

Ep_30_Practical_Ways_to_Naviga...the_Roller_Coaster_of_Emotio

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SPEAKERS

Pam B., Lyschel, Bonny

P Pam B. 00:02

Hi, I'm Pam Blizzard from recovered peace.

L Lyschel 00:05

And I'm Michelle 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. And today, we're still discussing that emotional roller coaster we discussed last week, you know, our personal experiences with the intensity of emotions that just come out of nowhere in our betrayal, healing journey, and they're not necessarily triggers. They're just big intense emotions, and how do you navigate, we talked about our experience last time and, and where the emotions come from. And this time, we're going to talk about practical tools to help you navigate through the emotions. Because, as Pam has said, You got to feel it to heal it. So let's just jump in ladies, what can help a betrayed wife navigate this confusing jumble of big emotions.

P Pam B. 01:07

Some of the best advice I got was to activate the part of my brain that senses my body. Because I was told that I couldn't sense my feelings within my body, like, check, how does my forehead feel? How do My shoulders feel? What am I feeling in my hips and my tummy? That I couldn't use that part of the brain and feel the strong emotions at the same time, that there are two different parts of the brain. And that helped me get out of my feeling head, my emotional head. Now, it didn't stop it completely. But it helped take away some of the intensity and it gave me a break for a little bit. So breathing deeply into my belly to get the focus back on me and to see how does my belly feel when my when my belly moves in and out when I'm breathing. So grounding into my body, grounding my feet, into the into the ground, literally grounding. That was one of the first things that I could do. And the beautiful thing is you always have your body with you. You always you always have that skill, you don't have to rely on anything external. And that really helped me get kind of more of a foothold. So I could do other things and use my brain to journal, that was something that was really, really helpful for me, if I didn't have somebody that I could trust that I could talk to getting it all out on paper, whether it was with a pen and paper, that was the best way for me, or even typing into a document on my computer. And when I don't have that what I use is my smartphone. And I'll use speech to text and I'll text myself. And that just kind of like it doesn't get rid of that emotion completely, but it kind of takes the edge off.

B Bonny 03:15

Now, I've heard a lot about somatic work. And I think that's a term some some of our betrayed listeners may not have heard before, there's a type of somatic therapy that helps you get more in tune with your body and real process through. I'm not an expert on it. But it is something to look into.

L Lyschel 03:38

I made a list also just trying to think of some of the things I've done or have had clients, friends, group members do. But I think the first thing I want to say before I tell you how to fix it is how not to fix it. So we have a new phrase new thing that I've been

the first thing I want to say before I tell you how to fix it is how not to fix it. So we have a new phrase new thing that I've been using with different clients and stuff in our community called Don't be a rhino, what I've recognized is that a lot of us have to make a choice to be a rhino in our lives, which means we put our head down and we just charge through. And there's no space to actually can consider pause, think all the things that would be healthy, in my particular season of life having small still having children at home. Granted, they're mostly elementary, middle and high school, but it's still it's a ton of responsibility. And on always going right we're always moving. And so there are days where I do just feel like a rhino. I'm like, I don't have time to be tired, I just gotta put my head down and go to the next thing. But what I've noticed is that that behavior of being a rhino leads to avoidance, which then eventually becomes the teakettle that just boils over. And I hit the end of myself. My coach just shared this with me this week, and I thought this was really powerful, so I'm going to try and share it well she talked about how she used to be a marathon runner. And she started running in her 40s. She said, You know, so it wasn't like something I was doing all the time. And she goes, and I was running a marathon. And I learned this different style of running. And so I don't know what the name of it was called. But she said, I would run a mile. And then I would walk them in it. And then I would run a mile. And then I would walk a minute. And she said, Do you know that the first marathon, the first race, I did that, I took 30 minutes off of my time from me running consistently. And she said, because what I was doing was I was allowing my body space to rest. And so when I would run, I was running at a faster pace than had, I just stayed in all 26 Miles running because my pace would have slowed down. And so she even talked about how there was another guy on the team, they ran similar times. And that race, she beat him. And she goes, and it was so crazy, because it was like, I'd be running. And I would pass him. And then I would stop to do my walking. So he would pass me, then I would pass him. And then he and he consistently ran the whole race, and she beat him. And he's like, how did that happen? And it makes me go into thinking about all these things like us being able to have that one minute, instead of thinking that we're going to be able to be a rhino just put our head down and get through it. Because it's going to result in a better outcome anyway. The other thing I thought about was giving yourself permission not to contain it. I think that is women in general, Christian women, for sure. Anger and negative emotions are highly frowned upon, actually experienced this in somebody's a disclosure once where my partner was angry. And she had righteous anger. And the therapist was like, what the supporting therapist he was unraveled by the woman's anger. And I just stepped up and was like, this is appropriate, she should be angry right now. And it was this, you know, just this transition or realization, that's the word I'm looking for. It was a realization that we don't ever really have permission to be angry. And if we are angry, we better contain it pretty quickly, because it's not appropriate. So being able to give yourself space time, location, where you don't have to contain it. So if that means getting out into the middle of the woods, and screaming your guts out, then you do it. If it means, you know, we talked about some other things. We've got some women that just absolutely love breaking stuff. And they feel like they get to process that emotion through their body. Right. And then another one I have is this is mine. My personal it's not necessarily always working out, but some sort of movement. So running, working out. Barney, we have a love affection for Jazzercise. I just had major big emotions this past weekend. And you know what I did? I cleaned out my gutters. I don't there was a moment for me that I was like, What are you doing with Shell your crazy town? Why are you cleaning your gutters? And then I realized it was because my body just needed to process. All of that just sitting does not does not serve me well. So I am a mover. And so knowing that about yourself. So Pam, even what you were talking about really is about self awareness. Knowing yourself enough to know what do I need to move through these big emotions?

P Pam B. 08:42

There's a term for that. It's called rage cleaning.

L Lyschel 08:46

Rage. I don't do that. I mean, maybe the gutters but I didn't rage.

B Bonny 08:56

Planning is my therapy. It's not rage cleaning. I mean, it's sometimes. No. So I claiming it's just really therapeutic for me, because I'm using my hands. And I like to see it was dirty. And now it's clean. It's like there's this transition of Oh, that makes me feel better. Yeah, you're

P Pam B. 09:15

creating in your creating order. I mean, our experience is dealing with chaos. So it makes sense that going to clean and tidy and organized, not quite to the spectrum of rage cleaning, but it makes sense that, hey, I'm bringing order back into my world in any way that I can. And I think, you know, taking action is powerful, whether it's cleaning or calling up and looking for resources. Just being able to take action is very powerful.

B Bonny 09:49

I'd like to add that. You get to decide what you need, and you get to decide what's most appropriate for you in How you deal

with your emotions. Because I think in my past, my recovery began and after the second D Day, when I started to really work on myself and realize he doesn't have to agree or be on board with what's best for me. And actually, no one does. You know, the people at church they don't have to agree or be on board what what I am responsibly doing with my wisdom, and my discernment. And so I just want to give you all permission to figure out what you need, and do it. I'm gonna assume you're using your wisdom and discernment. And no one has to agree with what's best for you to process this mess. For me to feel I'm I think I've probably mentioned this on a past episode, but rage is not my go to anger typically, is not my go to. But I was feeling very angry and yet I couldn't. I couldn't feel it in my body. You know, I didn't even think to break anything because then I'd have to clean it up. But music, it was music. Michelle mentioned we love Jazzercise. I love to dance. I love music, and hard heavy metal Christian skillet disciple music very loud. helped me feel it. It reverberated through my body.

P Pam B. 11:32

It was good picturing you. I'm picturing you marching around, waging to this music doing my

B Bonny 11:38

Mosh pitting, you know, you jump up and down. And, and I know I've said this before Dave was up in his office, when I would do this he was in the room above the garage is where his office is. And he knew when that music was on to not come out of the office. Danger, danger. That helped me feel it. I mean, yeah, I totally agree with the movement, movement movement is so helpful. But that was just God kind of given me another outlet, I think we have to think outside of the box sometimes.

P Pam B. 12:15

And we talk about needing space to be able to do this and permission. And sometimes, you know, and the fact that other people will look at us funny or judge us or try to encourage us to do something different. And that's really so they can feel better. Right? That we've talked about this on other podcast, too, about the value of therapeutic separation. Sometimes you just need days and weeks to feel what you feel without the worry of judgment, or how is this affecting other people or affecting my partner? Clearly, we have to, you know, we have to be aware of our kids and stuff. But the separation can give you the space to to walk around angry for a few days, that's normal. without other people trying to fix us.

L Lyschel 13:12

I think, wow, I think that's a really important thing you just said there, Pam, is what you said is not having other people try to fix us. And I see that that's oftentimes a place where we get hung up in trying to process or navigate the emotions because others don't sit in that mess very well. And so another tool would be to find that safe community, which I've heard you guys already talked about, but it's incredible how much we actually need permission from others in order to move through parts of our healing journey, which is disappointing as well, because that can be really stifling. If my mom tells me all the time, that it's not appropriate for a lady to be angry, or my church community says that or whatever, it's going to really slow down the process. And it's certainly not going to feel like your insights and your outsides match, which then presses into the value of authenticity. But I think what you said there's really important for us to just repeat is that it's important to find people who don't want to fix it or fix you that they're allowing you to be right where you are. And you get to just be upset and angry for a minute. It doesn't mean you're going to be there forever. And I do know that that is probably the biggest fear I hear women share when they're in difficult. Darker emotions. Is this isn't who I want to be forever.

P Pam B. 14:51

Even I had to learn I thought I was a good listener, but with some of the training that we've had through apps ads Donna Dixon door of hope I learned learned about this idea of holding space. And so finding somebody that can just be a witness, and a really useful phrase to go to somebody who's trustworthy, maybe it's a close friend or someone that you can trust and say, because not everybody has the training, I'm going through something really difficult. I'm already working on solutions. So I don't need solutions. I need someone to just witness this. And I need to be able to just share the emotions that I'm feeling. And that kind of helps the other person understand a little bit about, okay, I don't have to fix I don't have to provide solutions, I just need to listen, I just need to witness. And if you can find a person that can do that, that person is a gem The other thing that I want to mention that is really, really become a critical tool in our house. So much that we laminated it. It's a feelings wheel. And I like there's a lot of feelings wheels out there. You know, in the feelings wheel for those that haven't heard of it before. It's a we'll design graphic with words on it with emotions words on it. And it helps you when you don't, you don't see a lot of times you don't seem to have words, like I cannot even find the words to express what I'm feeling. What I'm experiencing, and feelings will help me identify Yes, I feel, I feel anger, I feel sadness, I feel disgust I feel hopeless. And I like the nonviolent communications feelings wheel. Because it's a real stickler about using emotions versus judgment words. And it really it, we laminated it because I, we learned to hand it to my 15 year old at the time, when he was having big feelings. And he would

tend to start his sentences with you. You mom, you never you always. Okay, here's the piers of feelings will. What are you feeling? Are there any words on there that you're feeling? And it really helped me identify my feelings, and some find language to get those feelings out. So that's a that's a tool to for journaling and sharing with other people.

B Bonny 17:50

Absolutely. There's some kind of mystical release when you can name it. Like when I like in the last episode, I talked about reality fragmentation. I felt that was the craziest I had ever felt in my life. And when I finally had this word, and a definition, that described exactly my experience, it was like, there was something released in me. Maybe it was a healing, a healing moment to say, Yeah, and I think that's what comes from being able to really identify your emotions,

P Pam B. 18:26

is validating. It's validating that oh, this this thing I'm experiencing is real. It has a commonly known descriptive word for it.

B Bonny 18:40

So what so I'll just give some other really pragmatic things to help process journaling, just brain dumping, writing without, without punctuation, maybe you just list words, maybe you list your losses, if you're not a writer. And maybe reading and writing is harder for you, I still would encourage you to do that. Writing, because there's there's a brain process that goes on between writing and thinking. And if you really can't, that's fine. You can do a brain dump into a, you know, a voice journal on your phone. Art is another way I have seen so many betrayed wives discover their talent through this outlet. I'm just I've heard it numerous times. I've always wanted to paint I never did but this kind of forced me into it and now I love it and they're so gifted art and and that there is something about finding a class for exercise. Because while I don't want you to feel inauthentic and authentic, if you're going to class, you feel like you can't be yourself because They don't, they aren't trustworthy with your whole story. I get that. But there is something about the social support you do get from a group of people exercising together. And it is kind of nice to have friends outside of betrayal. To have some fun with to be light hearted with.

P Pam B. 20:21

I loved my kickboxing class because the leader of the class would say, alright, now think about what you're fighting. Do you know somebody who's fighting cancer punch it? Do you know somebody who's fighting, you know, an illness or fighting a bad situation at work kick up. And I kicked in, I punched it felt good.

B Bonny 20:51

Well, ladies, how can we wrap today's pragmatic episode with some help?

P Pam B. 20:59

Emotions or visitors, their visitors with a message. And I love this emotions are like children. You can't stuffed them in the trunk of the car. But you also cannot let them sit behind the wheel and drive. And they don't stay forever. They're visitors, they don't stay forever, they come to do their job. And they do come and they do go. So you're, if you're feeling big, strong emotions you are I know you are, it's okay. There's things you can do take action, reach out, find somebody who's been through this, like Michelle or like Bonnier, like myself. And let them be your let them be your guide to give you some ideas. And out, I tell people all the time, I'm not here to tell you how I am not here to tell you how to do your recovery. And I'm not going to tell you how to process your emotions. But I'm here to tell you how I did. And as you listen to other people in the community, you might find ideas that appeal to you. But there are tools out there, there's different methods and tools. And you'll learn some really good skills. And the hope I want to leave you is that there are so many gifts in learning how to serve these big emotions. Some of the gifts are once you learn these tools, and these methods and their skills, they're things you can learn. You get to pass them on to your kids, you get to pass them on to other people in your life. And it makes the rest of life much more easy to navigate, you'll find that you have bigger tolerance for annoyances, and even crisis. So there are some gifts. And you may feel resentful. Why do I have to do this work. But it is worthy work. So that's the hope I want to leave you that you're going to learn some really good tools, and they're going to serve you for the rest of your life.

L Lyschel 23:26

I'd say that the two words I would encourage all of us to become friends with is curiosity, and grace. So Pam, I love your description of putting my children in the trunk. That sounds like a good idea. Some days, but um, that curiosity of what is it that

I need? What's going on with me right now? Why are they visiting? Right? I've also heard emotions are the lights on your dashboard, they're giving you an indication of what's going on under the hood. So curiosity and giving yourself permission to be curious about them versus becoming a rhino, like I said, and avoiding them and then waiting for the tea kettle to overflow. And then grace. Not really sure that I've managed to navigate any of my big emotions perfectly. There's always been some sort of thing in the aftermath where I'm like, Ah, either I wish I would have shown up more for myself. Or I would have shown up different with other people around me, so on and so forth. They're going to require grace. So it's not really a hope it's more of an encouragement or an instruction but that those would be the two words I'd give you.

B

Bonny 24:49

I'm just going to read a little bit out of Psalm 61. From the message it says God, you've always given me breathing room, a place to get away from it all a lifetime pass. asked to your safe house, an open invitation as your guest. And you've always taken me seriously God, you made me welcome among those who know and love you. And I just want you to know that God takes you seriously. As you give yourself a lot of grace. You know, I learned something interesting that one of the definitions of Grace is God's ability that He's given us his ability. So I love that love shall give yourself grace. Give yourself God's ability to navigate or open yourself up to the seed that I love it. Well, ladies, this is a closed to the topic of big emotions. If you found this podcast helpful, consider helping us with the costs of production and you'll find a donation button in our show notes. That's all for now. We'll talk to you again real soon. Bye bye.