

# Ep\_57\_Heal\_with\_Kids\_and\_Career\_with\_Casey

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## SUMMARY KEYWORDS

healing phases, grief process, busy women, self-care, emotional awareness, grief journal, support groups, self-compassion, forgiveness journey, grief triggers, practical tools, hope in grief, healing investment, self-awareness, grief validation

## SPEAKERS

Lyschel

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Lyschel 00:00

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



00:08

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. Today. We're continuing our discussion around how to make time for healing. In the last episode, we walked through how she can care for herself through the first phase of healing, safety and stability. We've had an incredible guest named Casey Allison with us, and she is back today to help finish out this conversation.



00:35

Hi, yeah, I'm Casey Allison. I'm an appsat Certified Partner coach and a pastoral sex addiction professional through ITAP still a candidate in that but getting close, I am a mother of nine, and I spent a decade living as a missionary in Cambodia.



Lyschel 00:56

Wow, a decade that's incredible. Were all your kids born in the US, Cambodia, where were they born? Just curious.



01:04

Yeah. So I had five in Thailand, one in Cambodia in the bathtub. That was exciting. And then I had three here, one on furlough. Wow,



Lyschel 01:14

that's crazy. I can't imagine what the one born in the bathtub is like,



01:21

so it was exciting,



Lyschel 01:25

awesome. Well, we're going to go back into this conversation about how to make time for healing. And I think for listeners that don't know, I myself have five children ranging from 14 down to seven, Casey clearly has her, as everyone likes to tell us, you have your hands full. And so I think it's a really applicable topic for us to kind of hash out today, and just just to give attendance for PAM and Bonnie. Pam is actually out right now with the flu, and Bonnie had a prior engagement, and I said I would totally stick around and hang out with Casey. So, so Casey, let's dive into our first question, which is, what are some experiences Busy, busy women have when they enter into that second phase of the remembering and mourning, or grief and mourning?



02:20

Yeah, I think going back to our last conversation, just building a foundation for basic function, really surrendering to the Lord the basics that we need, day in and day out, and doing that in faith that He cares for us and he can meet us in that very minimal space, and I think once we can get that foundation laid, then we can have the hope for the future. We can live in a space of hope. And I think living in that space of hope is where we can best grieve, because we can say, I can sit here and make time to feel the loss, to name the loss, losses, I guess I should say, right, and in that space, I can grieve in hope that God can redeem each loss, and that God was with me in each loss, and is With me now. And I think one of the biggest obstacles I experienced in the grief process was comparing how I grieved, how I went through it, to other people. I read what other people did, and I thought, I need to do exactly like this, because this is the way you do it, and one of the most important things so we don't waste our very precious time is to allow ourselves to be an individual and to take time first to discern how we can grieve effectively and efficiently and uniquely unique to us?



Lyschel 04:03

Yeah, that's great. You know, when I sat with this question at first, the first thing I thought of was the question is, what are some experiences busy women have when they enter into grief? And my response was, I don't have time for that, so therefore I never enter into grief. And I saw

this play out. I see this play out often, still, like in other not just in my betrayal story, but in other places of just loss, where once I got through the the traumatic experience that and started to move into a place of what I would have labeled normalcy, okay, we're getting back to normal. Okay, this isn't this, you know, the the thing isn't blowing up anymore. The fire has been put out. I did not know that grief was going to follow, but. It's very difficult for us to actually experience grief in the middle of the tragedy right. Most of the time we're functioning in that shock, and then, like in the last episode, we talked about safety and stabilization, so we're trying to find some stability in there, but we're not necessarily back to normal. And so this is actually a place that I see most often that brings women into community, groups, therapy, other things, because in her mind, she should be passed this by now, because the traumatic event maybe happened six months ago, and she's still finding herself thinking about it, or it pops back up in her mind, or she's really irritable with the world, but she doesn't know why, and she's not connecting it back to that, the first, initial discoveries and all of this, she's really got this expectation that she should be someplace else. And the truth of the matter is, is that she probably has not given herself time and space to grieve. And I'm right there with you, who's got time for that, right? When you got a bazillion children, they don't, they're not. They're done with you, not showing up 100% right? Because that's just the way kids are. So they are so, I mean, they're empathetic, they can be empathetic, but life is moving on, and so we kind of put this grief on a shelf and assume that we can neglect it. However, the reality oftentimes is, is that it catches us by surprise, which then makes us really mad, really mad. Another thing I see that's pretty common with women is I mentioned that this is what takes them to therapy, or not takes them to therapy, but invites them into that space or getting into a support group. A lot of times when women have neglected their own grief and their betrayal story, but they have another significant loss in their story, it bubbles up so thinking of one gal who joined a group years ago, and it was on the heels of her mom dying of cancer, and I remember thinking, What in the world is she doing in a betrayal trauma group? She should be in something with cancer, you know, that kind of thing. But the reality was, is that she had made peace with the cancer, and while she still had sadness about losing her mom, she really could not understand the impact and the depth of the betrayal story, and so that's what brought her into betrayal care, or betrayal trauma care was because this other thing, this death of her mother, was what tipped the scale. And she finally was like, I need help. I need to go get help. So it's so it is difficult. I mean, I don't know a woman that's not busy, so I love that we added busy woman to this. But I'm like, I don't know who would not be relating to this topic, because we are, we are busy in our own right. But I think that some of the experiences, just to kind of recap this is, is that oftentimes it catches us by surprise. We don't want to do it, and we have lots of reasons why we don't want to do it. And on the other side of it, it's something that's essential for us to start to heal, like legitimately heal and move forward.



08:22

Those are such great points, and I think having a little bit of curiosity about those reasons why we don't want to grieve can go such a long way. So, you know, maybe I don't have time for this, or I know one of my big fears was, if I start naming the impact that this has had on me and grieving it, I'm going to go back to that dark place where I was, or that numb place, or that angry place. And so that fear of going backwards really gave me pause. And I think addressing those fears and in hope setting ourselves up to grieve appropriately by listening to those fears. So if I'm scared, I'm going to go back into depression because I'm grieving. What's my plan to keep me out of depression, so when I put that in place, then I can grieve appropriately, right? And then so maybe, if I am worried about being angry, reviewing what what triggered me really

badly. Where did that anger come from? What needs did I not have met that caused me to be angry and hurt right looking back and making sure I'm meeting those needs so basically fighting for ourselves to have the opportunity to grieve.

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Lyschel 09:54

Yeah, yeah, we did. It just for our listeners to know there is previous podcast that we. Talk about grief and a little bit more depth, but some of the things that I've discovered just in the time of me doing this work is that one of the reasons we don't grieve is permission. No one is telling us that we're supposed to grieve. We don't have a funeral. We don't have people show up and bring us casseroles, right? And those are all indicators that there's permission, and so there's no permission. Many of us do not understand the purpose, right? But we now even have scientific studies that are beginning to directly correlate unprocessed grief to depression, anxiety disorders as well as autoimmune issues diabetes. That's another one that I've read about is which was so powerful for me to discover, because my family was riddled with diabetes, and we have a lot of trauma in my family tree, and I thought that makes tons of sense. So there's no we. We don't have permission, we don't have purpose. And the other thing is, is definitely time. So, so if you want to go back and listen to that old episode, that would be great. And when I say old, I think it's from last year. So alright, so what are some practical tools we can offer women in this season use we both kind of started talking about this, like creating space for it, having an appreciation for it,

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I think again, start right at the bare minimum. Where does this fit in in my daily life? Where do I have a tiny bit of space in my daily routine? And then also creating a bit of a sanctuary. It can be a chair, it can be a spot on your porch. You know, it can also be with your kids. So one of the best things that I saw modeled and then I took on was my friend had her, I believe she was three at the time, and she would just invite that three year old onto their little special couch. They called it their conversation couch. And she said, You know what, I've got some sadness that I want to cry about. Do you have any sadness you want to cry about? And she would listen to her daughter talk about the sadness that she had. And they would have this moment of grief together, and then they would get the little tissue box that they had set out and wipe their eyes, and they would, you know, with their imagination, hand that grief over to God, and they did that together. And for me, that's how I started grieving, because I didn't have space where I wasn't away from my kids, so allowing my kids to have a space to grieve whatever they wanted to while I grieved too, normalizing that normalizing that created space in my life and my family to grieve. Another thing I think that really helped was I like I write, I love to write things down, and so I kept a grief journal, and I'll be a little bit a little bit of authentic and honest here, right? Almost every time I would be wanting to grieve something, how it started was I would be triggered by something my husband did or said or something I remembered, and I would want to take that immediately to him and be like, Hey, man, remember, remember this. I'm angry about it. I'm sad about it. That hurt. And so instead of doing that, because that never went well in those early recovery days where he wasn't in a good spot to hear, I took that to my notebook and I recorded it and and for those of you who don't know about doing an impact letter, I just took my journal and did my impact letter out of that journal. It was all there, and I had named

it, and there was healing in that and then lastly, I joined a group of women where we made space in that group, we set aside 10 minutes to listen to the grief of each other and name it, and that was a beautiful and wonderful healing experience.

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Lyschel 14:11

Powerful. It's powerful to have others bear witness to your loss, because I think we also wrestle consistently with gaslighting ourselves, right? And we're like, oh, you're making such a big deal about this. It shouldn't hurt this bad. It's not as bad as her story. I mean, I could go on with the list of things I've heard women say about themselves and the way that they minimize themselves in their healing journey. So having others, you know, with that validation, and even though they may not say a thing, just to see a head nod, just to see a facial expression or someone else shed a tear over your loss, it just it changes things. So thanks, Casey. 100%

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and I think lastly, for me. I struggled with anger a lot and grief just I was just so angry and practically acknowledging in some way that my anger could be grief. I'm not sure if you talked about that, that podcast, I'm having trouble remember. I did listen to that one. This idea of I am so angry, and saying, What am I grieving? So my question is, when I'm angry, do I need a boundary? What is my need? What are my needs here? And is this grief? And then if it was grief, writing it in my notebook so I could grieve it during the little grieving time I had set aside, or something like that, just acknowledging that grief can look very different at a different time in my journey, it was the numbness. Why am I on Facebook, scrolling? I'm not even I'm not even looking at what's on my screen. What is it? Do I have a need? Do I need a boundary? Is this grief and that can really, really help on a practical level?

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Lyschel 16:08

It's great. Thank you. I love you. Know, I know that the secret weapon to healing is self awareness. It's just, I know. It's like, we don't really given a word very often, or language, and oftentimes, I think that self awareness can be tangled up with like, your body. Where are you feeling that in your body, etc, which is all so important and so helpful. But also when you do things like what you just said, that list of questions, when you you have enough awareness to say something's not right. I'm sitting here scrolling and just asking the question of why you're starting to work the self awareness muscle that you have, and so it's funny, I'm just throw this out there because I know you're listening wherever she is. I have clients where I am trying to help them step into the idea of self awareness, and they confuse self awareness with feeling emotions. So they push back, and they tell me that they're really allergic to emotions and they don't do emotions and this and that. And I have to chuckle, right? Because I've heard it enough now and going, I don't know that. I need you to feel anything. I just want you to pay attention, right? Well, that's part of the way that they got away from their emotions, is not paying attention. And so I am being very counter to what is natural to them. But I think it's important for our listeners to hear that, like self awareness is going to make you aware of some emotions that you may or may not like, it's going to it's going to start pointing out, hey, when I feel this, I do this, which PS is also the thing that we're so hopeful that a person in addiction is also learning, is self awareness, right? When I feel this, I do this. And so it's, it's hard to put us all on

the same space there, but we're really trying to grow in that, because it is a secret weapon when you can start to be very introspective and aware of self, it plays into so many other parts of your journey. It plays into your self care. It plays into boundaries. It plays into restoring joy for yourself. And the list could go on and on, but I just add that in there.

 18:23

I love it. And I think something that really changed the way I framed self awareness was the idea that I'm parts. I have many parts, right? And so I typically frame self awareness as self compassion, so and that self compassion is in the hope that the compassion I show to myself will overflow into others. I will love others as I love myself, right? And so with that self compassion, I can look at myself and say, there's a part of me that doesn't want to feel that that's allergic to the emotions tell me more about that, and being able to be curious about one part of myself and know that it's not me as a whole, gave me a little bit more space and a little more freedom to be able to to touch that difficult emotion and touch that difficult thought.

 Lyschel 19:20

So true. Well, let's close out with hope, because that's our favorite thing to share. So Casey, what hope can you leave with our listeners today around the subject of busyness and healing and grief?

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When we step out on faith to care for ourselves in the most basic way, and then we grieve in hope, because Christ is our hope. I don't want to place my hope in anything but him, even in my own ability to go through this process, my hope. Visit him so in faith, through hope, the end result is love. I can love Christ more, and I can accept his love more if I go through grief. And that is priceless. When I think about my busy life and I think about the values I hold most dear, grief is actually what gets me to that place that I want to be. It is a hurt that heals and it is a hurt that heals and and brings even more good, right? So because I let Jesus love me in my grief and let him help me love me, I can love my children in a way I never did. I can be there for them in a way that I never was. And that is the that is the hope and grief, that is the reward in grief, and it is worth your time. It is such a good investment.

 Lyschel 21:16

I think what you you, the way that you were talking about that, what clicked in my brain was you knew that the thing that was most important to you was to be able to love your kids really, really well. And part of where I think I've made the mistake is being a busy mom is putting myself aside in effort to try and fully show up for them, and yet that has backfired consistently. And so understanding the priority that has to be placed right on this vessel in order for it to pour out into other places is it's a non negotiable actually, but we do try to negotiate it quite often. And you know, the one, one of the things that I have come to understand is that grief has a direct correlation to forgiveness. And I'm not just talking about forgiving another person. I'm talking about forgiving self. I'm talking about forgiving God, even though he may or may not

need our forgiveness, I understand that as a theological thing, but even just rebuilding trust. And so when we neglect this particular part of our healing journey, we're going to hear things like, I feel really stuck, or I don't know how to get to forgiveness. I know that most of the women I work with, they have a hope to forgive, they have a longing to forgive, they just don't know how to get there. And they also have a lot of bad theology wrapped up with it most of the time. And so if you take nothing away from this conversation, I want you to hear that grief is telling yourself the truth. You have to tell yourself the truth before you can even know what you're forgiving, right? And so while, yes, you're going to get the details of stories and events, etc, but sometimes it's about saying I lost my smile during this season, or I haven't been able to see colors because my world just feels gray all the time. And being able to give yourself the truth and grieving that allows you to move into the next stages of healing. And so I just, I hope for our listeners that they will consider it. And I think life with God is an invitation. At all times he is inviting us into deeper things, into more relationship, and this is an opportunity to say yes to the invitation and let him walk with you through this. Well, Casey, thank you so much for being with us today. I've loved our conversation, and I have loved our new friendship. I'm so thankful for that, and we will see you next time. If you'd like to leave us a question or comment, please go to our website, hope for wives. That's hope, F O, R wives.com and leave your message on our form, our contact form. There, it comes to us directly, and we won't miss it. 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 our show notes, bye, you.