

Episode_27_Hidden_Wounds_Under_Triggers

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SPEAKERS

Pam B., Lyschel, Bonny

P Pam B. 00:03
Hi, I'm Pam Blizzard from recovered peace.

L Lyschel 00:06
And I'm Michele Burkett with hope, redefine.

B Bonny 00:08
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 are further exploring triggers. We talked about triggers last season in Episode 11. But and our and our discussion now will include the sneaky aspects of triggers, they're more subtle effects. Triggers are annoying, and tend to stick around longer than we want them to. And I often hear how my clients are exhausted from their triggers. So ladies will triggers ever and

P Pam B. 00:47
absolutely, our bodies will process that trauma, we can hasten the end by doing trauma recovery work, maybe it's EMDR, brainspotting somatic things, there's, there's a multitude of things that you can do from the neurobiological aspect, but they will not be around forever, please, please take hope and comfort in the fact that they won't be around forever. So

B Bonny 01:19
from from my experience, and what I see in my clients is that triggers start to slowly evaporate. I mean, they're they're right after discovery, there's, they're almost daily. But as time goes on, and you do your healing, and as if and when he becomes more safe. Triggers start to be fewer

and farther between. And but what I encourage my women who, who are feeling exhausted from this is to to self assess every 90 days, did I have less triggers in the past three months that I had before this? And that's a way to assess and to, to know where you stand and feel some hope. So, yeah, we've agreed that triggers will end. And their ending will come at different places for different women, but typically, it's at the three to five year mark. But we'll go on to our next question, which is what are your thoughts around Dr. Sherry cappers quote that says, under every trigger is an unhealed wound. That's so deep.

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Pam B. 02:36

Because then it requires me to ask, okay, what's that wound? And that is such a big, deep, huge question.

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Lyschel 02:45

I think oftentimes, the frustration with triggers for for us, is the mystery, like, and the unpredictability of it, like it makes us upset, right? Like, it's one thing to be triggered. But then to be surprised by the trigger. That's the part that really feels like an upheaval. And then now I'm triggered. And I don't know how to, if we haven't done a lot of work in this area, we don't really know how to move through it, or self regulate, and all those different things, we don't know what we need in order to to become an triggered I guess. So I feel like the statement is empowering. And the fact that it is taking away some of the mystery. When we are able to say okay, when I experienced that trigger, there's something underneath that that still needs to heal. What is that thing? And I think that's the power. I mean, that's one of the first steps we talk about a lot. And in our own personal healing and recovery from betrayal, trauma is the first step is awareness. And that is the part that is neglected the most is us getting spiraled into the trauma, and we can't figure out where we're supposed to be what's going on, we have no awareness, everything is just flooding us like being stuck in the ocean waves. But this what her statement is saying is like, hey, there is an opportunity for us to slow down, post trigger, right? You're, it's not gonna be helpful. You're in the throes of a trigger, then you're like, oh, I have an unhealed wound right here in the middle. That's not reality. That's not really what she's speaking to what she's speaking to is what we invite women to do all the time, which is you're gonna have to process the trigger. One of our colleagues, Matthew Rabb Smith, we were in conversation one time and he said something that I felt like was really profound. He said that triggers don't just go away. It goes away when it's process explored and grieved. Right, and that's what Dr. Sherry is kind of alluding to, in that as well is that there's something to be done with that trigger, because there's an unhealed wound there. And here's one of the things that I do discovered in my own journey was, sometimes my husband didn't create the wound. Sometimes it was from something way out there, or from childhood or whatever that contributed to the wound. So I'll give you an example. A trigger for me is when someone speaks to me very slowly, or they slow they're talking down to make sure I understand what is being said to me. Yes. Okay. So as you can imagine, like you both are wincing as I'm saying this, right. That was something that my stepdad would do to me on a regular basis as a kid. And I know that probably part of that was him just regulating and being frustrated with whatever shenanigans I was doing. However, it communicated something different to me, right. So it became a wound. And then as my husband steps into recovery, and he's learning new language, and trying to figure out how to show up in the space, and slow down, guess what happens when he's trying to communicate to me in this tone, I am all sorts of messed up, right?

I'm just like, my head is blowing off. And so that wasn't necessarily I was triggered, yes. But that wasn't necessarily on my husband to fix that wound or heal that that was something for me to have to go back through and sort through because what I was doing is I was believing a lie, that I'm dumb. And so I'm dumb. And that's why you have to talk to me, like I'm slow. Or not that I'm slow, you have to talk to me slowly. That was really powerful for me to gain that self awareness. And it also was healing for our relationship for me to be able to come back and have my own awareness of when you do that, this is how I feel. So if you either one giving him some understanding of like, Hey, I don't need you to talk to me slowly. But he really came back and was like, I'm not talking to you slow because of you. I'm doing it because of me. He's like, I don't have the words. And they don't come out as fast as your words come out. Fair. Right. So that's, that's kind of my take on that is that under that trigger, there is an opportunity to heal at a deeper level. Triggers are an opportunity for us to get curious about ourselves, even though they make us mad. And they dysregulated us and we don't like that feeling. They definitely let us go into his place a space of discovery.

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Pam B. 07:26

I can see from that point of view, where I used to beat myself up why am I doing this? What's wrong with me? Why can't I just handle this thing on the TV or whatever the triggering. The origin of the trigger was I used to beat myself up. So this quote really gives a lot of grace to the person that it's not you. It's what happened to you. It's, it's how you experienced it. And it's bringing up that recent thing is bringing up that older wound.

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Bonny 07:55

Listeners if you have Dr. Sherry cappers book intimate deception, there is a wonderful trigger awareness exercise that helps you walk through this unhealed wound, and for trigger chapter. So that's a great place to find a practical tool to unpack your triggers. And what that raw space is, she also talks about the lies. So it helps you reframe the lies you've been believing in to the truth. And that's a big part of our recovery is learning the truth and walking in truth, and letting the false beliefs and the lies and the things we've carried. But Satan wanted us to carry helps us live in reality to see

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Lyschel 08:42

I use the example of of a historical wound that came up from childhood. But there is a reality that there are unhealed wounds in my relationship with my spouse, that are also very triggering. Dr. Jake Porter, I just saw a little clip video that he put on social media, talking about the reality of living in an environment with the person who has wounded you. And you're still trying to heal in the midst of being with that person, and how that adds a new level or a new dynamic to your healing journey. Because if you were in a car accident, you were not going to be in the car for the rest of your life every day all day 24/7 and trying to figure out how to depend on the car, etc. The opposite is true with our marriage is that we're living in a relationship. We're in a home with someone who has created wounds. In my own story. Part of the things that happened, we're experiencing a trigger and wanting my husband to heal the wound that was creating the trigger and him actually not having those skills to do that. Right because he's not the great physician. If he doesn't have the ability to heal all of my wounds

now, can he show up with empathy? Can he use his tools on, on how to approach me when I'm in a place that I'm triggered? Absolutely. And he can choose to connect versus disconnect with me. But I just want to say that for our listeners to understand that, and I think we've probably covered this in our first podcast on triggers, but that this is a place of there is healing that still needs to happen. And so when I read the quote from Sherry, I think we use the analogy of a dashboard. Before that our triggers or light lights on our dashboard. They're letting us know that there's something not working, it's okay that there are things that are not working, I just want to encourage our listeners to understand that, but there's also this opportunity for her to sit back and go, Okay, what is that? What is in that trigger? So if I'm triggered by us being in public, and there are, I don't know, I'm trying to think of a Okay, yeah, so one time we went to the mall, a little mall, right? We go to the mall, we walked past Victoria secrets. Of course, there's all that stuff hanging everywhere, not only just mannequins now, now we have pictures and images of women, my husband is with me. And it's not necessarily that my husband stood there visually consumed all the windows and took notes of everything he truly, you know, held it up zone and walked past it. But it's still triggered me. And so there's a part of that where I have to go in and go, What is the wound that's in there, or the wound is one that my world is not safe for me anymore. Everything is over sexualized the other wound was that my husband could have engaged with me in that moment versus disengaged with me. And I was so used to him disengaging and so that was probably part of the trigger.

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Pam B. 11:58

I think those are two really good examples of how the wound can be from something before we met our partner, or from the current betrayal. Some of it can even be generational, you know, stories that get passed down, that weren't even really our own wounds. I know, my grandmother was divorced twice. And so she always had her stories. And her truth and her truth became my truth. And so some of her wounds got passed on to me.

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Bonny 12:34

Yeah, the subtle trigger I can think of that was a place of wounding was that my career up to the last D Day was about educating marital Christian sexuality. So AFTER D DAY, I was continuing one of my obligations, which was to teach a class that happened every Thursday. But what I what the dots that I did not connect, was that after that class, I was highly, intensely emotionally upset and angry. But I hadn't connected the dots until my husband said, My therapist wants to ask you what's going on every Thursday? Oh, my word. That's right. That was a subtle, subtle thing to me, which I should have seen. But I didn't. So

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Lyschel 13:37

we don't shut ourselves on ourselves.

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Bonny 13:42

We don't shut on ourselves. That you did, it was good. Yeah, I did not see. And it was good for me to connect those dots. Because while my anger was justified, I didn't realize the deep wounding that betrayal had done to my professional self esteem. So I had to unpack all of that

wounding that betrayal had done to my professional self-esteem. So I had to unpack all of that, but his behaviors, were not a reflection of my professional capacity, that I was not diminished because of his behaviors. So but I had to tease all that apart and to understand that wound and to heal it. In an effort to publish weekly and to have shorter episodes, we are going to end our conversation around triggers. here for now. We'll we will continue the rest of the conversation next week. So if we have been a bright spot in your recovery journey, and you would consider helping us with syndication and publication costs, there is now a donate button in our show notes. And whatever you are led to contribute towards those costs we would greatly Yeah, and deeply be appreciative of that. So thank you very much for joining us and we'll talk to you again next week.