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Fri, Oct 18, 2024 3:27PM 14:34

SUMMARY KEYWORDS

community support, healing journey, safe space, recovery groups, cognitive distortions, validation, hope stories, recovery coach, support groups, couples support, God's restoration, shared experiences, resilience growth, transformation, starfish story

SPEAKERS

Lyschel, Vickie, Pam B.



Pam B. 00:02

Hi. I'm Pam Blizzard from recovered peace,



Lyschel 00:05

and I'm Michelle Burkett with hope redefined,



00:07

and I'm Bonnie burns of strong wives. We're so glad you're joining us.



Lyschel 00:15

So want to welcome you guys back. This is part two of our conversation with Vicky, TD, and we are still talking through the subject matter of same sex attraction, same sex arousal, which is a word that Vicky really helped us unpack in the last episode and the today we're just gonna we're gonna tackle one of our topics, which was the value of being in community with other women who have this this part in their story. I'd love for each of you just to share what having your own community has meant for your healing journey.



Vickie 00:55

Oh, man, how do I do that? Not get emotional? I mean, quite honestly, and I will say Lachelle and I can laugh about this, because your first community may not be your forever community, but we found a group, and they are my safe space. They are the space they were. They are the first place that I was able to share the same sex piece of my story, and because my brain

folded up on itself, and I was struggling from separating what happened in my first marriage, where there was, you know, a choosing to go in that direction versus this marriage, when my brain folded up my my community could help me say, Vicky, the this and that are not the same, this and that are not the same, you're okay, what's true? And I love how groups come together, because, you know, God appoints is, it's like the church, right? Like we all have a different role in that space. And there's always one in the group who's going to point me to Scripture, and then just another one who's going to get in that space and say, Okay, look at me. You're being you're being goofy right now. Like, that's not what she would say. She would use bigger language, right? But there's that person, right? And then there's the other person who's going to say, I've got a podcast about that, right? And, and they're sending me their podcasts and, and what I love about that is they meet me right where my I'm at and and then in the in between, because we meet weekly. In the in between, if there's a need, I know they're my people. When I know I need prayer, I know they're my people. And I know that I don't have to explain. I can just say a word or two, and there's no need for explanation.

P

Pam B. 02:48

I love it. Amen.

L

Lyschel 02:50

Pam, how about you?

P


Pam B. 02:51

Oh, Vicky, I love that you pointed out that you may have several groups, because there's phases we go through. And I remember the first group I ever went to, and there were, I was told there were boundaries around what I could say and what I couldn't but I didn't, yeah, how did? I didn't know. And so I bled out, and they very gently steered me back to using more safe language in the group. And I sobbed for the first six meetings I went to, but the isolate, had I not done that, the isolation would have killed me, because it because I hadn't it. I had been dealing with it for a long time and just sort of stuffing it. And so this one big discovery, you know, the floodgates opened. And so I was glad that I had a place to go to see wow, I am not alone. It's not just me. God's not picking on me. God hasn't chosen just me to go through this for either a good reason or a bad reason. This is something more common than I realized, but there came a point in my own recovery where I could not sit with those early in recovery anymore. I was constantly being pulled backwards, back to that place reminded I was we naturally put ourselves in other people's stories, so hearing those fresh betrayal stories over and over again was not good for me, because I was building momentum going somewhere else, and so I needed a new group. And as I decided to evaluate these groups, I felt the authority that I could say yes or no, and I found groups that were right for me, and the leader or the facilitator had the right experience and ran the groups in a very healthy way. So it is important, I think, that you again, use your own authority to say, this is this is good for me. This is not good for me. And. To shop around and find the right group, but being in those groups were exactly what you said. They kept me in reality. I know I talk a lot about cognitive distortions. We make up stories in the absence of data, because you don't know exactly what thoughts are rolling around in another person's head or what their intentions are, and you don't have all of

the clinical data. You don't know what you're grappling with. And so I say often that my my brain, is not a neighborhood where anybody would want to go alone. It's not a place where I should be alone. I can make up stories, and so being in a group kept me from living in those stories. People would challenge me gently or share their own interpretation and go, Oh, they're making an interpretation. I wonder if I'm making an interpretation too. So I could take what I needed and leave the rest, but being surrounded by other people, where you don't have to explain yourself, and where people say, yeah, it makes sense that you're so scared. It makes sense that you're angry. It makes sense that you're sad and grieving and you don't have to explain it, and they're not trying to fix you being in a group is a game changer. It really is. It takes you to a whole different level, a different perspective of opportunity and choice and hope.

 Vickie 06:37

I think validation and understanding is those are two of the biggest gifts that we get when we find a group where they just know us, somebody who has shared their story, that can give hope and and and there, I think, is probably one of the biggest things, is to have hope. Because again, when you get a whole bunch of people together and everybody feels safe sharing their stories, this is an area where it can feel extremely hopeless because people don't talk about it. So the stories of recovery are fewer, not because there hasn't been recovery, but because there's so much shame around it that they don't tell their story. And so people are like, I see all the time, you know, where there's been heterosexual acting out, or pornography or an affair or whatever, and they do their recovery work, both of them, and they have this beautiful marriage, but people aren't telling the story like I've just told, where there's been same sex arousal, and now there's total restoration. I want to create safe spaces where women who have this type of issue that they are walking through, that they can hear stories of hope, that they can hear that there's the possibility of having the kind of marriage that God desires for them to have and that they have desired to have.

 Lyschel 08:20

So Vicki, why don't you tell our listeners a bit about ways that you are supporting women in this area? So as

 Vickie 08:27

a recovery coach, betrayal, trauma, recovery coach I I coach women, one on one, all kinds of women, and I specifically really love the opportunity to come along the women like myself, these husbands are somewhere on that continuum, and they're feeling very alone and isolated. So that is one way. I'm also offering support groups, support group called courage, courageous hearts, and I'm doing one this fall. I'll be starting another one in January, and it's only for women whose husbands struggle with same sex attraction or arousal, and so it gives them that safe space. And again, it can be anywhere on that continuum, but you know, you can go to our website at life.renovation.cc.com, and the link is there so that women can get on the list if they're interested in getting in one of those groups. Mike and I also will be offering a couples support group, renewing us, which is based on Matthew and Joanna Rob Smith's work, we'll be offering a group like that starting in January. That's a year long group, so it's a much bigger

investment. That is not only for couples where there's been same sex attraction or arousal, but it is for the. Those couples as well, so they're not the unique population of the group like it is with courageous hearts,

P Pam B. 10:08
and we'll include all that information in our show notes@hopefulwives.com

V Vickie 10:13
fabulous.

L Lyschel 10:15
Thank you. All right. Well, I'm gonna, I'm gonna ask the standard but most important question that we ask every week, and that is, what hope can we leave our listeners?

V Vickie 10:30
I hope that women leave this call knowing that they are not alone in their journey, and that they can find strength through shared experiences, and that there is hope, there's resilience and growth and amazing possibility of healing, transformation and rebuilding of a life that is beyond their initial expectations, when they have a discovery like so far beyond that God is amazing, and he is capable of doing great things when we do our heart work as well.

P Pam B. 11:12
The hope that I'd like to leave our listeners is all we need to see is one example, just one example of God's restoration in this situation that we've been talking about today, and Vicki is that just that one, and I'm sure there's many more, and there's going to be many more to come. So have hope. Look at Vicky story and have hope.

L Lyschel 11:41
Yeah, I I always tend to get, like, word pictures when we get to this part of any episode, and it's always so interesting. There's a particular story that's so special to me and to our family, and it's the story of the starfish. And maybe you've heard it, maybe you haven't, but there's a an old whatever, wives tale, folk story, whatever, that there was a little boy walking on the beach, and he was picking up starfish, and he was throwing them back into the sea, because he was early in the morning and they'd washed up on the beach. And an older gentleman came up and said to him, look at all of these starfish. You'll never save all of them. You'll never get all these starfish back in there. And he picked up the next starfish, and he chucked it into the water. And then he said to the older gentleman, it mattered to that one. It mattered to that one. And as I have prayed about this particular episode, that was what I was praying for, was for the woman

that this was going to matter for and what I want to be able to say is the Lord sees you. He orchestrated three schedules to get us here to record. He orchestrated a relationship with Vicky that started 12 years ago for this day, for you to receive some sense of hope, like I don't want you to miss how active he really is and bringing us into healing. So I could go on and on and on about all the things that I can see that are so intentional about what he's been up to. But it matters to one. And I just I love that we get to be hope for one. So, so thank you, ladies for this awesome conversation. So listeners, we hope that we've been a bright spot in your recovery journey. You can help us by donating to the costs to produce our podcast. We have a donation link on our website, hopeforwives.com or you can also support us by leaving a five star review on the platform that you listen to your podcasts. Positive ratings always help us get more exposure, and that's huge. Or maybe it's time for you to share us with a friend who has discovered betrayal in their own story. As always, we just want to thank you again for listening, and we hope that you have a great week. Bye. You