

Ep_49_More_About_the_Kids_with_Jessica_Eidens

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SPEAKERS

Bonny, Jessica Eidens

B Bonny 00:02

Hi. I'm Pam Blizzard from recovered peace, and I'm Lachelle Burkett with hope redefined, and I'm Bonnie burns of strong wives. We're so glad you're joining us. Welcome to another episode of hope for wives. Our previous episode, what about the kids is one of our most downloaded episodes, so this tells us there's a need for more insight and understanding around how problematic sexual behavior affects the family. So today, we'd like to welcome Jessica idens, a betrayed family specialist, to our podcast, to help us understand the dynamics that this causes a little more so Jessica, why don't you tell our listeners a little bit about yourself and what you do

J Jessica Eidens 00:50

so well. Thanks for having me. I'm so excited to be here. Like she said. My name is Jessica idence. I am a licensed mental health clinician working out of Washington State. I'm also a child mental health specialist, a CSAT and a clinical Certified Partner specialist from appsats. So I am passionate about this area of interest, and it's been explosive. There hasn't been a lot of resources available, and so when I got into this field about seven years ago. I remember thinking where the kids, where the families were starting to get support for partners, but there was a really big missing piece. There were moms coming in worried about their kids, worried about what are the red flags? What should I be concerned about? How could this possibly impact them? And so I've really dove in to this area and trying to get resources out there, trying to talk as much as possible. But I think the first and foremost thing that I tell moms who come in, I I've just apologized that there isn't more out there. And so thank you for asking questions. Thank you all for listening, because this is so the demand is there, and

B Bonny 02:11

you're meeting the need, because you're also leading, uh, trainings through apps at correct is that also through ITAP, not

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Jessica Eidens 02:18

at this time. So we're just app SATs only, but csats are welcome. Any professionals are really welcome, because nobody knows how to deal with the kids. Nobody knows how to answer those questions of, how does this impact them? What should I be looking for?

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Bonny 02:36

Yeah, and I was, I was honored to attend your last training, and I did learn so much, and it's not rocket science, it's practical, pragmatic stuff that we can do. It's just a little it takes a little bravery and courage and permission that it's okay. So you mentioned red flags, so I'd love for you to just talk a little bit more about that. What are the red flags? And then, what do you do about the red flags? Absolutely.

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Jessica Eidens 03:05

First and foremost, I kind of give an overarching psycho education, my mini psycho education TED talk to families of First of all, how does this even impact? Why are we even talking about the kids? How? How does it trickle down to them? And so what I really say is your marriage, your relationships, are the template for your kids. They are watching and they are learning. They are creating their own sense of self based on their reality. And so the marriage you're demonstrating to them the relationships that you're modeling, how you emotionally regulate, how you identify emotions you are, the example that your kids are watching and learning from. And so if you have deficits, or if you have areas in your life that you're not great at. Some of us are really great at expressing feelings. They're we're really great at at being angry and then regulating. Some of us aren't so great at the time. Some of us struggle with emotional regulation and emotional expression. And so it's so much broader kind of like what you said, this is not rocket science. This is so much broader than just problematic sexual behavior. It is how you relate to the world. And therefore, what are you teaching your children about relating to the world? And so if you struggle with problematic sexual behavior, chances are you struggle with emotional regulation. You struggle with emotional expression, and so your children aren't being provided a template for how to cope in this world. They're not given all the answers. They're not given all of the the avenues to to live life to the fullest. Just really and so again, it's not rocket science. It feels so broad. So when we're looking at red flags, we're really looking at children's abilities to emotionally express what's going on. Well, first and foremost, emotionally identify what's going on. For me, what am I feeling if your kid is just reacting to the world, if there's no thought, if there's just impulsive or meltdowns all the time, some meltdowns are normal. We gotta, we gotta own like, there's developmentally appropriate things for each kid at each age. But overall, if you're a mom listening and you're like, I'm not sure this is right, or this feels like my child struggles more than other kids. Never, ever discredit your gut or your mom feelings. I think that's before we kind of list other red flags that's always the first question is, Mama, how do you feel? Are you worried? Are you concerned? Tell me about that. If there's anything in your gut that's saying, Yep, I'm concerned about that, Jessica, or I don't think this is normal. It never hurts to contact a therapist. It never hurts to go in for a consultation. You can have free 15 minute conversations being like, hey, quick question, is this developmentally appropriate? Myself as a professional, I love those questions. I love those

consultations because I feel like I'm empowering people to really discern for themselves what's okay and what's not okay. So Mama gut is always right first and foremost, but really this idea of emotional expression and relating to the world in a healthy way. If your kid is complaining of anxiety or complaining of depression, lack of motivation, stomach aches, headaches, aches and pains, sickness all the time. That tells me something's going on for this kid, and they're not able to emotionally express it or to articulate it. So you're looking for internal symptoms as well as those external meltdowns, emotional dysregulations. We're looking at the whole picture of that and so talking about red flags throughout kind of developmentally what's appropriate. So younger kids, I kind of chunk them into kind of toddler children, pre teen, teen and young adults. So for toddlers, their brain is on fire all the time anyways, and so you're really looking for emotional regulation. That's age appropriate. Are tantrums age appropriate? They are, sorry, mamas, they're totally appropriate. But again, if it's your mama, God, that's saying this is too much, or this feels like more. The number that I give is if, if you're having more than two or three tantrums a week, something else is going on. If they're not sick, if they're sleeping adequately, you gotta make sure that those that their bodies are being taken care of. But otherwise you're you're kind of saying, Okay, I think something else is here, and that's where parenting coach can be so helpful. Toddlers don't necessarily need therapy or they don't need a loan therapy. Parents need support in helping to regulate and teach their kids, so that's kind of the first line of defense at that age is it's really looking on blogs, Big Little feelings is amazing, if you guys don't know about that, they are a team of moms. One is a licensed mental health clinician and the other is a parenting coach. But they are fabulous women who give no nonsense, valuable advice and and validation in kind of the the hard parts of toddlerhood and motherhood, so big little feelings. They're on Instagram and they have a website, so check them out for toddlers.

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Bonny 09:19

I'll put them in the show notes. That's perfect. Um, then

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Jessica Eidens 09:23

we're going to kids so like kind of five, six to 1112, you're looking at. This is again, where we're looking at meltdowns, if there's a low distress tolerance, if your child melts down at things that you think they should be able to handle. I'm talking changing routines a little bit like little shifts they should be able to tolerate, that without having full on temper tantrums. This is the age where temper tantrums shouldn't be. Is frequent. They should be maybe once or twice a month. If it's more than that we're looking this is also the age where they can start articulating, I have a stomach ache. I don't want to go there's some separation anxiety. There's some more clinically impactful symptomologies that were we're looking at twice so again, contact a local therapist. Hey, I got a quick question. Or do you do a consultation? Do you do a consultation hour where I'm not necessarily looking to be in therapy, but I have some questions. What's age appropriate? Does this make sense to you? Seek it out. Always ask the questions. Hopefully professionals in your area are open to that and and wanting to partner. I know for me, I love that.

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10:50

Would school counselors be a resource? Yes, school counselors

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Jessica Eidens 10:55

can be super helpful as far as developmentally, what's appropriate, what should be kind of consistent, and that actually, that's a great point of are your kids having struggles in more than one environment? If they are just having meltdowns at home and they can keep it together at school? Sorry, Mama, your kids are emotionally regulating like they're able to function in other environments. And so that's not necessarily a deficit or a huge red flag. It's a pink flag, is what I like to say. Like something's going on at home where they're showing these behaviors at home and not anywhere else. So that's another kind of thing to look at. Is what behaviors are my child demonstrating in other environments? Are they melting down at the grocery store, or are they magical princesses at the grocery store and not having any issues at all? That's all important. Look at the larger picture of what's going on. Partner with the school counselors. They're wonderful and amazing and love on kids. So much. Partner with the teacher coach. What's going on? Have you noticed anything different? Is there anything concerning that my kid is showing or behaving in a way they are? They should be your allies. They should be resources. We grow up in community, and we need to learn how to lean into that pre teen. No, I think we're leading into that is this is the beginning of the difference between how little boys and little girls can react to a parent having problematic sexual behavior. They're a little bit more online, and so they're able to sense that internalized tension that might be going on in the family. Obviously, this is not every kid in every situation, but generally, what I see is caretaking for both little boys and little girls, but it can show up in different ways. Little girls might have a really close, intimate relationship with mom. We're best friends. We are connected at the hip. Mom, how are you doing? What can I do for you? Can I bring you tea? Can I give you I made you this picture. Now this is above and beyond what's what's normal and congruent. The goal is that our kids are launching the goal is that they have healthy, good friendships. If your child is hanging close to you, if your child is checking on you multiple times a day, or really hyper attuned to your emotional climate, that's something where you need to say, oh, what's going on? Am I bleeding over too much into my child, or are they so focused on me that they're not focusing on themselves? So for little girls, that looks like caretaking and that looks like best friend, how are you doing, mom? What can I do for you? For little boys, it's care taking as well, but it can look different. It can be, Mom, how you doing, but it can also look like acts of service. And I know like moms everywhere, like, yes, I would love that. If my pre teen was into acts of service and doing all of these taking out the garbage without me asking for it. Yes, we would love this, but we don't want them over caretaking. We don't want them over aware or hyper aware of the emotional climate of the parents or a parent. We want them to be kids. We want them to make mistakes and and screw up and and do those things that are age appropriate. And so those are the red flags you're looking at for that pre teen era. It can be lovey, but you want to watch. Is this too much? Are they? Are they striving to for perfection? And that's not. We don't want our kids to be perfect. We want them to feel safe enough to make mistakes when we're there with them, to help navigate then the teenage years, the biggest lie ever is that teens don't want their parents around, or my kid is doing fine. They just want to hang out with their friends. I work in a school based setting for a couple days a week, and the number one thing I hear from my kids is that I want to hang out with my mom, even if they're fighting with their mom, even if they're fighting with their dad, it's they still want to know that their parents care and love about them. So care and love them. So it's really about making sure your presence is known no matter what's going on, acknowledgement of if you have been through hell and back. If you are in the middle of discovery or in the middle of discovery, you lost yourself where you were staying in bed, you were depressed, you were

crying in the shower, you stopped functioning. That's okay. There's grace for that, and there's acknowledgement a teenager can really identify and understand what's going on, I think more than people give them credit for. So the acknowledgement of, hey, I was lower. It's been a really rough month, and I'm sorry we haven't connected. I want to connect with you. What do you want to do? How can we hang out? Really, making the effort can be huge. The red flags here are isolation. That's not normal. I mean, I think we all expect some attitude from teens, but this is where you can't get them out of their room, or they're extremely unmotivated. Their grades are slipping. There's a level of apathy that they just don't care about the world. They don't care what's going on. All of that are signs that something's wrong. I also think a lot of parents are terrified to ask some heavy questions, are you depressed? Do you have anxiety? Do you want to kill yourself? Have you hurt yourself? Those questions are shocking, but those questions are powerful, because so many times I've asked those questions to kids, and there's this scent, like there's this big sigh of like I can finally unload it, or I can finally tell someone, don't be afraid to ask your kids those questions. If you are concerned, you are the best ally to them. Red flags should always be discussed, first and foremost with teens. We are not. I am not an advocate of like, surprise. You're going to therapy. Go school. Your guts to a stranger.

B Bonny 18:15

Yeah, need some buy in for that. Yeah,

J Jessica Eidens 18:20

we are, we are magical as teen therapists, but we are not that magical. So always make sure that you're really like discussing, that you're broaching these subjects of I'm worried about you. Our family has gone through a tailspin. Things have shifted. You don't have to air all of the dirty laundry, but being real and calling it what it is is so important and such a gift be an ally, not a punisher. Yeah,

B Bonny 18:51

I remember from training that you said, and it makes so much sense if we deny our reality and we just tell the kids, nothing's wrong, everything's fine. We become gaslighters because we're telling them to repress that gut feeling they're having. Yeah? So, yeah. So that's,

J Jessica Eidens 19:13

that's perfect, yeah? Like, that's the point of this is to give them enough information so that they can make sense of their childhood. If Dad's not at home at night because he's going to meetings or he's in therapy, we need to say that Dad's going and talking about his feelings with a group of guys. How cool is that? Like to model that for your children? Of that people screw up. People are flawed. We do not great things, and then we fight for what we want. We fight for our values, we fight for truth, we fight for what's right, and what a beautiful gift that is to give our children to. See that they can make mistakes. It's okay, and I will help you fix this. I will help you heal so being transparent enough to create that narrative, because you're right, the gas lighting happens, and I think the gas lighting we're now seeing the adult children of people who

struggle with problematic sexual behavior. Say, wait a second, something was up with my family growing up, we are seeing the result of all that gaslighting. Just pretending it wasn't there is not helpful. We're seeing daughters marry people who have problematic sexual behavior because it was never articulated. This is what this means. We're templating our arousal template, or romantic template, to what we know. And if you don't know what you don't know, how can you choose differently? How can you make informed decisions? So absolutely you can talk about parents gaslighting all the time, and I think that's a shock factor. Sentence of No parent wants to gaslight their kids. We just want to protect them from uncomfortable feelings and situations. And

B Bonny 21:16

there's no shame. There's no shame if it's happened. But yes, when you know better, you can do better. Yes, and I think when you were talking about transparency and having some flexibility and authenticity, that is what nurtures a healthy adult in the lack of those things is what creates the problematic sexual behavior? Exactly So, and that's, that's the goal here, is creating healthy adults,

J Jessica Eidens 21:49

creating kids that know when to call out in authenticity, something's off here. So again, we go back to emotion identification. If you don't know what's going on for yourself, how can you communicate it to other people? If you don't know what your needs are, if you don't know what your feelings are, how can you know what your needs are? And if you don't know what your needs are, how can you ask for them to be met? It's so I like, I keep going back. It's not rocket science. It is so tangible that you're like, oh, duh, this makes sense, yes, but it is we it's it's hard in the moment. It's really flipping hard to be authentic with your kids. It's hard to be authentic with yourself and the situation that you might be in. So, so

B Bonny 22:40

what are some pragmatic tools? What? What kind of pops in my mind is, I remember these refrigerator magnets that have all these emotion faces, and then there's a little magnet that the circle, and you choose that day what you're feeling. Yeah, it's kind of a silly thing for the refrigerator, but I think that that would be effective. Absolutely, it's

J Jessica Eidens 23:01

the the dinner table question of what was an easy feeling you felt, and what was a hard feeling you felt today. I'm not a fan of good and bad feelings, because feelings are just feelings. Feelings are actually information. You get so much farther with a child. If you're like, tell me when you felt when was last time you felt embarrassed, when was the last time you felt nervous versus Tell me what happened to school today? Nothing. What did you learn? Nothing. So it's speaking the language of emotion early and often. John Gottman has raising a emotion raising an emotionally intelligent child, which is fabulous. They also have the curriculum for emotion coaching. That's another thing to to log in the notes. It's a great, easy, five step

template. You can Google it and find what those what emotion coaching is too. That should be standard practice for every parent. Now our job is to really help and partner with our kids. So I have a four year old son, so that looks like your brows are are down. It looks like you're frustrated, or are you angry? I can't figure that out. What are you feeling? I'm partnering with him. I'm telling him what I see, and I'm giving options so then he can learn to identify, oh, when my face feels this way, I might be feeling these things early and often. Teenagers, you just rolled your eyes. Are you irritated at me, or are you irritated at the world? What's going on? It's confronting in a loving way, because you're trying to teach kids like. When you relate in the world this way, or when you emote these things, this is what happens, or this is what I'm taking from this situation. So emotion coaching early and often every

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Bonny 25:15

day of your life. So let's switch gears just a little, and I want to talk a little bit about, what is a family disclosure. Who would need it? Is it something that every family needs? What's its purpose, goal? What's good about it, what's bad about it? Just free form, all the things. Yeah,

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Jessica Eidens 25:38

so I think, and I'm gonna have to, I'm being transparent. I'm gonna have to call it something different, because when you hear the term family disclosure, I think we think of this really formal therapeutic process. And yes, can it be a formal therapeutic process? Absolutely. But really the driving force behind it, and why I'm such an advocate of this kind of intervention is this idea about not gaslighting your kids. Disclosure can look as big or as little as you want to. A disclosure can look like, yeah, I was crying in the shower. You probably heard me. I'm having a really hard day. That can be a disclosure. The templated or pre packaged thing of mom and dad are having a hard time right now, and we're fighting that's a disclosure. All of these little kind of bread crumbs can be considered a family disclosure. The goal is to really, again, give the least amount of information to kids so that they can make but enough information so that they can make up a narrative that makes sense and is true,

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Bonny 26:59

and it's not their fault, and it's not

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Jessica Eidens 27:01

their fault, because if we don't, they are walking around thinking that the world is on their shoulders. Mom cried because I didn't score a goal at my soccer game on Saturday. You would not believe the connections that I've had kids conclusions that I've had kids draw from two completely unrelated things, and so the more that you can breadcrumb it and acknowledge what's going on while you're living it, that's a tall order. So family disclosure is really the spirit of I'm going to be authentic enough with my kids so that they understand what's going on without dragging them into this dynamic. So that's kind of the general overarching theme. The formal family disclosure, as I'm air quoting, is much more of that formal like, Okay, I've done all of these things. We are out of emergency mode. We're out of emergency disclosure needs, and

we are a little bit farther along in the recovery process. And the couple decides, like it's time to really let our kids know what's been going on? Because I don't think we've given them enough of those breadcrumbs. Or or one of the kids is struggling with their own problematic sexual behavior, or some emergency is coming out, like dad might be arrested, or dad like something might seriously happen. We see this job. Dad loses his job. Dad's the youth pastor, and now Dad's not the youth pastor, if it's coming out in another way. We always, always, always want the narrative to come from the family, because if you don't give Yeah, yeah. The news, the flyers, like, there's school emails, there's so many avenues you want to be the voice and the narrator so that you can control the story as much as possible. Because if you don't give them the information, they learn that you're not trustworthy and you're not going to tell them what they need to know. They will find other resources that are probably not as reliable as you and so that's really a telltale sign that this is a formal emergency disclosure. We need to get this going and process through so what I created was a family disclosure guide where there's some prompts and questions of what's important, what are what do they need to know to make sense of what's gone on. Now, again, I'm a big fan of where did I step outside of my values versus these are the exact behaviors that I've engaged in. In, because that's not always necessary. Telling a child using the words like sex addiction or pornography or cheating or any number of things, you could be introducing concepts that are not age appropriate, and so I really like to focus on the value statements. I acted outside of my value system. I've acted outside of our marriage value system. These are some of the things that these are some of the consequences that have happened because I've acted outside of it. It's about writing the narrative. This is what I've done. These are the consequences. I love you, and this is what I'm doing to repair this that is imperative. There's been a breach of trust, there's been a betrayal. I thought my dad was this way. I thought this was a value that he upheld, but he doesn't, or he broke that. Okay, parents make mistakes, you're modeling. This is the consequence. This has nothing to do with you. I love you. And what are, what are the repair attempts? Or what are? What am I doing to keep this value sacred in the future? We really want that transparency, and so it's a full kind of sequencing of that so the formal disclosure can be done with a clinician. Ideally, both parties can complete their sides of the workbook. Partners, moms, you are there the whole time you are acknowledging, Hey, I've been crying, or, Hey, I totally lost it on you. I was angry, and that actually had nothing to do with you. I'm so sorry. Like, this is a really beautiful ritual to take accountability for things that you need in in the moment that can feel really scary, but it is such a gift for your kids, for them to be able to see clearly who their parents are and that people make mistakes or people screw up, or people are not perfect. So yeah, moms are there. You're acknowledging it. This has been really hard on me, and I will probably continue to have some hard moments, or I'll probably continue to be angry and sad. And I just want you to know it's not about you, it's about me. It's about our marriage. It's about me having a hard time declaring it and really being intentional about there's no blame. There's no blame on the child. This has nothing to do with you. I love you. Thank you so much for cuddling me or bringing me to your whatever they're doing like you want to acknowledge that you see that they've been in distress and they've been trying to cope as well. That is such a beautiful moment of vulnerability for everyone. So again, this can look as formal as we're reading this letter. This is these are the values I violated. Or it can be a conversation. It can be an organic conversation

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Bonny 33:22

and ongoing organic

J**Jessica Eidens 33:23**

so that's what I was going to say. One of the things that kills me, and I have to be the bearer of bad news always, is you're going to have this conversation, and then you're going to have 20 more. Because ultimately, we're we're trying to strive for healthy and authentic relationships in the family. That doesn't mean one and done tough conversations. It means a continuation of this narrative, because as kids get older, their brains are developing more and more and their capability of understanding and making meaning changes. So just like trauma, kids need to develop and they have to figure out how that trauma relates to their life. Now, as a six year old versus an 18 year old, that trauma looks radically different. And so it's the same with this family system, this this dysfunction of the conversation you have with a six year old looks different than the conversation you're having with an 18 year old. It's never one and done. The best thing you can do is keep broaching this. Okay, and this is what we're doing, or Yeah, Dad's not going to group anymore, but he's doing X, Y and Z, or owning it for yourself, what your treatment is and what you're doing. It's really important to keep it up. It's uncomfortable, it's not fun, but that's what creating intimacy and authenticity really looks like you. You want your kids to recognize that people keep their promises, or people keep their intention. If dad fell off the wagon and is not going to therapy anymore or not doing what he needs to do, there needs to be acknowledgement of that, like, yeah, Dad's not doing therapy, he's choosing to do something else, or he's not choosing to do anything else. And this is really hurtful to me. If you are kind of that mom and it's really just you at home, you can have those conversations too. You can't speak to the specific situation that's outside of your experience. You can only speak to your experience. So that's another question that I get a lot, is, how do I do a solo disclosure? Or can I do a solo disclosure? And I say absolutely, you stay in your own lane. You stay in your values. You you state what your values are. In a marriage, my value is that my partner stays faithful to me, and that's not what happened. And so this is why we're we're not together anymore. There doesn't need to be names, there doesn't need to be pictures, there doesn't need to be details of anything but acknowledgement of what's actually happened and and transparency of like, this is really hard. This is painful for me, and I didn't want this to happen. I didn't think this was going to be my life. Like really sharing your vulnerabilities is beautiful. If you take anything from this conversation, it's vulnerability and authenticity to your children are beautiful gifts that we all need more of

B**Bonny 36:43**

Absolutely. And it reminds me of that of the intimacy pyramid, which was developed for the couple ship, but it's it's good for all kinds of relationships, and that's honesty and safety and trustworthiness. You know, all goes into having an intimate relationship with your child on an appropriate level, on an appropriate level. I think, I think we get I remember my children are all adults now, and I remember there being questions, and I was really surprised that it did not take much information. And really I was not going to disclose very much, but it did not take much to satisfy their curiosity. Like, Oh, okay. And then the next time they came up with another question, I either added a little more, changed the words a bit, or I gave them the exact same thing back and exactly, and it satisfied them for the moment,

J**Jessica Eidens 37:44**

right? The biggest kind of therapy tool I kind of I give parents is always ask them what they're worried about and why they're asking that question, because those are questions that help

empower them to look at the narrative they're making up. Why mom, are you? Okay? Oh, why are you worried about me? What's going on? What do you see or what are you worried about? That gives you so much more insight into where their little brains are at. It could be about a soccer game. It could be about you snapping at a cashier, and it has nothing to do with your life is imploding in this moment, and so less is more sometimes. But also feel free to ask like, what are you worried about? Or what? Why are you asking that question, not in a defensive way, but help me understand what's going on. For you. That's beautiful, because ultimately, that's what they need. They need to make sense of what's going on. They're not worried about the nitty gritty details. They're not worried about too much. You just need to model that when you ask a question, I will answer it, or I will help you, like, clarify what your question is. So that's another one that I get all the time where kids will be like, Hey, are you and you and dad gonna get divorced? And it comes out of left field, like you're at pickup or something, and you're like, This is not a great time to have this conversation. That's a perfect opportunity to be like, where does it come from? What are you worried about? It gets you out of like, that fight or flight panic mode, because you're probably not going to answer beautifully if you're panicked. So feel free to always be like, that's a big question. I need to think on that. Buy yourself some time. What's going on? What are you worried about? What are you scared of if we were to get a divorce? What would you think like? Help me understand where this is coming from, and then you can. The fears like I've had so many kids be like, they're they're worried they're gonna have to go in front of a judge and choose their parent like, that's the young kids that hear the word divorce in a fight set in anger, and they're harboring that fear so deeply, and so it's really making sure that you're acclimating and attuning to what your kid is actually asking and not being blindsided. Because I think sometimes moms either over share or under share, when you're not prepared, you're like, oh, how far back do you want me to go? I

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Bonny 40:44

I'm going to pause our conversation with Jessica here in order to keep this episode around 30 minutes, but please listen in next week for the second half of this conversation. Until then, you can follow hope for wives podcasts on Facebook and Instagram and also visit our website, hope for wives.com and that's F, O R, hope for wives.com for links to our individual ministries and organizations. And remember, if you found hope for wives helpful, insightful or validating, please consider donating toward the cost of our publication. That's all for now until next week. Goodbye. You.