

Ep_51_When_He_Keeps_Lying_part_1

Fri, Dec 20, 2024 12:00PM 24:38

SUMMARY KEYWORDS

honesty in marriage, complex trauma, emotional connection, deception impact, intimacy pyramid, transparency, trauma recognition, safety in marriage, healing process, personal responsibility, hope for wives, emotional resilience, trust issues, recovery challenges, self-care

SPEAKERS

Lyschel, Pam B., Bonny

L Lyschel 00:04

Music. Hi. I'm Pam Blizzard from recovered peace, and I'm Lachelle Burkett with hope read of mine, and

B Bonny 00:10

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 discuss when your husband keeps lying, we understand that experiencing constant deception is not only emotionally exhausting, but it can keep us in a state of complex trauma. So ladies, let's talk about what women are desiring when it comes to honesty in their marriage relationship.

P Pam B. 00:44

We want authenticity. I want all of you. I said, for better, for worse. I want all of it. I want the good, the bad and the ugly. I just want all of you. I want to know what's going on with you, what's going on within you. I want to know your hopes, your fears, your dreams, your what, what you're afraid of. I want to know and I want you to trust me with your truth. Trust me when you don't trust me to deal with whatever's happening. We're just we're not connecting. We're not two people coming together as one, where two people, one person acting independently, which forces me to be in Independence. I want to be I want to be with you. I want to stand in whatever you're going through with you authenticity and trust.

L Lyschel 01:46

So I completely agree with what Pam's saying. You know, it's so often, and I know this to be true, even in my own story, that women will say it wasn't, it wasn't the sexual behaviors that crushed me. It was the lying and the deception that takes you out, because it leads to deeper

levels of betrayal and confusion and uncertainty into why. Why am I not like Pam said, safe enough to be honest with and tell me what's going on, especially when you have a story that comes out and he's saying, Well, my triggers are stress, feeling overwhelmed, out of control, etc, and she understands, as she begins to understand his patterns, that those are the things that take him to places of acting out in unhealthy ways. The question is, is, why couldn't you be honest with me when you said you were overwhelmed? Why couldn't you have, you know, included me before you fell off the cliff? Essentially, is what it feels like. And you know, the the thing that I think the enemy speaks over right? Because his agenda is to steal, kill and destroy. So he's going to continue to work on narratives that keep us in that place that we're going that's going to destroy something. And one of the lies that I hear a lot of guys come to terms with is I didn't want to hurt her. And the reality is, is that what they did is they took her choice from her. They thought they were doing something to protect her. They thought that was the right thing to do. But from her interpretation, no, you didn't give me choice. You didn't give me choice to say, I can show up in this with you. If you're overwhelmed and have anxiety, I can show up with you in this or I can't. Like she didn't get a choice one way or the other. She was just it was just assumed. She couldn't. And I think for a lot of us, that's that's the difficult place that this comes to, which then perpetuates the lying and the deception and the hiding that comes with the fallout of this

P

Pam B. 04:05

when I don't know what the full truth is, it is human nature to fill in the blanks with my own story. Oh, I wonder if it's this. I wonder if it's that, there's something going on, our intuition will pick up on all those things, body language, facial expression, tone of voice, the way the story is told, and we will fill in the blanks with maybe something even much worse. So it's better to trust us with the truth.

B

Bonny 04:36

Yeah, and Lachelle, you said a word that really resounded with me, and that was included women, I think they desire this honesty and transparency, so that they will be included in their husband's life. And as addicts, we know that they live in isolation, and so that's their default until they get into recovery to live in. An island, and we were built and created by God to crave this emotional connection. So when we're excluded, that is a core wound. That's rejection, right? That's a core wound. So in what women desire is that connection that can only happen with transparency, with overt communication. I remember personal story before Dave was in good recovery, there would be instances where people you know from church or other people in our world would come to me and say, Oh, Dave told me such and such, and I'll be like really, because I hadn't heard that, and that made me feel so dismissed, so unseen, that he would share this with someone who wasn't his wife, but he'd forgotten or chose not to. I don't know which one to share it with me. So it's that transparency and that inclusion, that that I think women are desiring when it comes to that honesty, what that honesty means to them?

L

Lyschel 06:16

Yeah, I am. I really love to use the intimacy pyramid and a lot of the work that I do with partners and in groups and things like that, and the intimacy pyramid, I think we've talked about it before on here, because I'm a big fan, but it's, it was developed by Dan Drake and

about it before on here, because I'm a big fan, but it's, it was developed by Dan Drake and Matthew and Jonah Rapp Smith, and they have a they have a book out now, and they've got a website, and it's really Powerful. And the bottom of the pyramid for rebuilding intimacy in a relationship is honesty. And then they break out what that means and honesty, I'll just read the definition. Honesty is the regular practice of transparency with self and others. And then they break it out into these three components, there's an aware, authentic and assertive and what they're communicating, or what what's being taught here is that one of the things we have to continue to remind ourselves as partners who are healing is that if my husband, if my if my partner, is not able to be aware of themselves, and they have not learned the skills to be authentic with themselves, yet it's going to be really difficult and challenging for them to turn around and do that and practice that behavior with us as a person, and it's part of their healing and recovery. And then that assertiveness is being able to say, Hey, I'm scared, I'm aware of myself, and I want to be authentic with you, and I want to say I'm scared, or I'm overwhelmed, or I whatever, and that's what honesty looks like in a relationship. And I'm kind of, you know, just kind of doing a fly by on these concepts, but I think that what you're speaking to Bonnie is the reality of even your the question that came up for you was, was he even aware that he did that? Was even aware that he was sharing things with others? So I think it's I just appreciate the way that they break this out, because some of the work that I get to do with women is we even sit with the reality of, are we being honest? Am I aware? Am I showing up authentic, and am I being assertive? But I know today we're really focusing in on the pain that comes from him continuing to choose to lie or be deceptive.

B

Bonny 08:40

Yeah, and that book that Lachelle is talking about is called Building true intimacy, and it will be in the show notes. It's an excellent, excellent new resource. So let's move on to our next question. And you know, I mentioned complex trauma in our introduction, so let's give high level definition of complex trauma, and how does and then let's and then let's transition into, how does continual deception play into complex trauma?

L

Lyschel 09:15

I describe complex trauma is trying to help an under an individual recognize the various places of trauma, and then going, that's complex, got it? So, for example, you have divorce and your family of origin, right? So you're a kid, you're a young kid. You're navigating the divorce, the upheaval that comes with divorce, the the the fighting, the arguments, the tension, all those things that is a trauma for a child, it just is. Then maybe you have a tragic accident that happens in your family. Let's say you lose a sibling or a grandparent unexpectedly, something like that, right? So that's another trauma. PS, there's no support happening after each of these traumas, you're not. Getting any care. There's no opportunity for you to grieve and have people help you process through these things. So you're not what you're doing is you're just like, I visualize this big box, and you just keep shoving these, these kick balls in there, right? One represents, you know, the childhood divorce. The next one represents the loss of a loved one. Then, oh, wait, in high school, you start to experience a lot of peer pressure, and you develop an eating disorder, and in the throes of that, there comes trauma, right? There's a lot of upheaval that happens. Let's put that ball in there too. And now we move into our 20s, and let's say there's a you're at college, and you have some sort of sexual assault experience, right? And you were taken advantage of, or there was something that happened at a party. I'm just going to put it that way, that is a trauma, again, reminding you you're not actually healing from any

of these things. You're just adding all of these to the box. So then you get into marriage, and you experience betrayal, and you add that ball into the box, we now have a significant amount of complex trauma. And so to finish this analogy out, Bonnie, as you were asking the question, how does continual deception promote it? The reality is, is that you never know your reality. And so when there's a continual sense of deception that is always coming back. And it's like you're putting a ping pong ball inside that box and it's bouncing off of all those big kick balls, and it's trying to figure out what part am I supposed to be tapping into to know my truth.

P

Pam B. 11:34

So for me, for me, the short answer, as someone who also experienced Complex PTSD is those To summarize, multiple traumas, either big ones or small ones over time that never really gets addressed, that you can never really heal from, and wears away at your resilience and your coping. So you have these multiple traumas, and then you get hit with this big trauma in your marriage. And so you're not just dealing with a one off. You're dealing with layers and layers of history that has affected you neurologically, not just emotionally psychologically, but also affected you neurologically. And so we all experience trauma in different ways, and so that's kind of like our trauma profile, and so being able to acknowledge and accept that you've had these multiple traumas in the past. To me, I never knew. I never you know if somebody asked me about my childhood. Oh, yeah, I had a great childhood. Never wanted for anything. You know, always got the bike I wanted for Christmas. But as I got into learning about trauma, I found that, yes, I did have a lot of periods of unsafety and again, we go back to the intimacy pyramid, which is beautifully explains that safety is based, has to be based in honesty and truth. And knowing your reality, continuing to have that dishonesty wears away again at your feeling of safety, which is what trauma hits at the heart of your ability to feel safe in your own body.

L

Lyschel 13:28

And I love that you're talking about that. And I the thing that comes up for me is a conversation. So I'd love for you to speak to this is a lot of what you just said. I didn't even know my story had trauma in it. No one gave me that language. And even when someone started to talk about my story having trauma, I actually dismissed it for a long time. And was like, That's dramatic, right? I just I couldn't, I couldn't wrap my arms around it, because part of it was is that my definitions of trauma or my understandings were things like a house fire or a tragic accident, or, you know, things like that. But to think about my parents getting divorced, was that really a trauma, right? Because we try to dissociate or disconnect from that experience, but so I love that you're talking about what that means. I just wanted to say that, like it's important for us to understand that we may not recognize it as trauma, but I love that you're giving us permission to be able to say, Yeah, that's what that was. And it matters.

P

Pam B. 14:34

Sometimes it's it's so subtle, and the therapy world talks about trauma in terms of big T and little T and big T trauma are, you know, major events that everybody's aware of, like a car accident or soldier coming back from war, big things and the little T's can be something as simple as. Yes, Your father never validated you. Your father never encouraged you to express

your emotions, or never showed up for you. And so there was this big question mark as a child, or even as you get into adulthood, you know is, is that somebody who's really there for me, these feelings of lack of safety, or when we try to shield our kids from what's going on, the kids are intuitive. And we've talked about this before, about the necessity of telling our kids what's going on, not at not at a detailed level, but acknowledging and validating that, yes, there's something sort of major going on, so that they can feel safe when they don't know what's happening. Like I said before, human nature kids are and adults is to fill in the blanks, and we try to create stories. And that's our brain seeking safety. We want to know what's going on, even if it's really, really bad, so that we know how to respond to keep ourselves safe. And so that's why complex trauma is it's important to understand so that we can validate ourselves and give ourselves grace and address those things. Instead of trying to create, you know, for me, I just created stories that said, well, there must be something wrong with me, because bad things keep happening to me. So it must be me, because I'm the common denominator. But when I understood and started to learn about complex trauma and big T and little T, and how I had this whole long train of traumatic events big and small, that that's what led to my inability to just deal with it, right. There was no way I could just deal with what, what was happening in my marriage because of all this, this history was complex. And

B Bonny 17:07

I think the key element here, when it comes to continual deception in your marriage, is not being able to heal between each instance. There's no repair. So you bring all this stuff from childhood, we've all got it into the marriage, and then there's no repair from the deception. Yeah, it just compounds. You

P Pam B. 17:30

can't heal in the environment that broke you. And if the deception is what broke you, and the deception continues to happen, you need the luxury of a safe brain in order to start healing. And if you, if you don't have honesty, you you don't have safety, and you need that safety to be able to move forward. A lot of husbands might be saying, How come my wife can't move forward? They don't have safety yet. They need complete transparency. Good, bad or indifferent. They need to know exactly what's going on so they can deal with it all

B Bonny 18:07

right. Before we wrap up here, let's talk about what kind of hope we can give our listeners. There's

P Pam B. 18:15

there's definitely hope. What I had to learn was to take my eyes off my husband for my primary sense of safety, and work on finding safety in my own body, in my own brain, in grounding in my own skill set to be able to handle whatever did happen, instead of saying to myself, What if this? What if that I had to learn to say even if, even if it all goes south, even if the worst happens, I will be able to take care of myself, and I will be able to turn my eyes to Jesus and

rest in His peace and rest in his care that I will never have enough. I will never be enough to just handle this life on my own. I need Jesus. I need God and to be able to give it to him when I don't feel safe, breathe, just stop and breathe and invite the Holy Spirit in to help me feel safe. And say, Lord, I don't feel safe. Help me feel safe and start there. And let my husband's safety and honesty be secondary to All right, I don't know what's going on with him. And instead of creating stories. I'm going to say I don't know what he's thinking. I don't know what's going on. So in order to deal with that, here's how I need to adjust.

L

Lyschel 19:50

I think it's hope, just as much as it is a big T. Truth is that you expecting honesty in your marriage is not an. Appropriate expectation. It is the one thing that the Lord leads us to, over and over and over again. He talks about it in John eight, that the truth will set you free. Now he's talking about his word, and he's talking about the truth of His Word. But I, I just want to, I think, encourage women to understand that this probably feels like a tornado at times when you step into a conversation and ask for truth and honesty, and it's met with a lot of defensiveness and aggression. But what even though that storm brews up, it doesn't mean that your expectation is wrong. You should be expecting honesty. You should be expecting truth and your complex trauma doesn't mean that that's that's not your complex trauma doesn't give you deception. And I don't know if I'm making this clear, but it's not. You're not owed deception because you have complex trauma. Yeah, part of what we're trying to just give our listeners an understanding of is like, Hey, this is why it you know, there are times where I know that I've said to myself, why does this feel like a 10? It probably should just be like a five situation, but it feels like a 10. So we're wanting to give you that understanding of the complex trauma. When the deception happens and you've responded to 10, this is why, right, that trauma is impacting it, and it's making it a 10. And I love how Pam talks about like, at the end of the day our whole dependency has to be on the Lord, regardless of what the relationships around us are doing and how they are and so there have been many conversations where I have stood there and and knew. I knew that I knew in my soul and my gut that he was lying to me. And I could stand there, and I could keep fighting for truth, and I could keep arguing and trying to squeeze it out of him. Or I can choose to step away and go, Lord, you know. You know the truth, and you can be the refuge for me, and I can sit there, even if what's in front of me is not being honest. And you can give me wisdom, and you can tell me what to do next. So I think those are some of the things, encouragements and hope I would leave for our listeners.

B

Bonny 22:19

Amen, I'd say that your hope can be, of course, I love that you brought in John, Michelle, because also John, I think the first chapter talks about how Jesus is truth and love, and if we have the mind of Christ, and I know I've said this before, but if we have the mind of Christ, we can be confident and we can be peace filled that even if there's this crazy making going on outside of us, if we are honoring our personal responsibility being a godly woman, and we know in our hearts that we're behaving in an upright way that honors God, we can just stand secure that what we are doing is not wrong. And yes, I totally affirm what you've said, Michelle, that it is a reasonable expectation that you're in a marriage that full of honesty, you are not asking too much, but if you know that you are doing everything you need to be doing, you can rest secure in that too well. That wraps up our discussion. Part One of two, when your husband keeps lying, please join us next week as we talk about practical tools to care for yourself while

navigating continued deception. And 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 F, O R, hope for wives.com Also, if this podcast has helped you, please leave a five star rating or review on iTunes to help other people find us, and when we reach 500 ratings, Apple podcast promotes us in a different way. We are so deeply grateful that you joined us today, and we'll see you again next week.



Pam B. 24:15

Bye, thanks. Bye,