

EP_77.1_of_2_Stay_Shame_Go_Shame_Kathy


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SUMMARY KEYWORDS

stay shame, go shame, betrayal trauma, emotional tension, self-worth, fear, community support, faith community, overcoming shame, values compass, empathy, healing journey, personal growth, decision making, self-truth

SPEAKERS


Lyschel

 Lyschel 00:00

Music. Hi. I'm Pam Blizzard from recovered peace, and I'm Michelle Burkett with hope redefined, and

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

 Lyschel 00:16

Welcome back to another episode of hope for wives. If you missed the news, Miss Bonnie is still in Australia, doing all things awesome. We've gotten some really incredible updates of the impact that she is making in those communities with faith leaders and women around betrayal, trauma and healthy sexuality. So please keep praying for her. Miss Pam is actually out today she was not feeling well, so it's just going to be me and my friend. Kathy Reynolds, so welcome, Kathy,

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thank you, Michelle. I'm so excited to be here with you. Sad that Pam is not feeling well. We miss you. Pam, that's right.

 Lyschel 00:57

So today I'm going to share, we're going to share the table together, Kathy, and talk about a really important subject, I think, and something that I hope our audience will really connect with. So we're going to talk about stay shame and go shame. So shame in and of itself but

with. So we're going to talk about, stay, shame and go shame. So shame in and of itself, but specifically around staying in the relationship or leaving the relationship. And I'm really looking forward to having your your voice around this topic. Kathy, so you are a professional coach. You're a great friend, and you also work with an organization that we really appreciate, which is daring ventures with Dr Jake Porter. I taught him everything he knows, and



01:50

we all know it too. We all



L Lyschel 01:51

know it. He'll go. I remember when Michelle said, I bet that's how it goes down. Anyway, it is. You should



01:56

hear him in the meeting. He come up all the time, all the time.



L Lyschel 02:02

So anyway, so Kathy, is there any other sort of, any kind of other introduction that would be helpful as we step into this conversation? Or nah,



02:12

you're good. Okay, that's a great introduction. You can find me at daring ventures. That's all that you need to know. That's right.



L Lyschel 02:19

So I'm going to ask the first question, which is, can you describe to our audience, what is stay shame, what is go shame? And how does a woman even know she's experiencing it?



02:31

Yeah, that's a really good question. The best way that I can describe stay shame and go shame, it is. It manifests in our relationship, particularly from betrayal, trauma, and it reflects this emotional tension that we have as women when we're deciding whether we're going to choose to stay in this relationship or if we choose to leave for whatever the reasons are.



L Lvschel 03:01

—Lyschel 06:16

Usually, typically, that is some of the first things that are discussed when I meet a woman, and even she'll say, Well, I want to, I want to stay in my marriage. Can your organization help me with that? Right? Because she there's some level of shame that's been handed over to her about staying and so she's trying to figure out if she can find a community that's going to advocate or support her in her decision, versus shame her for her decision. So I definitely see that tension that you talked about for women that I walk with,



03:38

yeah, especially in within the faith community, it's really, really, really, really hard. Yes, so what does it look like? What does it look like when someone is struggling with that shame? Because, I mean, I know for me, I didn't recognize it as shame. I did not understand that. That's what my experience was, right? Like, if I say, Oh, you got some stay, shame, maybe you've got some go, shame, what? What does that even mean? Don't even know what that means. What does that even look like? And how do I know that that's what's happening with me? And then when I know that that's what's happening, what do I do with it? So for me, if you are feeling judged, judged by your community, by your friends, by your family, by yourself, your own internal dialog of, you know, questioning your own self worth, like, why am I choosing to say in this relationship? Why is it, you know, what's wrong with me? Why would I choose to be with someone who's cheated on me? If you're asking yourself those kind of questions, or someone else is asking you those questions, you might be dealing with some shame, right? Do you agree? Yeah, absolutely, yeah. Lived it, lived it, lived it, yeah. Um, and if you have fear, fear is most definitely an indicator that you're dealing with shame. I mean, there's going to be an element of fear regardless, but more around fear that you're that implies that you don't have boundaries, that you don't have self respect, that level of fear. What's again, it goes back to the question of what's wrong with me, yeah, why would I choose to stay and I get that a lot with women, what is wrong with me that I would want to stay with this man? I tried to remember the name of the lady, but I heard her say something, and it was after, you know, Conrad and I had already reconciled and remarried. She said she was talking about this topic, and she said it is never the wrong idea to choose to stay and be a part of the redemptive work of God in another person's life. And to me, that's a beautiful statement to overcoming the stay shame, right? I'm getting ahead of myself. I'm getting ahead of myself. So that's the stay shame. And let



Lyschel 06:16

me throw this, let me throw this in there like we have this conversation a lot about what is shame, because in this betrayal journey, there's a ton of different forms of shame that come out. And one of the things that we know to offer distinction is that shame is attached to who we are, but guilt is attached to what we've done, right? And I think that's an important distinction that we can throw in here. In this conversation, is like staying, somehow or another is impacting my character. It's saying something about me as who I am, versus going also says something about who I am, right? And that may or may not be true, right? There's a lot of deception that's happening there from our enemy that could be playing into this. So 1,000%



07:07

yes, absolutely, when it comes to the the ghost shame part, that was to me, in my opinion, that

that tends to be a harder shame for us to overcome. At least it was for me, because that is a part of my story. You know, Conrad and I did divorce, but we we reconciled and we remarried. So one of the hardest things for me to do when I did make that decision to go, Well, let me rephrase that, when I did the dirty work, he made the decision I just had to do the dirty work right? But when I made the decision that it he was no longer moving forward in recovery, and it was time for me to leave it was a prayerful decision. Number one, it wasn't something that I just hastily did now. It wasn't done with any sort of therapeutic guidelines. It was hasty in that regard, but it was a prayerful decision that I did make. But what really made it difficult is it bumped up to my values on who I am and what I believe in. I believe in the covenant of marriage, and I had this incessant need to make sure everybody knew this wasn't my decision. Sure in the comment or get you're separating, oh my gosh, you're getting divorced. Yeah, but it wasn't my idea. I didn't want it. I just, I needed everyone to know this isn't. I didn't. I didn't want this, and I felt like I walked into church on Sunday with this huge s on my shirt of shame, because you, you, you led this small group for couples from for marriage. You taught all these things about marriage. You went all these marriage classes, and you read all these marriage books, and you're getting divorced. Oh gosh, I I'm literally feeling it in my body right now as I even talk about it, there's so much judgment, and I just wanted everyone to know I've worked really hard. I fought really hard. It was hard to let that, that shame go. I had to do a lot of therapy to recognize that's not my shame to carry.

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Lyschel 09:29

Did you find that people were directly making statements towards you, or was it more of an insinuation, like, how did that play out for you? Or that was, I mean, because, honestly, what you're speaking to is like, is compounding, right? You're already carrying it yourself, but then you're being in the community and environment. What was that like?

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09:50

That's a good question. I think it was both. I think it depends upon the context of the relationship, yeah, um, I. Even my mom, who's no longer here, um, even she would say things like, well, at least he's a hard worker, at least he provides for the family, um, which was a very shaming, very minimizing comment. And I know she, she just didn't understand. I get that. You know people in our faith community that we consider to be an authority in our life, mentors things like that. You know they would make comments that would allude to me not being reasonable in my expectations, which led to a lot of shame for me. Well meaning people not throwing them under the bus. They just didn't understand. And then, yeah, there were comments, you know, from other people, friends, things like that. Well, he's Conrad's a really good guy. He's a really good guy. I'm sure he's really I mean, he worked really hard. I know he was, I know he feels terrible for what he's done. Okay, well, that's true, but takes more than just I feel bad for what I did to rebuild a relationship shattered by intimate deception. So, yes, there were direct comments, and then there were just kind of little innuendos or whatever, yeah,

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Lyschel 11:29

yeah. And kind of the I know what you're thinking, yeah, assuming I know what you're thinking, moments of Yeah,



11:38

yeah, so Oh yeah, oh yes, for sure, yeah. You can just, you can feel it when you're in the presence of certain people. Yeah, you just know, yes, wow, yeah.



Lyschel 11:53

So how did you battle it? How did you like with both of those having, I mean, just



12:02

not very well. Remember, I told you I would



Lyschel 12:08

a lot of therapy. I heard therapy, that's how I that's how I handled



12:11

it in a healthy way, but let me see, and I didn't handle it in a healthy way as I would overshare. And indeed, I had this need to defend myself and to so that that I don't recommend that one thing I find myself over and over again telling women is you don't have to defend yourself and you don't have to defend your choices. These are what you have to do for you, for your family, for your relationship, you don't have to defend yourself, but it that need, especially in the church, to defend yourself, is is real, because the shame is so deep. But I did, I did a lot of therapy to be okay with who I was and what my decisions were. Yeah, I don't know what more I can say about that, but that's about it.



Lyschel 13:06


So how did you get to yourself to a place of, okay, you came to recognition. I'm over sharing. I'm over sharing because I'm trying to defend because I feel shame, right? So we're kind of backing it up, like, this is what, this is what I'm doing. What changed like, was there a moment where you finally were like, I'm done defending myself? Hmm,



13:35

I don't necessarily think there was a moment where I had just kind of arrived at that. I think it was just something that I gradually grieved and learned to accept. Does that make sense? Yeah, like, because it would just compound the shame so I would overshare, and then I would have a tremendous vulnerability hangover, feel like a complete idiot after an engagement with


someone, and go, Why did you tell that person? They didn't need to know all that. And then I'd have to go back and say, I'm so sorry that I just dumped all my stuff on you. And then they'd be like, it's okay, backing away from me,

 Lyschel 14:21

probably a chapter two we need to go now. Yeah,

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it's like the parting of the Red Sea when I would walk into church and people would go, here she comes.

 Lyschel 14:30

You know, I'm glad we can laugh about it now, but I know how painful that is.

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It was. But there were some really good people along the way as well that were speaking truth into my life and telling me you don't have to share. It's okay, you know you don't have to defend yourself. So I had good people also that were in my corner, who knew our story, who knew me, but But to answer your question, I think as I grieve the loss. Of the relationship and the loss of my husband, and, you know, my hope for what our future I thought was going to be, and grieved my marriage and my family and everything that comes along with that, I just got to a place of accepting this was the right decision for me and for my children, and even for Conrad. I remember going to a sex addiction conference. It was William Struthers. That's it. He wrote how pornography rewired the male brain, and I don't even remember what he was talking about, but I was right in the middle of our divorce and feeling tremendous guilt and shame. And my shame at this point was not necessarily about my decision, but it was, again, it's my values of my covenant to for richer, for poorer, for sickness and in health, all those things that I truly believed. And I just went up to him afterwards, and I said, I just, I just need to ask you a question. I am divorcing. My husband told him a brief part of the story, you didn't ever share. I didn't over share. I was I did not overshare. I've done some work at this point. I said, I have. I just feel so much shame, because I feel like I'm throwing him to the wolves because he's sick, and I know he's sick. And he looked at me and he said, you are giving your husband the best gift a wife could give her husband by leaving him in the Lord's hands and allowing him to feel the weight of his choices and suffer the consequences for his choices. So that right there was like healing balm to my soul, because it was someone that I respected, someone who understood this and and and to hear it reframed like that as it being a gift, it really changed everything for me. And I guess if I had to go back to your question and say, was there a defining moment where I let that shame go? It would be that conversation right there. It would be that conversation I was able to let it go. Wow, you okay with it. And the more that, the more distance from him that I had, and the more from the toxicity, not, I can't say, from him,

from the toxicity in that relationship that kept me perpetually in a state of re injury and re traumatization over and over again. The more distance I got, the more clarity I gained, the more I knew this was the right thing to do. You know,

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Lyschel 17:55

it's interesting you said something. I'm just going to throw this in there as a small nugget. I just had this conversation with my kids this week that we as humans will we won't remember what you said, but we will remember how you made us feel. And I feel like I need to kind of put this like in here, in this little pin for two reasons. It's exactly what you described in your encounters with individuals in your faith community, and it's also what you described with this author, right? You said it twice. You were like, I don't even remember what he said, but I went up there and you know how you felt, because what you felt was an understanding. There was a an, I don't even know if it was approval or acceptance, but there was certainly an, I understand, I see you. I see I understand you. I understand what you're going through. And here's the wisdom I can offer to that, or the comfort. Really, it was comfort. Yeah,

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18:56

I agree. So it was,

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Lyschel 18:59

I love just being able to, like, thinking about, you know, I've had these conversations, like with my mother and other people where, you know, someone may have done something that felt insensitive, and all of a sudden they're like, oh my gosh, I've probably done that 100 times, and blah blah. And I'm like, you probably have, but at the bottom, at the end of the day, that's a really powerful thing for us to walk through life with is that people aren't going to remember what you said, but they will remember what how you made them feel right. So if you want them to feel seen, if you want them to feel safe with you, then say things that help them feel safe, exactly

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19:35

right? Yeah, and you know, that's, that's what Jake did for me, because I met him when we were in the midst of our divorce, and, you know, I came from abuse and and I don't want this to all be about me and my story, but that's the best context I have in which to identify with this deep shame, right? Um, and he was really. First person, the first male who I felt appreciated and saw me for who I was, not for what I, you know, could do for them, or what role I played in that particular, you know, relationship, but just for being a human being, and that just felt very empowering to me and and that feeling seen by someone and valued by someone, and as is view, you are your own person, separate from your story or your your role in life, whether you're a mom or whether you're a child. And it almost, it's, it's almost like it grew me up. I became an adult, not really a functional adult, up in Well, I mean, I was in some ways, but it grew me up. It it propelled me in a direction to become a better person, yeah, and when I mean become a better person, I mean to to fulfill the calling that God had on my life, to it kind of

takes me out of my own story of my shame and my pain. And it's like, okay, you know what? There's more to this than just you when, and just the being seen and being in front of another human being that cares about you. You're like, you know what? I can do this thing because I'm not alone in it. I mean, even if I don't talk to you every day, Michelle, I know you're on my team. I know that you love me. I know you're for me. I know you're out there, and if I ever need you, I could call you. So having that community in your life is absolutely imperative to overcoming and healing from shame.

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Lyschel 21:57

Yeah, I took it exactly where I was hoping you'd take it. Brene Brown in her video on empathy, she talks about how empathy discharges or fragments shame, it breaks it up, right? It's kind of like a kidney stone. Shames a kidney stone, and then you go in with that whatever it is, and it breaks all that kidney stone up, right? Because it can exist when you're when you're being offered a listening ear and empathy shame can't doesn't coexist. It's beautiful, and it kind of just sounds so simple, but that is the gift of being able to get into community with people who understand and they can extend empathy towards you. It will start to break that chain off right away, that stronghold.

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22:44

And I want to be clear that I see that level of community separate from like coaching or therapy. Yeah, those are important. But this is the community of me too, right? I get you, I see you. It's that level of community, which Lachelle, you do so so well. For the women that we serve, you do that so well. Thank you. Yeah,

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Lyschel 23:10


it's a well. We have that group that we started last year called abiding and hope. And the reason that we explored that was because women were asking for a longer time together. They they they were longing for that community, right? And so they were like, I'm doing the six group. I'm doing the six week group. I did the 12 week group, but I need more time, you know? Because they needed that space to be in the me too, and the the authentic connection. And so we worked, and we built a 44 week group, which legitimately builds that community you're talking about. We have a group right now that's together, and they're planning a vacation together in January. Mm hmm. And I'm a little jealous. I'm not gonna lie. I was like, do I get to come? Why don't you come? I was like, I promise. I'll just sit. I probably might, I don't know, but as the facilitator, you know, but it has been beautiful to watch those women overcome so much because of exactly what you said, the safety of knowing that they've got others who are like, I know, yeah, either with you in it, or I was just in that whole minute ago. So that's

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24:25

right, that's right. You know, Sarah Morales years, and when I first met her, like in, I don't even remember what year it was, 2013 and she used this metaphor, and I, I've stolen it from her, and I use it all the time. You know, we're all we're all climbing our own metaphorical Mount


Everest, but some of us are in different places than others, right? Like you and I, are a little bit further up that mountain than other people, and we want to show you, don't step there. You know, we were there. It didn't turn out so well. We got the scars to prove it. Let me help you find a different path, and that's what we do. That's what we do for each other, because some of us are I mean, I have people in my life that are further on in this journey than I am, and I look to those people for support and for nurture and for love and for acceptance.

 Lyschel 25:19

I think Pam actually calls herself a Sherpa. And I think that's what those people are called, right? The people who helped you climb Mount Everest, they're called Sherpas. That's, I think

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that's from brave hearts. That's what they call your Sherpa guide. Yes, I never heard that until I did the brave hearts training. Yeah, Sherpa guides. That's exactly what we are. Yeah, do we get a t shirt? I

 Lyschel 25:42

don't. I'll make one if we don't have one yet. Let me be your Sherpa gun. Yeah, thanks for being here. I'm your shirt. Yeah, love it.

 25:54

So something that that comes to mind for me as I'm thinking about how a woman really finds freedom and peace when she's forced with that decision on whether to stay or to go. It. And this was huge for me. It was such a big part of this for me that I even named my private coaching practice after this exercise. And it, it, it was the values compass. So, you know, I did a individual trauma intensive with Janice coddle, many, many, many, many years ago, 2013 and she had me do a values compass. I've never sat and identified what my values were and when, when she helped me sit and identify what my value system was and what I needed to help myself heal. It helped me in those decisions on how to do I do I stay or do I go? So knowing, I think, knowing our values is, is the first thing that we need to do to identify is this the right decision for us?

 Lyschel 27:10

When you talk about your values, it's one of the things that was such a learning experience for me, was I could I so I remember when we went into coaching school that was a big chapter of our learnings, because it's a it is a place that a lot of coaches support individuals, because our values are what drive our decisions, right? They drive our behaviors. They drive the way, even we interact with people, the risks we're willing to take. There's just so much that's wrapped up with those. And what was interesting was that when I started my own value work, I could tell you what my value was with other people, and then I was challenged with the question of, Do

you uphold those values with yourself? And I was like, wait the what? Huh. That was very different, right? Like, and I know this happens often. We we study values or work through people's values in some of our group curriculum. And it's like, I can tell you all the values are the things that I'm looking for in my husband of Integrity, Authenticity, truth telling bubble all these things and I and then when that question comes around of, how am I doing that with myself? At first glance, I was like, Oh, yeah. I mean, I tell the truth to people. I'm not a liar, but it was about me telling truth to self.



28:37

Oh, wow. That is so good.



Lyschel 28:39

I was like, Oh, crud, no, I don't tell myself the truth. I don't, and I don't, and it's not a value. It's not a ride or die. Right type of value for me, it's and so that really challenged me in my journey of authenticity, because what I wanted was to be authentic, but what was coming up for me was, Oh, wow. I can hold these values on other people. I can hold them with those relationships, but to be authentically like one of my values is safety. Yeah, I am not safe for myself. Now. I can be safe for my children, my friends, total strangers. I can definitely do that value and walk that out, and it's important, but to do it with self, different ball game.



29:31

Well, Michelle, I just have you just have to know, you just blew up my brain a little bit, because I, you know, we, we we have a part, you know, our partner program, returning to you, yes. And one of the part of our curriculum for the I lead the the I'm the group facilitator, and a part of that program is a values exercise. And when I give them this list of. Values, and they're identifying what it is that they need to move forward. You know, they inevitably come back with the values they want for their husband, right? And so they'll say things like, I need fidelity, and my value is fidelity, and it is honesty these things. And I'm like, well, aren't you an honest person? And you've already proven that you're faithful, so let's take those off, yeah, but I've never considered it from the perspective of, Are you faithful to yourself, yeah? And are you honest with yourself? So you just completely changed how I'm going to do that entire exercise. Thank you. That is so true, it's not just our values on with other people. It is us. Are we being truthful with ourselves? And if we're not, if we're not going to be truthful with ourselves, we're not going to make an informed decision about how we need to move forward, right? And I think that's the most important thing is to live in reality and make a decision based on truth.



31:08

Yes, I love that. That is so good.



Lyschel 31:18

Okay, so we're gonna wrap up here for just a bit, and you can tune in to next week's

Okay, so we're gonna push pause here for just a bit, and you can tune in to next week's episode to hear the rest of this conversation with Miss Kathy. Thanks for listening.



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You.