

Ep_53_How_Do_I_Know_Im_Healing_1_of_2

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SPEAKERS

Pam B., Bonny



00:02

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



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. Pam and I are discussing, how do I know that I'm healing now? As an aside, Lachelle isn't here because she's taking a very small sabbatical, because her plate is very full at the moment, and she's taking her own advice, but she will be back soon, I promise. And Pam and I miss her, and we know that you all will too, so we'll do our best to give you some great content today. But back to our topic, how do I know that I'm healing sometimes in the worst of pain, or when we have a full day of triggers, it can feel like we're going to be raw and seeping for the rest of our lives. So we want to give you validation about your experience and give perspective on how healing happens. So jumping into our first question, Pam, what can a woman experience that makes her feel stuck?



01:10

Are we looking at like how she feels physically, or



Bonny 01:16

all of it? Any? Yeah, how she feels stuck, physically, emotionally, mentally, spiritually, all of those things can for me. So what comes up for me? I think about a woman who's been told to just forgive and forget, and she comes to me and she's like, I cannot I? Am I a bad person? Am I a bad Christian? Am I stuck? And I tell her, No, this is part of the process, and you don't have to

forgive fast, and honestly, you may never forget, but that's part of the healing process. And forgive and forget. No, that's the forgiveness is a part towards the end to mid to the end of early recovery, mid recovery, wherever it happens, to land for you, forgiveness is a part of the process, but it's it's not something you have to beat yourself up for.

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Pam B. 02:14

Oh, amen to that. I I wanted to forgive. I was eager to forgive, perhaps too eager to forgive and not really understanding what forgiveness really involved. I think I was conflating forgiveness with Okay, let's get this behind us. And I thought I forgave, but yet, there were parts of me that didn't feel safe, didn't feel emotionally stable, and of course, I can, I can verbalize this now in those moments, I didn't have that language, I didn't have that understanding of the phases that we can go through, The levels of healing that we can go through. And so I was sort of beating myself up, of Well, I have made the decision to forgive, but yet I'm still feeling all these things. So I thought that that forgiveness, that even even small forgiveness, not even the full forgiveness, I guess I thought that was going to fix me or grease the path going forward, and it and it didn't. And I really it was quick forgiveness, and I don't even want to call it forgiveness now, but I had an expectation that if I do X, Y, Z, I'm going to feel better. And I often say now in hindsight, the goal isn't to feel better, the goal is to get better at feeling and I had to feel the feelings. I didn't want to feel them, so I felt stuck because I was pushing them away. And really what I needed to do is I needed to do all the things that I've now learned to do, to process those feelings in a healthy way, to take them and and sit with them and understand them, name them, understand what message they had for me. So that kept me stuck. So what

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Bonny 04:20

you're saying about emotions and being able to navigate them better, and to sit with them and realize that they have a beginning, metal middle, they have a beginning, a middle and an end, and they won't last forever. And along those lines, I think what can keep a woman feeling like she's stuck is grappling with living in this reality of this, this really did happen, and through no fault of my own, I now have this huge wound that I have to work on healing and it's not fair, and sitting in that reality is hard. And I think if. She, I think that's a place where women feel stuck too,

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Pam B. 05:03

yeah, the injustice, because I can't go back and fix the injustice. I'm not, I'm not recovering from the injustice. I am recovering from the feelings that come along with any injustice that I can do something about. I can do something about my anger, my very righteous anger, frustration, sadness, grief. I can do something about my feelings, but I can't fix the injustice that happened. And you're Yes, acceptance of this thing happened, and there's nothing that can ever make it right. There will always be wrong, but it won't always have that power over my emotions,

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Bonny 05:53

and I think also a woman can feel stuck if she's not healing as fast as she wants to

and I think also, a woman can feel stuck if she's not healing as fast as she wants to.

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Pam B. 06:01

There's that expectation, right that, oh, if I do XYZ, then I should that. That expectation, or the prediction that I should be better by now, she's shoulding herself and placing an unrealistic limiter timeline on her healing. I think the other thing where I got stuck, and I see this happening with a lot of the women in my groups, and that I coach is comparing her progress to someone else. If you're in a group, hopefully you're in a group, or if you know anyone in your life that this has happened to, you can see somebody else bounce back or move through the stages more quickly. And it's so easy to say, well, this woman in my group, she's doing so well, she's newer to this than I am. Why can't I be like her? And it's a cognitive distortion, because all things are not equal there. You know, maybe my childhood, or even in my adult experience, there might be more trauma, more loss, and so we all have different ground, so to speak, that those seeds were sowed in and we can't really we cannot compare ourselves to someone else, to someone else's healing.

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Bonny 07:21

Yeah, amen, you can't see their past, so try not to compare. Comparison is just a killer of a lot of things.

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Pam B. 07:32

Comparison is the thief of joy, Yes, amen.

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Bonny 07:38

So let's shift over into our next question. What questions can she ask herself to assess if she is in fact, stuck? I

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Pam B. 07:51

think what we just talked about, am I comparing myself to someone else? Am I? Am I raising the bar on my on the expectations of my own healing compared on someone else. And a lot of times it's my my husband. You know, maybe my husband sometimes is really getting a lot out of his recovery work. He's growing he's having new insights. He's managing his emotions. He's able to experience joy, and yet we're still stuck. So again, we you know, am I comparing myself, my recovery, my healing, and that my pace to somebody else's pace?

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Bonny 08:36

Yeah, I think another question she could ask herself is, Have I really decided to do anything necessary to heal? Will I pursue healing at all costs? Have you decided to do that, or are you kind of holding on to some things like, Oh, if I tell him how bad this hurts. He'll do his work. Oh,

if he just gets better, then I'll get better, you know? Or have you really come to terms with I have to heal for myself and to realize that some women heal, they divorce and heal, and their healing is in no way collaborative with his. She heals for herself, for her future. So I think, have you decided to heal, no matter what the cost? I mean, and the costs can be a financial outlay. Therapy can be expensive, but there are sliding scales for some therapists, some groups have sliding scales. So if you are in financial constraints, are you willing to ask? Do you have a sliding scale that takes some humility, but that is pursuing your recovery at all costs? Another is a. Is another cost to consider is facing that emotional pain. I think Pam was alluding to it that instead of repressing it, denying it, shoving it in a closet, in your mind, can you sit in it? Because really, it's that grief and processing that helps us heal. And the last thing to heal at all costs revolves around your boundaries. And are you willing to accept the response from people who don't like your boundaries? Are you confident that your boundaries are reasonable and you are not asking too much, and you can find out if they're reasonable by taking your boundaries to the group you know, explore with with your therapist. Is this unreasonable? Am I trying to manage his recovery, or is this about keeping me safe? Those are all costs to consider, because especially with the boundary one, this was where i i I wrestled because he didn't like some of my boundaries. And, you know, I had spent most of my life being married to him, listening to that marriage advice that, Oh, you just, just keep him happy, you know, it just keep him happy, you know, just deny yourself. And so I was growing out of that, and so he wasn't happy with some of my boundaries, and I had to, I had to have those boundaries at all costs, which means that I wasn't getting his affirmation, and I had to be okay with that, because what I was doing was getting my needs met for safety, and the one I could trust to affirm me was God, so I had to solely rely on him. And what the Bible says, I would open up the Bible. I know people don't like Bible roulette, but I would just open it up and read, and God would put something in my path that day. Usually it was meaningful. So are you willing to pursue your healing at all costs?

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Pam B. 12:12

And I know one of those costs was, I did you kind of alluded to this. I had this cognitive distortion that if I got better, it meant that what happened to me wasn't a real loss, and I had the same cognitive distortion that if he sees me getting better, I was mind reading, oh well, he will think, Well, it's not that bad and it's not a big deal. If it happens again, she'll get over it, and now in recovery. When I talk to my husband about this, he's like, Oh my gosh, no, I wasn't thinking that at all. Your being stuck was was painful for me. I saw that I wanted healing for you. I think one of the other questions we have to ask ourselves, there's two questions, are we holding that bar based on what other people are saying, whether it's your spouse, you know, saying what are, and my husband did this before real recovery. What are you still upset over this or that? I thought we got past that, and so that brought horrible shame to me, that like, well, maybe I should be past this. And then other people, friends, well meaning, parents and siblings saying, oh, shouldn't you? Shouldn't you be over that? I remember one family member hurt me deeply. I was having a trigger, and she said, Are you still holding on to that as if I could actually just release it and let it go, like it was my choice to hold on to it. So, you know, am I putting expectations on myself that come from other people's words, not just their recovery where they are, but other people's words? And then the other question I would really want to ask myself, is, what are those times that I am feeling the stuck the most? Is it when I'm having a trigger, which is neurobiological, it's physical, it's physiological. Is it when I'm having a difficult conversation with my spouse, or maybe even someone else, my kids or someone

important to me. Is it when I'm tired, when I haven't done the self care? You know, we say halt, hungry, angry, lonely, tired and really kind of start maybe journaling or tracking, keeping a log of what are those times they feel the most stuck.

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Bonny 14:45

Yes, that was actually in my notes too. Are you fixated on when your triggers are happening and not identifying the space between the triggers? I think if you can ask yourself, how much space has. Been between my triggers lately. You know, like the first 90 days, they were daily, but the second 90 days, I'd have a few days between between triggers. And, you know, if I could think of it that way, then I saw, Oh, maybe I'm not as stuck as I thought.

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Pam B. 15:19

And I would want to ask myself, Where have I moved forward if I'm two weeks, 30 days, three months in, our bodies are designed to heal somewhat and even emotionally and psychologically, even though we may not be exactly where we want to be. There is some movement that you can turn back and look at and give yourself grace for, give yourself credit for, and remind myself that healing is not linear. That's another thing is I would feel good for a couple days and like, Okay, wow, I'd have hope. You know what, maybe I'm going to be okay. Maybe we're going to be okay. And then I would have a trigger and or a grief wave or something, because we hadn't built the skills that we needed, yet, a really bad interaction with my husband over something minor, maybe even and I would beat myself up. I would have a bad reaction, and then calm down later, and then really start beating myself up for not, quote, like performing in a healthy way when I wanted to. And so I would be asking myself those questions, am I giving myself grace? And where can I give myself credit?

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Bonny 16:41

And I do want to clarify one thing about what I said earlier. You know, I talked I was talking about keeping him happy at all costs. There's nothing wrong with having a happy marriage. It's just that if what I am asked to do is to my detriment and crushes my spirit or puts me in exhaustion. That's not healthy. So healthy marriage is that two people are taking care of themselves and are not depending on each other for their ultimate happiness. Happiness happens because you're both healthy. So just a little I wanted to clarify that

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Pam B. 17:21

totally agreed. The people that are telling us will just go back and make him happy. What they're saying is go back and manipulate him. Yes, I'll be manipulative. Yeah,

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Bonny 17:32

yeah, no, yeah,

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Pam B. 17:38

we can. We can attach. Our hands are up. It doesn't work.

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Bonny 17:41

Yeah, tried to do that the first few times. Well, that kind of wraps up our conversation, except for one last thing, Pam, what hope can we leave our listeners?

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Pam B. 17:53

God has designed us to heal. It may take longer it I asked someone, how long does this take? And the answer was always longer than you want it to that's the only thing we can know. Is that God has designed us to heal, physiologically, neurologically, and it will not be like this forever. It may be slower than you want. I'll it will be slower than you want. Keep doing the things, keep that commitment to your self care, to putting your mental health, your emotional health, your spiritual health, first, above above your partners, even above your children's, because they're going to benefit down the road. It's okay to not take Jimmy to football practice once or twice because you need to go to a group, you must put yourself first.

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Bonny 18:51

Yeah, and my hope for you is that it's the Holy Spirit that's going to help you leapfrog toward wholeness and healing, while counselors and coaches and intensives are valuable, they won't ultimately heal you. It's it's the Holy Spirit, it's Yahweh, the creator and Yeshua, you know our Messiah, who want us to collaborate together. We they want us to open our hearts to them and to our spirits and to to allow the mysterious to happen, because His ways are higher than our ways and and the way he works is just amazing to me sometimes so outside of the box. So it's being it's being open, which is hard for a wife who's been manipulated and deceived and have has the ultimate betrayal. It's hard to trust that God does have our best. Interest at heart, but he really does, and it's being open to that even if you're holding it loosely, it's still a step toward him. So that's my hope. Listeners, thank you so much for being with us. Join us next week as we talk about the practical tools to get unstuck and promote your personal healing and recovery from betrayal trauma. 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 when we reach 500 ratings, Apple podcasts will promote us in a different way. We're deeply grateful you joined us today, and we'll see you next week. Bye, bye. Thanks. Bye. You.