

# Hope for Wives Episode 1

📅 Sat, 1/8 2:57PM 🕒 6:50

## SUMMARY KEYWORDS

hope, betrayal, healing, journey, redefined, coaching, christian, share, podcast, east tennessee, recovery, wives, trauma recovery, burkett, sexual, support, audience, betrayed spouse, love, michelle

## SPEAKERS

Pam B., Lyschel, Bonny

---

00:05

Welcome to the very first episode of hope for wives where three Christian recovery experts candidly discuss the journey to overcome the impact of sexual betrayal.

00:16

My name is Pam blizzard.

00:18

I'm Lyschel Burket

00:20

And I'm Bonnie burns. We want to take advantage of this first episode to tell you a little bit about who we are our mission, who we think will benefit from what we have to say, and how we are intentionally formatting this podcast just for you, our listeners. Pam, why don't we start with you? And just tell our listeners a little bit about yourself professional, personal and something a little fun?

00:44

I'm Pam Blizzard, and I am an APSAT trained betrayal Trauma Recovery advocate and I lead groups and I do one on one coaching with betrayed wives, turning tragedies into triumphs, my personal journey with the Lord and His word deepened in my own recovery journey and I'm excited to share that with others. I've been married to my recovering husband for 27 years, and we have one college age son. We live in the Southeast Tennessee mountains and hubby and I are gypsies we love road tripping and exploring Tennessee and the entire United States

01:20

and Russia. What about you?

01:23

Hey, I'm Lyschel Burket and I'm with hope redefined. I'm a Jesus freak. First and foremost. I'm a wife, a mom of five and a woman who has found hope and healing from her own betrayal trauma story. I also live in East Tennessee with my circus and I'm the Lead hope caster and executive director with hope redefined. I'm also a certified partner coach with App SATs and hope redefined in of itself is a faith based nonprofit that supports women impacted by sexual betrayal through online groups, one to one coaching retreats, and a private online community. My personal story is wild and I discover each day God's promise with it and purpose. I have an unhealthy love for chocolate. And I rescue a ridiculous number of clearance section. Like now you know all you need to know about me.

02:18

And I'm Bonnie Burns. I'm a partner and an APSAT partner coach candidate where I do one on one on one coaching at strong wives calm. I'm also a Christian marriage author and speaker. And you can find me on another popular podcast called Sex Chat for Christian wives. I live only 20 minutes from Michelle in East Tennessee. I've been married today for 34 years and he is deep in recovery. We have three grown sons. And I know I'm way too young looking to have two granddaughters.

02:52

You are

02:54

we love to travel and I especially love to experience new foods, music and cultures. And we just want to share the mission for this podcast. It is to acknowledge the devastation of sexual betrayal and infidelity while offering practical insight and hope for healing. It's all through a Christian lens. And we also hope you'll find some joy through laughter in spite of our serious subject.

03:18

So I'd love to talk about our ideal audience. I think the obvious could be Christian women who are impacted by sexual betrayal that additional audience members might be your spouse and supporting professionals such as counselors, pastors, church leaders. Our hope is to really not discriminate against anyone but allow everybody to learn about sexual betrayal through a Christian lens.

03:40

We'd also like to let you know that what we're doing intentionally for our podcast audience Our hope is that our segments will be shorter maybe 25 to 30 minutes. And you know, that can be a drive to the grocery store or drive to pick up your kids from school. We want to publish every two weeks and we're designing our episodes to take you step by step through betrayal, trauma recovery, we will be addressing your healing. Through the physical, emotional and spiritual aspects. Our episodes will also be designed to share with others to help gain understanding and knowledge of what you're feeling and what your needs are through this journey. Maybe you can share it with your spouse, a friend, a mentor, maybe with your therapist, or even your church leader. Well, that's

04:25

a little bit about who we are, what our mission is how we hope to serve you well in our intentional formatting of the podcast, and we just want to leave you with some hope because this is hope for wives. So let's each share what we hope our audience will take away from this podcast.

04:43

My hope for our audience is that by spending time with us, the first and foremost thing is that they're going to recognize that they're not alone on this journey, that there are others out there who get it and who can link arms with them as they as They take steps towards their own personal healing. And I think my other hope is, is that I really want women to understand what it looks like to intertwine their faith with their healing process. For my personal story, there's no way I could be where I am today without Jesus. And so that is my hope is to be able to share that with others, that they can step into this and know that there's appropriate space for all of it for the professional support, as well as our faith and spiritual.

05:27

I just hope that our listeners take away the understanding their recovery is their choice. There are different avenues that you can take to heal. There are different kinds of experts that you can look towards. We are all apps, that's for a reason. We believe in that philosophy. And we will be unpacking that in the next year. And we hope that you will see the logic and how it aligns with God's will.

05:54

My hope for our audience is that they take away and understanding that what a betrayed spouse is going through and how they experienced betrayal is completely normal. There is a path out, I want them to remember or learn how God sees them. How connecting with God through worship can be a healing connection, and how scripture can support you educate you and elevate you on your journey towards healing.

06:25

So we hope that you will join us again in two weeks as we slowly unpack all of these hopes, and all of this wisdom

