

# Episode\_17\_Trust\_Yourself

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## SUMMARY KEYWORDS

trust, gut, denial, women, feel, intuition, question, betrayal, bridge, cognitive distortions, feelings, hear, recovery, build, wrong, ability, emotion, lost, boundaries, god

## SPEAKERS

Pam B., Lyschel, Bonny

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**P** Pam B. 00:03  
Hi, I'm Pam Blizzard from Recovered Ppeace.

**L** Lyschel 00:06  
And I'm Lyschel Burket with Hope Redefined.

**B** Bonny 00:08  
And I'm Bonnie Burns of Strong Wives. We're so glad you're joining us. Welcome to another episode of hope for wives. Today, we're beginning a series of discussions around trust. Trust is defined as an assured reliance, or firm belief in the reliability, truth, ability and strength of someone or something. Now, after discovery, typically, a betrayed partner feels a loss of trust in any or all of the following areas with yourself, your spouse, others around you and with God. So our first discussion today will revolve around how do I trust myself again, I trusted him and I was completely wrong. I gaslit myself by tamping down my intuition. So how can I ever trust my own perceptions again? So as we build understanding around this, ladies, I'd love to hear some of your personal experiences with losing trust with yourself.

**P** Pam B. 01:08  
I remember the thought or cognitive distortion that was rolling around in my head during the initial discovery and trauma was, how could I have not known how I should have known, there must be something wrong with my ability to perceive reality? Because how could I not have known? So I lost the ability to trust my own perceptions, and ability to process reality, things that were right in front of me. And Hindsight is 2020 through the past, and suddenly things started to make sense. Now, I was really beating myself up for not knowing. And I think that was the first hit to myself trust.

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Bonny 01:58

Myself, trust was hit after the second D Day, I'd always been a very decisive person. I took my time coming to decisions, but I could come to decisions. But after the second D Day, I had a really hard time making decisions. And I think that was from my lack of trust in myself like, well, if I choose this, though, what if this and this and this happens? So if I choose this, but what if this and this happens, it was just an overthinking. And that was from a lack of trust, a loss of trust, because it came out of nowhere for me that time, he was a business travel warrior. I was a single mom most weeks. So I had to pull that decisiveness back in, I had to get back online with some decisiveness. So it wasn't a really long season. But I do remember the struggle, and it, it really hit me in my identity too, because I had already felt myself as a real independent woman. And that struggle, that was really confusing.

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Lyschel 02:59

This is an interesting place for me, because I think that trust with myself has always been an issue, even before betrayal happened in my story. Oftentimes, when I have partners who ask questions about this, like, how do you restore trust with yourself, I've had to sit back in my own story and think, I'm not really sure I trusted myself even before and I think a lot of that came from very similar experiences and family of origin, gaslighting minimization, nothing's ever what it seems that kind of thing. And so my intuition, I think, was taken from me at a really early age. So the way that I built or created trust was control. So I would control my environment, to the best of my ability and almost move into a space of being hyper vigilant because I was still trying to find that intuition. So I'm trying to fast forward this to get into betrayal. I think there was there was moments where I had started to trust myself, but because again, I've was so familiar with living in, like Pam uses the words cognitive distortions of my own and from other people. It was kind of like, I could rely on myself, but I may not trust myself. Does that make sense? That's a kind of a delineation there. I was very self sufficient. I was very reliable for me. I was very responsible. But I did not trust my decision making. I did not trust the things in front of me. I was constantly in a state of second guessing. Always wondering, like you said, the worry, anxiety I would mold things over consistently in my brain. I mean, I couldn't even I couldn't even trust that I showed up in a conversation with a grocery store cashier. I would come home and be like, Oh my gosh, that was so dumb. Why did I say that? But I will say this. One of the other funny things about self discovery for me when I thought about this D Day was there was a pretty consistent phrase that I would go to, whenever I would begin to think about the betrayal, I would go to this phrase where I'd say I have a college degree, like I have a college degree, I do not understand how I did not see this coming. I laugh at this all the time, I have no idea how my bachelor's in marketing and communications was supposed to keep me from being betrayed. But really what I was trying to do, I didn't know what at the time, but in retrospect, what I was trying to do was I was battling the lie that I was stupid. So I would come back and be like, I have a college degree because that was the only thing I had that felt like it was concrete to say, I'm not stupid. This is happening. I know, that's kind of a very rounded way of answering the question of how did I see trust broken or within myself, but that was those were a lot of ways that I saw it come out. It wasn't just a one and done. But it was it was a seepage of losing trust with myself.

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Pam B. 05:55

I had those same thoughts. I'm a smart woman how, and I hear other women say this, too. How did a smart woman like me get into the situation? And then I'll hear other women list out basically the resume of some, we are all very intelligent, accomplished women, who have done a lot of different things in our lives. But then to say, But wait a minute, how could this happen? To me? This doesn't happen to me, this happens to other people. So there must be something wrong with me. I didn't see it. I should have known. Again, that whole thing. So yes, the show I hear that constantly. And that self gaslighting, when your guts telling you one thing that what's the word dissonance, cognitive dissonance when your guts telling you one thing, but all the all that quote, evidence is saying something else. It feels horrible. When that happens, it just feel so awful in your body. And so I had to, I had to create a story, to go with it to calm my nerves about it. And I guess, let myself and so because I did that to myself, too. It wasn't just my husband or other people giving me a narrative and that i i played a part in it. That's another reason why I didn't trust myself.

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Bonny 07:18

So this ties in really well with our next question, which is how do you identify when you've lost trust with yourself? Or how do you see lack of self trust in your clients,

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Lyschel 07:31

some of the signs of someone who's struggling with self trust, when I have a client or even a woman in a particular support group that is consistently seeking validation, and NPS that's the whole point of group and getting into community is to receive validation. It's, that's one of the benefits of being in community is to repair and heal trust with self, because what a woman is doing when she comes into group and she's asking questions like, Well, how did you do this? Or is this the right way to do this, or so on and so forth. It's a good indicator for us as a group facilitator or coach, this one, this woman is struggling with trusting herself. She's experiencing something, and it's she's not sure if it's, she's trying to see if others can tell her if it's right or wrong. That also is a great indicator of saying she's potentially been super minimized in her other relationships, where maybe she has a big emotion, and then she's told that's inappropriate. Why are you so mad about this? I'm not doing it anymore. And then she's like, that's right. Maybe I should be, maybe I should be better than I am. But it's still hurting. See that wrestle with a trusting self. Because her her emotions, her heart is telling her one thing, but the world around her is telling her she should be showing up differently. And that's a part that's the chiseling down of trust with self, right and intuition. One side note I want to make though, because here's something that I see pretty consistently, that gets really confusing for us as we navigate this through the lens of trauma that for some women choose or have to go into a state of denial. And I want to just speak to that for just a second, because I think it's important for our listeners to hear this, that denial is actually a survival tactic. And I will get a lot of women who I was thinking about how I was just talking about my education and the way that I was trying to show up in the world. And then there were moments when we are in seasons of denial. Well, oftentimes that is survival. So let me explain what that means. When my husband relapsed, and I was home single mom with three kids under four years old. It was very difficult for me to navigate my every day responsibilities as being a mom to young kids, and all the things like even after Maybe the fire had gone out and there was just smoldering still happening. It was difficult for me to hold all the responsibilities of that day, and then also have this great insight on the health of our marital relationship and how we were going to fix it.

In my limited capacity. And we do this unconsciously in my limited capacity, I had to sort out what's the greatest need here. And the greatest need was my six month old, who was colicky allergic to milk, not doing great with life, right? Like all the things that was my bigger priority. So yes, there was an element of denial about the toxicity of our relationship, or how unhealthy we still were, even though we navigated a relapse. The same can be true when you have women's stories come out after a parent's death, or other traumatic event where there's just this big thing in the room. And then you're like, I gotta put this on hold, or I just need to deny that it exists right now. Because I don't have capacity for it. So I bring that in, because I want to extend grace, I want you guys to hear that there's grace in that, because it is survival, your brain just it's not even for many of us, it's not even choice. It's not like you sat down and we're like, golly, what am I going to focus on today? It is literally like your body is like I cannot survive if I have to hold two of these big things. So I'm gonna put one down. And it does it for you in your mind. So I think the reason that feels like it connects is because a lot of times I will hear women connect there, trust yourself and denial. And somehow or another, it messes with them. I can be in denial. It's not a place we want to camp out in. If you know you're in denial, then we got to talk about that, right? Because now we know you're intentionally choosing it. But there is that moment, you have that awareness. And you're like, oh, my gosh, I've been sitting here, and I didn't realize it. Well, that was because your body, your brain was taking care of you. So be really nice to it.

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Bonny 12:00

And that leads me to a thought I had a recent conversation, I really feel stuck. And I think she was worried about denial, as well. But we started looking at her daily life. And it's exactly what you just described, Michelle, she doesn't have time to think about recovery. She's so busy with her. She's got several children a full time job, soccer, baseball, all the things, dinners, dogs to the vet everything. And she's I said, so we explored how she could start building in some self care for herself, you know, just 10 minutes to yourself. So you can have a thought, just for yourself. You don't even have to think about recovery. But I think re engaging with yourself helps start to nurture that trust a little bit.

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Pam B. 12:56

Let me just this conversation about denial is so important. I think for all the reasons you both just said, we're also so busy showing up and building trust and maintaining trust with the outside world, that we tend to value that higher than trusting ourselves. And it's not even a thought. It's not until somebody talked to me about self trust, I had never even considered it, because I'm just operating as I operate. And I think also because the world our spouses demand proof. You're feeling what why show me what show me a smoking gun. And that we can't, the world is asking us to justify why we're feeling what we feel. If you don't have language for that. I felt lost. I didn't know how to. I didn't know how to justify it. I didn't know how to debate it. I didn't know how to explain it. Because others were challenging me that also beat down myself trust to where maybe I am wrong. Maybe I'm seeing all this wrong. Should I have proof? Should I be able to articulate exactly what I'm feeling and exactly what I need? And I think I'm doing it right. But I'm using some old coping tools and old communication methods that don't work anymore. That eroded my self trust to Yes, I also went into denial. One of the biggest questions How will I ever trust again? Is it even possible to even trust a man after he's betrayed you in this way, and he's hurt you and wounded you, this person who was supposed to have my back?

How will I ever trust again? And I honestly believe that before we even ask that question, we have to backup the bus and we have to re-establish that trust in ourselves first, and I see trusts like a bridge. Jason Martinez and his book worthy of her trust. Says that is the husband's responsibility after betrayal, to develop uses this analogy of a Lego sculpture. And I took that and I said, No, actually, I think it's it's a Lego bridge of some small blocks and some big blocks. And it's multiple things that builds trust. But before you can build that trust bridge over to your partner, you need to make sure that your side of the bridge is solid, with self care, your professional recovery team, your group, your values, your boundaries, maybe you have an exit plan. So that you have to have that solid side of the bridge, should one of those Lego bricks fall either a big one or several small ones start to fall, you can run back to your side of the bridge. And before I start to build a bridge over to my partner, I'm going to look at his side of the bridge. Is he taking care of himself? Is he doing his recovery and growing and healing? What are the things that he's doing to keep his side of the bridge healthy and strong? Before we start to build those bricks towards each other and meet in the middle, and one of those bricks, huge part, and I think we've touched on it is that gut feeling that intuition, and learning to trust it right or wrong without proof? My feelings are all I need, my emotions, the sensations in my body, that's all the proof, I need to run to my back over to my side of the bridge. I don't need a smoking gun. And I'm willing to even be wrong. I think maybe my husband's relapsed, I need to be able to go to my side of the bridge and regroup. And I need to trust I need to start to trust my intuition. And pay attention to it maybe even journalists so that I can learn when it's right and when it's wrong.

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Bonny 17:03

I think some Christian teaching has made us question our feelings and our gut. Like the heart is wicked above all else, that kind of thing. And I say to that, God gave us our feelings. If we're made in the image of God, He gave us the feelings that he has. So they are valid. Our intuition and our gut is there for a reason God put it in us so that we can have red flags to keep ourselves safe. So it's okay to trust yourself, your gut, I think I think there is a message out there within Christianity that you can't trust yourself. Well, yes, our we're going to get to in another episode, we're going to talk about trust with God. And having that trust in God. But we can also have trust in ourselves within us is the Holy Spirit within us is the mind of Christ. So we can trust our feelings. Now do you want to you want to assess them against truth and cognitive distortions like Pam talks about, we do want to do that. But you can trust your gut. Because God put it there. Not just your physical gut, but you're you know, you're feeling good.

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Pam B. 18:21

That same heart, I mean, I don't think it's meant to be taken. So literally, so black and white, because that same heart that can deceive us is also the same heart with which we love God and invite the Holy Spirit into, but there needs to be some context around that. Yeah. Before the brain even registers what the emotion is, or what the thing is that's causing it, emotions start in the body of the physical place. And before it even reaches the brain to say, is that a snake or a stick, our body reacts first. And if we don't trust that, and we squelch that then we lose self trust.

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Lyschel 18:58

I also say I also think that's why you see such complication for us as believers to trust that we hear from God. Right? Because it's an internal thing. And so if you're consistently told, don't trust the things on the inside, and then all of a sudden you have this encounter with the Holy Spirit, but it's internal. It's not like he didn't come to me in a dream. How do you reconcile that? How do you not? How do you not miss out on this internal relationship with the Holy Spirit and the stirring and movement in your spirit? If everything you're told about on your insides is not good? Yeah. It's conflicting.

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Pam B. 19:37

Yeah. There's ways to validate your gut, though. And there's ways to validate whether or not you're really hearing from God. I filter it through the Word. you filter it through your faith community that you can trust. Like if you have a spiritual mentor or a friend and getting feedback like that, and I have, I just have these thoughts. that's rolling around like a BB and a boxcar that never leave my head. And I'll turn it back and forth through black and white thinking. But if I can go to the Word and compare what I'm feeling and thinking, you know, what would the word say about what I'm thinking? What would my faith community, tell me about what I'm thinking, and go to a trusted friend and take all of those things together. And that's a skill probably, again, that's a skill that you have to develop, and be willing to be wrong and learn from it. That's why I'm a big fan of journaling. Just without filter, going back to it a day later, that's gonna hit me differently a day later. And is it is it something God would

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Bonny 20:44

say what you're talking about rolls right into our next question, which is, how do you know when you're starting to trust yourself? For

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Pam B. 20:52

me, and again, I go back to you'll feel it in your body, if you're checked in with yourself. If you check in with your body, God gives us this incredible nervous system to tell us that's why we have these phrases like you'll feel it in your gut, right? Or you're choked up. And if you feel it in your body, and you feel uncomfortable, or if you feel comfortable, you feel confident, then you know, you're beginning to trust yourself, if I make a decision, and I speak it, and I still feel confident, I may I still may be struggling with some feelings about other people's acceptance of what I'm saying. But if I sit with it with myself and my own authority and autonomy, that it's either between me and God or God saying, Listen, this is between you and yourself, and really tune in to that self check in self awareness. I think that's where we can also learn. Does this feel true? For me?

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Lyschel 21:53

The question, how do you know when you're starting to trust yourself, I definitely see that what Bonnie was saying about the ability to make decisions and feel like there's a sense of confidence to it, it might be scary. But it's a bit she can still move through and do the hard thing. The other thing I think about is there is a moment in time where you start to heal, and

the way you take in other people's opinions, thoughts, questions, all that shifts, when you start to trust yourself. It's like it goes from tell me what I need to do. Because I have no idea to thank you so much for your input that information, I'm going to consider that. And I think that's when you start to know, my my stuff within me is starting to heal. And I know that for me, I will receive information from someone now and feel like I can stand in that. Thank you so much, I will definitely consider that. And I take that to the Lord. And I go back and I go, Hey, am I missing? This? Is it it? You know, I certainly can be disconnected from myself. And I'm just not showing up the way that I want to. So Holy Spirit, can you offer some leadership guidance, conviction, whatever that looks like here. But I think that's how a woman like if I'm trying to boil it down, it goes from a place of being like someone put an oxygen mask on my face to being able to put it on yourself and then say to people around you, thank you so much for your input. It doesn't while you off from them, but it certainly gives you a sense of within you.

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Pam B. 23:29

I think that's a good contrast comparison, say going from wanting other people's input and wanting other people either to decide for you or give you tons of input and encouragement to go in a certain direction. versus saying, This is what I'm going to do.

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Bonny 23:44

Mm hmm. Yeah, you're taking your agency back. So for awhile, you gave it away. You gave it away? What do you think, okay, that's what I'm going to do. But your agency, which is your personal empowerment, to make your own decisions and be in charge of your own life comes back to you. So yeah, that's beautiful.

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Lyschel 24:04

Which by the way, can be confused with confidence boundaries, because well, it's it includes it, I guess, I should say, but oftentimes, you'll see women, like you said Barney pulling back and they're getting they're reclaiming their agency. And what comes with that is a voice and boundaries, and all these things. And so it's important, I think, for us to understand that that's a shift. And that can be met with a lot of opposition. Yeah. People are not going to like that. Right. So that's one of those conversations I'm always having with women, when we're talking about establishing, you know, creating boundaries for themselves and what will your responsive actions be and so on and so forth. And, and that's what's coming out of that is that it is coming, it's coming back within themselves.

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Bonny 24:45

Yeah, absolutely. It's being able to, to bring it back into yourself and stick with your personal standards and your personal values and your ethics and who you are because because we Really this, this, this betrayal robs you of your identity for a while. And when you when you get that trust back in yourself, you remember who you are. Yes. So now that we've talked about

personal agency, I hope that you're feeling some hope. And that's what we want to extend right now we want to further that conversation. So how can we offer hope to our listeners that it is possible to build or rebuild trust with themselves after betrayal?

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Pam B. 25:31

I want to provide some some encouragement that it's not a feeling trusting yourself isn't just an emotion. It's a skill, it's a skill you can learn. There's tools, there's support, we can provide it through groups and coaching, and having the right trauma based therapist, but this is something that you can learn to do. It's not like you either have it or you don't you can get it.

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Lyschel 26:04

I think that is helpful. Pam, I think, you know, my brain works in pictures a lot. And I keep thinking about, you know, we were given Hami downs. And I usually refer to Hami Downs is like the things we get from our family of origin. And we need to understand that there's a there is permission and ability to take that hammer down to the thrift store, and go buy something new. And so I feel the same about that with learning how to build self trust with self and discover it. For some, it may be the first time ever, if it's like like in my story if it's been a part of your entire livelihood. So I would say that to that would be my encouragement is to know that it is it can be done. And it is worth it. It really does begin to create stabilization for an individual. There's so many benefits to being able to trust your guide in yourself. And

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Bonny 27:10

it's worth it. Yeah, so I looked at First Corinthians 215, which says the person with the Spirit makes judgments about all things. But such a person is not subject to merely human judgments For who has known the mind of the Lord, so as to instruct him. But we have the mind of Christ. So I just again, want to affirm that it's not wrong to have feelings. And you, you are empowered with the mind of Christ as a believer. And I think that's a good place to start rebuilding trust. Well, ladies, do you have anything else to add?

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Pam B. 27:56

Before we wrap up all right.

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Bonny 28:02

Friends, we thank you for joining us, and we hope to be a bright spot on your recovery journey. If you'd like to leave us a question or comment please go through the contact button on our website. Hope for wives flr.com hope for wives.com also help a friend by leaving a five star review on iTunes so others can find us and we'll talk to you again in two weeks. I