

Ep_76_about_Boulder Recovery wives support program

Fri, Dec 20, 2024 12:07PM 47:48

SUMMARY KEYWORDS

Boulder Recovery, inpatient treatment, trauma-based model, Christian focus, empathy work, partner sensitivity, intensive program, financial considerations, readiness level, stages of change, community support, self-awareness, boundary setting, emotional regulation, healing journey

SPEAKERS

Pam B., Lyschel



Pam B. 00:03

Music. Hi. I'm Pam Blizzard from recovered peace, and



Lyschel 00:06

I'm Michelle Burkett with hope redefined, and



00:09

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



Lyschel 00:17

Welcome to another episode of hope for wives. If you have missed the news, Miss Bonnie is off to Australia speaking to women faith leaders and communities about betrayal, trauma and the power to heal from its impact. So please continue to pray for her while she's gone. In the meantime, we've decided to open up her seat and invite new friends into these conversations with us. So Pam and I are still here, and today, we have asked Crystal Patero Rand to join us with Boulder Recovery and beginning an institute. She is the wives support group leader, and her role is to support wives as their husbands attend Boulder Recovery in Boulder, Colorado. So welcome Crystal. Thanks for being with us today.



01:06

Thanks so much for having me happy to be here. Sure. Yeah. I'm a certified life coach. and then

I have apps that's training I Yeah, reside in Chicago. I do my coaching through boulder recovery. I do that virtually. So while the husbands are in Colorado, the women, I meet with them on Zoom. So that's kind of part of that too. My curiosity

L Lyschel 01:31

and the invitation was to be able to open this conversation about inpatient treatment. We hear it happening from time to time, I wouldn't say all the time, because there are some that are still deciding if that's a direction they feel like they need to go or want to go. And I thought you having you on from the partners perspective might really support any that might be curious about what this is, why would I ever consider doing that? Yeah, like and almost like, who's the right profile to explore a an intensive with you, with you all. So do you care to give us just a little background on Boulder and what that is.

 02:18

So the legacy program is called begin again Institute. And then a couple years ago, they created boulder recovery, which is formatted after begin again model, which is the trauma induced sex addiction model created by Michael BARDA. He has a book. The book is called tensa. It explains the whole model, the trauma based kind of approach they take. So that's the approach boulder recovery. The difference that boulder recovery has, that begin again doesn't have, is an explicit Christian, Christ centered focus. They invite a pastor to come in, Pastor Tom Ryan, he's out of Kansas City area, and then he comes to and enjoins them. So I guess the bigger picture is it's two weeks. I'm going to focus on talking about boulder recovery for the purpose of, like our episode here. But yeah, it's a two week intensive. So, and it is intense. You know, it's exactly what it sounds like. It's it's all day work that goes very deep. It goes into their past. They do deep work to discover what's going on with them, and then they do a lot of empathy work on the back end of the of the week. This is like the hyper simplified bird's eye view the empathy work that gets done, I think, is the game changer. It's kind of the reason why I was really excited to be working with them. I love the partner. Sensitivity in this program is something I haven't really seen out there. It's the feedback I get a lot of is just the wives feeling like they were a genuine part of this program as well. So it's not just husband gets to go on a two week vacation and not have the daily responsibilities, and I'm here stuck at home with the kids like it's it may on the outside look something like that, but once the women get involved and get and get the care we provide, and understand that our clinicians are as focused on her care as they are on his, that becomes the, I think, like the game changing piece in many ways. That's not just game changing for her, that's game changing for him. Having empathy is a deep part of the of the work, right for an addict. So what a way to do that. We really put legs on that in our program. I think,

L Lyschel 04:54

personally, I've had the pleasure of being around your team coming to V. I visit some of the facility, and it is the real deal. I mean, I, as a, you know, betrayed partner, myself and my own story, like there's always a little bit of skepticism. Like you said, there your staff, the team that's there. Well, all of them, but Matt Wagner, he's not so great, but the rest of them. No, I'm totally



05:20

kidding. I hope Matt's listening. I know



Lyschel 05:23

it'll be like I knew it was coming. I knew it



05:25

collapse at Matt's expense, right? Always love that, yeah,



Lyschel 05:31

but no, actually, the entire team is and I think the other thing that really stood out for me was the level of intentionality. I remember them giving a bit of a presentation and talking about they could do lots of things, but what they'd rather do is do one thing with excellence. Yeah, or the things that they do they want to do with excellence, not necessarily one thing, but the thing they do with is with excellence. And I thought, Man, that's a that's a that's a real testimony to the culture and vision of what they're trying to do. So, yeah,



06:03

I love that. You notice that, again, it's something I noted about them, just the idea that there's, there's a focus, a desire, like these clinicians, they don't just, they're not just here doing a job. It's like they're here. They they attune with their client, and they attune with my client, right? So I don't have, I don't have any interface with when the men get to Boulder. I have no interface with them at all. But I do liaise with a couple of the clinicians while the men are there. The clinicians, they know the names of the women I'm working with. They know they they intimately discuss when, as we discuss kind of the program and what's going on and things that need to get ironed out. There are, you know, they're, they're referring to them on with their first name. And I thought, Wow, what a what a beautiful thing that she doesn't even know is happening, like she's getting cared for right now while she's doing the dishes and has a kid hanging off her hip and is wondering, is my husband ever going to get healing? Gosh, I'm, like, getting choked up saying that. So if I could, like, tell women that anything about this program, it's that there's a team of people who care about you. It's, it's one of the questions we had kind of touched on before, was, what are like the cons of going to an intensive? I always say it's not, it's not a I think there's nothing but pros when you go to an intensive. I think the cautions or the like, the drawbacks or the heavy parts can be like the money, okay? That's not lost on us. It's not, you know, there's money involved. There's time. Who's got two weeks to put pause on life, to go right? But people in in need have that, have that right, like the people we see come to us. They like, they took all their resources. They got them together, and with some hope and some faith, they're going, Okay, we're gonna do this. And I you know, as they do, it's like, I know that

the women probably don't even expect half the time how caring the program is for them. I think they end up becoming very pleasantly surprised, saying I did not expect this. I thought it was all about him, because it's always all about him.

L

Lyschel 08:26

Yeah, that's true. That was one of our first questions that we are going to dive into together, was, what are the pros and cons of a husband doing an intensive? We can speak about this from a general perspective. I mean, because I've walked with a lot of women whose husbands have had have navigated some intensive, not necessarily boulder or Bai, sure, but there are other intensives that you know, and unfortunately, many of my partners feel like it was lost resources, like you said, the cost was so significant. Yeah, both financially and time, yeah, and then not feeling like something was different on the other side of that intensive. So can you, could you share some of the cons of programs maybe that you've heard about? Like, maybe you've had women who've like, yeah, he's already done two of these, and now he's at the third one, yeah, which is bi, but like, can you talk about some of those Yeah, realities? I can definitely

o

09:24

acknowledge, like, the Yeah, I went through that myself, you know, in my journey, my story, long ago, but where there was this big hope, big, big dreams, even if you have the resources, your heart's on the line. You're like, you know, I'm I'm here, I'm ready. You're expecting, like, this nightmare is going to be over on the other side of this. Even if you're the most practical, you know, realist woman, you're still the hope that you that you build up is, like, really big. And here's what happens. So. Sometimes they come back because we, no one has a crystal ball, as we call it. We don't, we can't tell the future. We don't know what he's going to do with that the I don't know. Again, calling it a con, or calling it a like, like a focus, a caution is like, what is his readiness level to engage with the kind of humility that is required to really address the level of that this addiction has, like, has has encroached on his life. What what readiness level is there? Maybe sometimes it's low, but once they enter the program, it ramps up right? So, like, we can leave that on the table. We can say, like, you can be at a two readiness out of 10. Say, like two being low, arrive on program and like, leave with like, a level 20, you know, level of commitment to your recovery. Okay, that that happens, but a big one is always, to me, is like, the the the approach, like, it's really, we're hinging this stuff on his ability to engage with the brokenness and with what is required for him to actually see healing happen. We're looking to him. I always help women and hope. This is my aim. I always help women see that our hope and our faith and the foundations of that even though, like being a proper marriage and a proper covenant, you're supposed to have an intertwined right, like hope and faith together that you can, like you can count on each other in this union that's been broken. And so we're trying to, like, heal this thing that should be, like, sturdy and and standardly sturdy, okay, while also reminding ourselves, like, first and foremost, how can we get safe and stable with you and the Lord. How can we do that? I'm not saying that's just easy peasy lemon squeezy. Don't, don't rely on Brad. You know, while you know we're only it's only Jesus. That's the message I always have, is like anything can happen tomorrow, anything he and we can't control his buy in. We cannot do it. And so if Brad is not, I'm just using Brad as an a name. I'm sorry if that's like, great, it's a good name. Go for he's not. If he's not committed and he's not invested and

that's not then, what's going to happen to you when you see that? Happen be, will you feel doubly betrayed? Will there be? You know, it's almost like establishing the proper boundaries and expectations, even around your own heart. Yeah. I

L

Lyschel 12:47

think it's a valid point. What you brought up when you were talking immediately took me to a place of when I was in coaching school, they introduced the Prochaska Stages of Change, yeah, and it's so I'll just give the stages. We can put a graphic in there if we want to. But the first is pre contemplation, then contemplation, determination, action. There's possibility of relapse, maintenance, and then you go back through the stages again. It's a very circular experience in a lot of ways, but it does show like, if you look at the model, it shows exits like and to be the ability to re enter at any point. Well, if you think about any form of change that we navigate as humans, right, even just going on a diet, yeah, you probably think about going on a diet for five and a half years, yeah. And then you're like, the contemplation is more like, Well, I wonder, what if I was going to go on a diet? What would it be? Yeah, right. And that's your contemplation of it. And then there's finally a decision of determination and action. And so I love what you're bringing in there is there has to be a level of understanding that every person is going to come in at a different point on that yeah, oh yeah, on that model, right as they're coming in. And so that's going to impact their, their go to their, their success in the program. So

o

14:13

what a good that's a great point and like, and sometimes I would say that inside of those, like those stages, those stages of change, like desire to change versus actually committing to do so sometimes there's like a an event right, that comes in and disrupts What, like your cost benefit analysis, for lack of a better way to put that right, we're, we are willing to tolerate certain levels of pain and dysfunction, you know, for an exchange, right? Like, if someone were to really get down and, you know, put it on paper, it's like, Why have I been avoiding this issue in our marriage? Or, why has he? Why have we been just kind of coasting? Well, no one's gotten caught quite yet. Or it's been a while since there's been. Hot or and then something comes in to disrupt and it creates that. Now the now, the balance is off. Now I'm not going to tolerate this, and I'm willing to allocate resources over here. And what happens is, I think there's this, like the the event itself of choosing into a program, usually that something drastic has happened. It's not, it's not usually a decision made in, like, a a pleasant, neutral time. It's usually a heightened time. And when heightened pain comes in, we're looking for the quickest way to, like, not hurt like that. And I think we get, we set ourselves up to think I'd say we, I'm thinking like wives, partners set setting ourselves up, thinking, Okay, well, when he gets back, things are going to be different, right? Like, and so there's this, the hope is also at a level 10, because I am not sitting in this pain level for any longer than this, you know? And so then I think, what can happen on the other side of that, if, if he doesn't have his foot on the gas when he gets back, continuing in the, in the journey that that, you know, I know at Boulder and Bai, we give them a plan, you know, we work a plan out. And, like, kind of together, they create what's next. And, you know, if she sees him come back and he's kind of like, I don't really need to do it that way, or I don't, you know that I understand the heartbreak of that moment is just, it's, it's shattering. So I'm going to say I tend to see the women. I see them the the Monday after the men get back, and we do a little touch base, how, how to go, what's happening. And I get a really good solid amount of them. I mean, over I maybe 70% of them. I'm kind of pulling

this out because I haven't like done the actual numbers of this, but um, telling me that, like, yeah, I, I don't. I didn't recognize who walked in the door. And I'm not, I'm not giving that longevity, and I'm not sitting here speaking to like, and so three years later, because I'm not on the journey with them, three years later, always, I do have some, I hear a lot of like, he was really blank before. I couldn't get him to keep a conversation going. And now he's, like, engaged, asking me what I need, telling me every He's excited. All of a sudden, he's enthusiasts, like his brain turned on. I hear that a lot, like an overwhelming amount. So I

P

Pam B. 17:41

think I have a two part question. Number one, do you do any assessment for the betrayed partner of her situation and what's going on with her? And Do you do any kind of prep for her, if it's not a positive outcome, if it's not an encouragement that she sees walking in through the door, yeah,

o

18:08

yeah. Oh, I'm so glad you brought that up. So, for starters, assessment. So we don't assess the partners, because technically the client is, is the man, so he's getting assessed, he's getting all that. She does an intake and she fills out an ROI on like, a release of information for her therapist, if she chooses. She can say no to that, but we're looking for, we do a whole intake for her to just ensure this is appropriate. Okay, there's, you know, there's, there are, of course, incidences sometimes where it could be like, You know what, let's call your therapist and discuss, like, the fitness for this program. Maybe you're that's not where we're at right now, some women choose out of it because they are in their own really intentional healing programs, you know, in their own context, and they might touch base with just me here and there, and that's fine. I do that with with women too. So there's those things on the front end, as far as preparations for when he comes back, and setting them up for, like, the the, I don't know, we call it the wait and see. So the wait and see that that they have the first of all, their compass isn't broken. They have really good intuitions. Let's like, reestablish ourselves inside of our, you know, empowered. Mint there. Okay, so we, we know what we know, and then also boundaries. We we talk a lot about what boundaries are for, what they're not for, you know, and how they can keep us safe while we wait and see. We get into a good bit of like, look, he's going to be like the way this will. Work is there's, there's going to be things that he is going to be working on, right? Like there'll be rituals and different you know, recommendations that we make here. You know that boulder is making to him, 90 meetings in 90 days, going to your therapist, staying with a CSAT, stay. You know, if they recommend sticking with your EMDR, stuff, all of that, you're going to be watching that and behavior. Truth is going to trump content. Truth, we just help the women understand, like this is not an unloving thing, but his words lost value, like currency, so his currency went way down. So like he doesn't have there's no credibility to a lot of what he says, and that's because of what he's shown you. It's not because you're mean or because you're not a loving wife in re establishing his currency and bringing it back up, he's going to have to do a lot of behaviors that show you more than tell you how awesome he's doing. So I help them to see like. So what does that look like? Well, it's not creating like, tension in your home. And you know, some of them are angry and they're happy to be like, Yep, I don't want, I don't want to engage him anyway, yes, but most of the time it's like, whichever side of the spectrum you're on, you can be angry, you can be in a different space. All doesn't matter what your feelings are on any given day, you can still have your your wait and see policy in

place and the power of and he is the man you love. He is a child of God, and He is who you know, he was created to be, and he has done some things that are really, really harmful to you, to your family.

L Lyschel 21:48

Is an intensive, the fix?

i 21:53

Oof, no. Um, well, I'm gonna say yes, no. So it's not nothing. Is the fix, right? That's the illusion, right? Like, I that's the illusion. And I get why we want that illusion so bad. We need something to, like, reassure us there is nothing that is the fix. But I an intensive like, I see almost no downsides to it, as long as you're willing to do the work, if you're not willing to do the work, there's nothing that's going to, you know, nothing help, nothing fixes, anything. Um, so the fix. Why would we like, if you were to like shorthand it and say, This is a fix? Well, it's eight. It's, you know, close to eight hours a day of intense digging into your junk. You're outside of your context. So you're not at home getting triggered, you're not at work, you're not being pulled in different directions. You're finally facing those things you've been avoiding since you were 10 or whatever. This is the the man, and there are things that, like, I know that that these women have been saying to him for years, and he's, like, writing it off, or like, yeah, yeah, yeah. That like, somehow he hears, for the first time, air quotes here, here's for the first time at Boulder. Is that a fix? I don't know. But I do know that sometimes these women, like, like, when I'm speaking with them about stuff like that, and they we have our touchdown appointment the day, you know, the Monday after they get back, they'll tell me, yeah, he finally acknowledged that I've been the one doing everything in this house and scheduling things and doing this and, like, I just broke down into tears. Like, I'm so exhausted. I've been so exhausted trying to get validation from him, and he finally saw me, and I go in the messy middle, while you are in the wait and see. Can we let that be something that helps to heal your heart of something you've been robbed of for so long, like this can help patch a hole. It doesn't fix you. It's not over. This is not over, but we will take when God meets us in the wilderness, sometimes it's with a cup of water, and sometimes it's just with a rescue, you know, helicopter, take the cups of water, drink it in, let it be sealed on your heart. And like, I'm glad you told us about that. And I believe that in the power of community, we all get to affirm and go, Oh, honey, that was so huge. Like, you needed that win. So is, is an intensive a fix, no, but sometimes there's interesting, like, like, little blessings that come out, like, even that kind of stuff. And it's like, That's powerful. She can have that for the rest of her life. Doesn't matter what Brad does, it's

P Pam B. 24:44

it sounds like, but we know there's no fix. There's no magic bullet, magic wand. Yeah, there are miracles, yeah, but we all know that that this is a long journey, and what it sounds like to me, if I can use a. Metaphor is, it is greasing the wheels of the runway. Yeah, you've got to get on the runway for liftoff, right? It gives you that extra speed, yeah, to gain so you can go fast enough to gain altitude. Yeah? And the gift sounds like the lack of other distractions, the ability to live it, inhabit it, inhabit it, seeing other people inhabit it and accept it and embrace it, yeah, and having that 24 hour a day support, yeah, without the distractions of the world and



25:39

the temptations, the devices, like they don't, you know, they're no devices there. I also think about like the the father wounds, many of them are carrying, and they, the second they get off the plane, they we have a driver, um, take them on the bus. Lachelle, you met the driver, who's so sweet. It's like he's the best. And this man, he's so gifted at just like he's a caretaker and that it's like, he drives and then he's also does some house management stuff too. These guys get taken care of by, like, a dad guy, like, the second they get off the plane, it's like, Hey, here's a bottle of water. We're get we're taking you where you need to go. This disarming thing starts to happen, even just with the kindness of that man. And then he helps them to he leads the hikes in the morning, and he kind of goes ahead and like scopes, scouts for snakes ahead of them. And I just think it's like these things that speak to our nervous system before words can hit you. It's like someone's kindness and someone's love, someone's care about you. These guys that, where are they getting that? They go to work and get that probably not right. And maybe there's a wife out there going, you know what? Excuse me, he's been cared for plenty, and you're right. You're right. To you, I say you are right. Wounds are wounds and so, you know, I under sometimes wounds just get hit from different directions. They call it the side door. You can say to someone, you're valuable and worthy. Drive them back from an airport with a bottle of water that's nice and cold, and then a prepared lunch and the and show them right? So the side door sometimes is more more beautiful than the front



Lyschel 27:27


door. Like I said, the intentionality that I saw and experienced like, and I didn't, you know, at first, I was like, oh, it's because they brought all these other people in and, yeah, make us feel special. And But then, as you continue to stay in the space, and you got to hear the various things just like that. That is the reality of for so many of us, like, I'm never going to potentially have restoration with my earthly father, but to have God bring other people in to backfill those roles, yeah, and still extend healing in those places. Is priceless.



28:05

It's absolutely priceless, right? And they not only get that like, Sure, our clinicians are there, you know, being that for them, but there's also this powerful thing that happens in the community, right? Of so there's 10 of them, and there could be a 22 year old guy and a 62 year old guy, and they become like besties while they're there, or maybe there's a couple of men similar age, and they kind of form a brotherhood. And it's interesting how they these relationships maintain over time as well. Just like the women, the women love to they, they keep in touch. They one of the most powerful things for them, it is the community. Like I hear that feedback constantly after just the first night, when we all meet and like, it's the pre intensive, so it's before the men come or leave to go to Boulder. I meet with them to help them prepare themselves for the two weeks, and just in that time, I'll get emails that night like I cannot believe how much I needed to be in a room with other women who know what I'm going through. This is crazy. I they go, they'll go to Bible study, and they're and that's not a room full of women that know what you're going through. That's important, and I help them see that, like, maybe your whole bible study doesn't need to know what's happening right now, maybe right, right, right. Find your safe girls and keep them close, and then keep everything you

know, whatever. But this space here is where you get to talk really openly about what's going on in your world, and that that for these women is also just priceless. So it's community too. It's like we're getting mothered and fathered by like, our sisters, you know. So it's kind of, it's really beautiful. Wonderful.

 Lyschel 30:00

Well, since you brought the the wives up, I'd love to move into the next the next question we were going to process through is, what should a wife expect for herself while he's gone and in the program, or what should she expect of herself even once he's back? Oh, yes, you know, I think that's part of the like, we do a really good job of, I have expectations on him. I know what he I want him to come in and look this way, or I want to hear something, especially as they're kind of gathering data while he's gone. One of the places that we see that healing comes for us as individuals is self awareness. What is expected, what or what is normal? Maybe that's a better question, which I don't think. I don't think. I don't really like that word. First

 30:43

I just I let them know on the front end, like they're if maybe they've had a period of like, like, okay, my life is like, I can handle my life. Like, these next two weeks are going to bring about some maybe unexpected dysregulation. You might be waking up in the middle of the night. There might be some, some like choking up that happens at work. There might be some impatience with the kids. Like you might be hyper aroused during the time that he's away. You might be a little activated. So we go over that. Some of you might be really like, I am shocked with how un nervous I am. You know, I get a lot of that, you know, like, they're like, Oh, there's a lot of peace in my house right now. Like, and I really needed this. And we talk about the both parts of that, like, Okay, so for starters, since he's gone, you don't have to worry about, like, what he's up to. You're not like, checking your phone location of where he's at. You're not texting him and he's not texting you back. You're not You're not worrying about him because he's in someone else's care and he doesn't have a device. And so for the next two weeks, there's no more messing around, there's no disclosures, there's no anything. So So the expectation sometimes is like sometimes, when you're safe enough, you'll start mourning. And let's talk about what that looks like morning looks like. I don't know why I'm crying about, you know, my first D Day that happened 10 years ago. Yeah, of course you are. Let's go there, or, I don't know, I haven't smiled this much in, like, you know, two years it's like, okay, let's talk about that. So the so they can be all over the board, but I guess I tell them to expect the unexpected, like you might just notice things that we need to notice without judgment and just be curious with yourself and really gentle. So we talk a lot about, like, the self care part, you know, do you have an appointment with your therapist? Set up any besties you have around that you can, like, go for a few extra walks with? Like, can someone come watch the kids so you can get away and cry for a little bit? Like, can someone make you a few dinners? Can you order out? You know, what are some preps we can put in place while we expect ourselves to not be just like hunky dory during these two weeks, right? The expectations for when he gets back are that conversation is usually best had inside of the boundaries talk, you know, we talk about, why do we set up boundaries? And really it's, I always talk to them about, like, being able to identify our own needs, is it kind of gets really hard in this time, because we've been pushing our needs aside and focusing on all of his needs, right, helping them to know, like, during this this time he's gone. Let's use it to like, what do I need today? Ask yourself that every day,

what? What do you need? Maybe it's something that can't be provided. I need a hug. Well, there's, there's no one around to hug you like you know, but knowing you need it is a good first step practicing understanding your needs that can lead you to good boundary making and setting, and then when he's back, it's like the the power of wait and see time kind of lies in. Like you don't have to stuff anything. You're allowed to feel your feelings. But do you have a way to contextualize them and go, like, can you narrate that? I'm really, really nervous right now, Brad and like, I'm excited and scared and really angry. I'm afraid to hope I have all I like, can you whatever you can access that's the most vulnerable for you, that's safe enough to do inside of your relationship? Learn to narrate, know what you need, and then know that he can't provide for you the whole thing right now. He just can't. He just literally can't do it so but he can learn what your boundaries are and be in agreement with you and. And that kind of thing. So it's a boundaries conversation, really. And it's a both. What are the both parts of that boundary work?

P

Pam B. 35:08

So that brings up a question for me, yeah, bring that. Is there any contact at all between the husband and wife? And how does that if so, how does that look?



35:18

There's 14 it's 14 days. There is a little bit of contact. There's a phone call home that happens in the middle, and it's, it's guided, it's once they've been in the program for like, a good 10 days already. So they've, they Yeah, their tone is a little bit softer and different. And yeah, it's a quick call. But, so there's a little bit of contact, but otherwise, no, it's not like daily check ins or anything like that. So

P

Pam B. 35:46

I can see that that would be something that you would prepare somebody for, because we all have different attachment styles. And you know, a lot of us move to that preoccupied, oh yeah, almost chasing, yeah, but like, really wanting to have even more contact, yeah, yeah. So it sounds like I need to prepare myself for the benefits and the gifts, yeah, that that would give me, yeah, almost like a mini separation, where a separation allows the betrayed spouse space, yeah, as you were, you were talking about feeling your feelings, yeah, really focusing in on you, and regulating without this other outside, dysregulating source,



36:31

right? If you learn your your, what's your ground zero, then it's like you have this kind of template, like, this is what I'm like at zero. And so then you can present, you know, like, I like this, like, Oh, I really like how I feel right now. How can I continue to, like, gather that when he's here? You know, not going to be perfect or easy all the time, but I will that this I want to strive for, and you're right, the little bit of abandonment sense that will sometimes come with, like, him being gone. I get, I get that discussion happens a lot like, Yeah, I know. And these women will say things like, I'm I know this is stupid, but you know, they'll preempt things, but I know

this is stupid, and it's like, Hey, first of all, we always say, Stop shoulding on yourself. That's like, one of our favorite phrases. This is not a should environment. You, of course can feel sad. They'll say, I feel sad. I miss him. I miss like, I feel like I need to to, like, talk to him, and I feel really like weird without that. And I, I get it. And we so we go there, so they know, yeah, his device is getting taken the second he arrives on at the house. So the phone's gone, everything's gone. They have to process through that. And, yeah, it's definitely part of it. It's a gift when those, even the ugly feelings come up, because we can look at them and go like, I'm not afraid of your feelings. So you shouldn't be there. So it's like, let's go and, like, talk to our feelings. Let's do it so and

P

Pam B. 38:06

then they get to learn the felt experience of, okay, my person went away. I missed him, really, oddly enough, I missed him, yeah, yeah, but I lived through it, and I'm okay. I did



38:18

a hard thing, yeah, that's so true. Yeah. And

L


Lyschel 38:23

this has been such a rich conversation. I think I'm really glad that you said yes to this crystal and gave us this opportunity to just unpack this a little bit, because again, like I said, for some I think this feels like a real mystery, and then, you know, you look at a price tag and you're like, Well, that was a good idea, but I'm not sure that that's a direction we're going to go. So hopefully this is offered some level of just clarity and consideration around support. So I think I'm just going to close this out with asking you, what hope or encouragement could you leave the women our listeners tonight.



39:01

Just the first thing coming up for me is like you are so worth it. You're so worth it. Um, whether you choose an intensive or you choose to wait, or you choose whatever you choose, um, whatever you wherever you are, whatever you're doing, no matter how busy you are or or what has happened to you, or what you've seen over and over, you're worth it. You're worth the fight. John one five, the light shines in the darkness, and the darkness did not overcome it. So I just, like, I always remind like, no matter what you're doing, the darkness that comes it can feel so loud, but, light overcomes darkness. So when it comes to an intensive, here's my like, the hope I would leave no matter what the outcome is, whether it's exactly what you wished and more or it's a disappointment, as far as the results, an experience like that, where you get cared for for a while, too. Yeah. I think there that has lasting beauty on it, that I hope that you'll get somewhere, even if it's not with us, that you would find whatever program you do, that there's a partner, sensitive approach somewhere, someone's looking at you and reminding you that you're worthy and that you and showing you what's possible, and like giving you permission, almost to like to have boundaries, have hope and and set forth something that's really worthy of who you are.

 Lyschel 40:34

I don't know that if I was writing a check to an organization for him to go, that it would translate to me, that it's also for me, right? And so I'm glad that you brought that back into the equation, and continuing to just stress the the gift of community, like you said, when they when those wives get the opportunity to sit with other wives who are in a shared experience, it's, it's invaluable. We see that often in our groups, we offer a post disclosure support group through hope redefined. And that's another one of those, like, even though it's because it's a specific nuance in the betrayal story, right? So they, they may be in a general I and you know, you say general betrayal community within whatever they are, but to be able to sit with people in particular chapters of this process is a big deal. I don't know. I just I think that one of the things that I made mistakes with so many times was there would be an event or an experience, and it could have been good, like it made a deposit, but then we never really stuck. We didn't really continue to understand the deposit. Yeah, right. We kind of, it's like, I think about how I've done, like, women's retreats myself and gone to them, and it's like, this, yay, great. Jesus weekend. And by Wednesday, I can't even tell you what we talked about the weekend, right? Because it's like, I didn't bring anything home and continue the work. Yeah, so I didn't really build on what was there. I just, I do love that, and I love to encourage women to keep doing the work. It's it will be worth it for you, regardless of how he responds to the intensive, regardless of his abilities to find sobriety, yeah, her healing is still possible, and her growth,

 42:22


we have a partner intensive coming up. So we do the men's intensives that are two weeks, and then every like quarter, we try to have a an intensive for the women. That's just a week. It's coming up in November. So if anybody, if any wife, out there, is looking for an intensive for her, she can check out boulder recovery or begin against website. And it's on there. The information's there. So,

 Lyschel 42:48

so I wanted to share song lyrics this week instead of Scripture. So it's the song is called wrecked by Ben Ben Rector, called wrecked W, R, E, C, K, and in the song, he says, I heard that healthy things grow, and growing things change. And I always like lean back into the the longing inside of me, right? Is to be healthy. And with that will come growth, yeah. But also with that, growth will come change, yeah, and I think that that's something we're all longing for in the in our life across the board, but specifically in recovery and healing. So yeah, it's a longing God

 43:35


put in our heart like to grow and to be productive and to be to have beauty in life and to So, yeah, sometimes out of the deepest, darkest places grow the most beautiful things, and that hope is there, even if it doesn't feel like it in the dark. Yeah.

 Lyschel 43:54

And if any of our listeners or BFFs have been Rector, yeah, welcome to friend us together, because I think that would be good friends.

 44:01

We love him too in this house. Oh gosh, we He's great. He's great. Great live. I don't know if anyone's ever seen him, but yeah, he's awesome. Love him. We

 Pam B. 44:10


were not meant to do this on our own. God does not intend for us to struggle alone in isolation on either side of the journey. And I really do believe that when I interpret the verse, you know it is not good for man to be alone. He wasn't talking just about marriage. He was talking about being in community. You can see in Scripture, time and time again, encouraging us to stay in community, to provide hospitality to one another. That's right to love one another. The verb, yeah, just the feeling, yeah. And that's it's what God wants. And this is just one opportunity where that's fulfill, fulfilling His Word. And I. Um, the story that I've heard crystal tell today about what these men experience just illustrates that God's gift is there, and so much can happen, and that we can learn from our peers more than you, sometimes more than from people in authority and being in community in that way. And I think, you know, this is just such an incredible gift to our community that begin again is providing this kind of a resource. And they are so lucky to have you Crystal. They

 45:37

are

 45:38

I love them. I love them. They I get choked up when I think about these ladies. It's my I'm so honored to walk with them. So yeah,

 Lyschel 45:50

it is a pretty sweet gift to have the front row seat to

 45:53

witness healing, isn't it? It is it, is I love it.





Lyscnei 45:57

It's what makes us good cheerleaders, because we're like we've seen it before. You can do it. You can do this. You've got it. Yeah. So awesome, yeah. Well, as I wrap up today, I just want to remind our listeners that we'll have all the links and various things that we kind of referenced in our show notes today, including links to the tenza book, and we'll also make sure that we have boulder recovery and the beginning of Institute. For those who may be looking for a program that isn't as Christian focused. Maybe they have a spouse that's not up for that, but that intensive opportunity may still be an appropriate fit. So feel free to check those show notes out and Thank you Crystal for sitting in Bonnie's seat today. We really appreciate it. She's tiny, actually her shoes seven, but yes, I agree. Heart wise, big heart for sure, so you did a great job. So thank you for letting us be with you today. So listeners, we hope that we've been a bright spot in your recovery journey. You can help us by leaving a five star review or positive rating on whatever platform you've been listening to us today on, or consider sharing us with a friend who's discovered betrayal, we just want to thank you again for being the amazing community and listeners that you are. We are so thankful for you. Talk to you soon. Bye. You.