

Ep_26_Denial_part_2

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SPEAKERS

Lyschel, Pam B., Bonny

P Pam B. 00:04
Hi, I'm Pam Blizzard from Recovered Peace.

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

B Bonny 00:09
and dime Bonnie Burns of Strong Wives. We're so glad you're joining us. Welcome to another episode of hope for wives. Today we are continuing our discussion around denial and betrayal blindness. So episode one, we explored denial. What is it? How is it a coping mechanism? It's not always conscious. It's a subconscious protective mechanism Our brain does. But today, we're going to move forward in that conversation and discuss what happens when a betrayed wife starts to see reality and is coming out of betrayal.

P Pam B. 00:51
Lots of emotion, lots of big emotions, anger, sadness, grief, frustration, maybe some hopelessness, across the gamut finally starting to feel those feelings. And as much as it doesn't feel good, there are so necessary, because we've been in limbo for so long, coming out of denial and starting to feel those feelings and accept reality, those emotions can move us to take action. And I know that personally, I immediately felt like a victim, when I started to accept everything, the truth of my husband's behavior. And I felt a bit like a victim and I hated that. I'm like, I am not a victim, I was able to take action. And as soon as I took action, then I was no longer a victim, I was no longer a person who had no control of the situation, once I came out of denial, then I could start to exert some control of my own over my own authority, and agency and autonomy. I want to offer hope, that if you're coming out of denial, and feeling all those feelings, as much as we don't like it, those feelings have a purpose. And they're actually a gift

from God, because they're important messengers, to tell us that we need to take action, we need to set boundaries, we need to get help, we need to change the things that we're doing. You can deal with, you can make really good decisions based in reality. But when you're not in reality, and you're in denial, you can't make good decisions.

B

Bonny 02:42

I agree with you, Pam at 100%, the roller coaster of emotions, and, and the sense of helplessness and hopelessness at first, as you're starting to survey, the bigness of this issue, and how it's impacted all of your life, once you take into account all those constellation behaviors that actually come from the addiction to and you're like, wait, what that anger was about manipulating me, that anger was about protecting yourself. You know, as you start to connect all of those dots, it can feel confusing, and that's where I landed, as I was coming out was the confusion. But wait, the religious leaders are saying this. But that doesn't feel right. So I sat in some really uncomfortable spaces for several months for the whole veil to be revealed. And it was little by little, if you're confused, you don't know where to go. It's normal. But it's it's a start. It's a start of you being able to find your power and your ability to make choices.

L

Lyschel 03:55

I think you both have hit on some really key markers if someone was trying to figure out, am I coming out of denial, I heard Bonnie you talk about connecting the dots, where you're suddenly your reality, and your memories don't line up. And so that is a good first indicator that you are moving from denial into the present, whatever that is. Oftentimes, I also see as a woman is starting to move into reality. This is when she does start the process of seeking out answers to questions, she starts to get curious. So a lot of times this is when I am having first conversations with them about what is support around this, but they're not fully bought into the process just yet. They're still on the fence like Well, I'm not really sure if I need it yet, but I just want to know, so they're trying to get a game plan together for themselves. And I and I want to say that I think that is a really important part of moving out of denial. though for all of us, women who are surviving this level of trauma, naturally, you're going to want to have a game plan for everything, including moving out of denial. And so when she starts to get a little tiny map in front of her, she's like, Okay, now maybe I'll go. But when there's still so much confusion and cloudiness, and gaslighting, and all those things, that's what keeps us in that perpetual cycle. So I think that's important just for our listeners to be considering that. Okay, so here's the point, find community is going to be your number one, opportunity and your number one way that they will be able to light the torch and lead you out of darkness. Because you're going to begin to see your own story show up in other people's stories, you're going to begin to have people relate to you and say, Me too, like, I'm sure that our podcast in and of itself has been helping women move out of denial when we talk about just the depth of different things, and the reality of it. So that would be my encouragement as you start to think about that reality and moving out of denial. And what does that look like? start seeking out some safe community for yourself in order for you to get a better picture than what you only know through your own lens.

B

Bonny 06:21

And that's why we have this podcast intentionally formatted as a roadmap. So we can help you

connect the dots in ways that we didn't have. When we were going through our own. What do you say enlightening face, as our reality started become more and more clear, but I want to dimension something else. You know, Pam, you mentioned in the last podcast, that denial is also a part of our, the person with the sexual addictions. It's their mechanism of staying in the addiction, that what they're doing doesn't hurt anybody that it's, you know, all those things, all those justifications. So, I was given permission to share this testimonial, and it is from a husband, who was in his dark place of denial. I will just preface this that my husband was given permission to share this and I'm going to read it verbatim. It says it was your wife's words while listening to her podcast with the other women that helped me get out of denial. I found hope for wives from there. That ministry helped me find sobriety and the courage to start a healing journey. Since last April, I have found a CSAT. And and have had a full therapeutic disclosure with my wife. We're both in group therapy. And I have over six months of sobriety, and I'm loving Jesus, for the first time in 20 years. It wasn't until I heard from other partners that I finally got it. Tell your wife and the other ladies, thank you for being led by God. He has used them for me and my family.

P

Pam B. 08:03

Praise God. Praise God.

B

Bonny 08:06

He gets all the glory for that we're here as a conduit. But I wanted to share how this podcast in and of itself can help walk you out of denial.

L

Lyschel 08:17

I'm gonna go down the spiritual lane for just a second. A lot of times I really lean into the Scriptures from Ecclesiastes talking about that there being a time and a season for everything under the sun. And I know that there are multiple scriptures that talk about the Lord leading us out of darkness into light. And some of that is you know, I know that we can take that from the side of darkness being sin. But I think that for the sake of this conversation, denial is a part of our darkness. And I was looking for scripture to really connect to this particular topic in I came across Psalms 18:28 through 30. And it says, For you caused my lamp to be lightened and to shine. The Lord my God illuminates my darkness. For by you I can crush your troop. And by my god, I can leap over a wall. As for God, His ways blameless, the word of the Lord is tested. He is a shield to all who take refuge in Him. What what this word offers us is that, again, I keep leaning back into that concept, that word of grace. So the Lord will turn the light on in the most perfect appropriate time. And that is so hard for us as women who are wrestling with betrayal and abandonment to wrap our heads around. Because again, I mentioned that we're we what we need is plans we need details information, so on and so forth. And so there's I walk with a lot of women who were and we all have wrestled or are wrestling through God withholding? Like, why did he leave me in darkness for 30 years? Why did I not know this? How did I not see this? Because ever had that question stated to you over and over? And even in my own self, right? Why did he allow it? Yes. Why did he allow it. But this, this scripture for me was just really speaking back into that. Because what struck me as I read, it wasn't just that he was a lamp to be you know that for you cause my lamp to be lightened and to shine. But then it says,

The Lord my God illuminates my darkness. Because by you, I can crush a troop. And by my god, I can leap over a wall. And I think that's a shift that happens for us as we're moving out of denial is that having that map is like, okay, I can move out of here, because now suddenly, I have that recentring. And I know that I am capable of crushing troops and leaping walls. And so when we talk about this, like what happens, that's what's happening. And we are drawing our strength from the Lord to know that that's something we can do. But, and I know that this is such a key component for all of us. What I'm not saying, but I'm saying is you have to trust the Lord. And sometimes that just feels like a dirty word like to be like, How can I trust him when all of this pain and all of this darkness has been around me for so long, but I just encourage you to sit with that scripture a little bit for yourself and your own story. It's Psalm 1828, through 30. And see if he speaks to you maybe in a different translation of him pulling you out of your darkness. And when he did it, and why he did it, when he did it, and so on and so forth. I know that he doesn't always answer our why's. Like, why did you do that? Why was that that way? And why didn't you do this? But I do know that he loves communing with us.

B

Bonny 12:06

Yeah, I try to remind all right, ask my friends slash clients. Where Where did God show up for you BEFORE D DAY? You know, the big best trust usually starts AFTER D DAY. But where did he show up before he was showing up? Where did he show up? Sometimes I can't answer right away. And so that's when I say that's a question to journal.

P

Pam B. 12:30

Denial is just not a river in Egypt.

B

Bonny 12:39

Right, so anyways, for me personally, as I was coming out of that darkness, though, that darkness led to devastating pain, all the things Pam was talking about earlier, I did not like being there. It was so painful that my chest hurt for months. And I went and had an EKG. And I literally, my heart was not in a good rhythm. And I've just recently pieced all this together because I've had another EKG just, you know, a few weeks ago, and she said, Oh, your rhythms. You know, the past two times have been so much better than that first time. And I realized that that first time was right AFTER D DAY, if you are having pain in your body, due to the trauma, it's real, your body really does react. Anyways, the all of that is to say that God showed me personally Isaiah 43. And I know I've mentioned this probably numerous times. But this section of scripture is what helped me see that God would not let the devastation of this pain destroy me. It wouldn't destroy me physically, and it wasn't going to destroy me, spiritually. And Isaiah 43 basically says he's not going to let you drown in the river, and he's not going to let you be burned up in the fire, that he will rescue you. You won't even have a syringe on your clothes. So while you may be experiencing horrendous pain, he is there to rescue you. He is that shelter. So that's just my offering about when you are coming out of the darkness. It's not fun. However, the question is, do you want to live in darkness? Or do you want to live in the light? I mean, it is your choice. It is your choice. And I realized sometimes it's a unconscious choice, but it's something to ask.

P

Pam B. 14:46

I was so grateful to come out of denial. Yes, it was painful. But afterwards, I was grateful and relieved to be able to deal with fact and reality and true Truth. It may, it may seem, this is something that I've heard, oh, I just want to go back to the way things were before. Ignorance is bliss. I wish I could go back to the days when I didn't know. And I just want to say no, you know, you really don't I want to encourage you that the day will come when you will have gratitude for being out of denial, it served you thank it, it served you when you needed it. It's not meant to be a lifetime. Condition coming out of denial, as painful as it is, is so important. And if you suspect you're not there yet, that's okay. That is okay. Ask your friends. If you have support people, ask somebody for feedback, that's a really good thing to do is say, Do you think I'm in denial about any of this, and a good friend will take the risk and tell you where they think you might have some blind spots, apps, that's train betrayal, trauma coach, or therapist can help you with that, and know how to gently bring you out of and they'll give you honest answers. Because if you're asking, that means you're ready, that means you're ready to hear some of it. We all have it. We all have blind spots. You know, so welcome to the club. You're you're in good company. There's other people out there that have been there, know what it looks like, know what it looks like when you're in it know what it looks like when you're coming out of it. And like Michelle said, Let community, the recovery community be part of your roadmap. It is so validating for someone to say yeah, I thought that too. Or I felt that also Yeah, I remember when I was there, you are not alone.

B

Bonny 17:07

Well, we're going to end our conversation around denial and betrayal blindness and we hope that this has been a help for you. And if you do find our podcast helpful and want others to find us please leave a five star review or rating on Apple iTunes. Thank you for joining us and we'll see you again next time.