

Ep_20_Grief_A

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SPEAKERS

Pam B., Lyschel, Bonny

00:02

Hi, I'm Pam Blizzard from Recovered Peace..

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And I'm Lyschele Burket with Hope Redefined

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And I'm Bonnie Burns of Strong Wives, we're so glad you're joining us. I just want to make note that this episode around the topic of grief runs a little long. So I'd invite you to put this on playback speed of about 1.5 so that you can finish it by the time you reach the grocery store. Today, we are discussing how grief plays a part in our healing from the impact of sexual betrayal. And as I've mentioned, in previous podcasts, when the main person in your life betrays you, he murders the trust you had in him, neurologically, your brain does not know the difference between the death of a person and the death of trust. So the same process that brings about healing from the death of a loved one is the same process that brings about healing after the death of trust. It's painful, messy, and oftentimes doesn't make sense. So ladies, let's just talk initially here about the definition of grief,

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processing, accepting making meaning of your loss.

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I think in the beginning, if you would have said to me, what's the definition of grief, I would have used words like weakness, unnecessary, overdramatic, something I feared, as I have healed myself, but also walk with so many women through that process. Vicki TD has a phrase in her book that says grief

is the clotting system that helps a broken heart stop bleeding. I remember reading that for the first time in her book and being like, oh, man, because I knew exactly what it felt like to have a broken heart that was bleeding. And I was desperate for it to stop. But I didn't like that. She said grief was the component because that part scared me.

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And for me, a simple definition of grief is homesickness. Grief, for me was a longing for things, all things to be right again, which was my definition of home. My home base had exploded, and I was homesick. So what were some of your personal experiences around grief, due to the betrayal?

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This has been an ongoing space that I feel like God has consistently been bringing me back to in the right seasons. It wasn't the end all be all in the beginning. And I do think that's important for our listeners to recognize, but for myself, in the beginning, I did not I don't think I grieved, I don't think I even recognized that there was a need for grief, I really picked up he was the one that was struggling. And he needed an encourager, and someone to stand by his side, if I was hurting, I recognized somehow in my brain that I couldn't be in both places. At the same time, I couldn't be grieving, and also being a cheerleader. So one of those had to go. So I guess I unconsciously made the decision to not entertain grief, and I went towards being the encourager, because I believe that's what was going to get us through this storm earthquake. But I think that as the years continued, and in my particular story, there were slips and relapses. And I think that's when grief was a really difficult emotion for me to process. I had a lot of fear with grief. I also had a lot of stinking thinking about grief and how it didn't have any value or purpose. It was like, I remember the phrase that would go through my mind is What's it matter? It won't change anything anyway. Right? So it was grief added to the hopelessness. It wasn't going to change anything. So why would I bother doing it? It didn't come out as grief, it came out as rage. It came out as anxiety. It came out in depression. It came out as well. I've even had developments of autoimmune diseases and disorders since then, it went somewhere. Even if I wasn't willing to let her hang out with me, it went somewhere.

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For me, I was I was grieving but I didn't know I was grieving. I was in this dark hollow place. That didn't make sense. I didn't I almost didn't want it to make sense because that meant I had to accept what was happening and I every fiber of my being did not want to accept. It wasn't until somebody told me that I was grieving that these feelings were normal. This process was necessary for my healing, and that I wouldn't always feel the same way. The way I grieved would change it would morph on on grieving and it was confusing because I didn't I was in I started grieving in a place where before I had full disclosure, and I didn't even know what I was grieving so I didn't have my reality. And that made it harder for me because it was it just added to the confusion. And it was before I joined a group. So I was very much isolated, we often talk about when you go through this, it's it is like a death and nobody knocks on your door with a casserole, nobody offers to do your grocery shopping for you, I was very much isolated. In my grief, I didn't know where to take it, my therapist, you know, you get an hour a week or every two weeks. And my therapist only had so much time to, you know, to work on grief with me. And so it was in the beginning, it was horrible. Before I knew what it was, or it had a purpose. And I think once somebody was able to give me some structure or some hope that it

would change, and it wouldn't always be this way. And that it would be okay, if I fell apart because I was afraid to fall apart. Because I didn't know how to put myself back together again. So in the beginning, it can be very, very scary, when you don't really know that you're grieving.

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And my experience is very similar in that it was a process to come to a place to understand that grief is what you have to go through to start to reach some healing. In the very beginning, I accepted his blame around his his acting out, I accepted his blame because I wasn't showing up in the bedroom as much as he would have liked. So instead of even thinking about grief, I immediately started working on myself, How can I fix me, I'm the problem. So I'm the solution. That's something that I could easily wrap my mind around. So okay, let's do this, put on my, you know, my walking shoes, let's go. I worked on that for a long time. And thought we got to a place of I was successful in reaching that place of I was no longer the load drive life. And then after that second discovery, when I had I had done all the things, and my world exploded the second time, there still wasn't as much support. In my world, I didn't know where the support was. So no one was helping me understand the processes with boundaries, and those type of things were still kind of terms I was still coming to understand. So there wasn't grief after that second one, either. But there was a beginning of identity development after that second one, I was going to understand who I was, because this obviously isn't about me. If he keeps doing it, and I fixed all the things. But the third time is when grief set in. And I found support quickly. And I found that grief is a necessary part of finding your way out of it. My experience was that when grief set in, I felt like I was being sucked into a black hole, that there was nothing there. It was a Boyd. That's where I was going, I was disappearing. One thing stuck in my head. The thing that stuck stuck in my head is that God sees me, God sees me he won't let this destroy me. And that was that, that pulled me through the grief process Am I done grieving. Now, I don't know if any betrayed wife really ever gets done grieving. But I am on the other side of the worst of it. And that was my experience. So now that you've heard what our experiences are, we're going to talk about what some of our clients are just women in general who've been betrayed some of the things they might experience around grief. So ladies, just share what you've seen or have learned through your training around grief.

09:08

Well, I got a chance to actually participate in the connection summit with daring ventures and Dr. Jake Porter. In 2021. I got to talk about this particular subject and about grief after betrayal. And as I was trying to prepare for that conversation, I really began to recognize there's an avoidance that a lot of us have around grief. I was curious. I just got really curious about avoidance, like what is that about? I was able to come up with these four areas are ways that I've consistently seen some of my friends, my clients, my group members, wrestle through the emotions of grief, and you guys have already spoken to some of them. So I think it's it's very applicable. So the first one was permission. And that was a huge part of my story. I heard Pam talk about how She got permission in her group. And a lot of women aren't. That's one of the things that we miss, we talk about going to someone's funeral, or a celebration of life. And having your community around you, in the aftermath of a loss, in essence gives you permission to be sad. It gives you permission to call in sick to work the next day. It gives you permission to step off the PTO for a season, or being rude mom, it gives you permission to call a friend, pick your kids up from school, you know, having that kind of reality that your community knows there's been a loss, people are willing to step in. We were talking earlier about a colleague of ours, Kim Patrone, who writes a blog called not a casserole, widow widow. That's what she was. That's

kind of one of the her first blog post was about the loss and of her marriage and her story, and no one bought her a casserole. Part of the reason I see a lot of women struggle with that, and myself is that we just didn't think we didn't realize there was permission to do this. The number one place that you can gain permission to grieve is in group is in group communities, it's but also getting with other persons like with getting with a coach or, or clinician who understands betrayal, trauma, and knows that this is such a vital step. When it comes to a woman's healing. The next reason we avoid is because of fear. And I thought this is really interesting. Brene Brown, I have a quote from her that says we fear the emotion of grief, more than any other emotion. And these are some of the lies that we have believed for ourselves, or have heard others say, and I'm just going to read some of these phrases because I think we could really connect with them. The first one is if I let myself feel sadness or pain, it will only make it worse. If I let myself acknowledge my grief, I'll never be able to function again. It will engulf me, or I've heard women say consume, overwhelm drown. There's a lot of that anxiety that comes with just going under. Another one is I don't have time to grieve. I don't have time for sadness. Another one I think I need to think positively and not dwell on the bad or the pain. The pain from my grief will be so painful. I will not sustain under it. It's gonna crush me. If I let myself grieve. I'm just having a pity party for myself. Yeah, that one hurts me so bad when I hear women say that. I don't need to have a pity party. I'm like, This is not a pity party. This is a real, this is a legit loss. If I cry about this, I'm weak. And I have to be strong right now. And I hear a lot of women when they have to navigate separation. Or maybe it's even like there's a financial betrayal attached with it about the being strong right now. Because there potentially is more than one crisis happening for her. She's got the betrayal and the infidelity. And then she also has additional chaos that comes with this. Grief only comes when someone dies. And no one has died. Therefore I shouldn't be in pain. And the last one that I had in the list was something's wrong with me, because it's been this much time in quotes this much time. And I'm still sad about this. I remember asking a client that she's like, well, I should be it's been three years. I should be past this by now. And I finally just asked her the question, who said that to you? And she got real quiet for a second. She goes, I don't know. And I said, Yeah, I don't know, either. But they've been they were not very nice, because but my my guess is she said to herself, right? She had an expectation that it wouldn't look like this three years later. And I'm not saying that that woman was grieving for three years. The reality was she wasn't grieving at all. But the grief was still under had an undercurrent inside of her soul. And that's what she was still feeling it wasn't processed, it was just still lingering. So there's two more. The other reason I hear women avoid is because they don't believe it has a purpose. And then the fourth one is even from a spiritual standpoint, like I hear a lot of women in the faith community who get lost or stuck. While I see a lot of them wrestle even with being with their with God, with Jesus, when they're grieving because they're messy, and they don't know how to do messy with God. And grief feels messy and out of control. And so there's this there's this Miss or this avoidance because they don't understand the spiritual purpose of grief.

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You know, you talked about the purpose of grief. And I think Andrew J. Baum and this is a quote from him, stumbling towards wholeness. This is a wonderful quote that sort of sums this up beautifully. He says grief serves as a shovel for the soul. It digs minds and excavates painfully at times, violently, but deep love enters those very same spaces. If we never allow ourselves to feel the pain of loss, and betrayal, we will not feel the fullness of love. And I think that so beautifully illustrates that in our grief, we are honoring what we lost the very beautiful things and of of love and honesty and loyalty, and connection, and the sense of who we are in relationship with our, with our husband. Those are beautiful, sacred things. And in that grief, we give honor to those beautiful things, unless we go through that process of holding it up to the light and holding it this way and that way. And looking at these things through the different lenses, we're not able to honor those things within us.

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So if I could add about the very real physical pain that you can deal with grief, because I have clients who are grappling with, I just hurt everywhere hurts. It's not just my emotions in my heart, my body hurts. And this is a true, this is something that's really happening. It's not psychosomatic, it's not you're making this pain up, it really is happening because in your brain, the place where rejection lives, is very close to where physical pain lives. So there's a neural, there's a neural cross wiring there. So when you experience rejection and betrayal, betrayal is the, you know, a pittance of rejection. And when you experience that you can you can feel physical pain, it's not in your head, it's really happening. The way to get out of that physical pain is through the process of grief, for some hope, mine lasted about nine months, the true physical pain in the pit of my it was kind of between my heart and my stomach was just in my core. But I have other other friends who are experiencing the same thing. And I just want to give you hope, it won't last forever. But it is grief it is it is part of the process of healing. Another thing I would like to bring up is that no matter what your husband's acting out behaviors have been, there is a spectrum of behaviors, and they go from zero to 100, let's say wherever he lands on that spectrum, does not indicate the greater or least amount of pain you are going to experience. It's all the same betrayal is betrayal. The death of trust is the death of trust, whether it was on the low end of the spectrum, or the high end of the spectrum. And the problem with that is when we judge ourselves over Oh, it's not that bad. We're cutting off. We're cutting off our pathway to healing because we're saying, Oh, we don't have anything to grieve about. No, you do. It's okay to say this is a big deal. And I'm going to grieve over it. So I just wanted to give some encouragement there. That if if you're receiving a message in your environment and your social and world that saying, Oh, it's not that bad, reject that the loss of trust is the loss of trust, no matter how it came about.

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Yeah. And there's the saying in the recovery community that all trauma is trauma, you can't compare. Your wounds are important and valid, and deserve to be seen and heard and healed. Don't please don't compare, again. There's that self judgment. Don't Don't judge where you should be or you shouldn't be. You are where you are.

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Yeah. And I think that can also come with comparing stories, too. Because we do we get into groups, and we share our story. And there's the temptation to say, oh, you know, well, at least he didn't do X, Y and Z. And that's not helpful. So in doing that you're kind of gaslighting yourself. You're minimizing it. You're invalidating your experience. What's happened is real and true. And whether you get a casserole or not, there is a duck.

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I'll also add that comparison is the scheme of the enemy. To steal, kill and destroy. That's it. I mean, John 10:10 is very clear about that. And so if he can disrupt your ability to feel like you belong to a community, or a support group, he'll do it. Watch women jump in our groups. And like this is the first

time their chests have probably taken the deepest breath ever, you know, or for a really long time. They're just like, it's finally I get to do this and they're so grateful. And then you watch, you can just watch it and you're like, No, no, no, no, like, we try to call it out, say what it is. But there's still that wrestle that. There, he doesn't the enemy does not want us to get well, right. That's the strategy as well as to keep us in bondage and being able to grieve, being able to share our truth, being able to be in community with one another receive encouragement. All of those are resulting in essence and feelings of freedom. And so we're gonna, we're gonna, he's gonna shut that down as fast as possible.

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So this was an eye opener for me. And aha, this came from, again, Jake Porter, that he said, there is a difference between triggers and grief waves. And that was helpful for me to understand what I was experiencing, a lot of times, I would say, I'm so triggered, I'm having a trigger right now. But it really wasn't like a neurological trauma trigger. But I had this big heaviness, to the point where I just felt so disempowered. And it was a grief wave, a luxury that a grieving brain needs a safety. So if you're not able to grieve, and you're in a situation where your partner isn't necessarily a safe person for you yet, or you haven't built that up with your partner, this is where again, group can be so helpful. Group can be a very safe space, I have heard so many women trying to hold it together and group and say, I'm sorry, I'm sorry. And we're like, no, no, this is the place to fall apart. This is the place where we get it. There'll be no judgement, we've been there. If you need to fall apart, this is the place to do it. And often they'll say, I'm afraid if I do, I won't, I won't be able to stop. And we're like, No, it's okay. It's all right, this is the safe place to do it. So if you need a safe place to fully express your grief,

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I have a question that I'd like to propose to the two of you. I think it will be helpful for our listeners to have an answer to this question. What are they grieving?

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I'm grieving my identity as a woman who had a husband who never cheated on me. I used to take pride in that, that used to give me a sense of security, that was part of my identity. I was no longer that person. I didn't know how to be a woman whose husband who had cheated on her. Didn't know how to do it. I was grieving me. The loss of me.

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I think more specifically, I was grieving my sexual identity. Because I had worked on that really hard. And it wasn't respected. So that was shattered. So how do I put that back together? Again? How do I be a sexual being again, when all of this mess involves my sexuality, my defilement of my marriage bed? How do I put that back together. And that was I had to grieve that before I could put it back together.

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And I can relate to that specifically to in terms of how I'd worked on this in release. I was grieving the

And I can relate to that specifically to in terms of, hey, I'd worked on this in relapse. I was grieving the trust that I extended after the first betrayal. Really, I really, I extended this trust to you out of a grace and graciousness, and a desire to be a forgiving person and all the things. And so I was grieving the decisions I had made to do that and relapse.

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I was also grieving, who I thought my husband was, yes, because now as I've gotten farther along the journey, I see that some things were truly who he was. But I had to grieve the parts that I didn't know about, that I had to put into my reality. It was kind of a reverse grief. It wasn't something I lost. It was something I learned, and learning that caused a lot of grief.

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I'm grieving the fairy tale of what I thought my life was and was going to be. So I was grieving my past. I was grieving my present. I was grieving my future. Because now all of that changed. is

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I really grieved authenticity for myself. Because one of the things that was a loss for me in my journey was I remember going into church, I'd gone into our community group. It was kind of known at this point that this was what was going on in our Marriage. And I remember a girl in the community group asked me how I was. And I answered her question. I was like, I'm not good. I'm falling apart. I don't know what to do with myself. Right? And I'm sure most of our listeners can. They are like, oh, yeah, the woman who backed away slowly, that was her. Right. And but what it was, was, it was yet another experience of rejection. And I'm not blaming her for that, I know that she was just as overwhelmed as I was. But on the backside of it, what it was communicating to me was, you can't show up here, how you really are. And so I lost that sense of authenticity. There was also parts of this in the early stages of just fear of like, what how would people view my husband or judge him. So I would keep things quiet, or not necessarily tell everybody. And that caused me to lose a sense of authenticity, because that was a really strong, and it is still a strong value for me. In the last year, I have had several women who have joined groups with us who are engaged in maybe the engagement was broken off, my heart breaks for their stories. Because the one thing I had one of the gals and I talked, and she said, it's really difficult, because right now I'm grieving, what I thought was coming. And she was while I had not walked down the aisle, yet I was his wife, like I had made a heart covenant with him already. Before that day ever happened, which meant I was planning our future together. And then this exposure, this rupture happens in their relationship, they call off the marriage, and now she's grieving. And a lot of her communities just like it's just a breakup, get over with, you know, get it over with whatever. And there's a minimization or just obviously a misunderstanding. And I said to her, you know, it's interesting, because in this girl's particular situation, it was about a month before the wedding, right? She had her dress, she had the invitations out, it was it was on, right? They were just counting down the days. And I said, the interesting thing is, is that this happened three weeks before marriage, and had this happened three weeks after your wedding, they would be telling you to fight for the marriage, they would tell you to fight for that relationship and help him get better. And I said, and yet, I am pretty certain that the same people are now saying, let it go. Because there's a misunderstanding there in that relate that dynamic of relationship. And I just like, I'm so thankful for these girls, women, right there women, teaching me even more empathy in this area of grief and loss. So I just thought, Man, I need to share that story with our listeners today, just so they have the other

perspective. Like if they've got a friend who's lost an engagement, she's probably grieving because she planned on having kids with this guy. Right? There was nothing like frivolous about this. She's planning a future they were I think they were even preparing to move out of state once they got married. Like, all of that is done. It's none of it's happening. Like all those plans that were in motion, and just waiting for this wedding day came to a screeching halt. Just just perspective. So

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if you are seriously stuck, and not moving forward and can't figure out what your next step is.

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It might be grief work.

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Because in some of my friends have come to me stuck and we explore, you know, they've known things for years, and we explore some things and then I ask if they've ever done their impact letter. They've really sat down and looked at their losses. And a lot of times the answer's no. Which means they've not grieved. So if you're stuck, if you're wondering what's next, why can I move on? It could be that you haven't stepped into grief.

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Yeah, another thing that could be helpful for our listeners is even just to Google stages of grief, to give you a real sense of where you might be able to put yourself on that spectrum. And it's an It is funny because generally you'll find these these visuals of stages of grief but yet your experience is like all over the place. It's like this crazy ping pong ball, right? Because one minute you're in denial, the next minute you have hope. Then all of a sudden you're fearing then you jump in depression, then you hop over to denial again, it's just all over the place. And that could happen within four minutes, right? Or sometimes it happens in four months. Like it just kind of depends on where you're at.

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I waited a lot. I landed a lot in anger, but I also landed in bargaining every every opportunity for They have to buy me a gift he to ask, What do you want? And I'd say a time machine. I just want to go back, I want to go back in the very beginning, I want to fix this. I don't want to have to have gone through all of this. That was my bargaining. All right. So to wrap up, we've talked about our personal experiences with grief, we've kind of defined it some. And we've talked about how our clients may experience grief. And your you're experiencing grief, the pain of it may be different from all of this, but it's valid. But what we want to go into now is that we want to leave you with some practical tools on how to step into grief. And we want to leave you with some hope. So what do you have to add? Michelle or Pam?

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I'll give you some tools, personal tools. Personal tools for me have been just name it. So give you a quick story I two Thanksgivings ago, one of my favorite dishes is sweet potatoes. And I used to share that I had a family member who also that was their favorite dish. So I have these fond memories about going to family events and US bantering over the sweet potatoes, right? Like who's going to steal the whole casserole dish or the other one. Unfortunately, that relationship with that family member has dissolved. And so I don't get to spend holidays with that person. But I was making sweet potatoes at my house. And I'm making them and my kids are running all over the place. And it's just like our family tradition for me to make these. I am not conscious of any of this, right? But one of my kids comes in as I'm peeling the sweet potatoes. And they asked me a question. And I just snap off really fast and short. They're kind of taken aback a little bit. And then she walks away from me, I kind of catch myself and I'm like, What in the world was that? Like, that was really harsh. Like that didn't feel like it didn't match, right? The situation, I took a chance to become self aware, right? I did a check in with myself. And I'm like, what's going on? And it clicked, I was grieving the loss of that person. And that relationship. But what triggered it was the sweet potatoes. Right, but I was in the throes of grieving and not realizing it. And so one of the stages that they talked about grief is emotional outbursts. And I kind of felt like that was an emotional outburst. Like I just snapped off with real impatience. She came back in my daughter came back in and I turned to her and I said, Hey, I'm so sorry that I just got really short with you. I didn't realize but I'm grieving today, and I miss my family. And of course, my daughter being seven, she's like, okay, mom, and she just takes off and does whatever she's doing. But even me saying that out loud, was making it real. But it also there was an element of permission. Like, I could say that I'm doing something, even if I don't like what I'm doing. I gave it space. And I think I heard Pam say something about honor. Create a sense of honor, that's exactly what was happening.

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Absolutely lament to the Lord, He grieves with you. If you don't take it to him, he can't do it. Also get into a group. I just I know I repeat this a lot. The group is a place where you can connect in your grief. It needs to be seen it needs to be heard. And it's a safe space to to let it all go and let yourself go. And crumble if you need to and just cry. You need people to see you grieving, give yourself permission to fall apart that way. I know I dealt with it. Also by journaling it I wrote, I let all the ink come out all the cognitive distortions, all the the anger, all the feelings, all the fields, the sadness, the loss, the love to you know, the things that I loved, that I had lost, it's not going to be this way forever, that those emotions and the grief may not leave you completely, but it will certainly change. Your grief won't grow smaller, but you will grow bigger around it.

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Other practical tools I'll add to the list, the journaling. I've had clients who tell me that they set a timer for 10 minutes. And so they say to themselves, I'm going to grieve for 10 minutes and that's it for them that feels like it offers them some containment. It helps them navigate through that fear of if I start I can't stop. I've had other clients who make a playlist of music and that is the intention of that playlist. I actually have that for myself. I have a playlist that just makes me think if my grandma and grandpa and anytime I feel like I'm missing them, I just hit that playlist. And I just move through the motions. I just let it happen and sometimes I cry sometimes I laugh sometimes I To smile with remembrance it just I've had women tell me that they just went and watched a really sad movie because they needed just something to trigger the cry or the, the emotions, right maybe. And you

know not PS not every woman cries when she grieves, right? You heard me I snap off at my kids apparently, it's not necessarily that we're saying we can't wait for you to be a puddle in the bottom of your shower. Sometimes it's just literally feeling and processing. Like, like Pam was saying with the journaling. So sad movies.

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Anything by Nicholas Sparks.

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Ma beaches. Right. Your best friend dies.

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Notebook. Yeah.

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I know. Notebook.

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So the notebook is my mom and dad's love story. So that's double whammy. I can't watch notebook. Because I don't want to grieve. I don't want to grieve. I admit it. No one wants to grieve. Oh, he puts it into I'll leave this in.

36:02

No, I do not want to grieve. I don't want to grieve.

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So they're grieving says Sam I am so I get it if you don't want to do it, I get it. I get it. So my grieving like I said, a lot of it landed in anger. And so to be angry in a responsible manner. And maybe I've said this prior on other episodes, but I've listened to heavy metal Christian music live show last all realize that i don't know i If you haven't seen me go look at my picture. I don't look like heavy metal, Christian girl, rapper girl, whatever. I don't look like I want I listened to

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No, you do not?

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Is it it processed that anger through my body, I could feel it in my body. And it was very, I will say empowering. But it also got it out of me. It was very visceral. It was very somatic. It was somatic work. It really,

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for me, it's Atlantis, Morissette, jagged, little pill, the whole album.

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And it was safe, it was in a safe way I didn't feel like I would I didn't have containment. When the song was over, it was kind of like the 10 minute thing when the song was over, it was over. So that's, if you if you're landing in anger, that might be a way for it to help. But

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I know for some people, there's power in ritual, whether you write a letter to your partner, get it all out and place it in a pile, put some stones around it and, and burn it. Or whether you go somewhere that's very meaningful for you and you throw rocks into the sea or rocks into a lay each one of those rocks maybe represents something that you're grieving the the past the man you thought you were married to the woman you thought you were the future, you thought you're gonna have something that takes it from the inside all the thoughts rolling around inside my head, and physically getting them out changes it. So for some people that can be very powerful. You know, our, again, we talked about culture, we have rituals and culture that make it real, and it and the rituals mark the passage from one state to another state. So that might be helpful, too.

38:33

And I guess the hope I would leave is that if you are afraid of disappearing, if you think that you will just be enveloped by this pain. I just want to let you know that. It does lessen through time, the pain and you I will give you my mantra. God will not let the devastation destroy you. He will not you're in the palm of his hand. He knows what you're going through. Whether you trust him or not. He is trustworthy and he sees you. So if you're there in the midst of it, I just want to give you an encouragement to hang on.

39:12

Yeah, I'm gonna throw in my, the word that God gave me in my own wrestle with grief. And it's Psalm 34, verse 17, and 18. And it says, The righteous cry out and the Lord hears them, he delivers them from all their troubles. The Lord is close to the brokenhearted and save those who are crushed in spirit. And I when I was telling you all that I was preparing for that summit. This was a scripture that I

had looked up and was reading through, trying to look for spiritual purpose with grief. I knew that Jesus grieved at Lazarus tomb, I knew that even the women cried at the tomb after Jesus died. I knew that other individuals other people in the story. I'm thinking about Nehemiah have grieved, but they were still there stories and I was trying to look for directive for me as a person. And so when I read that verse 18, I'll read it again, the Lord is close to the brokenhearted and saves those who are crushed in spirit. I realized that the longer I avoided or refuse to say I was brokenhearted. Like, I'm not able to say I'm brokenhearted, right, I can't tell that as the truth, then the Lord doesn't get to do the second part of that he doesn't get to save those who are crushed in spirit, I have to come into an understanding that I am brokenhearted. And with that he has purpose. And I don't know how the purpose, I think the purpose, probably if I had to guess is he just wants to do life with me. He wants to do life with all of us. Right. And it's not that he hopes for pain. He doesn't hope for us to live in this brokenness. He has a plan on the other side of this, but he wants to be in the middle of the brokenness with you just as much as he wants to be laying out the plan. I encourage you just to surrender, the fear, the pride, the whatever that word is that's holding you hostage from this experience. And just really consider saying, maybe it's just a short season that I need to be able to say yes to this.

41:18

There are gifts on the other side. You it was hard for me to see it. If you would have told me this. In the midst of it, I would have said you're crazy. No, thank you. I don't want those gifts. But I just want to encourage you, the sun will shine again, you will feel joy again. You will feel love again, your grief does have purpose. And there are gifts on the other side.

41:45

Well, thank you for joining us today. This topic was heavy, that as you consider grief, we hope that we've been maybe not a bright spot today, but an insightful spot today in your recovery journey. And if you find this helpful, please go to iTunes and either leave a five star review or a good rating so that others can find us. And also we each have groups going on if you check out our websites, which are all listed in the show notes. You can see what we have to offer and maybe we can help you. So we'll talk to you again in two weeks.