

Ep_38.2_The_Growth_of_Recovery_part_2

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SPEAKERS

Lyschel, Pam B., Bonny

L Lyschel 00:03

Music. Hi. I'm Pam Blizzard from recovered peace, and I'm Lachelle 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 are continuing our discussion around the work of recovery for the wife, overcoming the impact of sexual betrayal. Last episode, we generally defined what it means to work out our recovery and what it looks like in the days immediately following either a discovery, a rediscovery or relapse. In this episode, we will discuss what recovery work entails when we are further down the healing path. So ladies, what is the work she encounters after she's found some stability and is moving into grief and mourning, counting

P Pam B. 00:52

my losses, inventorying them, journaling them, because that helps me acknowledge them, accept them, process through, share them, make new meaning of it, and my life without the things that I've lost, grieving And that's exhausting, making appointments with myself to cry or to smash things safely. It's heavy, heavy work, and it lasts a long time. We're told in our training that it's the longest phase of our recovery, and we move in and out of it.

L Lyschel 01:40

Pamela, I like that you went to some of the tangible things that are a part of the grief cycle, and the things that we need to do. Grief was one of the steps that I missed in my first kind of two rounds of of betrayal. I definitely did not appreciate grief, nor do I like it,

so I certainly wasn't going to go there willingly. It only was allowed to happen when it overwhelmed me and I couldn't contain it anymore. So typically, I would find myself grieving in the shower or in my closet, maybe if I was driving down the road and I got lost in the thought or experienced a trigger. But grief wasn't something I willingly stepped into most of the time, and it wasn't until I got a hold of some other recovery material that they started to talk about the power and the purpose of grieving. The question you've asked is, Bonnie is, what's the work she encounters after she's found stability and is moving into grief? There's so many steps. And it's funny, we have a and hope for you to find we actually have a map. It's a it's a journey up a mountain, and if you look at it, it has so many switchbacks, and it's it's the way that we journey through our healing process, through these various phases, and how sometimes, like we talked about, that, we dip back down into previous phases. So there are times when I feel unstable again or unsafe, and I've got to dip back into that. Then there's the time where I'm in the journey in the morning and grief. And there's specific milestones that are happening in that particular phase. The milestones that I would say in the grief journey is a lot of what you said Pam in the list, but I would even just say naming it, being able to learn what it feels like and say I'm grieving. I'll just I'm not a professional, and I can't diagnose things like this, but I will tell you that I have walked with many of women who would tell you that they're depressed, and I don't think they were depressed, I think they were grieving. But because we don't know what that emotion truly feels like, nor how long should it last, we have that word depressed and depression, and we we know a fix for that one, right? So we're going to give it that name in order for us to stop doing what we're doing. So the first step, I would say, is to name it and really give ourselves permission to ride the wave of grief. Right? And grief has so many different stages, and in the beginning, some of the stages are shock, denial, negotiation or bidding for things or trying to we've got anger and fear in there, and then we move into disorganization. We can have panic and loneliness, trouble, re entering into the world. All of those are different phases of grief that we don't. Always necessarily connect back to what we're doing and really what stage we're in. And so those would be some of the things I would encourage us for is being allowed to do it, telling ourselves we're allowed to do it, making the space for it, but also trying to understand what it is.

B

Bonny 05:19

Yeah, I had a hard time understanding what grief was, and I was describing it not as depression. I was describing it as a homesickness. I was homesick for something. I was because my first, my first experience with grief was when I lost a community, and it was actually prior to the last D Day I lost a community that meant so much to me, and I just I grieved every day for the for the loss of those people that weren't in my life anymore. And but I didn't realize it was grief. I just called it homesickness. And I thought, when is this going to end? Because I remembered when I went to college, a lot of the girls at my dorm were just so sad for home, and I just didn't get that. But when I lost that community, I got it. And so as I moved into grief with the D Day, I understood I was mourning losses. I lost that concept I had of who my husband was as a Christian man who professed these things, although they were his values, he wasn't limping them out. So who was he? Another part of my grief work, I think, I think this preceded the grief work, and I don't know if that you had this experience. Pam, but after my full therapeutic disclosure, piecing together my life with that new information, was the most crazy I had ever felt. The most crazy is probably not the right word, and I'm sorry if that offends anyone, but that's how



05:19

P Pam B. 07:05

I felt. I would agree with crazy. Yeah, I remember Facebook memories. Sometimes it can just be so awful, and it was early recovery, a picture came up of us at Universal Studios in Florida, but I remembered that weekend, and I remembered something from disclosure that happened the very next day, and I just started crying my eyes out. I said, that isn't real. I can't have this happy memory, because now that wasn't real. Now that I know what was going on in your head and in your heart or what was happening around me, that picture doesn't represent what the people in the picture representing. There was a loss, a loss of facts, a loss of history. I had to create a new story around the loss and what that meant. And I felt crazy because, wait a minute, these two things aren't lining up. They don't match up, which is real, is what I know today. Even real, is it going to change tomorrow?

B Bonny 08:30

Yes, and that is the work, right? That's the work, yeah, it's the risk. Because to move forward, there's a risk,

P Pam B. 08:43

and there's work in this was absolutely valuable to me once I got there, but there was such incredible work in saying the words, accepting that I don't know, living in a space where I don't know what's going to happen tomorrow, living one day at a time in the moment that was so hard to overcome, the need, the thinking my safety would be in being able to predict exactly what's going to happen tomorrow and the next day in five years from now and 10 years from now, and getting into that space of okay, I don't know, but I'll handle one thing at a time as it comes. I'll trust myself to do the right thing in the right moment. And that was hard work,

B Bonny 09:32

yeah, and capturing those runaway thoughts, that's work. That was work for me, to capture the what ifs when you start ruminating to capture them and whatever tool you need to use to put them away, I had a tool of I had a closet my brain, not that I lived in denial, but when I knew that I was getting to a space of, it wasn't healthy for me. I took that thought and I put it in the closet. Closet, and I slammed the door, and it was really I thought it through in my brain. It's in the closet. I'm shutting the door, not going there right now. I'll deal with it tomorrow.

P Pam B. 10:09

And the other thing that hits me when we talk about grief and the work that we do is is the fact that we alluded to this earlier, that the world doesn't recognize we're in grief. When somebody first told me, you need to grieve this, where did my mind go? Immediately? Went to a funeral. There's there's not going to be a church service, there's not going to be memorialization, there's not going to be a casket, there's not going to be a headstone. So how do I grieve? There's not going to be a pot luck afterwards. People aren't going to bring me casseroles. And so I think what's the term disenfranchised grief? Is that the term for that where normally, and we even stopped doing this over regular deaths, as a culture, we should that. You know, the

widow wears black, or the family wears black for a certain period of time, or armband, so that the world knows this person is grieving. Other cultures do that. That so that society knows that person is grieving. They need TLC. They need support. They need care. We need to gather around them and hug them and support them and help feed them during this time. And we don't have that. We have to pick up and keep going every day while we're still processing and thinking and ruminating and feeling. And it's not just again, it's not just psychological or emotional. It's in our bodies. We've we grieve at a cellular level, and it's exhausting, and it can make us sick. We can have those physical manifestations of reduced immune systems or pain, physical pain. And so while the world may not recognize the world at large may not recognize this grief. We need to reduce ourselves a service by recognizing it, and as we alluded to before, getting into community with other people that do understand this particular kind of loss, who can do that surrounding and encouraging and loving on us and being in a group is so valuable and so healing and encouraging to just be seen.

B Bonny 12:30

And I'd also offer as self care to find an app sets trained certified counselor or coach. Because, you know, Lachelle has been talking about this accident you were in, and if this accident involved your heart, you're not going to go to the orthopedic surgeon or the orthopedic nurse. You're going to look for cardiac surgeon or cardiac nurse. And that's what apps are. They're there for this particular issue of betrayal trauma. So let's move on to our next question, does the work of recovery ever end?


P Pam B. 13:13


I hope not, because I talked about the gifts of recovery and the gifts of healing is growth. It really does. If I look backwards, you know, in the beginning, it was just I have to, I have to do this just to survive. I have to do this work. But the more I did the work, and I see this with other spouses too, the more we do the work, the more confident we become, the more authentic we become to ourselves, and the more we take care of ourselves, and we can't pour from an empty cup if we do have a heart of service and for our families and children, we have more to give others. We have more compassion. When we have self compassion. We have more nurturing to give others when we nurture ourselves first, and so I hope that I never give up my healing and recovery lifestyle. I'm always learning. I'm always growing. I love the work. I've come to love the work.


L Lyschel 14:24


I would almost challenge us to change the phrase of work of recovery to the growth of recovery. Like when you ask that question, Bonnie, I thought, yeah, like does? I thought the same answer as Pam, as I hope not one of the things I mentioned that mountain that we use, that picture that we use in hope redefined, and one of the words that's one of the foundational sides of that mountain is the word surrender. And as you grow in your healing journey, surrender. Surrender, in and of itself, shifts. It's a very fluid word for us, because I think in the beginning, when we're looking for safety and stabilization, surrender sounds almost impossible. It sounds like we're asking you to do something super risky, right? And the way I see myself when I'm in that stage, especially in that immediately following discovery, like my my natural


bent is to go and clinch my fists right like I'm not going to surrender. I don't even know what you're asking me to surrender, but it all sounds scary, and I gotta clinch it up, because I gotta control it. But as we stay on this journey, and the more we learn about ourselves, the more we grieve, the more we make friends with grief, the more we fall in love with self care, the more we fall in love with ourselves through our own self awareness and the different things that that come through this journey, surrender starts to become an invitation, and all of a sudden we get to a place of going. That's exactly what I want to do. I want to surrender this. I want to give this over to God. I want to be released from all of the pressure and weight and expectation of this thing in our story,


 Pam B. 16:23
the work of recovery,

 Lyschel 16:24
I think, naturally morphs into our

 16:28
place of growth.

 Lyschel 16:32
And that's what I would say, is, does our place of growth ever end? And I think, no,

 Bonny 16:39
whatever. I mean, yes, we've all suffered intolerable pain through betrayal and whatever our sufferings are, because there are women outside of betrayal that still suffer in different ways. Whatever our suffering is, we are, we are called to keep walking this journey. We're called to keep persevering. And what are I think about, what are we persevering to? We are persevering to personal growth, but we're persevering to be more and more like the person of Jesus. So I think, no, the work of recovery doesn't ever end. It's it is growth, and it's growth into that loving, compassionate person of Jesus, because we do feel prickly and we feel tender and raw and hurt, and it comes out. But as we grow into Christ, that softens, and then, if we choose, we can use what we've learned to help other women and pull them along too. So Pam and Michelle, as we wrap up this conversation around the work of recovery, what hope would you like to leave our listeners?

 Pam B. 17:58
I used to go to 12 step meetings because that's all there was when I first started this. And there is a ritual that you do at the end of every meeting, we would stand up and hold hands, and we

would say, keep coming back. It works when you work it and you're worth it, so work it. And that became my mantra, I'm worth it, and so I'm going to work it. And it's just like anything else. The more you do something, the easier it becomes, and the more I worked it, and the more the easier it became, the more I came to love it, because I saw the results I felt the results in my body. I saw the results in how I changed, how I talked about myself, how I thought about myself, and it changed me absolutely in my relationship with Jesus in Scripture, the relationship that I have now with God because of also the additional work I put into my relationship with him, help me understand that that work of working that relationship with my savior is never done, I hope is never done, that I am constantly reaching towards him, and I know he's reaching back for me, that he's always there for me. He sees into every crack and crevice of my heart, every place that's broken, every place there's loss, and he understands it. He gets it, and he understands it more than any human wall. He understands it more than I ever will, and that's enough for me.

L

Lyschel 19:54

I love to listen and learn from the. Teacher. His name is Graham Cook, and he has a statement that says, you're going to be overwhelmed by something in life. Let's make it the nature of God. And I think about that even in the recovery journey, how that is feels so applicable. I can't tell you the number of women I have sat with where they get to a point in their story, and they have a James one moment. And in James one it talks about considering it pure joy for all the trials and tribulations. And I remember wrestling and fighting with that scripture and talking about how dumb it is that no one would ever right Consider it pure joy. But I too, I too, have had my own James one moment, and I've been able to witness and watch other women have their James one moment where they hit a point in their story where they can look back and go. I would have never chosen this for myself, and I don't know that I want to ever do it again, but I am so thankful for what God has done in this story, with me, in this recovery, in this healing, because I know that I couldn't have probably learned that lesson or experienced that growth without this in my story. And that's the hope that I just want to extend to all of our listeners is that we say the cliché. We say the thing, he'll never waste anything. He'll bring Beauty from Ashes. But man, when you get to see it and experience it in your own story or witness it in another person's story, with the anticipation that it'll be a part of yours too, it makes the next day worth it. Yeah, you

B

Bonny 21:43

went to James one, and I went to Romans five, because we know that suffering produces perseverance, perseverance, character and character, hope and hope doesn't disappoint, because God poured out His love in our hearts, the Holy Spirit who he gave to us. So where I've seen those women experience their James, one like Michelle is talking about, is actually at the hope redefined retreat. And if you feel like you're at a stuck place and and really want to move forward. I highly recommend the redeemed Hope Healing intensive weekend, and that's on Michelle's website. That's on hope redefines website, and we'll have that in our show notes.

P

Pam B. 22:40

Yeah. So to quote a friend of ours, Dr Jake Porter, he says that grief is a luxury for the brain that knows it's safe, and that's why it's not in the first stage of recovery. Because first we need to

have a safe place to grieve. We need safety, we need boundaries. And I have a boundaries course coming up, clarity and peace with boundaries, and I talk about this in the boundaries class, that this boundaries are for every phase. It's not just the first phase of safety and stability. It's also really important to have really good boundaries and an understanding of them and how to implement them and enforce them, and feel comfortable enforcing them in this phase too, when you have when you're working through grief. And so I'd like to offer an invitation and ask people to consider joining my clarity and peace with boundaries course and group, and you can find that at [recoveredpeace.com/learn boundaries](https://recoveredpeace.com/learn-boundaries),

B

Bonny 23:53

right? Thank you for joining us today. We hope to be a bright spot on your recovery journey. If you'd like to leave us a question or comment, please use the contact button on our website. Hope for wives, and that's hope F O, R wives.com Also, if this podcast has helped you, please consider donating toward the cost of publication.

P

Pam B. 24:15

Bye, bye. Yeah. Like that one? Okay?



24:20

Like that. Do that one? Okay?