

Ep_55_Divorce_Care_with_Kim_Hansen_Petroni

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SPEAKERS

Lyschel



Lyschel 00:02

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



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and I'm Bonnie burns of strong wives. We're so glad you're joining us.



Lyschel 00:15

Welcome to another episode of hope for wives. In today's episode, I am super excited and grateful to be sitting with my friend Kim Hanson Petroni, we are going to be tackling these the topic of divorce and what this looks like in the aftermath of betrayal. So Kim, welcome and thank you so much for taking the time to be on this episode and this podcast with us.



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Thank you, Michelle, thanks for having me. I'm excited. Yeah, me



Lyschel 00:44

too. Okay, can you tell our listeners a little bit about your certifications quality? I know that you're qualified, but I want to make sure that they kind of hear your story, because we know each other through apps. That's training, yes,



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yeah, I'm actually, I'm apps at certified. I'm also a certified supervisor through appsats, and I have my board certification, a Master's in Counseling. I'm urcom certified, which is the early recovery couples empathy model of working with couples experiencing betrayal and trying to help them go through that together and come out the other end. And I've started my own business. I work with almost exclusively with women and couple ships. I have a few addicts that I see as well to help people explore betrayal, trauma and really come out the other end of it, whether it's entitled sexual behavior or

 Lyschel 01:40

an addiction. You and I have kind of been on the journey of growing our ministries at the same time for the listeners to know you're you're truly more than a colleague, you're a friend, and you've somebody who I feel like we've navigated some fires together. So it's it is exciting. I'm grateful to have you here and be able to share your wisdom with our with our listeners. So all right, so we're going to be be super cash, as we typically are, and I'm just going to kind of dive into some questions. And Kim, we would love all your wisdom. So my first question for you is, what would you tell a wife to ask herself when she's struggling with the decision around divorce?

 02:23

That is a very big question. So there's a lot of different things that go on within a relationship when you're trying to figure out how to divorce, and if that's actually an option for you, I am a divorce partner, so I understand the challenges that arise around that. It can include family, it can include physical, monetary needs. It can include church. How does, how does your life? How is your life going to be impacted? And basically those three arenas, and a lot of times, I'll encourage partners to explore not just the actual divorce itself, but am I prepared? Have I taken the time to actually prepare for this? Because sometimes either you just want out so desperately or you can't figure out how to get out, I back everything up and say, Okay, what's your next step? Have you thought about do you have do you have any cash? Do you have your own bank account? Do you have your own credit card? Do you know how to mow the lawn. Do your kids go to public school, private school, all of these kinds of different areas that would seem overwhelming, if you just dive right into a divorce, we bring it all the way back and kind of pick it apart piece by piece and take it that way. So the first question might be, are you prepared to do this? The second is, it's a survival question. Are you drowning or are you surviving in this? Partners have spent once you when you get to this, this point, you actually have bad choice A or bad choice B. I always tell my partners, you got bad choice, stay. Bad choice leave. Neither one is good if you're actually contemplating divorce, because you've probably gone through all of the therapy and you've dove into recovery, recovery for yourself, recovery for your partner, and now you're at a precipice where there's no future that you can see within the relationship. So the question then is, are you surviving? What do you need to do for you? Are you actually able to embrace what God has created you to be, and when I bring it into sort of a space of the Lord loves you. He adores you. You're a daughter of Christ. Are you able to experience and explore the gifts that he's given you right now? He doesn't want you to suffer. He doesn't want you to be in pain. You're not carrying the cross. Sometimes we have to turn around and just give our partners back to the Lord. Yeah. So am I surviving, or am I trying to take on the burden of his healing? Where's that division transpire? If you're not surviving, then we go back to choice A and kind of figure. How can we prepare for things?




Lyschel 05:04


I love how you say that you I love the I love how you say you're talking about this is a this is a process. There's there's definitely a decision that has to be made, but then there's a process. And I think for someone who's never had to stand at that boundary and recognize that it's a process that has to be considered. I love that you're you're putting that out there like, hey, there's a lot of steps that go into this quick story. I had a partner who I was who is in this difficult situation trying to make the decision, do I want to stay, or do I need to go? And they had been in long term, or what she thought was long term recovery. He truly was not choosing recovery. And although he would say he was going to try, his actions were communicating something very differently. So after almost a decade of essentially waiting for him to choose to do what he said he was going to do, she was like, I've lost myself, and I'm not okay with this. And so that was part of her decision. And I know there's a lot of decisions that go into it, but that was one of the tipping points for her of saying, I've lost myself, and it's I love that what you just said, Kim was, you know, staying is the hardest decision you can make, and leaving is the hardest decision you can make. And I've heard you say that before. Can you kind of alluded to that again, and I say that I use that a lot with my partners, in an effort to just try to create some sense of empathy for them and compassion, and knowing that I've yet to meet a woman who is so delighted to divorce, yeah, yeah, right, it is a and I think that's a misconception for a lot of people. But the one thing I was going to add to that was, you know, I remember her talking about calling in a divorce attorney, the divorce attorney in the process, or the intake person, whoever it was, I don't was officially an attorney. It was such a worldly conversation. That's what she kept saying. And she was like, This is so incongruent with my faith as a Christian, and I just don't know how to move into this. So





07:15


yeah, and you're 100% correct that there is a, you know, when I take a partner who has, let's just use your partner who's tried for 10 years to try to make this work, make this work. All of their energy has been drained, basically, and they are wounded people trying to make a very black and white, educated decision. And they can't do it. They it's, it's impossible. So we get stuck in immobility of I can't figure I can't it scares me to pick up the phone and just call a divorce attorney. I remember the first time I walked into my divorce attorney, I was like, literally shaking. I don't remember anything that transpired, but I was also really wounded and broken. So it's not like you've got a healthy individual walking into a legal world. You've got someone that's trying to pick their own pieces up, yeah and and ask for a divorce in a very worldly environment that is not faith based by any means. So that is kind of I was thinking about that as you were saying that it is very different. When you walk into an attorney's office, they speak a different language. I tell a lot of my clients, when you walk into that attorney's office, he is processing you, or she is processing you. How are you going to hold up in a courtroom? Are you going to just answer the questions? How Can I rein her in? I have my current attorney. One of the first things she said to me after I met with her, she was like, Thank you for not crying. And I thought, because for her, those tears, they just blur the process of straight through, of how I'm going to behave in a courtroom. She wants to know, can I handle this and not get distracted with all the emotional chaos that either a therapist or a coach should be handling instead.

 Lyschel 09:08
Good point, good point. Yeah, so

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that's, I guess, kind of to go back to your initial question of, what would a wife tell herself is, am I surviving? That's my bottom line. Are you surviving this? Can you make this? Do you believe that this is a space that the Lord wants you to be in when you start processing divorce? Women are because our Christian community says we don't want to do divorce. It's not a good space to be in. I really want women to focus on, what does God want me to be? What has he created me to be in this world. I am the person God has created me to be today. I chose divorce. It could have happened within the marriage. He could have gotten himself together. He could have come back. He could have taken on the glory of the Lord. And it could have been a fantastic story, but it's not that story. Mm. And I'm doing what the Lord wants me to do. It was a very hard process. Though.

 Lyschel 10:06
I had a I no doubt

 10:07
partner, had a partner this week. Describe it as a hallway. You know? The visual is, I always put partners when I'm talking to him about choice, choice A or choice B, do we kind of tip our toe over to the divorce side? We took it over to the state side. What's it feel like? It's kind of wobbly, and she actually reinvented it as a hallway. So you've exited the space where there's hope for the marriage, and you're kind of in this hallway, and you're looking at different windows, and you're kind of poking through doors, seeing what you want to take out of these rooms along the hallway, until you get to the end of the hallway where there's divorce. So to go back to how you presented it too, is that it's a process of, okay, now I've made a decision. I don't think this is going to work. Just take tiny little steps through that hallway. When I ask partners, as coaches, we always want to visualize your future. Where are you going to go with your life? What does it look like six months down the road? And women in divorce, it's black, they cannot visualize their future. So I encourage them just put your toes out to the edge of the door sill. See if you have the courage to do that. You don't have to put anything through it. You don't have to turn a light on. Just go right to the edge and see what that feels like. And we process that, what's it feel like to put your toes over the edge? How can we process that and try to get everything, their emotions, their feelings, their body sensations, and then paperwork and pause all together into one space?

 Lyschel 11:32
I'm so glad you just said that, because that was kind of what was rolling in my brain. Is it's no doubt that every client we're working with comes with levels of complexity. It's part of our it's part of the story. It's part of what they're trying to navigate. But I think what I I see is such a


vital thing you've already touched about it, about that in that conversation with the therapist, I'd love for you to this is, we're going rogue. I'd love for you to talk about the tension between the grief and the emotions, the surrender, all those things that are flushing up as she's making this decision. And the next thing, the next right thing, like contacting an attorney, having conversations with children or family or friends or, I mean, whatever that looks like, like, what is your what is your wisdom? For a woman, let's just say she's come to you for a you know session, and it's just she that's where she's at. She's trying to find a balance, and honestly, it's probably not realistic to have a balance. But what do you say to somebody like that



12:50

lotto? Let me pick apart some of the pieces within that. One is you talked about the grief, the emotions and the surrender. Yeah, that I'm going to lump together because partners and even touched on this is that, you know, they wait for the that that to be the decision, okay, I'm like, traveling through this path. It's going to feel right. It does not feel right. Divorce will never, ever feel right. It's a survival decision. It's a practical decision. That's why we get stuck in this emotional, grieving space of what did the scripture say about it? How do I survive? How what if I am I giving up? Is this really what God wants me to do? And for women, I find that they are able to get to that point when they know that they have done everything they can when they and it's a process. It can be a long, 10 year process. It can be 2030, years, but they can't leave until, especially in our in our faith based community, until they know they have given it everything. There's no other choice. I would like to help them start a little bit earlier than that, but because when they get to that, that point where they've done everything, they're totally drained and just done 20 years later, they're like, Why did I wait so long? Yeah, and it's just because you thought you're doing what the Lord wanted you to do. He's not going to punish you for doing that. You get to make that choice, and it was with honor and integrity that that decision was made. So I really helped them focus on you did things because you're trying to remain honorable, to the to the marriage, to your husband and to your family, taking that next right step, and including friends and family with it. The first thing, just as a global statement, I am not going to make black or white, but if you don't have good support that understand you, your friends don't need to be told what's happening there. When you start integrating friends and random people's experiences with divorce you get can be overwhelming, and you just shut down because there's so many scary stories out there. Every divorce is very different. Every attorney is. Very different. Every partner is very different, every judge is very different. Every courtroom is different. So you can't embrace everybody else's experiences and load that onto you and think, Oh, I'm going to have a terrible divorce. I'm gonna have to do 50 50% with the kids. I'm gonna have to stop homeschooling, all of those things. I just check it right out the window. So when I work with clients, they talk. I start with, what's your dream, if we take husband out of the picture, what is dream of your own future life? What would you like to see happen? Do you want your kids with you all the time? Okay, let's start with that. Let's figure out how we can appeal that in a courtroom. What's your logic behind that? What facts do you have and and so when I give them the freedom to ask for what they want, then it makes it a little more edible. Is not the right word, palatable. Palatable. Thank you. As far as family, there's, there's two different arenas too. I like parts. The first side would be a husband and a partnership where you guys have the capacity and have been open with your kids, whatever the age of the kids are, and however you've communicated with them, they're aware that there's something going on, and you can present it that you know we're taking a break for a while. It's just we need to work on ourselves, whatever it is that you can come up with them and as a couple shift right ahead of time to be able to sit down with the family and do it that would be the healthy marker of divorce. What I find frequently is that in when you have actually


chosen divorce, it is not because you can have a cohesive conversation with your partner. It is not because you communicate well, and a lot of times, the wives will end up going in and trying to carry the conversation on their own, or the husbands who are not in recovery, who are working through entitlement abuse, who are addicts, trying to hold on to their addiction, they just Sideswipe everything and make it extremely messy. So for the wives and moms, if you have kids, just stay steady to who you are. You don't have to say much. You know, I love you. I'm doing this, trying to do the best that I can, and you don't need to say much.

 Lyschel 17:14

Also, I think what you're offering is a real sense of the reality of what many can be facing and and, you know, I, I imagine there's this you're trying to play out all the scenarios even before, like when you're in the hallway, right, and you're still, like your your visual, your picture, is when you're in the hallway, you're starting to play out what's going to happen behind this door. And maybe, you know, for some personalities, I'll do that, and that's what I'm hearing you do. So I love it,

 17:46

yeah? The other the drawback to that is that a lot of times, partners will stand at the end of the hallway and look at the far end of it, yeah? Like there are way too many doors between here and there. I'm not going to be able to get there, so I bring it all the way back, just right here. Look at your toes. Yeah, just stay with your toes and the next step and the next step, and we try to really work through the overwhelm of the big picture, because it's immobilizing.


 Lyschel 18:13

It is a hard word, but true immobilizing. Well, could you share any kind of free or cost friendly legal resources about separation and

 18:25

divorce. There are several organizations online that offer a variety of different services. One is Natalie Hoffman. She's got a good book that's very solid, as you kind of try to process is your it's called Making Sense of your confusing marriage. Is it? Me, I don't get any money by advertising for her, but I read a book. It's very good. It's very clear and concise, and kind of helps you work through the process. It can towards the end of it, it feels a little overwhelming to me, because she's got a ladder image of the steps that you need to go through to get out of a relationship, and it's kind of like walking through the hallway. It made my stomach hurt, and it's true, but you know, take it. You don't have to read the whole chapter. You can Sorry, wrong. One the other is life saving, life saving divorce by Gretchen Baskerville. She also has a Facebook, free Facebook community, and I encourage women to go there, because the stories are so similar. It's not targeted specifically to betrayal trauma, but most of the women have experienced it, and she has a very faith centered dialog. It's well constructed. You don't get people in there just kind of ranting Off, off the edge. I have found it to be a pretty consistently safe space that's very active, another space for women who are divorcing, and it can have

some narcissistic tendencies with very abusive men and a heightened level of conflict that you can anticipate having. Is one mom's battle. She Tina swidden has written a book called one mom's battle, and she also has a website, one mom's battle, that offers free legal ways to kind of document, legal paperwork. It is extremely helpful to she's got free gray rock responses, how not to get enmeshed and involved in sort of that hurtful dialog that can cycle us into a not a good place, in a courtroom. The the other place is me. I am working on a certified becoming a certified divorce coach, simply because I want that label to help people understand that I know what I'm doing. I've done the training specifically to it. I do work with an awful lot of partners going through divorce, high conflict divorce, and I have found that it is really helpful to use me instead of your attorney as a sounding board. I'm much cheaper. And I also, I also, yeah, well, it's true. And I also offer clients the ability, how do you prepare all the documentation that your attorney wants? How do we breathe through that? Because you've got 20 pages that you've got to fill out that financial information for someone in trauma trigger. Number one, you can't read the paperwork because you're overwhelmed by it. Number two, it's just a, I say this a lot. It's just a momentum of the grief of something that you don't want to happen and yet you have to do it. So how do I help women kind of work through that and and process the hard, black and white stuff? You know,

 Lyschel 21:35

I have another question. So a bit of our conversation has been around women who are stepping into the journey of divorcing. So it's in the process. Do you have resources for women who have already divorced because of betrayal, trauma and their story not going in the direction they had hoped for, for them, for hope and healing?

 22:00

I do offer groups to help women going through betrayal trauma in relation to divorce, because it is such a different space than a normal couple ship who just fell out a lot. And I use the word just very lightly, but it it's hard to have a conversation with someone who divorced because a couple ship's path went one way, versus having a conversation with someone saying, Well, my husband was seeing prostitutes. My husband was, you know, whatever, whatever those deeds are that they've done, addicted to pornography, that's kind of a weird conversation that you can only have with other women who get it. So I do offer a safe space for that with groups. Offered a retreat last year. I'm probably going to offer one next year too, just to give women a place to detox and sit in that space. Yeah, because it is very, very unique.

 Lyschel 22:55

What do you think is the number one thing they need to feel in the healing process?

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Or they need to feel heard. They need validation. They need understanding. I have, I offer a 30 minute just, you know, 30 bucks, 30 minutes, come in, give me everything you got, and I'll try to power you up with, you know, documentation, or whatever it is. And most of the time, the

women just show up. They just want to be heard. They just want to tell their story. Doesn't matter what it is, just they just want to talk. So I find groups are critical for healing, and it's also the scariest place for women to step into absolutely, yeah, taking taking courage to another a whole new level. It's

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Lyschel 23:38

beautiful. I'm so thankful for your groups, Kim and being able to have those as a safe resource to give women, I could not agree more with the herd this like you were kind of saying it's like we have to be selective and who we're inviting into this journey that so then that begins to make you feel more silent and some of your everyday communities. I think about women that I know that have had to navigate this with children, even young adult or adult children that they're not wanting to you know they're still trying to be honoring and not jeopardize that relationship for Dad, etc. And it is true we we need to be able to be able to process it with others. So I'm so glad you offered that resource. So, I mean, let's ask, go ahead, oh,

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24:29

I was just going to throw another nugget in there, something that might be helpful for women as they try to divorce with authenticity, including their children. You know, how do they handle that? And one thing that I find that is contradictory to the standard court recommendations is that when you have a dad or a man, a husband Father, that is not behaving with an integrity, and you're going through a divorce, and he's either not showing up for the kids or not doing things that. It value the children. It's okay for a mom not to say he still loves you. It's better for a mom to say This really hurts. I can see the pain in your face. I can validate you. You're justified to be sad about it, as opposed to blind siding and gaslighting children into a fake reality to that kind of helps them stay navigated and grounded in their own authenticity and being truthful and honest. And

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Lyschel 25:27

you're right, still choosing your own personal authenticity and saying, I'm not going to lie to my kids, but what can I say to my kids to offer comfort? Well, let's talk about probably one of the hardest questions that I think all of us navigate and wrestle. And that question is, What does God really say about divorce? Kim, have you talked to him about this? Have you

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25:52

who gods? Yeah, and I have had a few conversations. Yeah, I'm going to preempt this by saying, I'm not going to get into a theological debate or battle about Scripture specifically, mainly because I'll dig myself into whole I'm not very good at that. What I do know is that you know that whole verse in Malachi that gets thrown up in our face. God hates divorce. This just not true. God hates divorce because of the space that we have to be in, the pain that is caused because we're choosing that space. He doesn't hate us for making that decision. He hates that. I'm in that position, so we get to do things that validate and honor God, not our partner, not this human being that has the choice to either come alongside us and honor God and the marriage

or go the other direction. We get to make that choice everybody's given free will, and if your husband, your partner, does not choose the Lord and what God has deemed healthy for you, you have the ability to make whatever choice you think God wants you to make. The sanctity of the marriage is not more important than your realized relationship with God.

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Lyschel 27:17


You know, one of the realities that came true for me is that Jesus died on the cross for me as an individual. He also died on the cross for my husband, but he didn't die on the cross for our marriage. What does that look like when you're trying to live in a relationship where two people are not living out their salvation and their relationship and there's abuse happening, and emotional abuse. It's one of the hardest ones. I think hearing stories about women just having to navigate that for such a long time because people didn't believe them. Covert abuse

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27:54

and covert manipulation is almost impossible to describe to somebody who doesn't understand it. And that's where I mean, you can say, well, he screamed at me last night, or he fussed at the kids, and the Christian community is kind of like, oh, well, he's just having a bad day. That's what we do to justify the statement. And partners feel obligated to say, well, but he did it this day. He did it this, this, this, this, it's the whole picture that I'm suffering through and enduring, and that's where, if you don't understand it, they don't feel heard, then you kind of flounder in that dark space of what is going on here. Yeah, yeah. I we talk a lot about, you know, being the frog in the boiling pot of water that you don't know you're in a boiling pot of water until your limbs are falling off. And I remember at some point in my relationship, just thinking I am in one of the darkest spaces. My brain isn't functioning. I have no idea what is happening, absolutely clueless, right? You know, therapy, all these things, but there was such a deep heaviness within me. I would have been suicidal if I didn't have children. I did not understand what that darkness was. And I would pray and pray God just I can see all of these things that don't match up, I don't get it. And I would pray that he would just give me all I just need something, just something God to validate me. And 16 years in, I got that something. And after that, I was like, All right, Lord, here we go. I could handle the the truth, but it was that dark pot of boiling water that kept on getting hotter and hotter and hotter and hotter. And I couldn't put my finger on it, but you can, like, see weirdness, I don't know. And that's that's that covert abuse, that there's nothing you can pinpoint. It's just there. And then you get that nugget, and you have a choice that when the Lord drops that nugget in your lap, no matter how long it takes. I got really mad that it took so long, but once I got that nugget, then I was able to start teasing it out. And now I can look back and I understand, okay. Understand the whole timing of it. I'm good with that. My kids are older now. They are blessed. They are good kids. Yeah, just like a total sidebar. I tell this sometimes my second oldest was 12. I have four children, and my second oldest was 12 when my husband, at the time and I sat around at the kitchen table at night, and we told him that he was going to that my husband was going to leave for a little bit, and my 12 year old just started wailing. It was a guttural sound I have not heard come from a kid. It sits with me, and I knew at that moment I had altered his entire life. You know, Dr Phil talks about, we have 10 moments in our lives when they're altered, or when we they shift who we are. And I looked at my kid and I said, I did that. I did that to him in this moment, his life has changed forever. And I carried that around with me for a little while, and I tried to, you know, sue them that night. And this year, he's a senior in high school, and he wrote his senior essay on the grief around the

divorce, one of my prayers. I have two older boys. I have now he's 17, and I have a 19 year old. When they were little, they pestered the living snot out of each other, pushing, pumping, fighting, just on and on and on. And I always I was just like, Lord, if you can just make them get along when they're older, I'm good. All I want them to do is to love each other and support each other. So my 17 year old wrote, wrote his senior, his senior essay for his application about started off with the divorce. And this past year, my 17 year old and my 19 year old have gotten tattoos. The tattoo is Italian brothers on their chest, they are tattooed Forever together. That was my prayer that has been answered. Everything else in between. I'm just working it out. So I think if we can stick with prayers that that that are bigger than we think are available to us. It may be God's plan is not whether I stay married or not, whether I can navigate this divorce. Well, what's his different plan for me? Yeah,

 Lyschel 32:32


wow. It's a beautiful story of redemption in ways that we never, ever expect. I'll tell you this, I've been praying a lot about different things, as usual, and the other day, I was on the back porch and I heard the Lord say, you know, Michelle, you can't tell me what the miracle is supposed to be, because then it won't be a miracle,

 32:56

right? Dang it. That's probably true.

 32:59


That's probably true. That's probably true, right? That makes me, that makes so much sense, right?

 Lyschel 33:06

And I mean, it truly is. It truly is a miracle. And when I look at my story, and I'm navigating that disappointment of you being like, you didn't show up the way I wanted you to, you didn't do the miracle, I always go back to Lazarus. That's the story that comes back up for me over and over again. Is about being those women standing at that grave site and looking at Jesus and going, you didn't do the miracle like you didn't get here in time. You missed it on the whole time he knows he's about to just say, come out, right? He knows what the miracle is going to be, and yet they're saying they're saying they're still sitting in that place of being like, you missed the miracle Lord. And he's like, No, you don't get to decide what the miracle looks like. That's my job. Yeah. Like that too.

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We can't visualize his miracles because his brain is so much greater than our power. He is Almighty and able to just shift things. Yum.

 Lyschel 34:04

This has been amazing. I'm so thankful for time with you. I'm so thankful for your wisdom and what you offer to women who are trying to find hope and healing in any part of their story, whether they're together or having to face off with divorce. I would love for you to take this last minute just to really articulate what you do and how women might be able to connect with you, and especially about your retreat. I want to hear about your retreat. Yeah,

 34:34


all right, so how you can connect with me is coaching, hope for you, the number four letter U, coaching, hope for you. I have a variety of blogs on there that really affirm women going through divorce. It's called not a casserole widow. And a lot of us, and I do with the faith based community, just trying to get them to understand what we go through as partners. The groups that I offer, I offer. It's a. Workshop, it's like, I think it's two hours of nuts and bolts of how to navigate top 10 things that I think is really helpful for you to know when you walk into a divorce or when you take those steps, those next steps. The group I offer is a curriculum I've developed over the past years of eight weeks just really trying to get women to validate themselves in this space. So it's very similar to what you were talking about, where do they go after they've divorced? It also includes women who are going through the process of making the decision, because it's very helpful to see the other side while you're going through that the retreat is based on sort of accumulation of different somatic activities and really being able to sit and talk with other women about what works, what isn't working in a faith based environment, it's safe. It's very small, six to eight people maximum, and unless I get like a dump of a whole bunch of people and people that are willing to help me run the retreats too, but try to do it in Ohio near an airport, so that people can get in and out pretty easily, and try to make it as cost effective as possible. Love

 Lyschel 36:13

it. So thankful for you to be in this army with

 36:16

me. Yeah, well, I'm glad to be here,

 Lyschel 36:19

and I'm very good comrade. It's been fun. It's a hard job, but you are a good comrade, and I'm thankful for you so well, listeners, I hope that you have found this, although a difficult conversation. I hope you found it to be a bright spot in your day of in your recovery journey. 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 spelled out, F, O, R, wives.com and also, if this podcast has

helped you, please consider donating for the cost of our publications. We have background costs that add up, and we would love to see your support in that way. Thank you for joining us today. Bye. You