

Ep_22_Values

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SPEAKERS

Pam B., Lyschel, Bonny

P Pam B. 00:02
Hi, I'm Pam Blizzard from RecoveredPeace.com

L Lyschel 00:05
And I'm Lyschel Burket with HopeRedefined.com

B Bonny 00:08
And I'm Bonnie burns of StrongWives.com. We're so glad you're joining us. Welcome to another episode of hope for wives. Today we are discussing values. Values are a person's beliefs that motivate the way they behave and live out their life. And a lot of times our values are the guide for our behavior. All right, so let's just jump into values. I've given a short definition there. Ladies, what are your shortest definition of values,

L Lyschel 00:41
I would say that values inform your desires, longings, yearnings, wants and needs, they are the things that represent what matters to you in your life. People use it as it's the North Star, it's their direction, that's how they move through life is with their value systems and knowing what it is and understanding them.

P Pam B. 01:01
Usually, when a client comes to me, it's really obvious that some of her top values are God, marriage, family, those core values, valuing her own mental health, and I don't think she would say that. But those are some of the discussions that we have around prioritizing your values.

She values her marriage, and she wants to save it. But there's conflict there, you may not even realize that her own mental and emotional health are being challenged or degraded in some way by this, it's just you we all know that living with somebody with one of these addictions can make you crazy, can make you spiritually ill. There's that conflict between valuing my marriage yet valuing my mental health, what comes first. And so this is why values work can be so important, because it can help you become very clear and mindful and intentional about what comes first, they can't all be the exact same priority. That's something about values values do have to be prioritized,

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Lyschel 02:09

what payments really offering is there's a value for clarity, right? Like she knows that if she can obtain that value, she can get some clarity, then it will help her move through the next decision that she has to make. And so our values, like I said, when we gave the definition that they represent what matters to us in life, and knowing them helps us understand how to move through life, and what we care about what inspires us. But also it's important for us

B

Bonny 02:34

are so then how does a betrayed wife who's new to this journey? How does she start to identify what her top two values are?

L

Lyschel 02:45

I would tell you that if she could slow herself down long enough, which is I can't believe he la blah, blah, and there's something in there that whatever she can't believe that is bumping up against a value system for her. So like, I can't believe he's lied to me. So that's going to tell you that honesty is a huge value for her. Or I don't know if I can ever get over whatever that thing is, what you're beginning to see is that's what that impact is that's going to help her identify that those are the things that are really important for her, because she's just in such a place of disbelief that this could ever happen. And oftentimes, I will hear women say, how did we not have the same values? How did that how did that become so disjointed that he thought this was going to be okay in our relationship? So even that is giving you an indication of like, where her value system is, she's probably able to say I thought we had shared beliefs or shared values. And now I'm seeing that we don't, I would tell that would probably be my way to help them investigate on their own as they're in their narrative. They're trying to unpack their story.

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Pam B. 03:52

A boundary violation is a violation of something that you value, whether it's your loyalty, whether it's your time, any kind of boundary violation, it's a violation of what you value. So that's a good place to start. Another question might be why? Why is it important to do values work? If I don't do values work? If I'm not clear on what my values are? What could happen? Well, we can get pulled in a million different directions, we can get caught between our husband's values, we can get caught between ourselves and our churches values, our in laws, values, our own family of origin values, we've got a lot of different mixed messages. And that's

when it becomes confusing when you're not clear on what your own personal values are, then you can feel very conflicted. You can feel guilty, even protecting somebody else's values before you protect your own values. For example, if a friend comes to you, who's not had that friend who's you know, come to you and said, Can you keep a secret? I did something that I shouldn't have done. Do you feel good flick did you feel conflicted keeping that person's secret because you value the friendship, but yet you value honesty. So if you don't have a clear sense of where your priorities and what you value more highly, you can feel guilty or conflicted when your church or your family or your husband is telling you, oh, you know, you just you just need to look beyond these shortcomings. And you just need to move forward, because your marriage is so valuable, your relationship is so valuable, but you're being asked to devalue your own mental health, your own emotional health and your own sense of loyalty and honesty and transparency. That's where knowing what your values are, can, as Michelle said, inform your decisions and form your own actions.

B Bonny 05:48

So let's go around and share our personal top two values.

P Pam B. 05:52

My top two values are God, and my whole health, including my physical health, my mental and emotional health. If I don't have my mental and emotional health, I'm no good to anybody else. I'm no good to my marriage, which I value. I'm no good to my family, which I value.

B Bonny 06:09

My top two values include faith, but I've pared it down to even a more defined piece of my faith. And that is the fruit of the Spirit. That is how I want to live reflecting all of those qualities. Plus, those are the qualities I accept. My second top value is integrity. And I feel that integrity covers a gamut of other important values. But it it encompasses faith, it encompasses honesty, trust, it also encompasses in my personal definition of integrity, it encompasses authenticity, which is a really high value to me, but integrity overall. So integrity and fruit of the Spirit are my two top values. I feel

L Lyschel 06:59

like both of you kind of already shared a lot of my top twos. So maybe for the sake of diversity, offer some others, just to get our brains thinking about what are my values, or what are values in general, two of my really important values, I wouldn't say they're my top two, but two that are really important to me is humor, and generosity. And those are things that I appreciate in my relationships with other people. Those are things that I brought, I feel like I bring to a space when I get to be with others. So I know that those are two really important things for me, not necessarily my top two, but they're pretty high. though.

P Pam B. 07:33

Pam B. 08:15

I can vouch for Michelle, I can vouch for Michelle, that anytime we spend time with her, she she has the integrity of bringing humor to our situation. So what are some of your second tier values, I always want to be learning and growing and getting better, and expanding and growth in relationships with God and understanding God, understanding God's Word, God's nature, God's purpose, God's community, I'm just becoming the best that I can be. I'm never done. I'm never fully baked, I'm always in process.

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Bonny 08:08

One of my second tier values is connecting to others, which again, it encompasses other things like partnership and friendship, leadership, intimacy, and I would include humor there. But connecting I like connection I like networking, or like being being linked to others.

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Lyschel 08:27

One that I circled on my list is curiosity. Think as I think through that concept of like the way I would define that land in the growth, with Pam, like, I think that's part of what drives my desire to grow is curiosity. And another value that I have is empathy. I really do find it important for us to extend empathy to other people. I'm one of those people that will sit at a stoplight and think we have no idea what's going on in that car next to us. We don't know the loads that woman's carrying, there's a ton of grace, I feel like and empathy that I can extend to other people. And I feel like that's really important to be able to do for our world. Because there is so much pain here. A surprising

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Bonny 09:06

value that I've encountered with a couple of my clients is beauty. Beauty is one of their top values. And they also incorporate that with faithfulness, because that's beautiful to them. Faithfulness, honesty, those kinds of things are beautiful, not just their surroundings, but the intrinsic value that those things have to them.

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Pam B. 09:28

Another value that I have is and we've touched on this just another way to talk about it is I'll just say reality, authenticity, honesty, reality. There's a really good quote by M. Scott Peck that says, mental health is an ongoing process of dedication to reality at all costs. When you're dealing with reality. You can make better choices, and it's not always fun, and it's not always happy. But I think I can make better choices when I'm Dealing with the facts and honesty and authenticity no matter what it

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Lyschel 10:04

is, I think that you're so right. Pam, like when you talked about that, immediately, I think about the wrestle that all of us are those who choose to be on social media platforms wrestle all the time, right? And, and you hear people, we all say it, oh, it's the highlight reel. It's nobody's real

life, they're just putting up what they want, so on and so forth. And I think that is a, just as a side nugget, for our listeners, and even for myself probably is, when I get to a really bad place, and I'm on that platform of any sort. And I suddenly start to discount myself, that is a great indicator that it is time for me to close it. Because I've lost sight of authenticity, I've lost sight of the things that are valuable to me. And or what I'm attempting to do, I think is lay my value system over something that is not functioning in that value system. That makes sense, like I value authenticity. So I step into Instagram going, Oh, these people are being authentic. And then all of a sudden, I'm like, wow, they always coordinate, I don't understand. And then who lives in a soft filtered world, like, right? And recognizing, oh, wait, that is because the environment I'm in is not communicating the value that I find is important in that space. So

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Pam B. 11:25

it's so critical to our recovery path to because, you know, deception is, is the made probably the worst part of our betrayal. And people protecting us they think they're protecting us from the truth, or we think we have to protect our children. And we do. But we let the pendulum swing too far, in trying to put a good face on it, not wanting our community to see us under this light, that we always have to be happy. We always have to seem like we're holding it together. We can't crumble, we can't fall down. And I think I wish we had a world where it was okay to grieve, and it was okay to crumble and fall apart. Because that's reality. That's honesty, and authenticity.

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Bonny 12:15

Absolutely. The worst I felt right AFTER D DAY was going out into public. Because I couldn't be myself I had to put on the mask. Why couldn't I have been myself? I don't know. I think I need to journal about that.

P

Pam B. 12:30

You get to be my age. You get to be that age, you're like, I don't care what other people think. And it is so freeing.

B

Bonny 12:39

Or I want to really dump all my stuff on the Kroger cashier, you know, how are you fine, I'm fine, I'm fine. When I wasn't, but that kind of goes along with congruence, which is when you figure out what your values are, then you figure out how to live in those values, even when it's not comfortable. And it's not fun. But when you can figure out how to live in them in public, take the mask off, like Pam says it is freeing but it's also it brings peace to your soul. Because you know you're living as your true self. And once our identities are crushed through discovery of the of the betrayal, or that's just part of it, our identity shatter when we're able to put the pieces back together of these are my values, and I'm going to live them It helps your identity remit. It may be a whole new identity, but it helps it really knit together.

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Pam B. 13:38

Exactly. And that's why this work can be so valuable. The first time I ever did it, I did the homework and I'm like, Okay, I don't really know how this is going to help me. But then when I brought it back, this person said to me, Look at how beautiful your values are. This is who you are, this is part of who you are. And it helped me to see myself in a whole new way. And I looked at that list and I went you know what, I do have good values. And it was very encouraging.

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Bonny 14:08

So what benefit is it to understand what your top values are?

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Pam B. 14:12

Well, when you feel pulled in two different directions, you go back to your values. Maybe you do values work, you actually have to go back to a list you made and say okay, well, one of my values is community or service. And I'm being asked to jump in at the school or the church. One of my other top values too is my health, my emotional health, I really need to take some time for myself during this recovery period. It's going to help me feel better about choosing to self care and say sometimes a boundary is saying no, and sometimes it's self care saying no. I'm not able to do it this week. Thank you for asking me. Maybe sometime in the future. Please ask again in the future, but for right now I'm not able to help so when you feel pulled in different directions if you can go back to your values list and See which value is the higher priority that can help you feel confident about the choices you make.

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Lyschel 15:05

The benefits I see in understanding our values is it plays into and contributes to so many parts of even our healing journey, we had already talked about values, Bonnie just said about values being a part of our identity. And so when that piece of our identity becomes fractured, things feel out of balance, being able to do the work of rediscovering or redefining or even just being reminded of our values helps with the identity part. It also influences our boundaries, it tells us what am I protecting, say, I have a value of authenticity, I am living in a relationship where someone is not being authentic, I get to establish the boundaries of how I'm going to respond to that. So either I come in and I go, Okay, I know that this person doesn't function and authenticity. So that changes the way I'm going to engage with this person. Or I can say, hey, this is a person I really want to stretch to meet me in authenticity. So I'm not going to not be, I'm not going to take down my value system. But I may encourage them to consider being authentic with me, the bottom line is, what it does is it helps me know where I end and where another person begins. Even in those values. I think the other thing that happens is values allow us to respect each other and appreciate one another. So it's fall right now in East Tennessee, my one of my most favorite things to do is just to drive down any stretch of highway in this area and just see the hillsides just covered in all these different colors. My middle school daughter and I were talking about him this morning, as you're driving. And I just said, Isn't it amazing how bringing all that diversity together creates such a beautiful canvas. So I love that there's a yellow in there, and a red and an orange and a green, brown and

whatever. But that's the beautiful thing about understanding that we have values because they also allow us to know that we're valuable, and we contribute to the space around us. We're not just a lonely old dead tree, right. We've got things we're bringing into this space. So I think those are some of the key benefits to understanding your values.

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Bonny 17:13

I think I'll go back to a word that Pam has used a couple of times. And that's clarity, clarity, when you understand your values, and it brings you clarity over confusion being routed, and how you want to show up. So clarity around, you know what I need honesty, and therefore, I need honesty from you to be in relationship with you. But it also means that I have to filter all of my actions through that honesty that helps me show up with clarity. I'm not confused anymore. When she asks me how that dress looks on her, I might pause for a moment, but I will give her a more honest answer than I may have before. And I think that honesty is really important. Because then she can trust you. She can trust you to show up as you because I did recently have someone asked me a question similar to that. And they said, I am asking you because I know you will tell me the truth. I wouldn't say it in a mean way. But then again, I'm not going to tell her something that's not true. But so I would say that knowing your values brings clarity. And that clarity overflows on to when it's time to establish your boundaries.

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Lyschel 18:37

Yeah. And don't you find that we're talking about clarity, values offers clarity, clarity, then leads to us feeling confident, it allows us to have a steadfastness about us. Right it consistency. And those are things I think that God has, has creation functioning, right, he's a God of order, not a God of chaos. I mean, I'm even going to stretch it and be like, it's within the will of God, that we would have these things in order to be able to move through life better versus living in states of chaos, or confusion and loss. But the interesting thing is, is that and I'm just gonna throw this out there as a statement of grace for every single person is that the nuance about knowing our value system, it comes from our family of origins, the majority of the time, like I was fun I was I do some couples coaching work. And I was working with a couple the other day and I had asked the husband, what he found is his individual values. And he kept talking about caring for his family. And he said, but that's not my value. That was my grandpa's value, and I now have it and it was interesting that he had this perspective that the value of family had been handed down from one generation to the next. So sometimes we inherit values. So when we sit and think and we're talking about this concept of values, we do have to reflect and be like you know what they are but I don't really know if it is mine or if it's just something that was told to me. So I'm challenge our listeners to definitely sift through that and go, Hey, is this mine? Or is this something that I just I just go with the flow because somebody told me it was my value. Again, I think that also leads to clarity when you can discern where they came from. And if they're actually yours, or if they're just something you were told to value. I know that in my family, a value system, a thing that was really important to everybody was being thin, being thin all the time, everybody talked about everybody's weight specifically for women in our family, and women, women in my family were striving to be thin, and all at all costs, right? Well, I picked up that value system, which then morphed into an eating disorder, it really wasn't an appropriate value system. For me, it wasn't something I should have been valuing. In that way. I love that our culture is allowing us to shift that thought process to being healthy over being thin. But that's just an example of something that you can see that comes in from others, that tells you

how you're going to feel about something versus allowing you to have that knowing in your Knower. This is what's really important to you. I did not know that humor was a value for me, not until I had done some extensive work. And I can't tell you how free that was what freedom that brought me to be like, Oh my gosh, this can be something I've asked because I enjoy humor. Sometimes people would reprimand me for it. Like, this is not the time in place to cut jokes, or shell. Or you can't clearly stay in a hard conversation, because you have humor involved in this right. And so I would be like, oh gosh, like, and I didn't know how to show up wholly as myself when other people didn't appreciate my value. I didn't know it was a value though. I thought it was a behavior. I'm now in a place of being like, I have the value of humor. And so if I'm someone says something sideways to me about me being humorous, and a moment that they don't think is appropriate, I'm okay with that. Now, all of a sudden, it's just like, it's just a part of me, you don't have to love all of it. That's totally great. But before it felt like a correction or a reprimand, and I love that, that. So that's when I say that this value system also leads in breeds into confidence and freedom, freedom, being able to know that the value system for us is that other people's opinions don't determine my value. That's an important statement, right? That brings debris, a lot of freedom, and a lot of assurance and a lot of ability just to walk through life and not have everyone tip you over. Or make you sway like a tree in the wind.

B Bonny 22:22

Amen. Amen. I hadn't thought to point that out. Yes, these values are yours. Yeah, great. Yeah. And I

P Pam B. 22:30

think you you, you hit on something that's important for us to talk about too, is that values are fluid, that we have the authority, the autonomy, and the agency to choose our own values. And sometimes our values have to change depending on the situation to decide what the priority is, on those values. Any given date, why? Because we're the ones that will experience the consequences of not living by our values. Nobody else gets to tell us what our values should be.

B Bonny 23:06

So how do values help a woman figure out what her boundaries are?

P Pam B. 23:13

Well, here's an exercise. Because I value sexual purity. When I observe that you have viewed pornography, I feel sad and scared, etc, being able to say it because I value honesty, when you're not honest with me about your pornography use or where you were, or how much money spent. That's a good way to form your boundaries.

B Bonny 23:41

Yeah, I forgot to mention my third top value, which is sexual integrity, so that that sexual

mean, I forgot to mention my third top value, which is sexual integrity, so that that sexual integrity and formed my boundaries of I wouldn't be in a relationship with a man who didn't have 100% sexual integrity. And for me, personally, it's its integrity, over purity. And that's just a semantics thing. For me, I can have some integrity, but I don't think I'll ever be pure. That that's just me personally. But knowing that that was a top value of mine, that it just reflected what my behavior would be my behavior is that I will remove myself from some of our interaction. But I know I've said that on previous podcast, so that's nothing new.

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Pam B. 24:18

Even even in other relationships, I was able to say to my son, who at the time was a teenager, hey, because I value hygiene, would you please clean the hair out of the sink? You know, why would you consider that? So even just as simple as that, so that he knows I'm not coming from a place of just wanting to control your behavior. It's not just because I want to control you, or I want things my way. It's, hey, because I value this is my value. Would you consider changing your behavior so that it doesn't bump up against my value?

B

Bonny 24:49

And it goes back to the clarity as well, when you can figure out what your top value is, and then look at how behaviors within yourself and your marriage don't align with that, then you can figure out what your boundary is.

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Lyschel 25:06

So I think that when you build a lifestyle, and relationships around your values, you are able to create a life that satisfying, meaningful and safe for yourself, you have the ability to be able to, like we've already talked about walking that level of confidence, present yourself completely, but also know how to engage with other people how to step closer or step away, just kind of hold space, whatever that looks like. And I think that's the value of having your values understood and identified for yourself.

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Pam B. 25:51

We just we feel more fulfilled when we're walking out our values. When we're verbing. Putting ing on our values. For example, I had a coaching client, she was a photographer. Since her divorce, she wasn't motivated to go out and do her photography and take pictures when we did the values work. And you know, beauty and photography and art and creativity were among her top values, I challenged her, I said, How can you put some verbs around these values that you have? How can you go out and walk them out, literally go out and do them. So I challenged her to go out and take pictures of anything, she went out. And she did it. And I saw that she had posted it on social media the next day. And the next time I met with her, she was like, I am so glad you challenged me to go out and do that. I felt so fulfilled, I felt inspired, I felt more like me, again, she felt more authentic true to herself.



B Bonny 26:51

I think the beauty of finding those values is that you can remember who you were, as I think when we are in the day to day with an addict over years and years, we don't realize it, of course, it's the secret sexual basement, we morph into survival, and we forget who we were. And as we move through recovery, and we do that values work, and we figure out that we can confidently hold some boundaries. We remember who we were, and as who God made us to be. And through recovery, we become more than we were. And so I guess as we morph into how can we leave our listeners with some hope. That's the hope I want to give you is that a few forgotten who you were, your Spark has been diminished, I would challenge you to do some values work. We'll put some resources in the show notes that will help you think through what your values are, it doesn't take a lot to sit down and figure out what's most important to you. And you can pray over it and study, study some of those values biblically, where do they show up in the Bible to

P Pam B. 28:07

and it can be as simple as sitting down with a piece of paper and making a list. List out some values. You can even Google values lists for some ideas for some words, and just take a look at it might surprise you. It might surprise you just too. And that might be a way to just start becoming more aware and more self aware and more mindful of what those values are.

L Lyschel 28:33

The scripture that really stood out to me as I was just searching through the word of God about values was Matthew 624, which is no one can serve two masters for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and money. And I know that that is specifically speaking about that from saying what is most important to you God or money you can't serve both gods. I think that the same is true when it comes to our value systems. We can't serve two masters. I love that we have the gift of the Bible to be able to go back and even dig out things that maybe we don't realize or values for ourselves. And so I encourage you just go back to the Word of God and look for the things that are of importance and see if those are speaking to your value system, knowing that the whole thing can be your value system. But also it can be an instruction manual. But also, I don't know I can't stress it enough. I love that we are going to offer resources. really truly this is one of the foundational pieces of our recovery work is getting this really clear for ourselves. So that way we can take the next step really confidently, whether that's establishing boundaries, whether that is discovering more of our identity. It's it's it infiltrates everything. I encourage you to make the space for this, even if it's just driving down the road. Trying to figure out what's important to you.

B Bonny 30:02

And also listeners if we've been a bright spot on your recovery journey if you would go to iTunes and leave a high rating, or a review that will help other people find us, most importantly other women in this predicament who might be seeking specific help. And also you can find

more about Michelle at [Hope redefined.org](http://Hope.redefined.org) You can find more about Pam at [recovered peace.com](http://recoveredpeace.com) And you can find out more about me at [strong livestock calm](http://stronglivestockcalm.com). We'd love to hear from you and help you in any way we can. So we will talk with you again in two weeks.



Pam B. 30:42

Bye bye