

# EP\_67 Part\_2\_Staying\_Well\_in\_Option\_C

Fri, Dec 20, 2024 12:05PM 23:48

## SUMMARY KEYWORDS

Option C, self care, boundaries, journaling, community support, therapy, financial planning, skill building, safe community, surrender, hopelessness, peace, accountability, detachment, Christ's presence

## SPEAKERS


Lyschel, Bonny

---

**L** Lyschel 00:03  
Hi. I'm Pam Blizzard from recovered peace, and I'm Michelle Burkett with hope redefined, and


**B** Bonny 00:08  
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 continuing our discussion about option C, which is staying through choice, through change, through the complexity, and through Christ. So last week, we defined our different options, option A, option B, and we tried to expound on option C and what that includes, and Option C is really the hardest option. So today we want to talk about, how do we stay well in option C, how do we keep ourselves well in option C? How do we take care of ourselves? What does it mean to stay in a marriage with a man who may not be in great recovery, but we choose to stay so Lachelle, how do you stay well, when you're in option C,


**L** Lyschel 01:10  
that is a really big question for us to have to unpack today.


 01:15  
We got 20 minutes. Yeah, well, you


**L** Lyschel 01:18  
know, I I'm a big fan of a woman named Leslie vernick, and she has a YouTube video. I think it's a YouTube video. We'll find the link and put it in the show notes, but it's called stay well and leave well and and really what she's kind of doing is unpacking a bit of this like how do we

leave well and and really, what she's kind of doing is unpacking a bit of this, like, how do we stay well, and then how do we leave? How do we stay well as we're leaving? But I know that what we're talking about is kind of the in between. Maybe we haven't made that particular decision yet, and we're still in the process of collecting data. Where where husband is in therapy, he's he's doing his work, and we're kind of waiting just to see maybe you, you've had repetitive relapses or slips, and something new has come into the picture, and you're really hopeful that that thing is going to be the thing that keeps him from relapsing or slipping, and that there will be significant heart change. As we were talking about this particular topic before we hit record, I had Bonnie was talking about this, like, how do we support somebody who's kind of in the hallway?

 02:38  
And

 Lyschel 02:39  
we had a listener say they want five. They would like to have five ways to stay well in the waiting. And I got a big a one, and then there's five things under the one, because the way we stay well is through self care. Well. Self care is really a big, broad word, right? So let me talk about what that what I was thinking of is those five, the self care five would be boundaries,

 03:12  
journaling, taking the space, community

 Lyschel 03:19  
in therapy. Those would be my five. If you are, I'm going to just go with hypothetical situations to try and make this applicable. If you're in a relationship where you know that you're headed towards divorce, there's going to be but, but you're not there yet. Maybe you guys are in an in home separation, or maybe not even that, maybe you're still sleeping in the same bed together, but there are still boundaries that you are able to set. It's got to be you've got to be able to step back and kind of figure out, what is it that I need in this space? I had a particular client, who they were in a it was clear they were their hearts were separated, but their physical bodies were not. They were still sleeping in the same bedroom, and so it would but it was wrecking her, and she would come to coaching sessions and talk about how she wasn't sleeping well, and how she would lay awake and listen to him sleeping and breathing, or she didn't want to change in front of him anymore, so everything just started to feel very enclosed for her. So we began brainstorming on, what are some options? What are some other options that feel like they're going to fit within your boundaries? Because ultimately, what was being violated for her was peace. She had a real sense of value of peace, and she was not experiencing peace with that person in the room. So she ended up making a decision, and she moved to a different room in their house, and she made that her space, her separate space, and he stayed in the master bedroom. There was boundaries in that and then she moved into. We did talk a lot about journaling, because journaling for her was a place that she could find stability. It was like she was putting this little nail in the ground and it was holding. It was something for her to hold

to. She could dump process, give these things over to the journal or to the Lord in order for her to clear her mind, but that was part of what she needed, was to place his ability to clear mind, and then taking the space. As we continued coaching, she started talking about how he very much was kind of oblivious to the fact that they were separating. Didn't really speak a whole lot about it, like didn't even mention anything when she moved out of the bedroom. Was just like, Oh, she moved out of the bedroom. And so she just, I, you know, there was a part of it for her where she started recognizing that she was longing for him to react, to respond, to potentially restore something right. Like part of her mind was going maybe me moving out of the room would be a bottom line for him, and that he would want to choose something different, and he didn't. So then she had to sit with that, because now she's navigating grief, sadness, pain, she ended up taking space. So part of that was her establishing new boundaries. She didn't want to ride in the car with him anymore. She didn't want to go to church with him anymore. She didn't want to, you know, spend eat meals with him at the table as if nothing was changing. She started to take more space for herself. The other one I mentioned so number four was community. And healthy, safe community is so critical. And I know that we talk about it all the time, like here on the podcast, but the other thing I know is, is that for many women, it's a mythical creature to have really safe community. I know this because I was a woman who was looking for the mythical creature of safe women, and it took me a long time and lots of prayer, and finally, the Lord placing me right in the center of this type of community, but having that safe community is the place that you're going to find the accountability for you, and what I mean by that is accountability for you would look like you've set a boundary. Maybe your spouse does or does not like it, but being able to have community to go back to and say, This is what I did. Can you please check my work? Right? I need a checks and balance. That's the gift of accountability and community. But the other thing is also being able to start to talk about it. I know that that was, that's one of the things I hear partners all the time talk say when they find hope redefined, or other groups like Bonnie's groups or Pam's groups that are run is I just am so thankful I get to talk about it. I don't need anybody to fix it. I just need someone to listen and just bear witness to what I'm going through. And there's such a gift in being able to say that, or to have somebody step in and go, Hey, how are you today? Because they're still paying attention to the fact that you're sitting in the hallway. They know. And then the last is therapy, which may or may not necessarily come in in that order of number five, but again, having someone who's a professional that has incredible skills to help you continue to move forward in in the ways that you can in that season. So that was kind of a breakdown for someone who is moving towards leaving and divorce. Bonnie, do you want to talk about the person who's going to stay well in the hallway while she's still in the relationship?

B

Bonny 09:08

Kind of so as you were speaking things that I have brainstormed with my clients who are in this option, C and they're not sure, you know, they're there, they're doing their work. They're doing all the things that you've mentioned, and yet they're not seeing, you know, forward movement with him in in his personal recovery, and therefore it's affecting the relationship. So what we brainstorm is getting your ducks in a row. So you're there, you're there for the duration, but you're not sure what the future is going to hold. And if, if she is a stay at home mom, or she hasn't been in the workforce, we start talking about what, what kind of skills does she have? So I do have four things too, and I have my top. Uh, getting your ducks in a row is the first like you are. You talked about self care. So mine's getting your ducks in a row that includes, how are you going to support yourself? Mostly, that's the biggest that's the biggest issue. How are you going to support yourself? So financially, do you have credit in your own name. If you don't while you're still married, open a credit card, whether it's just a department store or if it is a

visa, and you can get a Visa, MasterCard, etc, open up an account only in your name, so you can start building credit in your own name, not jointly with anyone else, and then financially, start saving a little bit each week, even if it's only five or 10 bucks, put it away, save, save a little bit each week. So you have a little nest egg just in case. And and if you have this nest egg and things turn towards the better, you use this nest egg, maybe towards a vacation together, but it's it's good to have a nest egg no matter what comes and then the that's the second thing. So the third and the fourth are really around. What are you what are your skill sets? What can you do that is marketable? And so I have a lot of ladies like, I haven't been in the workforce in years, or I don't have any skills. We got married really young. I started having children. You know, my career was at home. So we dream together, what? What's her passion? What did she think about doing when she was in high school? Or, you know, what sounds like, something that would fit for her, her purpose and her talents? So we talk about that. And can you start researching that to so if you're listening and you start dreaming about, maybe you want to be a paralegal, start researching. What does it take to be a paralegal? And can you start working on that now? So that's the fourth thing, is start building skills now. While you're still in the hallway, if you have to leave, then you've got that education under your belt. If you if you don't have to leave, guess what? You're now empowered. You now are not at the mercy of being this single income. Because while I don't say that in a bad way, I was the stay at home mom for years, I don't say that in a bad way, but there is an empowerment when we know we can take care of ourselves if we have to, so that those would be my five things towards if you're In in the C option doesn't mean you're leaving. Actually, those things will all help you grow into real competent woman, not that you're not now, but it's just another place



13:09

of growth. Yeah,

B

Bonny 13:13

so I think working on all 10 of those things are a way to stay well and how to stay well, because it's a forward movement. Even though your marriage might be in a stagnant place, you don't have to be stagnant. You can keep forward. Keep marching forward. Baby Steps doesn't happen overnight, tiny, little baby steps. You or what if she gets depressed in option C, she starts feeling hopeless.

L

Lyschel 13:54

I think I can speak to that personally. And being an option C and waiting and watching and then feeling that hopelessness, the what I had to do. And I know that I'm a weird. I'm a weirdo where I have, I really do push myself to be very introspective. I really, really have worked very hard to have self awareness. And I think it's because I came from a space that that self awareness was part of permission to hurt people or the lack thereof, right? If I don't pay attention to me and everything I say and blah, blah, blah, none of it really matters. Like I grew up in an environment where you could just mouth off about something and then be like I was just mad, like, move on. And so intentionality is something that's very important to me, and I want to be a very intentional person. So give that background to say having different. Different Seasons of hopelessness, sadness, even I would tell you it wasn't even hopelessness, it was probably what

impacted me more with sadness and it just feeling very big and heavy. I had to start trying to sift through what was making me feel hopeless. Because for me, there's a very clear distinction between feeling hopeless and another person's performance



15:32

and hopeless



Lyschel 15:35

in my future. Because my future, regardless of what my husband chooses, right? My future is grounded in Christ, but often times I would wrap those two together, that it all has to be together. My my husband's progress and my relationship with God have to both be moving forward, and that it hasn't always been the case. There have been seasons of stall out, and then me feeling really sad about it. So I had to start just asking myself that question, what am I feeling hopeless about? Well, I would start to get to places of like, well, my husband's not choosing x, y and z, whatever it was, right? That's what I was feeling hopeless about. I was feeling hopeless about his progress, as feeling hopeless about the condition of our relationship, and it feeling like it was deteriorating versus improving. So those were things that were true that I was feeling hopeless about. So then I would take those to the Lord and go, Okay, I'm feeling hopeless about his progress, his effort, his decision, his new choice, again, etc, returning back to old patterns or whatever the thing was, and asking the Lord to meet me in That hopelessness. What it what I do with that Lord? And the Lord continue to remind me that my husband is his son, and that he is well aware. And of course I would argue and go, Well, I don't think you understand the severity of his choices at this moment, but he would always bring me back to that, which did give me a sense of hope, like I wasn't responsible, even though I'm being impacted. I'm not responsible for him. God is responsible for him, and he is responsible for him, so part of that okay, so guess what that word is called that I just described. It's called surrender,



17:53

that dirty S word I



Lyschel 17:54


know, and that's what I was consistently doing. When I would get to a place of surrendering my hopelessness would decrease.




Bonny 18:07

What I appreciated most about what you just said is as God is responsible for him, also the surrender piece too, but that I think women have this some carry a shame that I can't fix him, and why am I not enough that he wants to move forward, that he wants to heal, right? You're


not responsible for any of that. God is responsible for him. Yeah, give him to God. Absolutely. And I can see how for a woman in option C, right now, that is her main choice. Her main choice, surrender him. Because surrender is a type of detachment. It is healthy, healthy detachment,

 Lyschel 19:11


yeah, yeah. And it is fun, because I am funny, where I will sit with partners and they will say, I've surrendered him. I mean, I don't even care anymore. I just surrendered Him. God's got him. He'll do whatever he wants. And you can just even hear the tone that you're like, she has not surrendered him, like she is still wrestling with every breath he takes, and when she just keeps saying it. And I'm like, but to truly get to that place, even if it's for a minute, you know, I just said to a friend the other day, I'm navigating some other stuff. And she's like, how are you? And I said, Well, it is, you know, 1103, and I am at this exact moment, you know, just kind of describing. And I said, I desperately desire to surrender these things. And I keep praying, and I keep saying, This is what I'm desiring, but I do still feel the weight of it. Yeah, and so I don't always know that. I don't know that I have to wrestle that out with God. I don't know that, you know, surrender comes with a lightness. You know, lifting of being at light, but it's that is such a critical piece to what we're navigating when we feel that hopelessness is like, what is it? I'm feeling hopeless about

 20:24


what is it and

 Lyschel 20:25


what and what can God do with that

 20:30

in his time?

 Bonny 20:37

Well, Michelle, what hope can we leave our listeners today around option C

 Lyschel 20:45

and staying well in the hallway and

 20:47

staying well in the hallway, well, it's probably going

**L** Lyschel 20:50

to be very similar to the hope I left on the last episode, which is he's in the hallway with you and I. And my prayer for our listeners is that that that matters, that his presence with you matters. It is not a spiritual cliché. It's not spiritual bypassing. But So my prayer would be that, and my hope for our listeners is that they would get really curious if that still feels

 21:20

hmm, may minimal

**L** Lyschel 21:24

knowing that God is present, and that he would continue to show us the magnitude of what that means, of him being in our presence, carrying us through this, through the through the hallway, walking with us through the hallway, standing next to us in the hallway, and how his presence changes things. And it may not change the circumstance in front of us, but it certainly changes our heart and it changes the way we can navigate the circumstance.

**B** Bonny 22:00

Yeah, I hear from so many partners about I ask how they're staying sane, and she'll say, Well, I have to be in the word every morning, or I'm a mess, or I'm a bitterness. You know, the bitterness exudes for me, or I'm exhausted because Christ gives us rest. He gives us peace. And I can't explain it. That's, that's where our faith comes in, that it's, it's unexplainable, that it happens. So that's, yeah, that's what I want to give you. You don't have to understand how it happens, but his presence does bring those things.

**B** Bonny 22:51

Well, ladies, I know this has been kind of a harder conversation, but we hope. But you know, we're real here, and we want to have these kind of conversations, because it's in this wrestle that we grow. It's in this wrestle giving ourselves even permission to wrestle is huge. So thank you for wrestling it out with us today. And again, if you have found our podcast helpful, we do have a donation button, and that helps us with the Cost of publication. And thank you for listening. Bye. You