

Ep_38_Reconnecting_with_our_Intuition

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SPEAKERS

Lyschel, Pam B., Bonny

P Pam B. 00:03
Hi, I'm Pam Blizzard from Recovered Peace.

L Lyschel 00:06
And I'm Lyschel Burket with Hope Redefined,

B Bonny 00:08
and I'm Bonnie Burns of Strong Wives. We're so glad you're joining us.

P Pam B. 00:16
Welcome to another episode of hope for wives. Today we're discussing intuition or gut instinct. Intuition is a type of unconscious reasoning. For example, when I have a hunch that it's better to avoid the highway today, when I run my errands, that's intuition. It oftentimes disappears after a discovery or disclosure, because trauma can block intuition for a time. Typically, women are tuned into their intuition. And when it goes offline, we can feel that everything is unsafe, even when it is, this is a very scary place to be in. So ladies, let's talk about your personal stories where intuition was affected, did it go offline for you?

L Lyschel 01:01
So I'll, I'll give it a shot I'll, my intuition I think has always felt a bit mystical. For me, I don't know that I was always able to really feel like I understood it. But I, I definitely grew up in a family of origin where gaslighting and minimization were very common things that were utilized when attempting to talk about hard things, or fear, anything that came around processing

information. And so it messes with your intuition. When you say that thing that happened was really scary for me. And someone responds with, Oh, it wasn't that bad, you're making a really big deal about something that wasn't that bad. So then you begin to question yourself all the time going, well, maybe I don't know what's bad, maybe I don't understand what's going on. Maybe I misread everything, maybe I didn't understand what they were saying. Which leads you into a lot of unhealthy things, which we've talked about in other episodes. So moving into my marriage, I definitely had a sense of hyper vigilance when it came to unpacking different stories that were said to me, or, but it also put me in a place of probably being overly trustworthy of my spouse, where he would tell me a story. And it really didn't make any sense at all. But I would come back in and start to question and then because I'd grown up in this environment where my intuition was already always questioned, I would tend to back down from that moment of inquiry with my husband pretty quickly. So he could explain it away pretty quickly, or he would gaslight the situation or omit information. And that really did play into the way that I would be suspicious or think about things. On the other side of it, a lot of times, I feel like intuition. While I know that it's a good word, through mental health, I also really feel like I can be led by the Holy Spirit. And so I don't, I don't, I can't say that I'm a professional on either side. So I don't know how to help our listeners distinguish between what's the Holy Spirit and what's my intuition, but I have for sure been led by the Holy Spirit to not get on the highway today. And then see these moments of like, oh my gosh, that's exactly, you know, that was protection and so on and so forth. So,

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Bonny 03:40

yeah, I lived life a lot by my gut, and, or the Holy Spirit. So after the second D Day, when I kind of went into denial, because I just didn't know how to deal with it. Things would feel off. Things would feel, huh. Yeah. Remember, remember, the old Arsenio Hall Show things that make you go? That's, that's what I would experience and instead of questioning him, I would just tamp it down. So I've heard some of my, I've heard some of our listeners say they were gaslighting themselves, which is you're trying to alter your own reality. So that's what I was doing a lot. I was dismissing my gut. It was there for sure. But after the third D Day, I believe that the trauma and then the trust factor, I think that also plays into our intuition factor. I don't know how it all goes together. I think it has something to do with the brain and the gut and all that thing that the second brain I don't know if you guys have heard about the second brain and our That's literally in our gut, which is very interesting. But that's probably for another conversation. It did go offline, things were black. For me. Things were like the future was a black void. Just living life, I was just living one moment to the next moment. I didn't trust anything. So I think that was, that was my intuition was offline. I didn't trust anything.

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Pam B. 05:24

Oh, so many meters listening to you to talk about this. I grew up in a home where, you know, if I had feelings, even as a young child, young children are very intuitive. Were intuitive from a very young age, and they pick up on things, and I would pick up on things and my family had a lot of secrets, and a lot of dysfunction. And so it was always thrown back at me like no, what are you talking about? Oh, you're imagining things on what a vivid imagination you have. And so I learned that talking to people about my intuition was not a comfortable thing to do. And it wasn't productive. It wasn't a productive thing to do. And but here's the thing about me in and my gut, I would try to stuff it, I would try to explain things and gaslight myself and tell myself I

quote shouldn't feel that way. But I couldn't, I couldn't quiet it down, it would always come back. And what a terrible place to be feeling so stuck that you know something is off. You can guess it a bunch of different things, maybe even have some cognitive distortions, trying to fill in the blanks. But in your body, in your body, you know, something is off. And that's why full therapeutic disclosure can be so healing and validating. Because even if it's information that you don't really want to hear about what your partner is doing, hearing, hearing my husband, explain what was really going on, was so validating because it was like, Yes, I knew something was wrong. And it could have been as simple as the tone. He used to answer a question, an eyebrow raise a sigh, maybe looking away from me when I asked him a question, little teeny tiny things that would that would poke at my intuition. And I didn't know what it was. So it was just an awful place to be that you don't know what reality is. Because your body's saying, Nope, something's wrong. But your mind can't give a name to it or solve it.

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Lyschel 08:08

Yeah, Pam, I think you bring up a really good point. When when we talk about intuition, that is one of the gifts I talk about a lot with therapeutic disclosures with clients that I work with is that it begins to have a colleague friend, we have a colleague friend named Kathy Reynolds. And she said to me one time a disclosure is intended to turn question marks into periods. And a lot of times, it's exactly what we're doing is our intuition is creating question marks for us. Because what's being told back to us our reality is not lining up with what we're sensing on the inside. And so that disclosure experience and process really does begin to say, I knew something wasn't right. I just didn't know what it was. And it does, there is an element of restoration to self is what I say a lot of times with my clients is this is a restoration to self meaning I get to start trusting me again. I may not trust my spouse yet, but I definitely can start to restore trust with my with me. And that is going to carry her and give her the ability to then start having intuition about is it safe or not to trust my spouse. Right? And so it's a it's kind of a mathematical equation there. You've got to restore that thing with yourself first before you can start doing it in other relationships because you'll consistently stay in that cycle of wonder.

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Pam B. 09:33

Absolutely. I often say if you can't trust him, don't learn to trust yourself first. And that's hard because we have gaslit ourselves. It was a coping mechanism. We have to give ourselves grace. we've ignored her intuition because we had to we had really no other outlet, no other methods of dealing with it. And so we've learned to survive we've learned it To cope in unhealthy ways, and to not listen to it. Because to listen to it constantly, we would be crazy. We feel crazy, right? And so to learn to plug into that again and allow our brains to ask what's going on? Where's this coming from? Where do I need to go? To get the safety that I need? From what my intuition is telling me. I don't need a smoking gun, I don't need proof, to deal with what's happening in my body to self care, and process that, that information that's coming through in my intuition, test it, validate it, go to a trusted friend, recovery friend to say friend and talk about it.

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Bonny 10:58

And I think to that, if you've had multiple D days, and he's still not in good recovery, so this is where I was. And I was gaslighting myself, I was tamping things down for a season. And then I

got stronger. And I would say it was the Lord. The Lord was speaking to me and helping me prepare. Part of that preparation was, for lack of a better term, it was a relapse plan. What was I going to do? What was I going to ask for? If this thing is discovered, again? And how does that relate to intuition? It's you using your own disk, you can still even though our intuition goes offline, a certain a bit, we still have the ability to sit and reason even if it's incredibly hard, because I know, I know that brain fog is real. But we do have the ability to sit and reason. And so coming up with a plan in case it happens again, helps us to trust ourselves, we've already made that decision. We don't have to rely so much on our intuition and hunches. I also want to mention that we have covered full therapy, full therapeutic disclosure in two previous episodes. And those links will be in the show notes. Hey, Michelle, I know that you have a relapse workshop, would you mind telling our listeners a little bit about it.

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Lyschel 12:40


So the relapse planning workshop that we offer is intended to support women in their plan, should there be a relapse? What I consistently see is he has a plan. She knows his plan. So if there is a he crosses into one of his circles and appropriate behaviors, his plan would be to leave the house for a week, etc, so on and so forth. But the reality is, in my own story, we had to implement the relapse plan. And the moment my husband walked out that door, I was standing there with three small kids and had no idea what I was supposed to do. I had no idea what I was supposed to expect of him. Before things were, quote returning to normal. And so the relapse planning workshop is intended to support women in their own plan. What do they need for self care? Who are their safe people to go to? What is the expectations that she's going to need around certain things financially childcare, in home separation, out of home, separation, etc. So we take two days for the workshop. And we split them out over a week because there's some individual work that she can do in between each of the workshop meetings. But we do some psychoeducation on the first day, and then they they actually get a workbook that comes with it. And they're filling out all the different parts that are really important to them. And we're giving them an opportunity to sit with this probability. Right? Most women don't want to sit with the probability that there's going to be a relapse. I totally understand that. However, we talk a lot about in the workshop, even that, you know, you will most likely have a fire escape plan for your house. And you hope that your house never catches on fire. You hope you never have to meet your kids at the neighbor's mailbox, right because your house is on fire. But you still put the plan in place. Because it's something that we want to make sure we have should that emergency arise. This is the same same concept with this relapse plan for her. And so the beautiful thing about doing it in the workshop setting is that we do do some breakouts so women can start brainstorming off of each other learning around some of their different experiences. You know, I didn't necessarily right now I don't have toddlers. But when my relapse happened, I did. And so like I could support a woman who now has toddlers, and she just can't really get her mind around. What is that? What would I need if we had to if there was a relapse? So in relapses, not every not every plan requires him leaving the home. Not every couple, that's not an ideal solution for them, which is completely fine. But it does give them that give her the opportunity to figure out what does she need in that season? Because oftentimes, that's still a question that we don't have answered yet.

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Bonny 15:46

Thanks, Michelle, for telling us more about your relapse workshop. And listener, if you would like to attend this workshop. the link is in the show notes. And now let's return to our

conversation around intuition.

 Pam B. 15:57


So what practical tools can we offer our listeners if they're struggling to hear that inner voice?

 Lyschel 16:12

My first practical tool is community. And I have an example of someone's story, someone's story that I've worked with, because it was so incredibly powerful to talk about, or to come to the realization of understanding her struggle with intuition. So she was a woman of faith, their marriage was in crisis, she went to the church, her husband was a part of a meeting with a pastor. And in that conversation, she was attempting to communicate that there was emotional abuse coming happening in the relationship as well as his sexual acting out behaviors. And part of that emotional abuse was the gaslighting, the manipulation, the lying Darbo, as one of the phrases that we'll use, oftentimes lots of denial attacking her verbally, reversing the situation, etc. So she's attempting to explain this, she doesn't have those words like she doesn't have Darbo she doesn't have all those that language but she's attempting to explain to the pastor what's going on. And the pastor's response was, perhaps that is your your understanding of the situation because you're in so much pain. And so what he was doing was, is she's attempting to say there's something bigger here, and more important, and she's looking to that person for validation, right for this emotional abuse. And unfortunately, this individual is trying to keep the fire manageable. Because right, if I say, oh, there's emotional abuse, there's sexual addiction, there's this, there's that that's a massive for pastoral care, I'm sure, I'm assuming that feels massive for them to be like, I don't know how to handle that. So he's he and his best effort. He's attempting to try and keep it in a manageable size for their conversation, which begins to make her feel crazy,

 18:18

or dramatic.

 Lyschel 18:19

And she begins to wonder if she is being dramatic. And as she was sharing the story, she was in group and there was this opportunity for her community to come around her and say, no, what you're describing is accurate. It is abuse, you just happened to be sitting with someone who doesn't have that form of that language, that way of talking about it, or maybe the ability to minister in that way. And so it was so imperative for her to have that safe community to come back and speak to because she knew something wasn't right. And she knew there was something not right even in the conversation with the pastor. And she knew that something wasn't right in her home. And she didn't have the words in the language for it. But she definitely needed some form of validation that there was a problem. Now could her language had been off? Possibly, right. But I also think that, you know, I'm just going to speak to this, I think emotional abuse, because it is so covert is very difficult to communicate to other people. Because emotional abuse is something that's happening. And it can be very subtle. And it's it

happens over long periods of time. You know, I've said to leadership individuals that I've sat with before. If those people in that family were bleeding, because the husband the dad hit them, you would rush in to care for them, because that is physical abuse. but emotional abuse doesn't actually leave scars on the outside of the body. Right? It leaves scars on the brain, it leaves scars on the heart. And those are very difficult to see. And you you, you have to take a person's word as true. So when someone says, This feels manipulative or this seems this way, or whatever, you have to press Send and get curious about that, versus assuming that they're being dramatic. And again, I think that's pressing in, I think it goes with this topic of intuition. So the practical tool, the first and foremost, I would say, is get community and get good, safe, healthy community that helps validate your experience, to where you can go, I knew my gut was right. And it's not based on the person who's potentially causing the harm. And it may not necessarily you may find a faith community that is super helpful, and affirming what's going on for you. So I'm not going to say that across the board, I have many women who say, I don't know how I'd be here without my pastor, or my, you know, small group leader or such and such, but that would be my first,

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Pam B. 21:11

absolutely, you know, just to be validated, that this is a common experience. You know, the group doesn't even have to say, Oh, yes, you're right about what you're thinking or suspecting. But just, yes, this is something that we all experience, you know, the feeling that in your body, that something is wrong, something's not right. And just knowing that you're not alone, that it's not craziness, there's not something wrong with you for feeling that way. The other tool, word or a suggestion I would make is, in order to learn to you, in order to learn to follow your intuition, you have to be willing to use it and engage with it and not squash it, not push it away. You have to learn when your intuition is wrong in order to learn when it's right. So using your intuition, I would say journaling it writing down without filtering without censoring, exactly what you're feeling in your body. Exactly what is leading you to have these thoughts and feelings wasn't an event was it a conversation doesn't have to be big, it's usually not big. I would say it's always not something big. Like I said, it could be my husband raised an eyebrow, when we were talking about something or it was maybe the wording that he used, it could be something so, so tiny, but journal it and document it, you need to validate that for yourself, and then just follow it, take it to your group, do what you need to do to act on it. And again, I want to encourage women, you don't need proof or a smoking gun to enforce a boundary. If you need to enforce a boundary to feel safe. If you suspect there's something going on. If you are suspect there's a relapse, you don't need proof, to say you know what I'm feeling a certain way. And I need to take a little bit of space to self care and process through these things that I'm thinking and feeling. You don't need to justify it, argue about it defended, explain it if your intuition is active. It's a prompting to self care. Number one. And I think sometimes we're afraid to act on our intuition. We're afraid to be wrong. Be willing to be wrong. Be willing for it to be absolutely nothing and be wrong. It's never wrong to go self care. Because you're having feelings.

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Bonny 24:09

Yeah, totally agree with community. I totally agree with the boundaries and the self care. And where I landed boundaries were super important for me because I hadn't had a really good grasp of what they were until after that third D Day. And I realized I couldn't trust him. And my

intuition told me not to trust him. But I could trust my boundaries. I could trust what I had put in place to protect myself by using that little bit of wisdom and that I still had in spite of the brain fog. So intuition can be scary. And if you don't want to lean on it, I agree with Pam, you do have to take her up, especially to heal, you have to take some risks. And I know it's scary. But in the very beginning, if you don't want to lean on it, you can lean on your boundaries, and your community. So yeah, boundaries were huge for me. If you haven't thought through what you need, just sit down and really think about what you need, because that's the first step towards creating some good boundaries. And also, we have some episodes on boundaries that I'll also put in the show notes.

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Pam B. 25:35

If you're like me, your intuition doesn't shut up. It wants to have its say, and at the time, I didn't have a group. But one thing that I did find helpful to my soul, and my spirit was to take it to the Lord, and to enter into worship, feel that I am in God's presence. And that would change my attitude, my heart, my viewpoint, the way I thought, and then to sit down and look at that journal, look at the journaling, and surrender every one of those thoughts to the Lord, take every thought captive, and surrender it to the Word of God. And ask, What would God say to me about these thoughts that I'm having? And it validated me, it didn't answer all my questions, it still left me with some questions. But I felt differently about how to approach those questions. So I just want to offer that consider going into worship, and asking God to talk with you telling God about these thoughts. Because you'll feel you'll be heard and seen. And you won't feel alone with those thoughts, you might have a different feeling and viewpoint about where to take your intuition. So what hope can we leave our listeners around intuition?

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Bonny 27:18

I'm assuming you're listening because you are starting your own recovery journey. And if intuition has been a problem, it's, it's going to be just a season it will come back online. And it's not dependent on whether he gets into good recovery or not. It's about you and your recovery and getting in tune with yourself and self care. So but it boils down to pressing into the Lord, really, I agree with what Pam just said previously, that pressing into the Lord, leaning on him for wisdom and discernment. Because as Michelle already said to the Holy Spirit is our wisdom and discernment. And he is with us whether we feel him or not, he is there. If you do believe that the Bible is the Word of God, you can lean into what it says what those promises are.

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Lyschel 28:14

I feel like the hope that I can offer is truly the entire Book of Proverbs. The entire Book of Proverbs is about wisdom, and the power of wisdom and the gift of wisdom and the accessibility of wisdom. And I was going to try and pull out some pithy scripture and make it look awesome and all those things, but the reality is, is that I'm gonna say that just read the book of Proverbs. As you're wrestling with understanding, where does my help come from? And I, I know I wrestle with, we have said, I have several girlfriends who are very, very close with and there is always a moment where each and every one of us gets into our place where we

go, but But what if I'm going to miss it? Like, what if I miss what God's saying to me? What if I miss what the how the Holy Spirit's leading me like I you know, and so there's that fear that we're gonna miss it. And each of us in our own turn, come back to that person and say, You're not that powerful. Right, you're just not that big. I know, you think you're that big, but you're just not that big. And he's really committed to this journey. He's really, really committed to our story. And so if you manage to walk around the block 14 times and don't catch it first, he'll continue to walk with you because he's a great teacher. And that's exactly what he's going to do is keep walking with you. But on the other side, trust that He's big enough to get your attention. Trust that he's He loves you in enough to get your attention that he is for you. And he wants nothing but good and freedom, and hope and goodness, all those things for you. Like we can say them, we can recite those scriptures. But it's also this is a place where we walk it out. And we make that faith and that relationship with the Lord is tangible and real. So that would be my hope for you. And my encouragement is you're not, you're not going to miss it, because you're just not that powerful. Sorry to break it to you. And me neither. And he's really committed to helping his kids hear His voice. And he says it and he shows it over and over again. I always consistently go back to the story of Gideon, and how Gideon is having conversations with God, God is giving him instruction and he is still not sure. And he asks God, okay, show me one more time. Okay, one more time, right. And if you watch God's character in that story, he never grows frustrated, he doesn't grow weary. He doesn't say I'm done with you, Gideon, you just can't get it. Like he's consistently willing to stay in that space, because he knows that Gideon is a teachable, has a teachable spirit. And so he's going to stay in that space with us if we choose to have a teachable spirit.

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Pam B. 31:28

In the hope that I would leave is that intuition, emotions, our perceptions. We were made this way, God made us this way to be able to navigate our world. And the more you do take a risk and start using your intuition and following up on it, paying attention to it, honoring it, when you are validated, it becomes an incredible, powerful protective tool. And so the more you use it, the more you will learn when you're right and when you're wrong. And it just becomes for me it has become this really powerful tool, a valuable tool that I hold very dearly and keeps me safe, and keeps keeps me keeps me values based.

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Lyschel 32:34

Hey, listeners, this is Michelle and I just wanted to give you a reminder that each of us as podcast hosts actually offer support and care. We'd love for you to check out each of our individual websites. We are all consistently offering individual support as well as groups. fall and spring are usually big times that we're kicking things off, but we'd love to have you join us at any point in your journey. To get more support. Be sure to check our show notes for all of our upcoming offerings.

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Pam B. 33:07

Thank you for joining us today, we hope to be a bright spot in 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.com Also if this podcast has helped you please consider donating towards the cost of

publication.