

Ep_48_- _Your_Healing_is_Not_Dependent_on_His_Recovery_2.2

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SUMMARY KEYWORDS

self-care importance, emotional resilience, cognitive distortions, boundary management, personal growth, safety assessment, community support, trauma therapy, emotional abuse, cognitive distortions, personal boundaries, emotional abuse signs, professional therapy, self-care tools, emotional support

SPEAKERS

Pam B., Bonny, Lyschel

P Pam B. 00:03
Music. Hi. I'm Pam Blizzard from recovered peace,

L Lyschel 00:06
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 continue our discussion around how a wife can heal even when her husband is not in good emotional and behavioral health. Yet we will be focusing on practical tools and ideas you can use to care for yourself and move into personal growth in spite of your husband's lag in recovery. So ladies, why should a wife focus on herself in this season? Because

P Pam B. 00:41
it's the only place she has any true power. Doesn't have any power over her husband's recovery or the relationship recovery. She has total and complete power over her thoughts, her actions, what she does to take care of herself, cognitive distortions, boundaries trigger management, everything, all the power rests in her lap. 100% agree

L Lyschel 01:07
with that. Pam, and the other thing that came to mind when you said that was for a lot of women that I get to work with, they're also there's so much responsibility on them for caring for their children. And when Mom is broken or mom is not functioning well and she's waiting on other people to fix it for her, that's an impact that's much greater than just her and just him, right, there's other people involved. So giving her

permission to focus on herself and encouragement to focus on herself is a necessity far surpasses just her, right? It's the whole, I can't pour from an empty cup. And, but you're right. She's the only one that she can be in charge. She can be only in charge of herself. That was not even probate English, but you're welcome

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Pam B. 01:57

and, and aside from God, she's the only one she can truly know she can count on. She knows she can count on herself. Doesn't have to wait for anybody else to come along and change her thinking or care for her. She can do it herself when others can't. Yeah,

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Bonny 02:17

I just love the word power, because when you've lived in that place of so, you know, addiction or not good recovery, it just is so depleting. And to realize you do have power that kind of when, even when I hear that word, I feel it in my body. I do. I feel it. I lift my shoulders up and I feel it more so. And I think that's another reason why should care for herself, is to embody your power, to embody some energy, because I know you're so exhausted from doing what Michelle was talking about, taking care of everybody. It goes back to the oxygen mask. And I know this is a cliché, really tired analogy, but if you're not taking care of yourself, it's it's harder for emotional resilience. When you're not taking care of yourself, it's harder to navigate the conflict. But when you're taking care of yourself, you're empowering yourself, and you're giving yourself the energy to be able to walk through the hard stuff about feeling totally exhausted.

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Pam B. 03:27

And I want to just like I want to give everybody permission to be a rebel, right to be a rebel against culture and our own cognitive distortions, maybe our own beliefs about a woman should do this, the wife should do that, as I was talking about in the last episode, that it's on women to make sure the relationships are all working, and it's really not. And if we don't take care of ourselves first, we've got nothing to bring to the relationship. We have nothing to bring to our children's lives if we're just surviving. We weren't made to just survive. We were made to thrive. That's what God wants for us. He gave us this beautiful world to thrive in and buck the system, because a lot of us, or maybe even especially our partners, our addicted partners, come from families that are enmeshed, and it's hard to talk about detachment without talking about enmeshment. Because what are we detaching from? We're detaching from that enmeshment of these family unspoken rules that you don't go against the family. We don't upset mom. We always follow the rules. We don't call out this other person's behavior that that is harmful or in a. Appropriate, because we go, oh, that's just Uncle Tom, right, or that's just Mary. That's just the way she is. Be willing to buck the rules, buck the system, break some rules, and re reformat your thinking around what are you responsible for and what rules do you have to follow? We really need to follow God's rules.

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Bonny 05:23

So what are some ways a wife can care for herself in this tough season? Let's talk about some practical tools. Thoughts. Well, I think

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Lyschel 05:30

immediately I would refer a listener back to our, our our episodes on self care, like we've, we've, we've talked about that and what that looks like. But to get into this, because self care is a necessity across the board, it doesn't really matter the season, right? But if we're specifically talking to a woman who's navigating this, this area where he is not in good emotional behavioral health, it's it's not good, and she's trying to figure out how to survive in this space, or even consider thriving in this space. One of the first

things I would say is she needs to do some level of safety assessment, because if he's not in good emotional behavioral health, there's a high likelihood that emotional abuse is happening, is coexisting in this space, so and this is going to look like excessive gas lighting, blame shifting, darvo. And so my encouragement would be for her to educate herself on in some of those areas, to really assess is this what I'm facing? The unfortunate part is emotional abuse doesn't leave external marks, and so people around you are not going to call it out for you, usually, unless you've got people who are in your circle that are aware, well aware of what it looks like and what the symptoms are to emotional abuse, even having pastoral care, like going into Your pastor and trying to explain emotional abuse. And I had a client who was attempting to do that had gone to a pastor was sharing that she was an emotionally abusive relationship and had asked for a separation from her husband. And a month later, the pastor sees the woman at church, and he just assumes that everything's gone back to normal. And the unfortunate part was, is that there was no follow up. No one's really I don't know that we have a good template on how do we care for people facing emotional abuse, we know what to do if we sense physical violence, right? You get them out of there, and you get them resources and support. But the emotional abuse it, it, it, it's still just as volatile, but we don't have a very good plan for that. So I'm just going to apologize for the care world now that I don't feel like there's still a very good plan in place for emotional abuse. But some of the ways, other things that I would say so with that not being in good emotional behavioral health, the other thing I'm going to say is she needs community, and I know we harp on this all the time, but that's because we know that it's a lifeline, even in our own seasons in our marriage, like having such a longing and a desire for him to be emotionally safe for me and I desperately want to go to him for some sort of comfort or emotional connection, and him not having the tools to do that, And then all of a sudden I feel that rejection. All over again, and I don't know what to do with myself. My Lifeline has been having other safe people in my circle that I can go to for that emotional making sure that they're good, safe people I don't have mixed sex friendships, so I'm not friends with men. I'm not going to other men for emotional support. I'm I'm going to other women that I feel safe with, and I just, I think that's Pivotal, and it's important because part of it is allowing you to still have some of your needs met as I just as an as a human, of wanting to feel safe with other people. And then on the other side of it, it also will help you with a little bit of clarity of being like, Okay, our friend Jake Porter, I think if I've mentioned this before, but he was on our group or and we might have talked about it when he was here, but when he talks about that, that there's it's important to assess, is It denial, defiance or deficiency? And when you have someone who's navigating any sense of recovery and you're not seeing any emotional or behavioral health changes, is that because of denial, they don't think that there's a need for it? Is it because it's a deficiency, they don't have the tools and skills to do it? They need somebody to help them, because they got a crappy inheritance right from others. Or is it defiance, which is, I have everything I need, I just don't want to that's like a very basic explanation of defiance, right? Those are things that I get to sort out with my other safe community and. Stepping away from this person that I so desperately want to connect with, and I can't do it safely, I get to go to other people and say, Help me discern this, what's going on here. So that's the that's the emotional stuff I would say, that we can do for ourselves in this tough season. And

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Bonny 10:16


I take that one step further too, in that if you do have childhood trauma, if you have childhood sexual abuse, anything even small, T trauma that just a consistent neglect that you haven't explored with a licensed therapist. I mean, we're apps that's trained, and we are phenomenal, but we realize phenomenal, phenomenal. Yes, we realize that we're only humble and humble and very humble, but we realize we're not equipped to do everything. So I would just encourage you to find a therapist, a trauma therapist, to help you through some of that, sort through some of that, so that, because betrayal, trauma, can rip the scabs off of those childhood things, and it's compound, it compounds your pain. Yeah. So, yeah. So while it seems like a big job to deal with your past and to deal with the present, if you can deal with the past and get tools from your therapist. It will help with the present

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Pam B. 11:23

you, you mentioned tools, and so I would advise Be teachable, be willing to learn. This is this is an opportunity for growth, to learn some of these tools that will follow you the rest of your life and be gifts of


recovery, learning to name your feelings, learning to challenge, maybe some cognitive distortions that you might be having around beliefs. But I just, I also want to reinforce, like Dr Stan tatkin says, The betrayed sets the conditions for re entry into relationship with her, and group will validate that your conditions are reasonable and normal, and the group will validate what it feels like to feel connected in a healthy way. And maybe the group could also, depending on the kind of group you're in, teach you some new skills, some tips and tricks of how to cope with some of these emotions, how to turn around some of these thoughts that can be self defeating, and re script some of our beliefs that might be holding us back or might be blocks for us. So be teachable. Just be open to learning new, really cool skills.

 Lyschel 12:50


So to recap, talked about getting into groups, checking, assessing your own personal safety, getting into groups, professional therapy, support and help, being teachable.

 Bonny 13:04

I'd say explore her boundaries too. I mean, that's safety. But if I have so many clients come to me, I'm not good with boundaries. If you know you're not, that might be a place also to start equipping yourself. Pam's got a boundary group. And I know Lachelle has bounded group too. Yeah,

 Pam B. 13:28

they're powerful. So powerful and passionate about boundaries, because they are so empowering.

 Bonny 13:36


Well, I hope that these, all these things that we've talked about, these practical things will be listed in our show notes. So if you're not in a place, you can take written notes. I'll have them there for you too, as well as links to our cognitive distortion episodes and our self care episodes. So you can easily hop back to there. But before we leave, we want to offer you some hope.

 14:04


All right, I'm going to go bold with us with a truth.


 Lyschel 14:10


The truth is that Jesus died on the cross for you as an individual. He did not die on the cross for your marriage. And what that means is, is that when he died on that cross for you as an individual, he was doing that for your freedom and for your access and for your healing and all the things that that means, what that means. And so often I find us getting stuck in. I can't be anything without this thing, this marriage. And while I'm not going to advocate for divorce, I think that it is a beautiful thing. It's a beautiful covenant that Jesus, that God, has created for us, but it also can become an idol. And so I just want to. Courage each listener to consider that like, am I living as if Jesus Christ died on the cross for me as an individual, not for my marriage? And what does that mean for me when I'm trying to look at these tools and the things that I need in this season to pursue wholeness for myself, regardless of what my husband chooses,

 Bonny 15:20

amen, I don't think I have much more to add to that.

 Pam B. 15:25
You can't top that.

 Bonny 15:29
Yeah. Well, listeners, 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.com and that's F, O, R, hope for wives.com Also, if this podcast has helped you, please consider donating toward the cost of publication, and there's a link for that in our show notes. Thank you very much, and we'll see you next week.

 Pam B. 15:57
Bye. You