

EP_62 He_Is_Frustrated_She_is_slowly_healing

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SUMMARY KEYWORDS

betrayal trauma, trust broken, post traumatic stress, complex PTSD, healing journey, emotional responses, empathy needed, control behaviors, attunement importance, recovery resources, personal experience, healing time, betrayed spouse, addicted person, spiritual identity

SPEAKERS

Pam B., Bonny, Lyschel

B Bonny 00:01

We usually try to keep our episodes around 30 minutes. This is a little longer, because we want this information to be heard in one sitting. So we recommend that maybe you put it on a faster speed, 1.25 or 1.5 This will enable you to hear the episode by the time you get to the grocery store and back

P Pam B. 00:22

you Hi. I'm Pam Blizzard from recovered peace,

L Lyschel 00:27

and I'm Michelle Burkett with hope redefined,

B Bonny 00:29

and I'm Bonnie burns of strong wives. We're so glad you're joining us. Welcome to another episode of hope for wives. We often work with women who experience a lack of understanding from their husbands on what it takes to heal from sexual betrayal trauma. So today we are discussing when the husband is frustrated with her slow healing process. Let's revisit the definition and experience of betrayal trauma, ladies, so what are some definitions around betrayal trauma, and how does it impact a woman's functioning? And you know, what are your experiences with it? How does it show up? Etc.

L Lyschel 01:16

I just recently got to do a presentation with Dr Barb Steffens at this CII's Conference, which is

I just recently got to do a presentation with Dr. Barb Stevens at this CIES conference, which is the sexual integrity Leadership Summit organization, and we talked about the definition of betrayal, and that betrayal involves an expectation of trust, faithfulness and safety, meaning those things are broken the relationship there's a betrayal requires some kind of relationship. It doesn't happen from a stranger, but from someone we expect to be able to trust. Important thing to remember about betrayal is that it requires some kind of relationship. It happens. It betrayal doesn't happen from a stranger. It happens from individuals or we're experiencing that in relationships where we have an expectation that the other person in this relationship, we can trust them and feel safe with them, and that we don't expect them to harm us. Some would say that as Christians, we could think of Jesus and him being a safe person, and then his safety that he had with all of his disciples, right? There was not an expectation necessarily, even though he knew to be betrayed by a friend. What we also know is that betrayal involves the breaking of expectations of trust, faithfulness and safety. It breaks the reality that this person is for me and has my back. In other words, that's not true anymore, or doesn't feel true. Their belief, our belief, is shattered when the person that we trust hurts us the most, and betrayal involves deception.

P

Pam B. 02:54

Some of the symptoms of betrayal trauma can be avoidance intrusive thoughts and images, withdrawing from activities that you used to take part in mood swings, trigger attacks, or sometimes, you know, we call them panic attacks, but they're trauma triggers, phobias you never had before, flashbacks, denial, depression, confusion, restlessness, inability to eat, sometimes disassociation, sometimes overeating, rage, health problems, chronic fatigue, immune system problems, sleeplessness, helplessness, hyper arousal, meaning hyper focusing on certain things or events or places because of safety, reliving the discovery over and over again, anxiety, nightmares, and that's the short list.

L

Lyschel 04:09

Betrayal. Trauma is. Betrayal is the event. Trauma is the result of the event, right? And trauma in the Greek means to wound or a wound. And so we're experiencing a trauma, a deep wound, and because of that trauma, the symptom or the thing that comes from that event and that trauma is what they stress okay? And post traumatic stress, gone uncared for for periods of time, will then morph into a disorder, which is known as PTSD, or the post traumatic stress disorder. And so it's important to know, because I think a lot of times, women are trying to find the get tell me what I'm what's going on with me, and maybe they they might feel. That PTSD feels real extreme, and I don't know that I'm, you know, I don't know that I'm experiencing that if they've had some level of experience or visual of someone else with like PTSD from military, etc. But on the other side of it, it's giving them some language to help them say I'm, I'm, I'm experiencing post traumatic stress. I may not have the disorder, but I am definitely experiencing post traumatic stress.

B

Bonny 05:27

That's helpful. Yeah, thanks for that clarification. If you live with the deception and have drip disclosures over years, it can morph into complex PTSD. So this is betrayal. Trauma isn't just some small relational issue betrayal. Trauma affects the physical body. It changes your brain

chemistry for a while. It's not psychosomatic. It's not all in your head. You're not overreacting.

P

Pam B. 06:11

I used to think of myself as a very resilient person, having been through a lot of life experiences, and I, you know, I thought it was very street wise, worldly wise. I had had other relationships and and survived, and I was upset with myself that I couldn't function, that I couldn't just reset. I couldn't pull myself up by my own bootstraps. I couldn't just return to me. It was out of my control, and that was so frustrating.

B

Bonny 06:50

Yeah, these things are involuntary. You can't control them, and it's not a sign of weakness. But these things are happening. One

L

Lyschel 06:59

of the ways that I remember being in this place of post traumatic stress was after a relapse, and my husband was in the process of, kind of losing his job, but not really. That's a long story that is attached to that, but because of his relapse in behavior, we moved into a separation. And at the time, I had really small kids, and I remember having experiences where I would get someplace and not remember how I got there, because I'd be driving the car, and it'd be the first time the kids would fall asleep or something, and I would just be so lost in my thoughts and my I would just be on autopilot, and I would just get to a location. I remember getting so lost in a grocery store one time with my children, and that really upset me a lot. Like I wasn't scared, I was frustrated with myself because my brain wouldn't work, right, and I just was so impatient, but not knowing why, right? I didn't have the language to say, oh, it's because of this event that's not happening actively in front of my face right now, but it is impacting my brain even when I'm not with it. So those were some realistic things, and then on the other side of it, the result of some of that was like, I'm messed up. I can't function. So because I can't go to the grocery store and effectively shop, I need to just stay home. And so what it was doing was perpetuating now, is moving into isolation and feeling like too much, and I was not able. I mean, I just would convince myself that I couldn't even get the kids to mom's day out, like it was just going to be too much and I was probably going to mess it up so it was safer or better for me to just stay home.

P

Pam B. 08:53

I loved my job, and I I was creating education. That was my job, and I loved going in every day. I had a lot of freedom to be creative, and I really looked forward to going in every day. And when discovery happened, you know, I think I also experienced that same shame that you just talked about Michelle, that why can't I function? And I would sit at my job, I would try to work, and then all of a sudden, these images, these memories, would continue to come back to me. It was a and I describe it like a full color movie, and the sound over and over again two inches from my nose, I could be having a conversation with you about a project, about deadlines, and at the same time, this movie kept playing over and over again of a disclosure that happened in

a therapist office, that when it actually happened, I jumped up and I said, That's it. We're getting a divorce. And the therapy. Test shut me down immediately, stop no major decisions in the first year. So that was probably part of my trauma processing that I couldn't continue to process what was happening in my brain. So that got stuck. And I, like I said, I could be having a conversation with you, and you wouldn't know that there's all these things going on. This other movie in my head had my full attention in vivid detail, over and over and over again, and I would sit down at my desk and just feel less than not be necessarily because because of my husband's behaviors. I mean, I felt that too. I felt less than because I couldn't find that part of me to function and move forward and put it behind me and get perspective on it. It was so overwhelming and overarching that my brain just could not break out of that movie I was living, reliving in that reality over and over and over again.

L Lyschel 11:13

I You made me remember Pam, like getting in the car and then suddenly just feeling frozen because I got so lost in memory. I was still trying to sort out what was being said to me, and I'm trying to put my pieces together. And so it was like I would, just because of the exhaustion, too, you just kind of sit like I was and being like, what what happened there? Like, but it was me still trying to figure it all out. And that is part of that post traumatic stress. Like you're you are trying to figure out what the heck just happened, and how could this be? So that hyper vigilance, that fixation, the sorting, the preoccupation, that's what I'm really talking about. But that's just a real life example of those words.

B Bonny 12:04

So how long, typically, does it take a woman to heal from betrayal, trauma?

L Lyschel 12:10

37 and a half days,

P Pam B. 12:15

you bottle whatever you did for that.

L Lyschel 12:20

If it's been 38 days, we've got a problem. No, I think Pam's about to speak into it. It takes as long as it takes.

P Pam B. 12:28

There's every every individual is different. It's kind of like Matthew, the book of Matthew, where Jesus talks about the soil, right? Some is Rocky, some is good, rich soil. We all come to this with

a history and a background of different levels of safety in our childhood, or maybe there was some neglect or abandonment or cultural things that gave us some limiting beliefs about relationships, about God, about ourselves and our role in the marriage and society, and so it's going to take what it takes. I know we're searching for hard, black and white answers, because that's the nature of humans, is we want to be able to predict the future and know exactly what's going on, but all we have is some research, and Dr Kevin Skinner did some research, and he queried people who were in recovery more than five years and less than one month. And so I'm just going to summarize some of his findings. 12 months or less, 25% more than a year, but less than 540 2% more than five years. 33%

B

Bonny 13:57

so a third of the women it took more than five years.

P

Pam B. 14:02

The question comes from a place of safety, seeking for both parties, for myself as the betrayed. Oh, my goodness. How long should I expect this to last? Can I look forward to this being over in three months? Six months, you know what? And also for the be true, the betrayer wants to know because it's causing him some dysregulation and worry and concern and fear. And he also wants to predict the future, and that's safety seeking for him too.

B

Bonny 14:44

I heard on a webinar that I watched on YouTube, and it was either Alex Cata hackis Or it was Wendy conquest said that if she has been deceived for 30 years, she gets 15 years to heal. Mm. Yeah, so he, she was, I mean, that's as long, you know, that's not empirical, but that gives you some sense of it takes as long as it takes.

P


Pam B. 15:12

Yeah, and can we define heal? Oh, I'm healed. I'm in a really good place. I can say that I am experiencing some post traumatic growth because of the work that I've done. I will, quote, never be healed from everything that happened my entire life, from my childhood through all the other things that have happened to me until I meet Jesus?


B

Bonny 15:43

Well, Bonnie's definition of healed is that I don't experience full blown triggers. I haven't had a full blown trigger in a year. For me, that's that's healing. It's not healed. It's not healed. I think I don't. I rarely ruminate on the past. You know, the what the facts in the full disclosure, I haven't ruminated on those in several years. To me, that's the kind of healing I'm talking about. Will we forget? No, no, we don't forget, but it doesn't, it doesn't ping us. That's my word. It's not like this shock of adrenaline every time something could possibly trigger us. But and

 Pam B. 16:38

and in my case, I had Complex PTSD, because there were multiple cycles of a discovery, and, oh, we're going getting into recovery, but then there was another discovery, right? And so there was relapses or discovery that recovery really was never really happening.

 Lyschel 16:58


There's one thing I'll say about healing. Healing is a very personal experience, and what I tend to find is women I walk with want to compare definitions or experiences in order to verify that they're doing it right, and it's you can't really do it right, much like what Pam was saying, where all of us are coming into these journeys with different backgrounds, different backgrounds, different experiences. We have different husbands, we have different caretakers in our stories, we have different churches, we have different pastors and leaders. And there's so many things that play into your personal journey, so healing. The definition of it, I think, is very personal, because it's only something that you're going to be able to really assess. So Bonnie, like you saying for me, healing was and you had an idea of those were important victories for you, right? Those were important things to say, this is getting better and and hope redefined. We actually have a graphic that we use quite often to help women figure out where they're at on the journey, because healing is technically a journey. I know no one loves to hear this. They're like, No, I want it to be a moment in time for a transaction, because it kind of feels like your world exploded in a moment. So why can't you heal in a moment? Right? But that's just not the way it goes, unfortunately. So healing, healing is is a very personal experience, and I agree with you, Pam, I think it also we have to take into consideration that you are in the process of healing, but if you're still experiencing drip disclosures new information to navigate, Maybe emotional abuse in the relationship, he's dysregulating consistently. There's no space for you now. You're not even relationally safe with this person. Those are new those are new cuts, right? Unfortunately, in the in her experience, and so I hear that often that she goes, dang it. I just healed from this thing, and now I've got this new thing. And so it can feel very long, the journey can feel very long, but I will say it's worth it. I do believe that we heal. I don't know that we heal in the way that our brain wants us to heal, which is I wanted to be complete and done like I said, I my world felt like it blew up in a moment. So why can't I heal in a moment like I want

 19:51

I want complete, and

 Lyschel 19:57

I think we use this phrase a lot in. And hope redefined that. It's a journey, not a destination. And it's is, there's lots of words to put in. It's healing is a journey, not a destination. Marriage is a journey, not a destination, right? Recovery is a journey, not a destination.

 Bonny 20:22

So what is important for a husband to know when he experiences frustration due to her healing process,

P

Pam B. 20:32

it's understandable that he's frustrated. That has to be horrible. It makes sense that you're frustrated. Your frustration is a natural consequence of your behaviors, and it's your responsibility and within your power to manage your own frustration, and you have, let's face it, misused your power in the past, but you do have incredible opportunity to use your power differently now to impact her healing by getting some good education on how that happens, because we certainly don't learn that in the home growing up, and we wouldn't expect you to just know how to do that, but your empathy and being able to hold space for that pain that she's going through can be really, really powerful, and it's necessary you can help her. It's necessary for you to be a safe person for her, she can't heal under the same circumstances under which she was wounded. And so the best thing that you can do for her is acknowledge her pain. Acknowledge that it makes sense own that you're the reason your behavior is the reason, without blaming anybody else or any other thing, and remind her that the thing that hurt her isn't happening now, hopefully it's not and that you're not going anywhere, that you're there with her, and that her pain is acceptable to you. It doesn't make you want to run away, that you can stand in that pain with her and your frustration and your dysregulation. It's understandable, but it's yours to manage, and it's going to take as long as it takes for her and as much as you want to help her, you know, shorten the timelines. That's not anything you can really have any say over and give her space. Give her space to actually experience the pain and her anger and her frustration and her sadness and her loss.

L

Lyschel 23:11

One of the ways I like to talk about this particular question is my husband and I had our first child that was a shared event, and each of our experiences were very different, right? I was the one laying on the operating table who navigated, who then was receiving a C section, and he was the nervous dad with a camera trying to figure out how to take pictures and not get into the sterile zone, right? Our experiences were very different. On that day. Was one experience wrong? Was one experience bad and the other one was good? I would say, No, we each had our own experience in that event, right? And because it was a pleasant event, we can look back and talk about each of our experiences and laugh about how different it was for one another, right? That I'm like, Yeah, I was totally laid out like myself, and this guy's over here with a shaky hand trying to take pictures, you know? And we can, we can joke about this, this event that doesn't have the exact same experience. That same concept applies to navigating an event of betrayal and the journey of healing. Because oftentimes what tends to happen is it's like the visual I get is like an airplane for him. You guys are in two separate airplanes, and when this discovery comes out, oftentimes men will report a sense of relief. I'm not hiding anymore. It's out in the open. Yes, there's still some apprehension. It's not like it's all joy, but there is, but there is this sense of for. Men, especially who have felt trapped in their sex addiction and they're not wanting it. They really have a sense of elevation. They take off. And they take off because get this wind underneath him, which is men's groups and other people advocating for him, and he's starting to get resources handed to him to step away from this thing that's been drowning him for so long. So his airplane takes off. Her airplane was already in flight. And when this happens, her plane was hit by a missile. And so it goes down, right? Those are two very

different experiences. And so it's, it's challenging for someone who is, you know, accelerating and gaining altitude and feeling freedom and loving God in a whole new way, to turn and look at the person who's their CO partner and see that their plane has crashed and burned and is burning still, and to say, Well, why isn't your experience the same as mine? And it's because, even though they were the same event, they had very different experiences. And it's important to have a sense of consideration. Or the other word we would use is the E word, which is empathy for another person's experience, right? And I remember, I remember my husband going to his men's group and coming home and being happy, and I just want to two throat punch him, and I was so jealous of this community that he had, because I didn't have any of those things in that particular season. And so for me, the experience was very different. I'm going, why are you not sitting in a pit and feeling so broken about what has happened? Why do you look so light and joyful and free? And I feel like I am literally been thrown into a jail cell. Was either one of those experiences wrong? Nope. Was either one of them bad? Nope. But oftentimes where I see couples get tangled up is when one person determines that the other person's reaction is bad or it's wrong, and so because of that, then it creates this new place of conflict in their conversations, of saying, Well, you can't get me because you look at my experience as wrong, and or there's no space for me to have my experience and your experience, right? So there's a and I see this on both sides, I see her frustrated that he's feeling relief, and so she's angry with him for not being sadder, which I totally understand that. And I see the same thing for him, where he's frustrated that she's still hurting, also that pain is a consistent reminder to him of what he's done, and if he can't navigate his own shame at this point, which typically in early recovery, he doesn't have that tool yet, if he can't handle his own shame, what she's doing is consistently triggering shame for him, and so he's getting real cranky about it, and potentially really mean about it, and very judgmental towards her, because what he keeps, you know, I know I've got like, 14 analogies in here, but he cut her leg off, and then every time he has to change the bandage on her leg, he gets mad at her for having the leg missing. And she's like, well, I can't, I can't grow a leg back. But you so you can either resent her that the leg got cut off, or you can choose to love her in this new place and walk with her and create space for her. It's not about having entitlement and beating each other up with it. It's about having compassion and empathy for one another and also saying, Hey, I know that you want me to celebrate right now that you're 30 days clean, but that is crushing to me, that I have to celebrate with you, that you are 30 days clean from not looking at something that I never thought you were doing. And so because of that, I'm asking you to go find celebration with the people who are in your recovery community, so you can still celebrate, but it's just not on me to carry that with you.

B

Bonny 29:28

I think what I would want a husband to know who's frustrated is that if you've had the secrets secret life for 1520, however many years, maybe the entirety of your marriage, and she's just had the complete, full therapeutic disclosure with you. She only now knows all the things while you've known all the things for years. Years and years, she's just learned all the things, and it takes time to process that, to grieve that, to put it all in its proper place, to rework the story of her life with these new added pieces of information. And that takes time, especially if she's a mom with small kids, if she's working a full time job when you don't have the luxury to sit and cry or to sit in groups with other betrayed wives as often as you'd like, it takes time, so you knew all those things and she didn't. So I think that's a perspective I would want a husband to know if he's frustrated.

L

Lyschel 30:55

Often, oftentimes, what I see is so every time my partner has a strong emotional response, it scares me, and so I'm going to do whatever I can within my means to control that so that control may look like berating them for being behaving the way that they are. It may look like control is also avoiding and walking away and withdrawing from that person. Control is minimizing, right? That's that gaslighting we've talked about in the manipulation. I don't like what you're saying to me right now. It makes me scared. And so I'm going to tell you that it's really not that big a deal. And so what you're doing, and we can explain, like, what that impact is on the person that you're doing the controlling behaviors with, but that is just something at the core that I think we get to explain to our listeners, is that that's what's going on is I don't like what's happening around I PS, I also don't know how to not be scared of things that scare me, because I haven't got those tools yet, or maybe I have, but I'm not choosing to use them, which means, when I experience negative emotions, what do I do with them? And oftentimes, what the template has been is that for sex addicts, it has been, if I experience negative emotions, I go act out. I go look at pornography to avoid I go, you know, invest in this emotional thing because it makes me feel better about myself and the situation, and I get to forget about all the negative. And they don't have that, that coping thing anymore, or they shouldn't, right? And so that's the question to go back to the addict and saying, what is it that you use to navigate these hard these hard emotions? Because stress is going to happen. We live in a world full of stress. So if he does not have the tools to know how to manage stress, then she is experiencing an individual who doesn't like the stress she's causing, and he's going to attempt to control her, to make her stop doing that thing.

B

Bonny 33:12

All of that is about him. He doesn't have the tools yet, so therefore he's protecting himself, which is not attuning. It's not leaning into her. And so what else I would like a husband to know is that, as he leans into her with empathy, and if you can manage attunement, guys, huge win. Just Google attunement.

P

Pam B. 33:42

Um, we can put some resources in the show notes,

B

Bonny 33:48

yeah, but there's a book called help her heal. So if you can show her some empathy and attunement, you are going to help her heal. So it's the frustrations, not beneficial. So how can you transform that frustration into empathy?

P

Pam B. 34:07

And I am so grateful having been on this journey and to be able to speak to what the recovery landscape, what resources have been out there over 30 years, I've seen new resources added all the time, and I am so grateful that there are new resources for the recovering addict to lean

into empathy and his own feelings about What's happening. And so yes, the work of Doc of Carol sheets and help her heal and help them heal. And something called the Early couples recovery empathy model. Also the work of Jake Porter and some of his resources around. Empathy and what is betrayal, trauma and understanding, helping, helping couples understand from a very neutral place, non shaming, non blaming, not moralizing, right, but just from a very strong perspective of what's healthy, not what's good or bad or right or wrong, but what's healthy and helping couples reconnect through the lens of the relationship and healing the relationship. And so he's created several resources around empathy and connection and attunement, and I can put some links to those resources in the show notes too. I'm sure my husband wished that these were resources were available before we got married.

B

Bonny 35:54

All right, so you know, we began this episode with describing betrayal, trauma and the experiences around it and how long it really takes to kind of get good traction towards wholeness and health. And we did all that so that a husband would have while we know wives are our target audience, we also know that husbands are listening. And so this was a psycho education towards helping him understand there's more going on that what might appear on the surface. So as we always close, we want to offer you some hope. So Pam and Lachelle, what hope can we leave? Our listeners? I

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Pam B. 36:43

You do not have to suffer this without help. Help is available for both people, to the betrayed wife. You heard my story of imagery and how I was overwhelmed. I also had a treatment called EMDR that turned that full color movie into a distant, faded Black and White still picture. There are coaches like ourselves, apps, ads and God made our brains with something called neuroplasticity. Our brains can heal. We can do work that heal our brains, our nervous systems, and there's more help than ever, and more help research being done on recovery, methods, tools, resources than ever before, I'm happy to say and please use the resources that are available. Recovery is possible. Recovery is possible for the betrayed spouse, for the addicted person and the relationship for those who want it, and for those who are willing to submit to an expert's advice and do the work.

L

Lyschel 38:07

So when I was thinking about this question, about the hope to leave with our listeners, the Scripture that came to mind was Jeremiah 29:11 but it was actually 11 through 14, because Jeremiah 29:11 says, For I know the plans I have for you, declares the LORD, plans to prosper you and not to harm you. Plans to give you hope and a future. Then you will call on me and come and pray to Me, and I will listen to you. You will seek me and find me when you seek me with all your heart. Jeremiah, 29:11, through 13. Now 14 says, I will be, I will be found by you, declares the Lord, and will bring you back from captivity. I will gather you from all the nations and places where I have banished you and and will bring you back to the places from which I carried you into exile. The reason the Scripture seemed to land for me is because I think that we can that both a betrayed spouse, a betrayed wife and a betrayer, can find hope in that scripture and understanding that even though she doesn't look like she's healing. The Lord

knows the plans he has for her. And as a husband, you can pray that you can lean into that and be like, I don't know how to fix this, and I know that I've screwed this up. And have humility across the board. Healing journey to the Lord, instead of you trying to control it is going to lead to a lot more peace. And the same is true for her, that she can press into the same scripture or knowing that the Lord has a plan for her, she's really mad potentially about the plan right now. I'm totally fair. I understand that myself. Don't really like this plan. I've confessed that multiple times to the Lord,

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Pam B. 40:09

but

L

Lyschel 40:11

there's so much promise in this. And I think the thing that stood out to me was talking about bringing us back from captivity. Because I would tell you that a lot of women I walk with, and including myself, can relate to that word in our betrayal story is that this pain and this grief can feel like captivity at times, and even the Lord speaks to what it looks like for us. He's going to rescue from this captivity. He will not leave us there. And so I hope that both listeners, both types of listeners, can draw encouragement from that reality that you get to surrender her because he's her father and he knows exactly what she needs to heal. Yes, he also knows exactly what you need to heal.

B

Bonny 41:05

Second Timothy, one, six and seven. It says, For this reason, I remind you to fan into flame the gift of God, which is in you, For God has not given us a spirit of fear, but of power, love and self control. And I know it's fear that's driving both him and her with towards dysregulation. It's fear that we can't use our brains as well as we did, and it's his fear that she's never going to heal. But those those that's not where God operates. He doesn't operate in fear. He doesn't operate in confusion. He operates in the power of His Holy Spirit, His love and self control, or self discipline, and those, those three things apply to both partners too. So I just want you to know that that fear is not of God, and you are made in His image and your identity, especially for the betrayed, whose identity feels like it has exploded. Who is she? The foundation of who you are is in Christ. Maybe you're spinning, and you don't know who you are on this earth, but on the spiritual plane, your identity has never changed. And for you too, Mister Mann, your identity is firmly in Christ. So I just want to leave, leave that for your leave that to you as hope. Well, that concludes our discussion around when he's frustrated with her slow healing. And we want to thank you for joining us today. And if you have found our podcast helpful, please share us with your betrayed friends and your support groups, because word of mouth is really the best way for others to find us. And if you would like to help contribute to the cost of publication, we do have a donate button on both our show notes and in our website. We will see you again soon. Bye. You