

Episode 5 Where is God in the Suffering? _Sexual_Betrayal

Tue, 3/8 9:04AM 36:38

SUMMARY KEYWORDS

god, trust, husband, angry, moment, question, crying, life, anger, feel, story, sitting, place, lord, knew, relationship, faithful, sex addict, diane, human

SPEAKERS

Pam B., Lyschel, Bonny

B Bonny 00:04

Welcome to another episode of hope for wives. What I've seen over the past year in coaching betrayed wives is that some lean into the Lord hard, and some are tremendously angry at him. So today we're going to discuss suffering, and God, where is he and all of this? And our first question that we're each gonna answer from a personal standpoint is can you pick one moment where you saw God caring for you in your suffering as a betrayed partner?

L Lyschel 00:37

I think that in the early seasons of betrayal, and unpacking the story, this was a way harder question to answer. However, hindsight is 2020. Right? And so now I can look back and go, Oh, my goodness, I totally missed that. That's what was happening. But I think that a really applicable one is, first of all, I think what's important to know about my faith journey is that Gideon and I were probably from the same family tree like he and I wrestle life out with God. very tangibly, right? And so even when you hear my story, when people will say, what brought you into doing this work, and ministry and all of that, I'm like, I didn't want to do it. And with God's persistence, you know, being persistent and continuing to just to call me into this work, I finally gave him a yes, but I can't always say that each time I've given the Yes, I didn't. I wasn't jumping and clicking my heels. Okay. So I think the moment where I saw God caring for me and in my suffering as a betrayed partner, the story that came to mind when I first heard that question was, there was a season after my husband had a major relapse, he had been sober for about five years, and then had a major relapse that lasted three months, didn't know for the whole three months that things were going on, and he was at risk of losing his job. So because he knew he was about to lose this job, he thought he was losing his job. He had come home and confessed. And we had a boundary in place that should he ever choose to use porn again, we were going to separate for a period of time, we didn't have a, like an amount of time set, but we just knew that we would separate. And so that night, I got home, he began to share his fear. And really, it was, like I said, it was all a result of because he had gotten busted by his employer, I know that the Holy Spirit was completely sitting on my lap in that moment, because

I said to him, that's a real bummer. But you also know what, what our agreement was? And he said, Yeah, I do. And so he packed his bag that night, and he left. And in that season, I had three children under the age of four. And we live in a state away from family, we didn't have any, I didn't have a mother or someone to call. And so during this time, my husband leaves, I'll never forget that night because I can still hear that garage door close. And I remember hitting the floor of my kitchen and just losing it. And being like, I don't know what is going to come from this. But I knew that that moment, I was going to cry out to the Lord, because he was my only safe place at this point. And I knew that he knew that everything had been going on for that three months, even if I didn't know, that didn't happen overnight. By the way, that level of trust, independence and knowing that God knew that had been a journey that I have been on and still am on. But in that moment, I had that assurance that God knew. Okay, so fast forward a few days. I'm navigating, being separated single mom in it. My grief is just overwhelming me. Of course, I'm scared. I'm doing the best I can to cling to the love of the Father. But that kind of felt really familiar, unfamiliar or confusing in the moment. And there was this one particular night, and I know what it was, it was a Wednesday night, and I am trying to put dinner together, the baby is crying, right? He's a six month old, he's just wearing me down. The two girls are just bickering through little toddlers back and forth. And I'm standing in the kitchen and I have just I just felt completely depleted. And I put my hands on the side of the kitchen sink. And I kind of slammed him down. And I was like, and I just said out loud. I was like, if you are who you say you are, which is you call yourself a husband. I need a husband right now. Because if I had a husband, he would be playing with those kids while I'm trying to pull this dinner together. And I just cried out I mean, I was just really just messy and vulnerable and real. And I'm telling you within minutes, three to four minutes, my whole home got super quiet. And I noticed it and I was like wait, what's going on and I look across our the way our living room, kitchen stuffs all set up. I can see the kids in the living room from the kitchen and I looked up and my oldest daughter who's four at the time had gone to the closet had gotten a puzzle and her and her little sister were putting that puzzle together all by themselves and my baby had fallen asleep in the pack and play. And I knew in that moment that that was God's provision for me. Like he heard the cry of my heart and that very very moment. And I just said, what? A really thank you for that. It that was God caring for me in my suffering. Yeah,

P

Pam B. 05:08

that's powerful, really powerful. Thanks.

B

Bonny 05:12

Well, I'll share mine. It was very early on right after our D Day. And I was still getting some trickles of disclosures things he would remember. Because I hadn't gotten to the point where I said, Just wait, just keep it all until, you know, the therapeutic disclosure or the full disclosure, just, I hadn't reached that point, I was still hungry for information. I finally did reach that point. That's an aside. But I'd learned a new piece of information that just devastated me. And I had created space in my closet. I have a pretty nice walk in closet, that it's always felt like a place of safety for me. So that really became my, my war room and my sanctuary. It's where I would go when I was at my worst, emotionally, and I was just crying out to the Lord and I had my Bible open. I wish I could remember what verse I was reading. It was probably something about sexual immorality and hell, but sorry. We're all laugh,

P

Pam B. 06:16

fire and brimstone.

B

Bonny 06:17

Yeah, yeah. Cuz I was mad. I was mad. And I was devastated. I would cry. And I know we make light of that. But it's truly I probably was reading that verse. Because those verses were comforting to me at that point, at just, I think probably the lowest I was in this, this whole entire journey, sobbing and weeping and reading my verses, and my phone rang. And I will say right before this in my prayer to Him, I just like Michelle, I was crying out, I need help, I am going to disappear in this pain. I need help. And the phone rang. And it was one of my safest people in my life. And she called me, and she didn't really know what was going on. She knew something was up. But she didn't. She just said, you just came to my mind. And I called you. And i i Then I wept even harder. But But yeah, she was the voice in the storm. And that was I knew in that moment, it wasn't retrospect, I knew in that moment that it was God that he had sent her.

L

Lyschel 07:29

He heard me, that's beautiful.

P

Pam B. 07:32

I didn't grow up churched. And so I experimented with a lot of different religions in my adult life. But the one thing that was constant was my belief in God and some sort of loving, caring creator that knew me, that could see me that could hear me that wanted the best for me. In my husband's addiction, things got progressive, and things got worse and worse and worse, things pretty much came to a fever pitch. And I had tried everything that a human could do. I had tried begging, pleading, crying, screaming, shaming, name, calling, silent treatment, everything. And I just remember being in my bedroom, and looking up in the corner. Whenever I tell the story, I look up in the corner, because I guess that's where God is. And I remember saying I've done everything I can do to save this marriage to save this man from himself to save our family. I don't know what else to do. I just don't know. So whatever you have for me, if that means divorce, if that means I am alone for the rest of my life, if that means I die. I'm okay. Whatever you have for me, I don't want it. But okay, I give up. I just totally, totally surrendered. And this peace came over me. And I remember thinking, Why do I feel peaceful, I shouldn't feel peaceful Things are crazy and chaotic, and my life is blowing up and my family is blowing up. And I don't know what's gonna happen next. And so the next morning when I woke up, I sat down at the table with my husband there. And I said, I don't know what the next few months look like. But I do know that if something doesn't change, one of us isn't going to be living in this house anymore. And from that moment, it was like a floodgate open and my husband threw up his arms and said, I'm so tired of all the lies. I'm so tired of all the deception and managing the story, everything that he had been living through and doing his pain and his fear, and his darkness came flooding out asking for help. I just always remember that all Throughout Scripture, God asks us to remember what he has done. He always asks us to remember how he has I how he parted the Red Sea. You know, Passover, how Jesus said, Do this in remembrance of me when I am when I remember how great God is and all the times.

And that's just one instance of me surrendering to God, and that changing everything. That is a really powerful reminder to me, that when I can do that, God shows up for me. And it may not be the way I prescribe. But it's always in my best interest. That's great. Pam.

L Lyschel 10:43

Thank you.

P Pam B. 10:44

That was 2010. And then in 2017, I did I the same thing. And it just it changed everything when I can surrender. It's powerful.

B Bonny 10:55

So that's when we saw God caring for us. Now. Do you, Michelle or Pam have a moment when you were angry at him?

L Lyschel 11:04

Yes.

P Pam B. 11:09

You don't want to admit it, though. Do we?

L Lyschel 11:11

Know I don't mind admitting it. You know why? Because I didn't admit it for a long time not admitting it actually created such a chasm. Is that the right word? Just as gaping opening separation from Him? Yes, I had a lot of anger towards God, confusion and anger probably went hand in hand for me. Because in the throes of my husband's sexual addiction, we were also navigating infertility. And a lot of things came to head because we ended up we finally finally got pregnant, and then I miscarried our son at 12 weeks. And that was probably the most angry I had ever been with God. And I wouldn't talk to him. I wouldn't pray I would nothing. I was just so like, how could you? I can so empathize with women, when they start saying, you know, I did everything right. I saved myself for marriage. I married a Christian man, I did all the things. Now, I can't tell you that I did all the right things leading into marriage. We weren't believers before we got married. We didn't save ourselves for marriage. Like, there is that sense of like, how could you because I had at this point in my story, fast forward into the season of infertility and the betrayal. I had given my life over to the Lord, I was trying to live in a place of surrender, like Pam was using that word surrender to Him. And I just thought, and this is what I get a serious right now, like, you're going to destroy my marriage and take my baby, because surely what I was saying is He is all powerful. I knew that to be true. I distinctly remember

having this evening, one night on my back porch of my house, and I was so broken, I was so hurting by the loss of my Son, and the condition of my marriage. And there was just feeling very alone, we just didn't have a lot of community around us at that time that really understood how to even help us heal through in like the loss of a baby. And so I just, I just felt really low when I finally just said, I'm so mad at you, God. And he said, I know. And it just started shifting something for me, because I realized that he was just fine with my anger, because he's more committed to the relationship than he is about my feelings. He is the same today, tomorrow and forever. And yesterday. And so that consistency there started to unpack this belief system, which I see consistently for women who are navigating their own healing is I thought there was no space for me to sit at the feet of Jesus, unless I was good, which meant I was striving Well, or I was emotionally good, or I was this or that. And I know that when I would say it, it would sound ridiculous. But my belief system, the way I behaved very much fall into the if I'm not good. There's no, there's no reason for me to be sitting here before God and pouring out my, my pain. And that was just a, it was a really bad lie that I had picked up. And I'm no idea where I got it from. But in that moment, that's what he was doing is he was refining that lie, being like, Michelle, I want your heart in whatever condition it's in. I don't need it, there's no expectation that it's going to show up a certain way. And that was really, really hard. And also so life giving for me to start to really believe that that's true. And that he meant what he said. So the question of, you know, have you ever been angry with God? The answer is yes. I already said that. And he was okay with it.

B

Bonny 14:42

Oh, I agree. I mean, if he is big enough to accept our love, He's big enough to accept our anger. Yeah, absolutely. Yeah.

L

Lyschel 14:50

It always makes me think about I have. I have a fighter in one of my kids. Actually, we're all a little bit of fighters, but I got one that's a specific fighter. And I remember reading it parenting book one time about how in a particular age around two and three years old when they're starting to get their own opinions and all that stuff, that when the tantrum starts that sometimes what they want is to be held who? That's really familiar, right? And so there was this one particular day where she was fighting, she was having a tantrum, and I sat down, cross legged, and I grabbed her and I pulled her in real tight, and she's so tiny, right? And I'm still mommy and big enough, and she is just hitting my arm. She's just so mad. And I just see that is a love of the Father, like, how many times will is he so willing to sit in the middle of that floor with me and just let me punch on his chest because I'm so mad. And he's like, I know, because his wisdom is far greater than mine, just like mine is with my daughter. She's mad because I won't put shorts on her in the middle of winter. And that's just kind of that in daringness that I needed to see from him is like, in like, in that, that connection for me with my daughter was like, God is okay with my anger like, and by the way, like, and I think about my kids too, like, when my kids are mad, that doesn't change how I love them. When my 13 year old is mad at me. It doesn't change my affections for her. I love her. Right? I love her. And he loves me, realization for me is yes, the anger has been there.

P

Pam B. 16:26

I remember being in the worst part of conflict with my husband. After discovery. I was raging at him. He said something about God. Oh, I was so angry that he invoked God's name. And I don't know where this came from. I don't know if I was just lashing out because I was in my trauma brain. But I remember yelling at him, there is no God, God could not have let this happen. And something amazing happen that I had never heard out of my husband's mouth before. Oh, yes, there is. I believe there is a God. But that did something to me. I don't know if God was using my husband, that just sort of wiped any disbelief out of my mind. It was a difficult, hairy, ugly, swearing moment. Lots of anger, lots of stuff thrashing around that instantly just sort of calmed my heart. I

B

Bonny 17:25

think the way I've been angry at God is that I've been angry at some church hierarchy and organization and things that were taught in my husband's household, things that are still being upheld by his family of origin. I'm angry at that. I believe there is a good God. But I'm angry at how scripture has been taken. Some has been taken to a heightened state and some has been ignored. I am angry that our partnership has been emphasized. I'm angry that there was duty sex preached, I'm angry about more institutional trauma than what happened in my D Day. Because though that D day might not have happened if there had been this this teaching, which I realized that there are men in the pulpit who have very good intentions, but what's coming out of their teaching is wrong. And that's what I'm angry about. I think we have a population of sex addicts that come out of fundamentalism, and it they are now finding grace, because of the addiction which I you know, you can look at Romans eight, all things work to the good of those who love the Lord and work according to His purpose. So you can see that there are benefits that come out of recovery. But I'm angry it had to happen in the first place.

P

Pam B. 19:00

As somebody who did not grow up, you know, churching in that environment, I am constantly amazed and shocked at some of the beliefs that I have to help undo with some of my clients and some of the things that I that I see out there in social media. And I'm really, really glad that there are some individuals out there who are fighting bad speech with good speech, undoing and untwisting some of these beliefs out there, and I'm just I'm grateful for some of those people.

B

Bonny 19:40

So how is with that being said about church hierarchy, and people? How is trusting God different than trusting a person?

L

Lyschel 19:50

So I think I have a quote, This is an excerpt from a book that I'm in the process of reading called suffering in the heart of God, and it's by Diane Lindbergh and She says this, and I think it's so powerful. So this is a particular chapter in here talking about spiritual impact of abuse. And the book in and of itself is Diane sorry, calling us as a church. So it's called suffering in the

heart of God, how trauma destroys and Christ restores. And it's really powerful. But she has this one thing that I'll read, it says, If you want the survivor to understand that God is a refuge, then be one for her. If you want her to grasp the faithfulness of God, then be faithful to her. If you want her to understand the truthfulness of God, the never lie to her. If you want her to understand the infinite patience of God, then be patient with her, and where you are not a refuge, or are tired of being faithful, or are fudging in your answers or growing impatient with unnecessary repetition and get down on your knees and ask God to give you more of himself so that you might represent him? Well, if all of us lived like this. I think the question you're asking Bonnie, which is how is trusting God different than trusting a person would never be a question we would have to ask. But the reality is, is that all of us wrestle with this, I don't, I don't know a whole lot of people in my life that don't wrestle with putting the sin of man on God, right, or the limitations of man on God. So you know, I became a believer in my late 20s, I was familiar with Christianity. My grandparents were Christians, I would go to church from time to time, but I wouldn't say I made a decision or choice until I was 26. When I started, you know, doing, going to church, reading my Bible, all the things and they began to refer to him as the Father, I have a lot of father wounds. And that was really difficult for me to to sift out between God the Father, and my earthly father, right. So I had a lot of work to do in that place of surrendering what I knew to be true here on Earth, versus how different he would show up being a father, God the Father. And so when you say that question, how is trusting God different than trusting a person, I think the first step of how is being able to say they are, in fact, two different things that we do by nature as humans, you know, just little humans, not small minded, but little humans, we put man's character on top of God, and it's reversed, it really should be God's character on top of man.

P

Pam B. 22:27

Voltaire said, If God has made us in His image, we have returned him the favor. The shell was saying that we project our failings, imperfections onto God, but that's not who God is. We tend to do that. But that's not what Scripture says. So God is.

B

Bonny 22:48

So for me, trusting God being different than trusting a person was that I had put my husband into God's position. So I trusted him with such a 100% Trust. When discovery happened, it was beyond devastating. And I had trouble with boundaries, the cause I had put him in God's position. He didn't he, he was just a human and whether he had been a sex addict or not, he did not deserve my I know this is gonna sound bad, because in marriage, I mean, we are to trust each other. But there was just a level of complete trust that I think should only be reserved for God. And I had been, I had been giving it to my husband, and that was the wrong place to put it. I see that now. Is trust being developed between my husband and I, yes. But there, like I said, I now realize the difference between the trust I need to get to God. And that is because of what Pam has said that through the years I've seen God's faithfulness, in retrospect, and in that moment, I've seen him show up. I've seen him show up when my husband in recovery, snaps, and then two seconds later apologizes to the whole family. That's, that's God showing up. That's the Holy Spirit working. So yeah, for me, the whole trust situation was was more about taking my husband out of God's position.



P

Pam B. 24:27

And this discussion of trust, for me, reminds me of my, my own maturing, understanding of trust that for me, it used to be I thought, a feeling or an emotion but what I've learned is that it's absolutely a choice that I make. When I make that choice. Then the feelings follow different feelings follow that choice. It wasn't until I invited Jesus into my heart and gave my life to him, that I felt seen and heard and known by the Lord. I used to pray and talk to God. And it was never quite sure if I was really hurt or not. But once I made that choice as an adult, and really stepped fully into that and lived it, I felt heard, I felt more heard and seen and known than I could be by any human being. And again, it's the same. Same thing that you're talking about Bonnie, I will never ever trust anybody. Black and white blind trust, there is no such thing as blind trust for me anymore. Except in God. Humans, no matter how much they try, by myself included, I'm human, I could let you down. Please only trust in the Lord completely blindly black and white. And again, my husband and I are building trust, smart trust, not blind trust. Love that one brick at a time. So ladies, as we close, how can

B

Bonny 26:03

we offer hope to our listeners when it comes to trusting God in our pain?

L

Lyschel 26:07

Okay, as I prayed about this question, as we've been sitting here working on this. So in, in the work that I get to do sitting with women who are trying to unpack the pain of betrayal, one of the fastest ways that I see trust built in our relationship between her and I, whether I'm a group facilitator, or a coach, or just a woman, who's on the other end of a zoom call, is the fact that I can say, I get it, I can validate her story. I've experienced what she's experienced. And so when I have an opportunity to do that, with her, immediately, there's a sense of trust with me. And when I think about that, and I think I become trustworthy with her for her, because I know what she's experienced. And she trusts that I know, she hears me saying, yes, I've walked that path. When it comes to trusting God, I think it's important for us to slow down and wonder and get curious, does he know has he walked a story of betrayal? Has he been rejected, isolated, reprimanded, emotionally abused, physically abused? And the answer is yes to all of those things. And I know that we can grab the Sunday School stories and get some of that high level betrayal. But sometimes it's a matter of sitting in something a little bit longer to go, does he really get me? Does he really get the story? Because I can tell you yes, all day long. But it's gonna matter a lot more when the Holy Spirit whispers Yes, I get you. You know, one of the repair tools that we talk about. For women, when you experience a trigger is called vase. It's validate assure safety, encouragement is that the last E are empathy, empathy, sorry, it is empathy. Thank you, Bonnie. And I think about how important that validate word is, Can God validate your pain, because the moment that you start to really believe that he's going to validate your pain, I think the trust part will just come. I experience it in real human relationships, right? When you guys validate my situation, or my pain, I feel safe with you. And so is even that going back to my story about being on the back porch, and me being angry, or my little girl sitting in my arms and just beating on my chest because she's so angry. I may not have said a single word to her. But the very fact that I sat there validated something for her versus walking away, or minimizing or dismissing or ignoring. And I really do believe that God is looking to sit in this with us. And it is one of this, that is one of the hardest places for me when I watch women, because I've been there. I know what it feels like I've been in that space of being

like this is too fragmented and too much of a mess, that God would surely never want to sit in all this with me. And PS, I have no idea how to ask him for help. And so when I go back to that story of me throw my hands on the side of the sink and saying I just need a husband right now, who's going to take care of these kids, so I can do this dumb dinner. Right? That was me crying out for help. But then when I get into the big scale of things, it's just it's overwhelming for me. So I just the hope that I keep wanting to try and offer other people is that he is invested in this relationship, regardless of what my heart looks like, regardless if the mess is tidy or not. And the other piece that I want to say is that he knows it, he gets it. And sometimes I don't even believe that myself sometimes I'm like, You got to prove it again. But here's what I'll say is he never grows weary. And I also blame him I'm like you made me this way. If you don't want me to question you, then you shouldn't have made me this. Right. So I just think that again, I also go back to my kids I want my kids to ask me questions all the time. And granted my five year old could back off a little bit. He's got a lot but I do enjoy being a safe place for my kids. And I think the same thing for the Lord. Like I think he wants us to be a safe Hemet to be a safe place for it, I know that and to be able to ask the hard questions, and know that he's going to sit in it. But going back to your point money that you made to begin with was we don't see this model very often. And so the reason this is so hard is because we don't have real life relationships that do this. For us. We don't have what Diane was saying about people modeling, you know, if you want her to feel safe, and be safe for her, if you want her to believe that God is safe, then you be safe.

P

Pam B. 30:28

If you want to have hope, look into places Michelle talked about in Scripture, the history of man's betrayal of God over and over again. But God continually making a way to bring us back into relationship with Him, that He is faithful to us, and that we can see it in scripture. But I would also say, like I told a story in my life, I can look back through all kinds of situations and see that God was faithful to me, it may not be in ways that I prescribed him at the time. But actually, he responded even bigger, better ways. I think about Proverbs that says, Trust in the Lord with all your heart, in lean not on your own understanding, in all your ways, submit to Him, and He will make your paths straight. That to me, that's a good reminder for me to not lean on my own understanding. But look back, look to Scripture. And remember, look to my own life. And remember how God was faithful to me, and will continue to be faithful to me in ways that I don't even understand.

B

Bonny 31:40

The hope I want to offer comes from another small story from the deep dark part of our last day. And I believed in God, all of my life, we've had ups and downs, even before the sex addiction, there were ups and downs, I trusted God, one of my mom's favorite little phrases was it'll work out, God will work it out. You won't know exactly how, because you know, he's mysterious, but it'll always work out. And so in job loss and job change, and finances, it's always worked out. So I trusted that. And I trusted even when I was in the closet, screaming for him, I trusted that he would be there. But there was a moment, when I didn't feel anything. There was about a month span, I felt very distant to God. And it wasn't that I wasn't in my Bible. I was in my Bible, I was listening to worship music, I was playing my hymns on the piano. That was one of my self care, it was just, but I didn't feel His presence. And that was scary to me. And I still to this day, don't understand quite what was going on. I don't know if it was a

time of testing, I don't know. But my mantra through all of that even not feeling him it was like there was in my mind, it was just a black void. I could not feel him. My mantra over and over was trust God, He is faithful trust God. And I surrendered that fear and, and that resolved. And like I said, I don't know what it was about. But if you feel really distant from Him, trust, he'll be back. He is faithful.

L Lyschel 33:15

This has felt you know, kind of heavy. But I and I know that God is a is a happy it can be a happy celebratory place to so I don't you know, I don't want it to just feel very, this is so important for us to give our listeners an opportunity to ask this type of question. God, where are you? And where am I? Right? And that's my that's just my hope all the time is that what we're continuing to do is just extend permission to our listeners to ask some really hard questions in their, in their walk in their faith. Because I just truly believe God is big enough to handle it. I may not be able to I may not be being a felon. I'm pretty sure I'm not. I just want to encourage our listeners just to pause and just ask that question like where is he? And maybe they're like you said in the beginning, Bonnie, maybe they have they are so they're so close to Jesus right now. They got wrinkles on their face from his robe, like they are in there. And that could very well be their truth. And that is, you know, awesome. And then there's some that are in this place of tremendous anger. And I'm saying beat on his chest, let it go do what you got to do. And then there's some in the middle that are like, well, it was always there. But I don't really it was never really a valuable tool for me. Right or a valuable need. Yeah, I believe in God. He's there. He's important.

P Pam B. 34:36

So not not only where are you but who are you? What is the nature of God? What what is your relationship with me? What do you want from me? What am I supposed to be doing right now? And Who who are you in my life? Who do you want to be in my life? And I'll just share two that I had had my dark night of the soul where I really did deeply dark I doubt not completely but a boy, I was asking some questions. And I think I think God was silent for a while for me to remove some of the wrong beliefs I had about him. I think some of those assumptions more most of them were cultural than anything else about who God was and what his purpose in my life wise, I think that that needed to be broken down in me, so that that relationship could be built from scratch.

B Bonny 35:32

So thank you all for joining us. And if we realize that our listeners are probably going to relate to one or the other of us, of course, we're all fabulous. But if you do find you need someone to help walk you through this journey. And you do relate to one of us more than the other. You can find our contact information in the show notes because we each offer coaching services. We just want to thank you for joining us, we hope to be a bright spot on your recovery journey. And if you'd like to leave us a question or comment, please go through the contact button on our website. And also help a friend by leaving a five star rating and even a review if you'd like on iTunes for us so others can find us. We'll see you in two weeks. Bye bye

