

Ep_66_Option_C_Choice_Change_Complex_and_Christ

Fri, Dec 20, 2024 12:04PM 24:52

SUMMARY KEYWORDS

Option C, choice change, boundary setting, relationship complexities, emotional manipulation, external pressure, healing journey, truth and trust, personal growth, divine guidance, decision making, support systems, recovery process, hope for wives, empowerment

SPEAKERS

Lyschel, Bonny

L Lyschel 00:03

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

B Bonny 00:08

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

B Bonny 00:17

Welcome to another episode of hope for wives today, it's just Lachelle and I, as Pam, had another obligation, so our conversation today will be revolving around option C. You know, we often talk about option A as staying in the relationship and with our boundaries and watching him grow. Option B is often leaving and leaving well, when when we don't see growth and our safety isn't prioritized, but what about the real life complexities that make option C the best fit? So Lachelle, why don't we talk about Option A and Option B, and what that really means more fully, and then let's talk about option C. So what would you say about option A?

L Lyschel 01:19

I so appreciate your definitions there, Bonnie, as you did the intro, but my brain is a little scrambled. So I'm going to just say this out loud, because oftentimes, when I sit with partners, what I sense to be Option A is I have to tolerate what has now been exposed to me, and I have to stay because I made a vow. Then option B is more of the I'm going to go ahead and leave this relationship because it's never going to change. And then that's when I feel like we get to step into this option C, of, what does it mean to stay and go after something completely different?

B Bonny 02:09

Yeah, I like your enriched definition of option. A, yeah, that that I have to stay. I have to tolerate this, which is really a mental shift we we all need to make with boundaries. We don't have to tolerate these things. So I appreciate that. Yeah,

L

Lyschel 02:32

and I mean, I've had so many women during an intro call when they've reached out for support and they will, I think, you know, there's like this anticipation that that is going to happen in the conversation that I'm going to say, I'm really sorry you guys are struggling with this, but he is who he is. You've made a vow, and so do the best you can. Hope he doesn't do it again, or hope you don't find out about it again. And I don't know, like there's this, and I don't necessarily, maybe that's been said to her from other people, that that's her option A, but I really feel like that's what we do as an as a podcast, is help women explore option C so yes, and as an organization is being like, hold on a second. We don't have to stay here and accept what's been dealt to us in the way that it's been dealt. There is certainly a reality of my husband has a problem, and it is impacting me.

B

Bonny 03:40

Well, I think you also raised a valid point. Of those are things she's been advised from people in other areas of her life. We hear this often from religious leaders who who mean to do the best they can, but are often ill equipped and ill informed about this particular problem, the option A does not mean you tolerate disrespectful behavior.

L

Lyschel 04:09

Yeah, yeah. And I think that you know that just to speak into that a bit more, I think all of that comes from a lack of knowledge. I don't think it's malicious. I think it's lack of knowledge. So what makes me think about it is the, you know, the progress we've had through the disease of diabetes. Well, 2030, years ago, that diagnosis would happen for a person, and it was, well, it is what it is. You've got this disease and you've got the sugar, you're just gonna have to deal with it. And that was option. That was option, a right, that was it. And then now we have so many options, C's, we have dietary restrictions. We have different adjustments in lifestyle. We have medications we can take. Like to combat a disease like this, and so I feel like the reason that we have those option C's now is because of growth and knowledge. And so when we're handed an option A, and it feels really yucky, we are an educated culture now and have so much resource and access that we don't have to stay with Option A, we can go explore these other possibilities for our relationship. Mm, hmm,

B

Bonny 05:26

unfortunately, with diabetes, you can't do option B, which is just cut and run.

L

Lyschel 05:33

Good point, good point.

B

Bonny 05:37

And I'm not saying option B is cut. Yeah. Not saying that's easy for a wife who's been betrayed and decides to leave the marriage. None of these choices are easy, none of them, and that is that's the hard reality of being a betrayed wife, is that now our choices. They're all hard, but God gives us, and I know we're going to talk about hope at the end, but you know, God gives us the strength to walk through the

hard. It just depends on what you choose. So that's that's true, she has a choice. Um, I think option A makes it sounds like she doesn't have a choice, in a way from option A, as in what that I have to stay that's not given her choice. It's

L

Lyschel 06:34

almost like we should name this option C equals she has a choice. Seat for

B

Bonny 06:40

choice. Oh, I like it. Yes, yes, yeah. And, you know, in the Sarah society, we say that, you know whether you stay or go is between you and God. But there are so many of my sisters that I know are wrestling with this third space of I have small children. I can. I am the stay at home mom. I have to protect my children and provide for them, and I can't do that without him. And that's that's the complex, that's the complexity. And I think if we ignore that, or we say it doesn't exist, that's doing a great harm to our ladies who are in that position. It's minimizing what they're doing.

L

Lyschel 07:34

So do we want to do that? Do we want to cast some reality on option C, yeah, just how there is a lot, there's a lot of nuances and a lot of complexities that come into option C, the same is true for A and B, right, right. I have found myself in this exact place of being like, What are my choices? What are my options here? A felt like I've gotten this information. Am I willing to accept this as a reality? However, that looks whether it's the emotional part of it, the emotional, you know, manipulation and things that were coming in the relationship, or do I need to walk away from this? Well, I wasn't okay with either of those, right? So that's where that option C came into it. And oftentimes option C comes before option B. So we're going to stay in it. Yes, we're going to have choices. We're going to make choices. We're going to, you know, start to explore support for our for ourselves, and for our spouses and for our relationships. And we're going to try and see if this will, if this will change.



08:53

And

L

Lyschel 08:56

we're going to, we're going to do the therapy. We may do the intensives. We may go to the classes. We may go to retreats, etc, in a hope that option C is we're going to discover a new way of life. And sometimes that doesn't happen for both her and him. And so it ends up that option B, which would be leaving is the new option?

B

Bonny 09:27

Yeah, very good insight, because option B is usually the last choice, yeah. So I think we've mentioned this before. Women. Women don't want to get divorced. There's this myth, I think that it's just so easy to say I'm done, and that's not been my experience with the partners I work with. They're desperate to make it work. It

L Lyschel 09:57

also I feel like the pressure. Pressure to make a decision, to make a choice. It oftentimes, I'm sure there's part of it that comes from ourselves, but there's also part of it that may be coming from external pressure. Maybe it is the spouse, maybe it's parents, maybe it's community, etc. And I tend to find you know women who are around community that are familiar with divorce, that can be the one of the first things that they are told. Well, why would you bother staying with him? Look what he's done, etc. So there's a pressure to move to Option B. There's other types of communities that women are coming from, which is divorce is never an option no matter what. And so there's, we're not going to talk about option B, because it's just not even an option, right? And I that's what I think I love about the work that all of us get to do in this betrayal trauma field, is say no, no, no, we get to come in and have this third option of saying, hey, let's learn how to heal. Let's learn what boundaries are. Let's learn what self care really means. Let's and then let's begin to implement that in the relationships that we have. Let's heal and mature and grow as individuals and also as a as a couple ship in order for us to have a completely different relationship, because you don't want to, you know, that's one of the hardest parts about recovery, is that for there's always a place in our story and in our healing where we just want to go back to the way things were, because we start to get into that deception, that it's easier, well, we could just go back to where we were, that it would be so much easier. But now we know too much, right? And I am one of the first to say I am guilty of trying to fake it till I make it, and the trying to live a lifestyle of going back to the way things were. But I knew too much, in other words, that dream of that previous relationship didn't include betrayal, right? The that relation, that previous relationship, didn't lack trust. It had trust in it because I was still living in I was in deception. I didn't know the full truth. So it's so hard for us to not want to long to go back to the way things were,

12:30

what we thought they were,

L Lyschel 12:32

yeah, what we thought they were, yeah. So

B Bonny 12:37

I think it's in that maturity, in that growth, that we do start to embrace that I would rather know everything than to live with the blinders on. Yeah, that that comes with work.

L Lyschel 12:51

Yeah, well, and it comes back to the Scripture about how the truth will set us free, right? And I know that it's talking about Jesus in that context, but it's also, it can also be part of our value system. Like I think all of us have a value system of truth. We expect that people are going to be honest with us. We don't walk around as soon well, maybe some. I got some friends who are attorneys. They're very skeptical of everybody, but I don't know that they were born that way. But, you know, but truly, I think that we expect that people are going to be honest and and truthful and trustworthy. And

B Bonny 13:28

so what came up for me, when you were talking about wanting to go back, what were the Israelites after they left Egypt? Yeah, they were in slavery and in bondage. Did not have choice. Could not make

they left Egypt? Yeah, they were in slavery and in bondage. Did not have choice. Could not make consent, give consent, but they were well fed. And also, I think that's it's kind of an analogy of, we didn't have consent. We didn't have choice because we didn't know everything yet we were well fed and that we weren't sitting in this pain, this this betrayal. Pain, there was pain. There was pain because, typically, he was probably manipulating and gaslighting, using anger against you or passive aggressive, or even overt, you know, abuse, all of those things were there, but the betrayal, pain is different. So anyways, I hope that makes sense. But who wants to go back to Egypt,

L Lyschel 14:39

right? I think what I was trying to pull together was that option C involves having truth, and truth is what leads to change. So now that we fully understand what's happening to the best of our abilities, what do we do with this? I have this conversation off. In with disclosure clients. We're collecting data. We say this often, we're collecting data. And now that I have the data, what do I want to do with it? And I have partners who choose to move towards divorce. I have partners who choose to pursue additional recovery, work and healing. And I would say that I've had partners who've somewhat chosen to accept what's there. I don't know that it's a long term choice, but for the sake of their exhaustion and survival, they go okay. Now I have the disclosure. I have his truth. I'll be okay. But she doesn't really make a lot of change after that, and that's kind of that option A, she's sliding back into option A, right. I'll just endure it, and I'll survive it.

B Bonny 15:57

So what if you're looking at Option C, you've had your full disclosure. You are living in reality, but there's still this whatever for whatever reason, whatever, if it's practical, pragmatic, or maybe she still just has hope that, and maybe he's showing baby steps towards, you know, self growth and recovery, and she's just not ready to cut the cord. How does she live in that liminal space, the space of waiting, you know, the hallway. It's hell in the hallway. But how does she wait in the hallway? I think that's part of option C too. Sometimes could it be hope that's keeping her there?

L Lyschel 16:49

I think it could be hope. What was funny I wrote down Option C is choice change in Christ. So that's what I when you're talking about that and showing the hallway, that was the first thing I thought of, well, if Christ is in the hospital, in the hallway with her, Mm, hmm, as long as she's in his presence, that's where she's supposed to be. But I also, like, I want to stress so much, like we do consistently in this is that this is our journey as individuals, right? And so as much as we want all of these options to be made as mutual decisions in our relationship, it also has to be individual, right? I can't just the same as, like, I can't make the decision to accept my husband the way he is and allow him to keep, you know, doing things that I don't agree with from a moral standpoint, values, etc, and then he decides he wants option B, he wants to get a divorce. There's not a lot of shift that's going to happen there. So, but, and that's really unsettling for a lot of partners, where he doesn't want to get well. So what do I do with me, because he doesn't want to get well, and I'm going there is an option C that, which is you pursuing your own healing and your own health and being in the hallway, so you don't go into the unhealthy, you know, the unhealthy room where he's living in unhealth. You hope that he will join you at some point in a room that's full of blooming garden, but that's that hallway. Mm, hmm.

B Bonny 18:42

So how does she stay well in the hallway.

L

Lyschel 18:47

That's our next episode. Okay, I love your question, Bonnie, and I will address that on the next episode. Let's recap.

B

Bonny 19:03

Option A is when we're speaking of staying in the marriage. Now, whether that is because you feel you have to, you've been advised that divorce, God hates divorce. There's nothing worse than a divorced person. And of course, that's a lie, but that's some. Sometimes the message we get, or Option A is you stay with a lot of boundaries, and you're committed to staying because you choose to for a season, say you give him six months to see some change, or you're or you're giving him six months to get the full disclosure done and then make decisions after that. So I think that would be option A, and Option B is divorce, whether he chooses it or you choose it, and then option C is. Why don't you recap option C there? Michelle,

L

Lyschel 20:05

okay. Option C has complexities. Option C involves choice. We get to choose. The other thing is, is that option C will involve change. It will involve change on your part. It will involve change on his part, Option C. We hope that option C will even hold a whole new relationship for you that's better than than it was before, because there's so much change happening there in a good way, an option C, not that option A and B don't include Christ. I don't want to sound like I'm eliminating him from those other places, but there is a lot of presence of the Lord and sitting in that, in that option C.

B

Bonny 20:56

So, so what if option C does not I know I'm going back to question, but he does it include much of his own personal growth. Yeah, yeah. So that could be, that's Option c2 option C can be pragmatic. So option C is complex.

L

Lyschel 21:14

All right, that's good. Another C word, complex.

B

Bonny 21:17

There we go. Yes. So it involves change choice, change complexity in Christ, awesome. Okay, so what hope can we leave?

L

Lyschel 21:31

I feel like the hope that we get to leave our listeners is patience, God's patience for us in the decision making, God's but I also think God's presence in the decision making. I think every one of us sits with the thoughts of, I don't want to make the wrong choice. Well, the beauty is, is that you can still keep making choices. So if yesterday, you decided you were going to do option A and you were going to be fine with what he's doing and just get back doing life, and now all of a sudden, that does not feel like the right option. Then, so be it. God is so familiar with change. It's okay. He's, he's, he's in it with you. And that's

kind of the hope I want to be able to leave with listeners is leaning in on him. There have been seasons where I have felt led to go one direction or another, and then all of a sudden I feel led to go in a different direction. And you know, I could hear people argue or make a case that God doesn't change his mind. I don't know that God ever changed his mind when he was leading me. I think that was the turn that my journey, my road took was to go left. You know we were going, we were going right for so long, and then we just took left, and you're going, Okay, we're going left. So I guess I just want to that's the hope is that the God, that God's presence, is with you in this and his his patience for us in the way we want to lean in on him. He's so patient. He's so willing to be right in the middle of all the indecisiveness with us and give us clarity. Proverbs is the Book of Wisdom. He will give us wisdom.

B

Bonny 23:19

So the hope I would want to give a woman is that she is empowered with that spirit of Christ that's in her, with the mind of Christ that's in her, you are empowered. You're not at the mercy of your husband. You do have choice. So that's the hope I would want to leave Well, ladies, thank you so much for listening today, we realize this is a this is complicated, and we don't have all the answers. We have a little bit of wisdom, and so we hope that this has given you some things to chew on and some permission to be where you're at. So we're going to close today, and we will be talking next week on how to stay well. So if you found us to be of any benefit, and you would love for other betrayed wives to find us, please share this share this podcast with your small groups, with your therapists, with your coaches, and if you're so led, you could leave us a nice rating and review on Apple. It'll help others find us that way too. All right. Thanks. Bye.