solutions appear to be solutions. Not also not all the glitters is gold. I'll validate your doubt you want me

to validate how painful that is? Come to me I will validate your pain and how painful it is to have a man who's avoidant? Who is fear, fear of intimacy. Who says oh, that's fine. Great. I'll just go do my topic. Yeah, it's a coping mechanism. Because of the the parenting they got as infants and as young children. That's how they learned to survive. They did not have a present and and caring caretaker. So they go off and do their own thing.

 1:18:06

Is there a different author that you recommend is

 1:18:10

Jack Porter, he's not an author yet. There's some but on

 1:18:15

the on intimacy anorexia specifically. My husband just ordered that book from Doug Weiss to he was because he heard a speaker and he's like, Oh, I think I have intimacy anorexia. Now I want to learn about it. So concerned with him now reading that

 1:18:31

book, if it's good, intimacy, anorexia, I hate the term we need to do away with it. I know we're getting off track here. But I think it's important to educate all women on this is not anorexia. Let's think about what anorexia really is. For women who are bulimic and anorexic and their relationship with food and their bodies. This is not anorexia. This is fear of intimacy. It's intimacy is painful, because in the past, when they were really young, and really needed it from a caregiver couldn't get it. And they had to develop now they had to develop coping tools. And the coping tools they developed to cope and survive were maladaptive. And they learn to survive on their own because being close hurts, because if I get close to you, in real intimate, you will see what a loser I am and you'll dump me, you will reject me. And there's nothing you and I as a wife can do about that for a man except say, Man, I love you. And I every time we get close, I see how painful it is for you, and how to, you know to feel better. You get further away from me, but that's not going to work for me.

 1:19:40

And can I just say something? My husband's CSOD his mentor is Doug Weiss, or was Doug Weiss. Should I be concerned about this?

 1:19:54

It depends on who it is. Do you mind telling me who it is



1:19:57

if he's a Canadian? Okay. Is that would you know any Canadian?



1:20:02

No. And so I wouldn't know. I wouldn't say you need to be concerned about that. I would say that you have so much more power than his than his CSAT that you have the power that now the I want you to be aware of this now. Okay? That there that if anything comes down the pike through your husband through the CSAT that you go, what you you want us to telling you to do what? And if you feel that discomfort from any any advice that comes through, pay attention to that



1:20:36

he he, my husband CSAT did bring this up to my husband just in the last month about intimacy anorexia, which is why I ordered the book from Amazon. Okay. Yeah, great marketing. And yeah, yeah, but he does my seat, my husband sees that mentor with junk wife. So now you, I am feeling and



1:21:03

we're talking about two different things here. It's real easy. A friend of mine from my 12 Step group, who happens to be a therapist posted this in the couple's group. And she called this out beautifully. I wish I could call her exactly. There's a difference between his recovery from sex addiction and intimacy issues and learning to be a good husband. So no, don't get concerned about the CSAT. Or they're telling you about intimacy anorexia. If your husband comes home and goes, Oh, you have to sign a sex contract, and we should have more sex and let's have sex with our eyes open right now. Just if anything doesn't feel good, pay attention to that and honor that. And go, yeah, that doesn't work for me. Okay, you are the authority. And the relationship, here's what you're going to learn to in in Jake's program. But from Jay, the relationship comes first. The relationship comes first over the sports. I want to go watch my baseball game. But for right now, I see your your your feelings on this. And as much as I love my sports, the relationship with you comes first and your safety comes first. And what's good for the relationship is good for me to even though I think my sports is good for me. Okay, the relationship comes first. And yes, I'll listen to the game on the radio. Or I'll read this the stats somewhere else. It because it may not be this way forever, Deb. You may not feel that way. At some point we grow to to understand about objectification, and that not everyone is looking at another woman, the woman isn't the threat. The threat is my husband's behavior. Right. And so at some point, I have to sit next to my husband while he watches images on the TV. And in the beginning. I said he would he would pause or he would fast forward, you would stop and say Are you okay? Okay. At some point, I was like, just keep playing. Just hit play. It doesn't bother me. At some point. It won't bother you. So I would say get real, real specific. And we definitely got off track. Get real specific. When when you watch sports, I feel you don't have to say why I feel threatened. I feel sad. I feel scared. I feel uncomfortable. Would you consider listening to

the game on the radio? Would you consider discussing different alternatives? For now for maybe later? Maybe, maybe this won't be forever but for right now? Would you choose the relationship first? Right? That makes sense. That's how

 1:24:01

I entered it would you consider only using your your phone or the radio? To listen to sports? And I said for this year, until you are more grounded in your sobriety and recovery.

 1:24:22

I wouldn't go there. No, that may not be that may not be the deciding factor. You may get to where I am or like not my not my circus, his his lusting whatever is not my circus, not my monkey until I feel more comfortable about it. Until I feel more comfortable, not until his you can keep that in your head. I'm not telling you not to think and you can think that all you want right? But until you feel more comfortable because you may get to the point where like Dallas cheerleaders. Right I have time games with Beyonce. If JLo, right? App is so it's dumb, right? At some point, it's not triggering anymore because I can look at that woman and go, that's a child of God. She's not the problem. She's not the problem in alcoholics are when in their recovery. In early in their recovery, they have to stay away from bars, but they, but they can't just not ever go to a wedding again, they have to learn to be around alcohol, and have a different relationship with it and different response to it. So I hope that helps. Okay, thank

 1:25:37

you. And can I ask that earlier in this discussion, which was that it's a different thing? I'm not I checked my understanding, what I heard you say was when there's a fear of intimacy, it's something else. And it's not common. And I suppose

 1:25:54

it's not common. Okay. It's not, it's not? It happens. It's not the majority. Okay, so

 1:26:03

maybe I'm not catching that from something. It's because I mean, I've met so many people by now. And from what I've seen, it's large, there's a whole lot of shame, which I consider fear is related with fear of intimacy, shame, exposing yourself, it's always seemed to me until now that that is like, one of the main common drivers in infidelity. So am I missing something or using something different?

 1:26:34

Yeah, I mean, this whole group is never to, you know, to diagnose them and to talk about what

it what it is, right? It doesn't matter. Because the result is, is it harms us in some way. So it's not our job to figure out what it is, but just in my training, because I got training and app sets, app set strains assigned sex addiction and intimacy disorders. No, not at a deep deep level. But intimacy anxiety has been around forever. That's that's a disorder. avoidant intimacy that intimacy anorexia, and what do addicts medicate? Go ahead, stuff.



1:27:18

You're on mute.



1:27:21

What do addicts medicate? feelings,



1:27:24

feelings, pain, uncomfortable feelings. Right, right.



1:27:27

What is intimacy? What is intimacy, airing, feelings it upfront and close and big about not what I did at work today. What's happening on TV, it's about feelings. And



Stephanie F. 1:27:42

it's not just the uncomfortable feelings. Sometimes. Addicts can have like, be uncomfortable with joy, absolute gratitude, and write stuff like that. Yes.



1:27:55

Okay. So is this book a good book? Oh, it's a great book.



1:28:02

Yes, it touches on some of that, right. It's like healthier ways of building intimacy, intimate conversations. It's



1:28:09

rooted in attachment theory, which acknowledges that we all come from different. Different programming, for lack of a better word. We're all imprinted with attachment styles that we learned as infants, and we carry that into our adult, primary relationships, not all of our like a

working relationship, and not necessarily relationship with a neighbor. But in that primary, but it's the High Risk relationships, because there's a beliefs that come with it that if I get close, you'll abandon me. Right? And so it brings about feelings. And this is why I do this thing in my Jake Porter meetings devil verify for you What do we learn in level one, to self regulate in the face of big feelings, like triggers, cognitive distortions, or defense mechanisms, we have to learn to self regulate and self care. And that's what addicts don't learn. And that's why this program that I'm doing with Jake is so powerful, because we're all going to learn to self regulate, in the face of those big feelings so that we can expand we're going to learn to expand capacity for bigger and bigger feelings. Good. Stephanie's 100%. Right? Even the ones with think of his good, big, big feelings because they happen in our body, and addicts don't get the adaptive coping skills. Sex addiction is a maladaptive coping skill. Intimacy avoidance is a maladaptive coping skill. This poor man, interesting, he was in tears. He said, they're telling me I'm doing this on purpose. I'm not doing it on purpose. I felt I wanted to cry with him.

 1:29:52

That makes sense. Charlie one time said to me, like after the fact in the moment, he couldn't rise to the occasion. I'm having a conversation and I was so upset. And I said what I needed to say very calmly. And then I left. And then he sent me a really long email. And it was really thought out and really well worded. He said, I wanted so badly to rise to the occasion and be able to show up for the conversation. He said, I felt like I was my dad in that moment. And I was shutting down. And I mean, he was really vulnerable in the email. I was like, so amazing, actually. And then I've been, I've pushed him to want to, you know, share, vocally and not text or not email, but part of me is like, Well, that was a really vulnerable email. And he owned that he was being like his dad, and that he doesn't want to be like that, and that he and he literally said in the email, I'm, I'm a child, and I'm trying to grow and learn and it's going to take a really long time. And then I didn't really know what to say, because I'm like, Well, I'm so glad that he acknowledged all of that. But then I still was upset that he couldn't just say all of that to me. Like if he would have said, don't say anything, just listen, I can say all of this, like I would have just listened.

 1:31:01

Okay, well, that's like mistake, Rachel, next time you're in a trigger, just don't be in the tremor. Totally stop. Just don't just just feel safe. Conversation Don't be in a trigger. Because when that happens, they are going to their amygdala. Okay, intimacy avoidance is a trauma response. Okay. So should I

 1:31:20

tell him like for now until he gets further along that if he wants to send those long emails, expressing his feelings and emotions, that that's okay. Sure. Why not? I'd rather hear some of it than none of it. Truly, truly, I would.

 1:31:35

Please hear me clearly on this. Two things can be true. At the same time. I can say that this is a



Please hear me clearly on this. Two things can be true. At the same time, I can say that this is a trauma response or not doing it on purpose. Yes, they are. But I also know that they can go to a place, but at the same time, it hurts. I'm not saying oh, this shouldn't hurt you. Because of this. I'm not saying that. It still hurts. Right? Like if your partner had cancer or some other you know, horrible disease. Yeah. Well, it's, you know, well, he's because he has a disease. You still hurt. It's a disease. It still hurts you. It. I'm saying it so that because the Doug Weiss thing, they're doing it on purpose, and he says infantilizing things like, don't expect a man when you marry a boy. Analyzing is that the How to meaning and shaming is that I just it drives me crazy. And I talked to Jake about it. Getting to Know Jack like, what do you think about this, Doug? Why somebody's like, ah, our bottom line is, I said, What do I say to people? He said, This is what I would say. When one parent there are many paradigms for recovery. If one paradigm doesn't work, try another paradigm. There's min wala midwall is not going to work for everyone. Right there see SATs. Maybe SATs won't work for everyone. Maybe Jake's couple center coppery won't work. I know. I know from talking to people that Carol sheets program really is very powerful for some people and other people are like, like it and a new age and. Right. There's different paradigms. So you've seen me on my soapbox. Now, we're also talking about that window of tolerance. In that moment, when you're having a trigger your window of tolerance book, come on, Rachel, just you know, feel safe. So we can have a conversation, because your window of tolerance is like, but I can only feel this much anxiety at once before I'm going to pop. And, you know, to say to the guy, he's this is where he is. Now you come to momentum and Stephanie will teach you about the window of tolerance, right? And how to and we can expand that we can work on that. And that's what we're doing in Jake Porter's shoes connection Academy. We're going to work on expanding that window of tolerance so that we can handle the big emotions and the anxiety that comes with it.



1:34:09

But now, Patti, you've been so quiet. Do you did you write a boundary? Did you want to share it with us?



1:34:17

I didn't, I didn't really? I don't have anything kind of legible or cohesive, coherent.



1:34:27

All right. That's fine. No, there's no nobody has to share. Stephanie Oh, go ahead, Eddie.



1:34:39

I just, I just don't know if I'm ready for I just I'm just I don't know, I might have missed this class. It might have been too advanced for me. Of



1:34:52

patty. The one thing I want you to know. The one thing I learned from the Queen Barbara


Stephens the cool In godmother of betrayal, trauma, is that whatever a woman wants to do in her recovery, wherever she is, if she doesn't want to do something, she doesn't have to do it.

 1:35:14

I want to but I

 1:35:18

It's okay. There's there's no requirement. This is why I give lifetime access to the content itself. We see you, honey, we see you. This is hard stuff. This is painful stuff. And we take way we take so much of it on our own shoulders. It's not ours to carry. We have our own pain. We have our own sadness and loss. And then we sit here to talk about their stuff. Do that. That's hard. That's hard.

 Pam B. 1:35:58

It's okay. We're here for you. Okay, we're not going away. You take your time with all of this recovery stuff. Ladies, please. You've got to give yourselves a big wide berth and take lots of vacations from recovery.

 1:36:15

Your trauma survivors, it's just hard to take a vacation from it when you're still in the same house.

 1:36:20

Well, take what I mean, I'd say take a vacation from it. I mean, from the work or reading therapy, that means sometimes we need a little break. Yeah,

 1:36:31

I think I need a break from him.

 1:36:33

Yeah, yeah. A lot of us do that. We take and

 1:36:38

I don't mean because he's bad. Or he's made. I just don't even know how to explain to him why

I need things.



1:36:46

Yeah. That's okay. That's right. I hooked you up. Did you? Did you contact that resource that I gave you last week?



1:36:57

I got I just got the website pulled up. I haven't. I haven't yet just been very



1:37:05

tired. Yes. Yeah. I would be. Hey, listen, if I were in your shoes, we would all be tired. We would all be very exhausted and overwhelmed. And just. Yeah. It makes sense. It makes total sense. You do you do whatever. Yeah, I've got a meme out there that says if all you did today was got up and put some clothes on. That's great.



1:37:34

Well, it's smart this morning. I had a an overflow, like this with him. And I I didn't feel wrong about it. I said, I said you just need to know how much you damaged all of us. You just need to know how to tear up we ripped not just us but other people apart. Yeah. I haven't been able to claim out of that too much today, but it's okay with me because I know it's got to come out.



1:38:09

Oh, it's never apologize for it. Never Never protect a person who's hurt you. From from telling them how they hurt you never protect you don't it's not your job to protect them. It's a okay.



1:38:25

I was trying to come up with a way to x a boundary for I couldn't it's like when you waited for me at church, because we take separate cars. When you waited for me at church expecting we would sit together. I felt awkward. flustered. Sad. But I can't have I don't have an F because I haven't told him anything. It's the first time I've even gone to church and I took a separate card because I just didn't want to go with him.



1:39:07

You know what? That's a really good start. That's okay, if that if you got that far that's big. Because we have been programmed by culture, to not talk about our feelings, and to not validate ourselves and other people won't validate us. So I am so proud of you

 1:39:27

that you didn't want to go I don't even want to go to church with him anymore. Because people in church know this and they go on Lake, like we're the same people and we're not, we're

 1:39:38

not. I encourage you to take a vacation. Don't go. There's no law that says you have to You're not a bad person. If you don't go to church. Take a break. Sit home, read your Bible. Listen to gospel music, because listen to praise music, do it or do something else. Sit down and read a book or just watch TV or do something else. Please That's Self Care saying no sometimes is the biggest form of self care. That's you. There's something called agency and autonomy. You have to make those decisions. And

 1:40:14

they're just, they're just challenging because even just not having gone to potlucks anymore with him and fellowshiping when we used to be all people are like, well don't you know, don't isolate don't withdraw, and they have no idea what they're saying. I have no idea. You're so that looks like

 1:40:33

I'm gonna go to another church and not isolate. There's 1000s of churches, right?

 Stephanie F. 1:40:42

Yeah. And I just can I go anyway,

 1:40:44

so I'm just that's, that's all I got. Okay,

 1:40:48

that's big. So I'm proud of you for doing that. With Stephanie. Want to say something? Yes. stuff. What did you

 Stephanie F. 1:40:54

want to say? I just want to acknowledge that that's another huge loss that came from your

want to say. I just want to acknowledge that that's another huge loss that came from your husband's addiction that you did not choose. And that's painful.



1:41:12

Thank you, because it isn't I don't I don't have no, I don't have anyone to talk to about this. It makes a difference just to hear you say that? Because it's I think that's what I'm having? No, it was Easter Sunday. What do I have? What do I have there? I have all these people that he looks at.



P

Pam B. 1:41:35

Okay. Yeah. Yeah. I hope, I hope, Patti, that when you have, submit a little bit more energy, maybe you've had a good night's sleep, when you're ready, when you're ready, you reach out to that woman's name that I gave you, she is very, very familiar with what you're going through, okay, you're not the only one in the world that has been through this, she's familiar with your special situation. And she will get you into hooking you up with people in herself. So you won't isolate, you got to use their right, don't isolate. But that also means be with people you can that are safe. It's, you can be in a crowd full of people who are unsafe and be very isolated. And then it almost magnifies. I think what you're saying is it magnifies the isolation, when there was all these people, and they don't get it and they don't know, and you don't, right. So it can be one.



1:42:38

I just did ask another lady if she could pray for me. And, and she said, and I started to just give a little bit of, you know, nothing detailed, just, you know, she's like, I don't want to I don't want to know anything I can pray. God knows what to tell me to pray for. And I'm like, boy, why does Yeah, but it's just nobody wants to hear anything, though. Nobody wants to.



1:43:05

And there's there's a good reason for that. People need trained. A lot of us have suffered trauma and damage by going to even therapists and providers who weren't trained. And church people are not trained. And I made the mistake of telling some friends who who just did don't have the education that I have now. They didn't know how to respond. The general population don't know how to respond to any of this. So this is why finding safe people like the lady resource I gave you. And I know it's the hardest thing to do to reach out to a total stranger. She's experienced with this. There's people like me that are trained to specialize in different things. And she's, she's, you can feel her out and see if you feel trust with her. When you're ready when you're ready. Okay. I think you did a great job. Putting together those two sentences that you just did that when you when you expect me to go to church with you. And you'd sit there and you wait for me. I feel that's huge. You need to hear yourself saying I, I feel these things that validates you, you got to validate yourself, continue to do that you're doing great, and you have lifetime access to this. And we're not disappearing off the face of the

planet. We have momentum that you can join. If you're available on Thursday nights, ladies. You get two weeks free of momentum and join our tribe over there about other women who have taken this education. And I'm just gonna be I saw

 1:44:39

that it looked like it was like Sorry to interrupt you it looked like it was midday Monday and Thursday evenings. Is that right? Or did I miss read that?

 1:44:48

Well, currently, it's just Thursday evenings we had Monday drop off. People weren't showing up. So we change that it's just Thursdays at seven. But we're always open to adding More times if people ask for it, we're always asking people, Hey, what's best for you? Right? So we kind of we kind of try to meet you guys where you are. But Stephanie has topics that she's picked, that we're going to have, we're going to have discussion. And it's, and you can either join in that discussion if you want to, or you can talk about whatever you want to write, we do check ends, but it's a place for you to come and be seen and be heard and be known and practice emotional intimacy, if your significant other isn't there yet. It's a place to feel connected. Talk about boundaries. Talk about what what does recovery look like in my partner? What what boundaries and requests can I make? What makes me feel safe, you know, secure functioning. And I invite you guys to come and hang out with us and see if see if it's something that adds to your life.

 1:46:02

I'm glad that this is available because I I feel really poorly that I wasn't able to grasp much. My brain just as emotion. I couldn't even I couldn't even figure out how to get logged in. That's why I had to reach out live.

 1:46:18

Addy, please don't feel bad. You are not. I wish you could see the recordings of the other mid meetings that we've been doing this group for three years. And people sometimes show up. This is fresh in trauma and this is what trauma does to us. It completely decimates us. It's like a hand grenade going off in your brain.

 1:46:40

Yeah, that's a good describes a good description here. Yeah,

 1:46:45

it disrupts reality for us. It actually changed, this may be helpful. Trauma changes at a cellular

level, the part of your brain that helps you identify who you are. Your personality, it is an existential crisis. We have to put ourselves back together again. So if you don't feel like like, This isn't me, this isn't how I usually am. Why am I like this? Why is this happening? Why do I break down so easily? Why am I exhausted? Why do I feel constantly stressed? Anxiety? Why can't I sleep? Why can't I eat? Why do things that I used to enjoy? I don't enjoy anymore? Why do people I used to enjoy? I don't enjoy anymore? Why do I feel so alone? It's not you my hand my honey, it's not you. It's the trauma. And God did a wonderful thing. He made our brains healable he made it so that our brains there's something that the scientists called neuroplasticity, which means the neurons can rewire in our brain in a stronger healthier way. You can come back from this, we all can. It takes time. But be gentle with yourself. This is like the experts say this is very much like who are the worst things you can imagine happening in your life? Losing a child and rape. Okay, it's a sexual trauma to when there's sexual betrayal. It can be like a race. And, and I'll tell you that to scare you. But I tell you that to validate that if you're experiencing at that level, that you need to be kind to yourselves, you need to give yourself grace and compassion. If if you're not 100% I wouldn't expect anybody to be 100% Early in recovery. And that if you if the best you can do is drag yourself out of bed in the morning and put some clothes on and maybe get something to drink. That's great. That's great. That's wonderful.



1:49:11

I've been functioning pretty well. Today just hit me much harder I think because of because of yesterday because it's starting to sink in. And I'm maybe just starting to feel things so I'm just yeah, it just hit me to today. You know, yesterday and today and I haven't really had a chance to process it or anything so that's me



1:49:42

when you're ready, connect connect with I think she'll she'll be a relief valve for you. Can someone who will help you feel you can do this? Yeah,



1:49:53

I just kind of need to help a little like roadmap through the forest.



1:49:58

And that's what she'll be For you shall help you find safety in your own body. So ladies, it's getting to be nine o'clock. I hope that this little exercises little workshop has been helpful. Be specific, be like what you could record with a video camera as if you had to present facts to the court of law. Right? Stay away from when you're making your boundary statements generalizing characterizations, right? Because it don't matter. It matters to you. Yes. But we need to get real specific. And lay it on. Lay it on, I would say I would pick 1314 different words and say, when did we the milk out and say you didn't



P

Pam B. 1:50:51

lay it on? He needed to hear it. I did not worry that I was overwhelming him. He needed to hear this. He needed to know this. And he later thanked me for it. Because he had no clue. Okay. And you guys have access to the Facebook group?



1:51:09

I was just gonna ask that. Well, we so the Facebook boundaries group will stay in place. Yeah. For the momentum and all of that. Okay. Yeah. We'll



1:51:17

put the links there for momentum for Thursday night.



1:51:21

Perfect, I think and that starts this Thursday, a few days from now. Yes. Yes. Thank you.



1:51:26

All right. You guys have done cleanrite. I am so proud of you all, for showing up for yourselves, of making an effort, you do have lifetime access to this content. Take your time, come back to it as you need. It's a it's a lifestyle change. It's a paradigm and do something different. Don't be like old Pam, who just expected that, okay. I know all this stuff. Now. I'm just going to do things differently. You have to actually in that minute go.

P

Pam B. 1:52:02

What do I do? Okay, I'm going to pull out, right, I'm going to do something different, fail forward, break the neural pathways that can that we always respond or react to ourselves a certain way. And we always react to our partner, break that break that neural pathway, do something different. All right.



1:52:25

You Yeah, I wrote down two questions that I didn't get to ask that were about that. Like, like, I think it must be false safety for me to want to feel close to him by turning to like, relational comfort for myself even so I have a hard time with the disconnecting relational comfort maybe. And so I was curious if that was hard for you to, to not do the you know, just pull away from the relational comfort because I think for me, it feels like, you know, like, even I have a hard time maybe with like the, you know, confrontation of saying some of these things. So I'll try to not have the disconnection by just going in for an embrace or something.





1:53:05

Did you look at the content? And did you do our workbook? On your sang? Yeah,



1:53:10

yeah, I have the I did the sanctuary. And I have the I feel safe when so I'll keep working through it. And then I'll ask questions on Facebook, if I



1:53:18

lost, and I would, I would point you to the little blurb about enmeshment. Yeah. Okay. All right, that downtimes, even a very minimal connection. We've learned that that feels good, when really something deeper is available, and disconnecting from them. It doesn't mean you just disconnect, it means you connect to yourself more. Yeah,



1:53:44

thank you. That makes sense. And



1:53:45

in a group, and again, when your partner isn't able to connect and be emotionally intimate, getting in a community. And I think this is what we've learned, on Thursday nights is sometimes we enjoy sharing certain things with other women, more than we do with our partner. And I think that's great. I think that's wonderful. I mourn the loss of the quilting bee. We don't do quilting bees anymore. And I think that's horrible. I think women need to get together and create and talk and the older women need to share the stories with the younger woman, the younger woman share stories and keep us young. Right? We've lost the quilting bee. So come to our virtual quilting bee Thursday night, right? Connect with other people. Right?



1:54:31

Yeah, I've been going to bingo with my great aunt. She's like 80 and I go to her senior center to do bingo because I think it's great. You guys. There's still places that do things like that. Go find them. Yeah,



1:54:44

yes. Good. Good advice. Good advice. All right.



1:54:48

I volunteer at a food cupboard twice a week. I love it.



1:54:54

What a good way. See? Right patty. Early in recovery. I went to Salvation Army And I, my church was there. I didn't know anybody. The church was new. So it's not like I had a connection to the church that I went and I served drinks to the homeless, and most of them were our military vets. And they were so grateful. It was a way for me to get out of my own story and out of my own head and be useful and productive for an hour and a half weeks. Yeah, I love it. I absolutely love it. That's great. That's wonderful. That's so enriching. Gives you a break. Alright, ladies, I hope I see you Thursday, you know where I am to find me. Okay. Thanks, everybody.



1:55:39

Thank you.