

Ep_29_Emotional_Roller_Coast_1_of_2

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SPEAKERS

Lyschel, Pam B., Bonny

P Pam B. 00:02
Hi, I'm Pam Blizzard from recovered peace.

L Lyschel 00:05
And I'm Michele Burkett with hope redefine.

B Bonny 00:07
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 discussing the emotional roller coaster nearly all betrayed wives experience after discovering sexual betrayal in their marriage. These intense emotions aren't due to triggers, which we've recently explored on some previous episodes. What we're going to focus on today are the random waves of big emotions that seem to flood us out of nowhere. Ladies, please, let's just explore why are we on such an emotional roller coaster the first few months after discovery?

L Lyschel 00:52
The one thing I want to do is expand on that question just a tad. I think it's not just initial discovery. I think it's as our story continues to be revealed to us, these emotions, that emotional roller coaster is going to continue to happen. So just for those women who might want to try and take themselves out of the game here and say, Oh, this one's not for me, this is not just I just found out last week, or three months ago. This is for women who may be sitting even in the reality that the behavior is still happening after 1520 years. And they're they're still discovering information or reality. And I think that, as we had talked about this particular topic, you know, when we were preparing for this, the first thing that came to me was grief, and the

the unpredictability of grief, and how often it comes in waves, and it feels like you're on an emotional roller coaster. So many of us step into that space of grief. And we may not even recognize that it's actually grief. And there are various stages and experiences with grief. We talk about grief having shock. It has numbness, denial, emotional outbursts, anger, fear, then we move into this searching and disorganization and panic. We may navigate loneliness, guilt, depression, all of those are tying into that experience of grief, as we're trying to make sense of our new reality. And so the emotional roller coaster is, I'm gonna say this is expected. And it's normal. And I think the why part of the question always leads me to women thinking, Oh, I shouldn't be doing this. And we joke all the time, and hopefully to find we don't shit on ourselves, because it's very messy. I shouldn't still be having these big emotions. And yet I am. And so how do I move from shouldn't to acceptance and then moving through them. But Pam, I'd love to hear what you have to say about why we're on such an emotional roller coaster.

P

Pam B. 03:11

Yeah, because it while it makes so much sense. And of course, I can say that now that I'm out of it, and it's in my rearview mirror. But if you what you don't know at the time, you may be so hyper focused on your partner. It because this is, you know, this is a grenade that went off in your life, that we don't realize how it affects us on so many levels, so many in so many other facets of our life. It shatters who I thought my relationship was what I thought my relationship was who I thought I was my place in the world. It reaches me at a physical level, an intellectual level, an emotional level, a spiritual level of sexual level, a social level. And it just keeps rippling out that the old rules that we used to navigate by just on autopilot, don't work anymore. You don't know how to navigate this. There's there's there's no manual, you don't get taught this stuff. in grade school. We don't grow up learning this from our parents. Nobody ever prepares you for this. And so you're navigating brand new territory, and you just don't have any past history to go back on and say okay, well, something similar happened in the past and this is how I dealt with it. And I got through it. It's all brand new. We tend to isolate. We don't know who to go to. Sometimes the people we go to don't give it's not even they don't give good advice. They give really bad advice like Shall you said, you know, and we were like, well, I should just let it go, I should just get over it, I should just get past it. Or I should just pack my bags and, and run away. And so we don't get good advice until we find somebody who's been through it, who has some training around it, some experience, connect with other people who have been through it. And it just makes sense that it's such a roller coaster, because it seems like every time you turn around, there's a new reason to be scared or sad, or angry. And we just feel these emotions. It's such an intensity, it can be handicapping, and it can be debilitating.

B

Bonny 05:46

The word that comes up for me as I listened to you both talk is reality fragmentation. Because I've heard so many friends describe this as a pipe bomb that's gone off in their world, a baseball bat to a picture window, just this idea of shattered fragments. And that's really what's happened when you discover this new information. And, and as Michelle said, it can take years to get all of the information or to make the continue to make discoveries of living in this reality. But as you think of about a, you know, picture window that shattered, each little piece you pick up kind of symbolizes another facet, another fact that you learned and you have to grieve it. And you have to think where does this fit in my life. This doesn't fit. I feel crazy. And so it's the

crazy train that I think we have a hard time with the emotional it is there is an intensity and emotions. But it's like, what, I don't get this. Another another thing I wanted to mention about the roller coaster, the emotional roller coasters just this week, I heard another client told me that she just hurts. And it's an emotional pain. But she says it's a physical pain, I just hurt. And that's because and I know I've mentioned it before, that your pain center and your rejection center in your brain are really close together. So when you get this massive rejection, which is what betrayal kind of boils down to your your pain center and your brain lights up your whole body hurts. So that emotional rollercoaster is compounded by physical pain. And I think all of us have our different perspectives. And they all all of our perspectives together make a whole piece. So ladies, what are your personal experiences with the emotional roller coaster or intensity of emotions that came out of nowhere?

L

Lyschel 08:05

I can think of one personal story of shared this and other venues of group support and things like that. My husband and I had about four and a half years worth of sobriety. And then he had a major relapse, and he ended up relapsing. When we had three small kids, we had a four year old, a three year old and a six month old, we ended up separating after this confession came, I remember being at the grocery store. And I was in the produce section with my three kids. And I just was so overcome with sadness in this grocery store. And so I am standing there with these three babies hanging on my cart. And I am just weeping. I'm just crying in public. And this sweet woman, older woman came up to me and she touched my arm and she said, Honey, it's okay. This is only a season and they're only little for a short period of time. And I gave her a reassuring smile, because I thought I can't turn and say no, it's because my husband's been looking at porn again. I knew that she was trying to comfort me in that moment. But it was very much a place of intense emotions that I just could not contain. So that was that was my personal experience. And I think that's something that I continue to learn even to this day. Now having five children and having big emotions at different points in my life is sometimes those this emotional roller coaster takes off and hits that first hill when you least expect it. And a lot of that has to do with the fact that we don't have space to process. I don't I don't have a lot of time by myself. If I'm in a car, I'm usually transporting people somewhere. So I'm always you know, I have kids with me wherever I'm at At or I'm working, or I'm tending to my home, whatever that looks like. And I think that was one of the things in my own personal experience that was critical for me to be able to do is to find some alone time to actually feel. And in my attempt to make that happen in my limited resources that that that happened in my closet, it happened in my shower. And sometimes I would just have to say, Okay, I'm going to feel my big emotions right now.

P

Pam B. 10:32

I can relate to that so much about being in the grocery store. You know, this is a normal thing, hey, I always do this, this, I can do this on autopilot, basically, and just walking down the aisle. And I think I was trying, you know, you didn't, we talked about denial. And I think I was trying to rely on denial to just get through. But there's times that you, you just don't even have the will to use denial, and it just hits you. And there's nothing you can do. And you're alone with it. And I think, you know, you talked about trying to put a good face on it for other people. And I was trying to do it for myself too. And I was getting through the day. And my worst moments were when I laid in bed at night. And my husband was next to me. And that is where I completely lost

it. I was trying, I think I was trying to hold it together for my own self esteem, like I was shooting, right, I was like, I should be able to handle this. This isn't such a big deal. This happens to people all the time. Well, it doesn't happen. The same way. It's not like a one off flirting or affair or something. This is pervasive, huge secrets, a secret life for years and years that I discovered. And when I would lay my head down at night, I just I had nothing left. And I know that and I've heard this from other women too. They come into group and they'll be talking about a very, very painful discovery or a relapse, and apologizing for crying. And we say no, no, no, this is the place to do it. You can you can do it here. This is the place we understand. And they say, but I'm afraid if I start, I'll never stop. And I know I felt that way too. And I think a lot of that roller coaster is us fighting those emotions, like we're talking about. We have to work we're trying to put a good face on it. We're basically pushing pushing back on them. And we do need a space where we can let those emotions have their say. They have to come out because it's like a pressure cooker. They will come out eventually they'll come out on my pillow at night. Or they'll come out in the grocery store. Right they will have their say to fight against them is to fight against our nature the way God made us. God gave us these emotions to move us into action to move us to protect ourselves to move us to connect with other people. They have to have their say, or we will be on that endless roller coaster.

B Bonny 13:29

Yeah, it is exhausting. Our last D Day happened at a time where we were empty nesters. So I did have this space. So I have a lot of empathy and compassion for those women who don't. Alicia, like you mentioned, Small children mean because I had DJs at those times too. There wasn't space. So I think I think I stuffed so big emotions came out the last time and they were unpredictable. And they were just so relentless. I'd have a little bit of a space a span of okay, my brain is clear here. I can think about something else and then wham it would hit me again like a sledgehammer. And I remember being at my very own healing retreat in Gatlinburg with Michelle and Pam, but this is the retreat that hope redefined runs, which is amazing. I highly recommend it. And if you want personal feedback about it, you can email me but I was there and Pam was there we were sitting on the couch together and Pam is such a nurturing woman I just lit I laid in her lap. I don't know if you remember this Pam or not. You I laid in your lap and I said when does This pain and and you reassured me it will. It will. I wasn't hopeless, but I was just so tired of hurting. And it wasn't triggers. It was just the grief, it was just trying to figure out my life from here forward, it was just all the things and it's, it was big. So real quick, before we wrap this up, do you guys have any, you know, words of hope.

L Lyschel 15:35

I think the, the hope I would want to extend to our listeners, just based on our conversation today is that it's a phrase that I've battled for myself a long time, is you're not broken. You're not broken like you having this emotional roller coaster is normal. It could, it should be expected, it may not be well received. I know that. For a lot of us, our stories involve a husband who can't handle our big emotions. It triggers them into their own dysregulation. But that doesn't mean that you're wrong. Right? Just because they can't handle it doesn't mean that you're wrong. So I just want to encourage you, but also just give you this understanding that you aren't alone. It's normal, you're not broken. And I think the hope is what you just shared.

Bonnie about your own personal story is Pam saying to you, it won't last forever. Because there is healing possible and it doesn't have to be dependent on our husbands choices. The Lord is willing and able to walk these emotional roller coasters with us.

P

Pam B. 16:55

Amen. You took the words right out of my mouth, I was gonna say My hope is that your future healing is not dependent upon whether or not your husband chooses recovery and healing, not dependent upon how soon he does heal. Your feelings have purpose. You're not strange, you're not overreacting, you're not a drama queen, you're not needy. Your feelings are your authentic reality. Whether anybody else can validate them or not. We're here to validate you. Your feelings are normal. Your feelings are healthy, believe it or not. And how long does it take and the only thing I can share is what my great therapist said to me always longer than you want it to. But it will happen and connect with community so that you can have space to let those feelings have their say, and do their work. They're there to work on you. And to do something within you and for you to take those feelings and do something with them. And just sharing them with another person with another person who understands it like an app sets coach or a trauma informed community. We can put some of those resources in the show notes. Being able to share them changes them.

B

Bonny 18:30

I'm going to leave it with those wise words from both pan and Michelle. And just say that we will continue this conversation in a week. We're going to have a couple more questions to answer around big emotions. If you have found this podcast helpful if you would leave a five star rating or write us a really a nice review that will help other betrayed partners. Find us more readily on Apple podcasts. So we're going to call it a day for now and I'll talk to you again soon.

P

Pam B. 19:09

Take care