

Ep_52_When_He_Keeps_Lying_2_of_2

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SPEAKERS

Lyschel, Pam B., Bonny

L Lyschel 00:03

Hi. I'm Pam Blizzard from recovered peace, 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're continuing our discussion around when your husband keeps lying, and we're adding practical tools to care for yourself while navigating continued deception. So the scenario is, she keeps discovering his deception, and possibly it's not even deception about acting out. It can be deception about anything, whether it's through words or actions. So the first thing I want to ask you, ladies is, what are some things she should ask herself? Well, if you listen to last week's episode, you'll know that we left you with some hope that your expectation of honesty is reasonable. So I think that could be one of the first things you ask yourself, Is it reasonable for me to ask that he's truthful with me? Yes, it is absolutely affirm yourself, validate yourself, if you're not getting it anywhere else or go to your group to get validation around this, but it's really important that you can stay centered in yourself that and trust yourself. I'm not asking too much.

P Pam B. 01:24

And something that I ask myself, whether it would be somebody lying to me or acting out, you know, who am I? If my husband is lying to me, who am I? If my husband is honest, I'm the same person and another person's behavior is always a reflection of their mindset. It's not a reflection of me or anything about me. It has no meaning about me or my worth or my needs or my value or even the relationship. It's that person's response to their own internal experience, their thoughts and feelings and emotions, that his deception is about him. It's not about me being worthy of the truth. It's, it's, it's not about that at all. So who am I? If my husband lies or is honest, I am the same person.

L

Lyschel 02:21

I love those answers. I think my brain took this question in a different direction, and the direction my brain went to was really trying to assess if this is a one off occurrence, or if this is something that happens in a pattern or habitually that I just am not aware of thinking about, you know, I've worked with many partners where they talk about, well, he tends to relapse, like every six months. And so I just kind of know or anticipate something's coming. And she'll talk about the apprehension, because she knows that the time frame is coming. And so then after a while, you start asking questions like, okay, so is it in fact, the fact? Is it in fact that he's relapsing every six months? Or is it in fact, in fact, he's not sober, but you discover it every six months, right? And so there's some questions there about, is this a one off thing, or, you know, is this, is this a slip in behavior, even not necessarily in, like you said, Bonnie, it's not deception about his acting out behaviors, but it could be deception about money. It could be deception about just, are you going to group and his, you know, him being omission of information, etc. I think there's something in that to really step back and kind of assess, is this a, is this a character thing, or is this a? I don't have the tools to show up in an honest way. Think there's a both and in there, so that's kind of where my brain took that question. But I do love your guys's answers too.

P

Pam B. 04:01

Oh, I love that. I think one of the things she can do to help keep herself sane is to use her voice. And I say this all the time, she needs to hear herself say it more than she needs it to land with the person she's saying it to that when you are not honest with me, when you withhold truth from me, you withhold yourself from me, I feel unsafe. I feel unsafe to the point where I cannot be vulnerable with you, and I'm going to respond by doing some things to take care of myself, because this hurts right now. I feel hurt and unsafe, and she needs to do that. Then she needs to get with her group or safe support people where she knows she can get honesty and transparency involved. Ability and authenticity to validate herself. And I think just whether you know that she doesn't say it to make him change or to try to, you know, move his understanding, she needs to say it out loud. Hey, this hurts. This is my reality, that I'm experiencing this as dishonesty or withholding of truth or yourself, and it hurts and I don't feel safe, and I think that helps her validate herself, because I know I gaslit myself. Oh, I shouldn't be upset. I should just let it go. You know, I didn't validate my own feelings. I should ask myself, What am I feeling? What emotions Am I feeling right now? What stories am I telling myself that could be cognitive distortions or judgments or filling in the blank, trying to fill in the blank, and what do I need if I'm feeling unsafe I feel I need safety. If I'm feeling lonely and rejected, and you know, I need connection with someone who is safe. So asking myself, What do I feel? What do I need? And how can I get that need met? I

B

Bonny 06:24

Okay, so she's asked herself a lot of really great questions that we've offered here. What are some practical strategies she can implement to help herself stay sane? I think we've talked about some already



06:44

going to group.

B

Bonny 06:46

Find validation, there, comfort there, if you're you're not getting warm and fuzzies from the person who's deceiving. What else? Ladies?

P

Pam B. 07:00

Scripture. The truth in Scripture



07:06

and

P

Pam B. 07:10

talking with God, not just talking to him, but talking with God, and saying, Lord, show me the truth. Show me honesty and to help me understand what the truth is.

L

Lyschel 07:28

I think the one thing I want to circle back around with this question, I agree with the tools that both of you guys put out there, but I think also the practical strategy we haven't really mentioned is boundaries. Right? Because I kept looking at this and I'm going, Okay, I kept reading, reading your, your, your the script, or not the script, but the question, or whatever, Bonnie, and I'm going, Okay, if there's consistent deception in my relationship, I have the per i permission. What we call them as responsive actions. If you continue to lie to me, I'm going to do this, which is, I'm going to not engage with you. I'm not going to share things with you. I'm not going like if you can't be a trustworthy person, because trustworthiness is a value that is important to me, then I'm going to have a responsive action to that. I would do the same thing with a friend. I would do the same thing with a stranger. If you lie to me, I'm not going to do things with you period. Like, there's just a that's a some of that's a natural consequence, but I think oftentimes we're so caught up in trying to find the solution, to make it not happen again, like, Well, maybe if I could pray harder, or I could, you know, I don't know, fill in the blank, then the deception would stop, and he would feel safe enough to show up with me, which we you and I see Pam even shaking her head. We all know that it's not our responsibility for him to choose honesty, that's his choice. And so when I think about the word practical strategies, I don't know if it I don't know if boundaries would really fall under the word strategies for me, but I think there's a necessity and understanding this is about this can be a boundary violation for you, if you guys have come to a place in your relationship where it was 100% honesty. Moving forward, I think about the couples that I get to do disclosure work with, right? Those are the days that they are they're making that decision that deception is no longer an option, but she's

now living in a relationship again, or finds herself in relationship with this person again, where he's not choosing honesty about something, she's going to respond to that, and that's going to result in her probably saying, I'm not doing this with you. I'm disengaging with you. I'm not sharing stuff with you. I'm not whatever that looks like. Now, for a woman like myself who is anxious. Attachment issues. That's also terrifying, because he's deceptive. I want to protect the value for myself, which is truthfulness, and I want you to be truthful. And now all of a sudden, this lady, Lachelle on a podcast, is telling me I need to disengage. And I panic. I panic, because what if he doesn't re engage with me after I set this value, this this boundary, or I respond in a way of saying, I'm not doing this with you anymore. And then that's where I start to see all these practical tools of I'm doing a really hard, big thing, and I'm being a big girl, and I'm saying I'm not going to live in a relationship that's not that's not honest, and I can't trust you, and then I have to run to the Lord and go, and I don't know what else to do. And I run to Him for refuge. And I go to him and I say, Can you help me stay sane? As I continue to say, I am worth I am worth living in a relationship that has honesty. I'm worth it. So that's my practical strategy edition, and

P

Pam B. 11:08

that's kind of what I was referring to when I said, use your voice, right? Yeah, yeah. You tell them, hey, when, when this thing happens. This is what I feel. And so because I feel that way. I'm not going to be able to be vulnerable with you. I'm not going to be able to be close to you. And that doesn't necessarily mean you're throwing up a brick wall. I won't have anything to do with you, but you just kind of attach to yourself more and attach to God, more than you attach to your partner, yeah. And,

B

Bonny 11:41

you know, some ladies have a hard time brainstorming responsive actions or consequences. So let's, let's talk about some reasonable responses. If it's, it's a pattern. So, you know, I know, Michelle, you said earlier, what came up for you is the question you'd ask, is this becoming consistent?

L

Lyschel 12:09

Yeah. Can I? Yeah? I I want to get some more framework around an example. I think, because it's part of where I think my brain keeps going down all these rabbit holes. So here's a here's a practical here's a real example in my own life, the lying came from he would over promise and under deliver pretty consistently. And it was, I'll be home at six. And I'm like, okay, great. I'll see you at six o'clock, right? And I can tell you all the reasons why it's important for me to have him here at six, family, etc. However, he rarely made home at six. So that starts to feel like deception. You're lying to me. Stop telling me that you're going to do something if you're not going to do it. Right? Well, he doesn't see it as lying. He just wants me to be okay with the fact that he can't manage time. So my responsive action to this was, if you are not going to be home at six, I need you to communicate with me that you're not going to be home at six. Guess what? He didn't communicate with me that he was going to be home at six. So now we're still in a place where we're navigating some level of deception or avoidance and not showing up in the relationship the way that he's committed, which is, I'm going to, you know, the commitment

that he made for himself was, I'm going to show up as a dependable, reliable person. And he's not doing that. His actions are not doing that. So it interprets, for me, that it's deception you can like, and I don't, I know that we twist it, but like someone would say, oh, that's twisted it. But that's really what it feels like, is you're deceiving me. You're not telling me that. Like, so then, of course, guess what happens? I start to get suspicious, and I want to know what the heck's going on that you can't ever manage to follow through with this request. Like, How is this not important or a priority? And then I met with resistance, deflection, etc. So I think when I just to give our listeners a little bit more of a concrete example, like, what does she do? What what I've done? You know, I the first responsive action I had was I communicated if you're not going to be here, if you're not following through with what you said, then communicate with me. Just communicate with me. But even that wasn't handled well, there was still no communication. So now, what do I do? Now? You tell me. Tell me what to do. Go

B

Bonny 14:39

so in in my language, you have requested something of him, and that's the boundary, that's the the request, so and so. Then what's your response? Because he's refused to honor that request. That's where we're at. Okay, yep, yeah.

P

Pam B. 15:00

If it meant like withholding dinner, I wouldn't wait for dinner. I'd put dinner on the table at six. We're eating dinner, whether you're here or not. If there's some sort of benefit that he gets by being home at six, then he loses that benefit. I can't rearrange life, right, so that things are comfortable for you and make myself uncomfortable. And you know dinner is going to be cold. Try to keep it hot, but yet not burning. Make the kids wait for dinner, right? Did that's, that's, that's just a natural consequence. It's a natural it's a natural result. And but to take it deeper, you're not putting the relationship first. And if you're not going to put the relationship first, then I'm not going to put the relationship first until I see you doing that, and I'm one of the best phrases that was ever given to me about boundaries within marriage, to not make it a brick wall, to completely abandon you and reject you and push you out of my life is move them To the friend zone, I love you. I care about you like I would love a cousin. Platonically, I care about you. You remember the family, but I cannot bend over backwards to make sure all your needs are met. And you know relationship comforts like buying the food that you like at the grocery store, going out of my way to make a dish that you like, picking up your socks, washing them, folding them, putting them away, listening to how your day went, because I'm over here having a day that is hinging on two People taking care of something happening at six o'clock in order to, you know, for a bunch of kids and a household and and and a restaurant in your home, right? That if you're not here to be a part of that as agreed, then I'm going to readjust, and I am going to put myself first, and my needs and my kids and everything first, until I see you consistently doing the same. And that's just, it's, it's a natural cons, natural consequence. It's not a consequence like a punishment, right? It's just, oh, this is, this is what I need to do then, and your your needs aren't going to get met like they were before by me. You're just going to have to take care of that on you. You want dinner, you got to have to get it on your own, because natural consequences are the best teacher, and that's in your terms. Lashaw love that you use the word response, how I'm going to respond not to you, how I'm going to respond to me and my needs. I'm going to carry on. I'm going to carry on as if I wasn't dependent on you. Oh, I can't depend on you. Okay, then here, like as if you weren't even here. And I love you. I

love you. I care about you, if you know, if you start bleeding profusely, I'll call 911, right? I'll, I'll rush to put a, put a band aid on, but I'm not going to go out of my way like I would for anybody else who was just a platonic friend.

L

Lyschel 18:36

Yeah, I think the grief that starts I start to sense for myself and others, is when that reality, that it has to be platonic, like that wasn't that's what, not what we signed up for, right? We signed up for partnership. And now what you're what, and I think what you're saying, Pam, is healthy and appropriate, but also that there is naturally going to be a level of grief for you as a wife, when you have to come to that decision to say, I have to just move on without you,

P

Pam B. 19:07

you're already experiencing a loss every time it's 630 Where is he that's a loss and that he says, I'm going to do better next time, and then he doesn't. You're experiencing loss there. But yet, if you can do they say the definition of insanity is right, doing same thing over and over, trusting and expecting a different result, and when you don't get that result, there's loss, there's grief. But I would rather deal with the grief of the reality of my partner's head is in a place that is different than mine regarding responsibility and ownership, and I need to do the right thing and so. Right Thing is, is to carry on. And if I need to ask for help from neighbors, from family members, from the kids, from the church, if I have the means to, you know, have meals delivered, or whatever that looks like. And if that causes problems for him. Oh, well, I've got to do the right I've got to be somebody. Has to be the adult and get things whatever was supposed to happen at six those things still need to happen. And again, it's not saying I don't care about you, I don't write. I'll say, Well, I care about you. I still care about you and but and express the grief. And I'm really, I'm sad that I have to do this. This is a loss for me. I went into this expecting we'd be two interdependent people, and you're acting very independently. And this is a loss for me. I wanted I had visions and hopes and dreams of two people doing these things together, supporting each other, laughing together, crying together, and being each other's soft place to fall. But now I feel like I found that I'm now doing this alone anyway, and that's a loss. So in order to cut my losses and at least fulfill these other things that are of high value, personal core value to me, I'm just gonna have to get them done. And yeah, it's a loss. It's absolutely a loss, and it's already a loss.

B

Bonny 21:51

And and we you said last episode that this doesn't last forever, and when you do step into this grief and you're hit with reality and being honest with yourself that in this season, for whatever reason, he doesn't have the capacity. And you can grieve that. It doesn't mean he's always not going to have capacity, or it may, but you grieve that, and you come to a space once you get farther down that road of grief where there's a shift, and that's when you can make other choices, because you always have choices. You grieve it for a while, and you watch behaviors, and then there's a shift, because he if he keeps deceiving, if he keeps not showing up, he's teaching you how to live without him. And there'll come a time when you have some decisions to make.



22:55

That's good. I



Pam B. 22:56

think women are smart. I think women are strong, and I think women do better when they live in reality, even if it's a reality they don't like. And I can, I can do much better with an ugly truth than I can living in my own i i, how do I say this nicely? I'll just for me personally, my own denial, my own fantasy of, I want this. I want this. I want this. I keep expecting it, meaning I keep predicting. There's a little predictor in my head that says, Well, if I just do this, and someday it's just going to change magically, one day he's going to just get it, because I'm going to keep asking for it, and I'm totally unhappy. I'm constantly disappointed, because I'm putting that expectation, that prediction, on him, whereas when I put the expectation on me, I know I'm going to show up for myself. I know that if I say I'm going to start this process at six o'clock for my family, because kids have to be here, and they have we're trying to teach them responsibility and showing up in community, and they have to be ferried all over, and they have to eat. And there's things that have to be done. Those are high value things. Those are personal core values, and I know that I will show up for me if I only have to depend on me. Is that lonely? Yeah, is it a catastrophe? No, I get to learn how strong I am. I get to learn that I can do things for myself. I get to learn that I can reach out and ask for help, and I can shrink down, you know, if I only have capacity for a gallons worth of stuff and taxiing, I don't tell the kids, we're going to do two gallons worth of stuff, right? I say, hey, we have to cut back somewhere. I think we do better. When we live in even the harsh reality, versus constantly wishing and hoping he'll change. And I think, and I think it's good for the person struggling with the addiction to see that that one person's going to function, one person is going to be the adult in the room and be responsible and take ownership and have boundaries and live in reality.



Bonny 25:31

Well, I think a lot of ladies are functioning. They're over functioning. Excuse me, they're over functioning when he doesn't show up. It's painful in that area too, because, but, but it goes back to what you're saying. Take more off your plate, the



Pam B. 25:50

two gallons versus the gallon. Yeah, yeah. Cut back to just what's really, really your top three core values. And it's a season. It doesn't have to be this way forever. You don't have to live in that space forever.



26:07

You can either



Pam B. 26:08

P Pam B. 26:09

live in that space for a while and set boundaries, but every woman has to have a red line. I think every woman has to have that line in the sand that okay, I'll do this for six months. I'll do this for a year. I'll do this for two weeks, whatever it is, there's no right or wrong answer, but I think everybody has to have that line to maintain their sanity. And I think our partners need to see that we do have a limit, because Absolutely, sometimes that limit is what brings a person to their rock bottom. That quote come to Jesus moment that there is a limit to what she'll put up with. And he needs to ask himself, am I ready to lose my lifestyle and my partner and my relationship over some of these little things that I really could manage, that I really could do better at and it's sad, but that's addiction. That's any addiction, alcoholism, drug addiction, gambling addiction, food addiction. It's, it's the only thing that motivates people to change is pain.

B Bonny 27:19

When the pain of staying the same is more than the pain of change,

P Pam B. 27:25

right? Well, let's kind of

B Bonny 27:27

recap what we've talked about here practical strategies. One was validating yourself that expecting honesty is reasonable. The second one was go to group for validation. And then the third was boundaries. Start thinking about your responsive actions to what's happening. And then what was after that?

L Lyschel 27:53

I don't know. I think I've derailed this whole thing for us.

B Bonny 27:56

No, no boundaries. Sorry, no, no boundaries is perfect. What I was actually thinking of as I was writing, what,

P Pam B. 28:04

what, what I had said is folds into boundaries. It's the beginning part. It's part of boundaries is using your voice and, you know, as an open protest. No, this isn't working for me. Therefore I will adjust by responding in this way and saying, and that's emotion. Listen, that's emotional intimacy, saying to your partner, hey, when this thing happens, my emotions are I feel sadness,

I feel fear, I feel anger, I feel grief, I feel loss, I feel loneliness. That's That's emotional, that's you being authentic, standing in your authenticity and using your voice and then enforcing the boundary.

B Bonny 28:50

So as we conclude, what hope can we leave our listeners today? Well, I think that, as we've said, Often our hope isn't in our husbands. I mean, it's the whole reason Michelle's ministry is called Hope redefined. You need to redefine your hope into Jesus and God, he's the one you can count on. Not to say that the season with your current husband can't change, but in these hard moments when there's just the pattern of deception, your hope has to be in God

P Pam B. 29:35

and your identity in Christ gives you the authority, the autonomy, the agency to say no to anything that is disempowering you, hurting you, pushing you away, just the deception of another person, and knowing that please take hope and. In the knowledge that their behavior has no meaning for you or who you are, your value at all, that it's totally their dysfunction, their lack of skill and capacity to push through those difficult feelings that urge them to deceive and do to behave up in ways other than they speak. It's not about you, and you have the authority to enforce boundaries and use your voice.

B Bonny 30:36

But before we wrap up, what groups do you all have coming up in the near future, in your own work.

P Pam B. 30:45

Okay, so

L Lyschel 30:46

we have at Hope redefined. We we actually have a really full year this year of group offerings and workshops. And I'm, I'm pretty excited about it. We've been working towards this over the last few years, and able in an effort to try and have groups running pretty consistently. So in the spring, we were we will have several groups. One is called Finding Hope, and it is somewhat of a first step group that you step into in community with women. It doesn't mean that you've just found out. It just kind of means like this is a lot of times where women find their first step with us at Hope redefine. We also are going to have several workshops this year, throughout the year, so I'd say, check out our website. We're going to be offering our relapse safety plan workshop again as well as a values workshop and even an identity in Christ workshop. So we're pretty excited about those things and and then I know that our retreat registration is going to be opening really soon for our Fall Retreat. So you're welcome to check out our website for all of those details@hoperedefined.org,

B

Bonny 31:55

awesome. And yeah, thumbs up for the retreat. Highly recommend for me. I am just this month, starting another cohort of the sexual clarity class, and may will be another cohort. So registration for that will be opening soon, and that'll be like the end of May that I'll start another session of sexual clarity for Christian women after betrayal, so you can check out strongwives.com for that. Well, thank you for joining us today. We do hope to be a bright spot on your recovery journey. If you'd like to leave us a question or comment, please go to our website, [hope for wives.com](http://hopeforwives.com) and that's F, O, R, [hope for wives.com](http://hopeforwives.com) and leave your message on our contact form. And also, if this podcast has helped you, please consider helping us with the cost of publication. There is a donate button on our website, and in the show notes, we'll talk with you again soon. Bye. You bye.