

# Ep\_81 Stacy\_Smith\_interview\_with\_LB attachment (1)

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## SUMMARY KEYWORDS

attachment styles, healing journey, secure attachment, avoidant personality, anxious attachment, relationship dynamics, emotional regulation, boundary setting, self-awareness, spiritual identity, secure functioning, neuroplasticity, community support, personal growth, relationship recovery

## SPEAKERS

Pam B., Lyschel

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00:02

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



Pam B. 00:07

and I'm Bonnie burns of strong wives, we're so glad you're joining us. Welcome to another episode of hope for wives. Our Bonnie has left the Down Under and scooted over to New Zealand and other parts her updates and the impact that she's been having on the recovery world in that part of the world has been so exciting and uplifting. Please continue to pray for her as she offers multiple trainings and presentations on the subject of recovery from problematic sexual behaviors and recovery from betrayal trauma. So if you have listened to us to our last few episodes, you know that we have opened up that seat to other people that we've invited to come and speak on various topics. So this week, we have invited our friend Stacy Smith, and she's going to help us unpack the topic that you may have heard about attachment styles and how that might impact our healing journey. So we're going to take a deep dive, and I'm really excited to talk about this topic and help our listeners consider all sides of these experiences and how they might impact their healing journey. So Stacey, can you share a little bit about yourself and your involvement in our recovery community?



01:32

Yes, thank you, ladies, such a treasure to be here. I love everything that this podcast does, and each of you individually do. I always hear great things. So thank you so much for this conversation, because I love talking to people that have are like minded and think like I do, as far as helping others. And so I know that this will be fun. I am the Chief Clinical Officer for daring ventures, and we specialize in treating sex addiction and betrayal trauma, which probably most of your listeners know. You know, the funny thing is, most of the people, well, all

the people on our team are Christians, which we think is pretty cool, because we can bring the Lord into it, and it really is the Lord's work. I also teach apps training, the Association of partners of sex addicts, trauma specialists. I'm honored to be able to teach therapists and coaches how to treat betrayal as a as a trauma and and that's just a joy. I also am very involved with New Life Ministries, with Steve arderburn and I lead restore. I'm one of the speakers at restore, which is a healing weekend workshop for betrayed partners. I'm also on the new life board, so trying to make as many changes and move them in a healthy direction as possible. Also program director for our returning to you, which is a retreat, a week long retreat for betrayed partners. So it's my hands are in a lot of little pots, but it is a total honor to be able to lead in these in these different areas. And I just love the work.

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Pam B. 03:19

Oh, such good things coming out of daring ventures and all those other organizations that you mentioned. It, it. I know that feeling of it's just an honor to be in this space. Truly



03:33

is, truly is. And I try, and I try to remember all the time. I tell, God, you know, I am only, and y'all, well, let's just say, I'll say one that everybody knows the super dome. I'm just the super dome. You're the rock star. And just remember, like, I'm just the venue, and he is the one that does the work. And it helps to remember that every single day. Oh,

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Pam B. 03:58

I love that metaphor. That's wonderful. I may steal that.



04:01

Steal it. I usually say Toyota Center, but y'all, everybody knows what that is. But Yes, alright, so yeah, I just Michelle email me and said, What is it that is you're jazzed about these days, and truly, it's attachment I am currently taking pact training, which is the psycho biological approach to couples therapy, and along with being trained by Dr Jake border and couple centered recovery, I am so keenly aware of how attunement and attachment works in relationship, and it has changed the way I look at betrayed partners, the way I look at the betrayers, sex addicts and and then the relational recovery afterwards. And I think it's so so important to understand and look through that lens as we treat people so.

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Pam B. 05:00

Yeah, well, that's exciting. That's exciting. Ben, yeah, alright. So help us understand what is attachment, or attachment styles? What does that even mean? Well,



05:12

11 09:13

so we go back to Mother, baby, attachment. So John Bowlby is the father of attachment, and he talks about how our attachment, early on an infant, attachment to a mother, predicts how that child is going to do in life. So we hope for a secure attachment, and we get that through eye gaze. We get that through attentiveness. We do that through facial expressions. Baby cries, Mama responds, I'm hungry. Mama brings a bottle or breast. I'm dirty. Mama brings a diaper, so I'm hurting. Mama comforts so the baby learns that his environment is safe and and that his needs get met. So as that baby starts to venture out, in the beginning, it's me and Mama are one. I mean, Mama's telling me I have no sense of self. I just know that mama and baby, I'm good, right? All of a sudden I start walking, and I go, Oh, I'm different than mama. It's me and Mama now, right? And dads play an important role in this too, but, but the the bonding between mama is so important now the baby can go out and and Erickson talks about the phases of development, and if we feel like the world is it is safe if I can come back to the secure base, and that's how daring ventures was named. He John Bowlby says that life is organized around a series of daring ventures from the secure base, so I can be daring if I know that over here is safe, right? And so if a mother, our parents are not emotionally available, there's just an old study about kids in an orphanage who were neglected and not touched and not loved. They were fed, but I, but I don't even think there was human touch while they were fed and they died failure to thrive. It tells you how much attachment is important for people, right? And so when, when that occurs, there's an attachment rupture, and a child does not believe that the world is safe. And I think we probably see that with clients and people where there is just this deep sense of, I'm not safe, I fear abandonment, and I'm not okay, and that starts to form our attachment styles, right? So we were hurt in relationships and we heal in relationships, right? So both relationships have the potential for hurting us or healing us. So in a relationship, we get married and choose our person, and that person all of a sudden becomes the significant other in our life. It's not mama anymore, it's my partner. So we understand how betrayal affects the attachment of a couple, and we have to look at it through that lens in order to treat and help people in the best way, I believe.

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Pam B. 08:42

So the term styles implies that there could be more than one, and so what I'm hearing is that my style might be different than my partner's. Is that true? And is it, does that attachment style show up in all relationships, or could it be different in different relationships? Could it be unique just to my partner's relationship?



09:07

Great question. I think we come in printed, you know, from nature and nurture, with a particular attachment style, and the way that relationship and the way an attachment style is calculated is how much I avoid relationship, or how much I go toward relationship, and then how much anxiety I have in the relationship, or if I have no anxiety. So something we see in this field very often is someone who has low relationship anxiety and low, low want for relationship, and that is an avoider, and likely an avoidant personality, and likely there's a reason for that. Relationships aren't safe. I learned to what we call auto regulate. I don't need anybody impact. Which we call that an island. I'm good. I don't I don't look to relationships for comfort. I'm good. I'm good on my own, but yet they're in relationship with somebody. Most likely there is someone on the I would say most often that shows up in my office is someone who is high in anxiety and high in wanting relationship. So imagine that couple, right, polar opposites. I want

him to be here for me, and I'm saying him just because this is the way it shows up most often. It could be a female on the other end. In fact, I have a client couple like that, and the other person who wants relationship is very anxious about it, and that couple is going to have problems. But what our work is to help them understand why this avoidant partner is there, why that's important for them and how it probably has not a lot to do with them. Now, they might be doing things that trigger the avoidant partner, but to begin to heal that relationship, it's it starts with trying to understand why we are the way we are

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Pam B. 11:23

interesting, very interesting. So I'm imagining this constant figure eight of pursuit and retreat, right? Absolutely. That's, that's what I've seen and experienced. Um, are there? Are there other dynamics like that that are different?



11:40

Well, so, yeah, I mean, but you know, I just want to speak to that for a minute this, you know, the the shutdown look of an avoider can be very triggering for someone that has preoccupied or anxious attachment. It's like I need you to show facial expressions. I need you to respond to me, because that's how I get validated. And so we learn in couples work, wow, when your face is blank, this is what I'm making up in my head. About it, and a client asked me the other day, why do I say making up in my head? I'm like, because it takes the other person off the defense. Cuz it could be something you're making up in your head, and it could be not, but, but that's on the table for discussion, right? And then when the anxious or preoccupied person comes along and is pursuing, pursuing, pursuing, this avoidant person down here. Can see threat. See it as a threat, you know, and want to shut down. I feel like I'm doing it wrong. I feel like I don't know what to do. I feel like this is just too much for me. And again, that can trigger the anxious partner to say, I'm too much. I've got to shut up. Oh my gosh, that's what I've heard my whole life. You're so so we teach them to understand when there's a rupture and to repair it quickly. And we teach couples to look at the face, look at the facial expressions, to watch the other part, to notice when something shifts, notice when the person starts getting a tear in their eye, notice when their furrow is furrowed, and looking at those micro expressions helps us stop stop the bleeding before it gets too bad.

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Pam B. 13:34

So if I'm the betrayed spouse, is it important for my therapist or coach to understand my attachments dog is, does that play into my personal recovery?



13:49

Yeah, personally I I like to look at the the some assessments that help me understand that ECR is one assessment that we can give clients embedded in the in the I pass, which is another assessment. So it just helps me know what I'm dealing with. Right off the bat, it's not hard to figure out when a person doesn't have access to feeling words and, you know, just has a flat affect and doesn't really ruptures in the relationship don't really bother them. It's really not too

hard to figure out that they're an avoidant personality. Or when people come in with very strong emotions and a whole lot of passion and wearing their feelings on the sleeve, it's easy to see, but sometimes and then to help. So I'm going to help that anxious partner self regulate and stay within what I call the window of tolerance. Like, how do you come down from a 10 to a six or a five or a four and regulate your emotions? And I'm going to teach the avoidant partner to come up. From a zero into a two or three, and start caring about the relationship and start feeling, I mean caring. I say they don't care. They do care on some level. It's just buried and and stuck because it's too painful to really feel. So I have to help them develop a tolerance for emotions and give them other coping skills to learn how to fail, and it be saying enough to feel and fail. Mm,

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Pam B. 15:26

put that in a capsule, please. Because so often we hear my partner so avoidant. Anytime I bring up a feeling or or a need or a grievance, my partner just avoids So is there something that the betrayed partner can do in a situation like that to create more connection, or beyond just, you know, let's say she's regulated. She's regulated. So it's not something that's, you know, over the top, but still craves that connection, and her partner is avoidant. Is there something that she can do to Well,



16:07

yeah, of course. And and I think besides being trained and understanding it all, I mean, the more you understand an avoidant partner and why they are, you understand their childhood, which they're not going to want to talk about creating a lot of space for an avoidant partner to to open up and not react to what they're saying, to just be curious. Can you tell me just a little more about that? Can you tell me just a little more about that? You know, just to be patient, they're going to need a lot of space and time, so you might even have to revisit the conversation. And it can be frustrating. It can be so frustrating when, especially a betrayed partner has so many emotions of their own and wants the betraying partner to come in and hear them. You know, they may not be able to do that right off the bat, go try to listen and hear an avoidant partner, but, but it's powerful. When you start hearing them open up, you can start getting some compassion for where they're at and where they came from.

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Pam B. 17:16

So I think I'm hearing that if I have an avoidant partner, that this person can learn or expand their window of tolerance, and that they can learn to step closer, metaphorically, emotionally, so, but, but, and again, I'm hearing that it's gonna it can be frustrating, because it takes time. Our biggest enemy, right? We're always hearing, give it time, right? So correct?



17:44

We talk about it in terms of developing capacity and noticing that there's deficits. So there's a deficit there, but we're we're working on building capacity, building the capacity to be heard and understood and expressed feelings, and we're always working toward that we understand

and we're compassionate with ourselves and our partners about the deficits. Because deficits, I mean, nobody wants a deficit, but it is a result of living in a fallen world. It's a, it's a depth, it's a, it's a result of living with imperfect people and an imperfect what's in the world. I mean, it's just parents that weren't there and parents that tried but didn't know. I mean, you know, perfectionistic parents, unavailable parents. I mean, so when you go down, I love there's a Burning Man sculpture. I don't know if y'all ever seen it, but it's two people's like an outline of people or a skeleton, not skeleton, but an outline, like a structure of an adult man an adult woman. And they're back to back, and their hands are crossed like they're mad at each other. This makes me emotional. And then inside are two little kids away, girl, little kids holding hands, and when you can see the kid in your partner, all of a sudden compassion comes,

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Pam B. 19:29

yeah, because I know that when I was in that situation, the meaning that I took from it is this, I'm feeling a lot of feelings, and The meaning I'm taking from it is, you're rejecting me. But actually, I think what I'm hearing is that it's not a rejection of me or my personhood. It's a rejection of his own feelings and rejection of what's happening in his own body trying to get away from that is, would that be safe to say 100%

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19:59

Pam, it is. We are two traumatized individuals, two traumatized nervous systems reacting to each other, and we have to say, hey, oh, first we have to have self awareness. What's happening inside of me when you do that. Oh, and then being able to express it, and then being able to understand how others perceive us. And so if we can calm down our nervous systems, something good can happen. And we want to wire those positive experiences in for couples so that they have a different way to go and they start feeling that differently.

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Lyschel 20:39

I absolutely love this conversation, because I did not understand attachment styles until I started doing this type of work, and then I got super curious, and I was like, wait, what we have attachment styles. This is so cool. Then I was a little mad once I discovered my attachment style, because I realized that I had an anxious attachment style, and then I learned all the reasons behind why that was probably the way it was developed. And then, of course, learning the information about my partner's, you know, my spouse's attachment style and how it was the complete opposite of mine. And the reality of that's probably what drew us together, was because I could be overly anxious and attachment, and then he would be avoidant. And while it was difficult, it there was also something it was feeding inside of me to have to chase him down, right? And I don't know, I don't understand all of that, but I'm curious, Stacy, as you've watched, we'll just speak to women and spouses specifically. The the challenge that I have felt in my own story is to to grow into healthy attachment, and I and I know that that's possible, and part of the way that that happened for me was recognizing that I was attaching to the wrong people for the wrong things. So I love to hear, how do you see a woman working on her identity and her relationship with the Lord, but specifically her identity in Christ? How does that impact her ability to move toward healthy attachment with other people?



22:20

Oh, fabulous question. You know, when we define ourselves by what another human being says about us and not what God says about us, we get into trouble. Now, if that's a secure attachment that can do wonders for our own attachment, but if it's not, it can do damage. So I know in my own story, you know, I defined myself as a wife and mother, so I couldn't see myself separate from that a single woman. I just couldn't and so I had to know that I was okay, even if I made the hard decision to end my marriage. And that was tough, because in the beginning I even had faulty spiritual views about that, what God would think of me if I did that. But the more I worked on my own identity, and that I am totally forgiven, and I am completely accepted, and I am absolutely complete in God's eyes, and coming from some spiritually unhealthy thinking, I really was more focused on Being a sinner and being bad all the time, and that kept me from being free in Christ and for heaven sakes, isn't that what Jesus died for? And when I got that concept, you know, everything changed for me, because I realized how valuable I am, and my self concept shot up, and then there was no question that I shouldn't be putting up with the behavior and the abusive behavior that I was putting up with. And I wasn't meant to be small. And I was, I was, I had a calling from God, and if I had somebody that was pushing me down constantly, and I couldn't fulfill that calling. Well, that was in direct conflict to God. So when I started really knowing who my identity was and what I was called to do, then I started walking in and it was easier to set boundaries, it was easier to do what I was called to do, and have that strength knowing who I was in Christ and so when I started walking that way, you know, I still had some i I've just just in for context, I lost a marriage due to betrayal and addiction. And. Single for over 12 years, and just recently got married last year. And I'm happy to say that my attachment style has changed, because I believe I was moving toward secure attachment, but I needed it practiced in a really healthy relationship. So like you said, I found out I was choosing the wrong relationships and things like that. Michelle, me too, and I chose I kissed some frogs along the way in dating that didn't help with my secure attachment, because they weren't healthy, you know, but I had to learn that. Had to go through that process to learn it. But then I felt secure attachment. And I was like, Oh, this feels good. Now my anxious attachment still showed up in my secure relationship, but the way he responded to me over time really helped heal my attachment wound. And now I would say I'm definitely, well, I know, because I've taken some assessments. I'm now in the secure choir. Yeah. I




Lyschel 26:04

mean, I think that has been a part of my own healing journey. Was, I think my understanding my attachment tendencies and my attachment style also directly impacted my ability to set boundaries right if I'm in a constant state of anxious attachment, which means I'm going to do whatever I can to get the the connection filled. And so if that means that I have to say to you, I don't like the way you're treating me, or I'm going to walk away from this moment that felt like it felt like you just asked me to climb Mount Everest at times and, and, you know, the one thing we've, I've talked about with partners, is the power and the necessity of having other community around you, besides the people that you have to set direct boundaries with. Because that was a big aha moment for me, was the two important, most important and active relationships I had that I needed to set boundaries with, was with my spouse and my mother. And the reality was, is that that those people were my community, right? And so I go to my mother and I say, I'm not going to do this. I'm going to set a boundary. And then it creates all sense of conflict, which disrupts my attachment, like, No, you know, accept me, be pleased with me. Look at me being a big kid. And she's like, No, I hate everything you're doing right

now because I don't like your boundary. And I needed to have other people around me that were not part of those two relationships to kind of fall back into to say, am I wrong? Is this right? Is this healthy? And part of that was also developing a new attachment style with these individuals who would allow me to be myself like fully contained within me, and I got to show up in that community and be me, and they got to be them. And it so it started to model secure attachment. Absolutely it was better

 28:01

life. That's why we talk about groups and connection, connection, connection. It is so, so, so important to be able to be to be with a boundary lover, to be with someone that can be safe. I used to recommend the book. I just haven't in a while, safe people. I would find safe people, yeah, and know what they are, and be a safe person on the other side too. And you know, when I was setting boundaries, I always I learned to the boundary sandwich from Cloud and Townsend, where you go to your healthy person, and you go, I'm so scared I'm about to set this boundary. Okay, practice with me. And you know, we do role playing and all that. And then I'd go, set the boundary, and then I'd come back and I go, I did it, but I feel mean, I feel like I'm horrible, and I got yelled at and all these things. And they were there to say, No, you did the right thing. You're on the right track. And absolutely, that started lowering my anxiety and changing my attachment style and be confident in setting the boundaries that I needed, for sure. Yeah,

 Lyschel 29:07


yeah. So how have you seen Sorry, I'm going to go rogue again. Pam, and ask another question, my other question that comes into this, because this was kind of a big aha moment for me. What is, how does our attachment style connect our relationship with the Lord? Cuz I'm going to tell you that I don't know that I have an anxious attachment style to the Lord, right? I had had it in human relationships,

 29:37

well, so I human relationships, a lot of times model God and like I told you earlier, you know, we have to have self awareness. And something I do with clients, pretty frequently individual clients, is I have them take a survey of their childhood, and I. I say Mom, when I was a child, my mother was and there's a checklist, and it says Stern, strong, cherished me, loving, you know. And you go down this checklist and you say always, almost always, sometimes, hardly ever, never, and I don't know, and it starts giving you objectivity about how your parents really were. Then you go through and you do that with dad, and it's powerful, because you a lot of people have blinders on, and they think, Oh, my mom was great, and this is awesome. And then all of a sudden, because they have no objectivity, and all of a sudden they realize, wow, my my dad never cherished me. My dad was never available. My dad was passive. My dad was this Oh. And then there's some questions, like, if you're an objective observer in the relationship, what would you say to the dad? What would you say to the child? And you're trying to help clients, I'm trying to help them get objective and see what truly was. It's like the frog in the pot of water. You don't know because you grow up in it. Well, then once they start understanding what mom and dad were, I go, Alright, now let's do God. And so often their image of God



overlaps, and we put it in two columns. Oh, my God, dad and God would go, Oh, wow, I thought God was like that because I my dad was like that. So it's really powerful to help people change their perception of what God is. Now some people like you, God was a respite. God was a place. You didn't have an anxious attachment with God. You had a pure attachment with God because he's what you relied on. He's what you've cried to. So it's different with everybody. You know, your question made me ask, Do I have an anxious attachment god? I'm like, oh, maybe sometimes I do, cuz I fall back into that old thinking, Oh, I'm bad, oh, I'm a sinner, or I'm whatever. And that's just anxiety. That's all that is, because when I come back to the truth, I know what God thinks about me. So it's great question now, a person that that's an auto regulator or an avoider or an island, why do I need God? I need God. You know, one of the things I've done in couple therapy, often before I was trying to impact or or couple center recovery with your adventures, was the comfort circle with Mylon and kayakovich. And it's how we love and how we love material. Ask, you know, does this, did this thing that happened in childhood form any beliefs about God, others and self? And it really helps people see how those early experiences caused faulty beliefs. And then we ask, is that a faulty belief or a true belief? And you start uncovering where you believe these things, God. God isn't there for me. Oh, okay. When did you start thinking that? When did you start feeling that that always goes back to trauma, always goes back to neglect, or, you know, thinking about an avoider who, like, God wasn't available. They were lonely. They didn't ever feel God. If you shut off your feelings, you can't feel God. So it's always an avenue and to understand where those attachment ruptures started. Mm,

 Lyschel 33:32

hmm, I love that, and I think it's such a longing that I find with partners, women that I work with is like I do, desire a deeper relationship with the Lord, but oftentimes they just don't have this type of tool in front of them to connect the dot and be like, Oh, that's what that is. Okay. Well, how do I, you know, get through that, or how do I unpack that? And I love the what you said about just deconstructing the lies, but also getting curious about them and seeing how they're impacting the way you do relationships. Now, absolutely

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and so often we think of God is an error in what a human being has done to us. And really, yeah,

 Lyschel 34:16

yeah, yeah, I do remember having that prayer conversation with the Lord said, you know, you try to keep making me pay for the man's sin over and over again, and I already did it once. And I was like, and then I was like, you're totally right. Like, why? Why am I putting and it was, it had a lot to do with my birth father and this disjointed understanding of who God was like, and he just was and essentially, I mean, in a very loving way, he was calling me deeper into a relationship with Him to say, I'm not him. Oh, wow, I'm not I'm not your dad. So it's always been important. I I have friends that will call like, they'll call God daddy or. Papa or whatever, and I can't do that. I have to call him father, because I would never call my dad here on earth father. And so it's always been important for me to have that different name. But



35:11

and for me, you know, it wasn't necessarily a person. It was. I thought God owed me a good marriage. I thought if I did all these things, I would have a good marriage. So I wrote him an angry letter. I even felt,



35:27

Oh, I cuss out loud, and



35:28

I let it go, I know, but to God and, and, I mean, I wrote, I did every thing to and I just poured out and just let it flow. And then all of a sudden I realized God didn't promise me with marriage, and I've been accepting that I had a human being who wasn't willing to do the other half, and God was crying right along with me. Yeah. So we have to deconstruct all that to figure out where is that come from? If we, if we have a risk with God, where does that come from?



36:07

Yep, it's tough work. It's tough work. It is tough work. Yes, love it, alright. PM, back to you. I'm so sorry. Ed, Oh no,



Pam B. 36:17

please. Uh, just my own personal experience, I feel blessed. I used to say, Oh, I'm so sad I wasn't brought up churched. But I feel blessed to I've always been a believer, but blessed to have come just really scriptural understanding in a deeper relationship with Christ as an adult, and as I started learning about attachment theory, and I kept saying, Where are all the securely attached people? I can't find any. Everybody's got their stuff. But then I realized, every time I turned to the Lord, he was safe and secure for me, and he could have handled the same conversation, Stacey, I'm so mad at you, and he was able to handle that because he was secure in his relationship, in his in his love for me, and that I could always go to him. He was always there, always there to listen. Could handle whatever I threw. Could handle me, even pushing him away, and that, for me was a comfort, knowing that okay, I can go be in relationship with this God who loves me and is secure,



37:33

beautiful. Just thought



Pam B. 37:35

I would share that all



37:37

our journeys are different, but the same in some respects. Yeah,



Lyschel 37:43

the same is, is that he's running after every single one of us, and we're just feisty little fireballs. And he's like, Ali, I love these girls so much,



Pam B. 37:53

you know? And that's,



37:56

yep, I mean, Cora, right?



Lyschel 37:59

He's like, I know I did this to myself, but



38:05

exactly. But he's also like, they changed the world. These girls changed the world. So



Pam B. 38:12

who to thank it? So if I wanted to know what my attachment style is maybe my particular helping professional isn't well versed. Would it make sense for me to go searching on this information myself, and how could I do that?



38:29

Sure? I'm sure there's online assessments that are free experiences in close relationships, ECR, I think you can get that online personally. I, you know, use something that's professional, and we have a subscription to but there's all kinds of things out there. Again, how we love the talks a little bit of different they they talk about it. Avoider, vacillator, gosh, I haven't referred to that in so long. I forgot what the I forgot what the other one was, the helper, like, you know, that

kind, you know, and then there's controller and victim. But, you know, they all essentially mean the same thing. So absolutely looking out there, you know, for an assessment online would be, would be good.

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Pam B. 39:19

It's in a perfect world? Is it a goal for an anxious person to always be in relationship with an anxious person like, are we trying to change our attachment styles? Are we trying to merge? Are we both trying to move up to that always secure, functioning attachment style. Well, that's going to



39:42

be the healthiest relationship. My job as a therapist is to move a couple towards secure functioning. So I'm going to point out when it's not secure functioning, and there's rules for engagement to get secure function. So absolutely, it's a goal to kind of secure. Functioning, because secure functioning is healthy and safe. So definitely go,

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Pam B. 40:05

do I have to be assessed as a secure attachment style to be able to function securely in a relationship? Or can I, can I have security and safety in a relationship if my attachment style is not secure, if I'm anxious or avoid



40:26

Yes, because we have moments we're always moving toward. We're not it's not about perfection. It's about progress toward, hey, I noticed that anxiety just got triggered up in me. And for the avoidant, I am, I am, I am, noticing that my wall is up to the ceiling right now. And what does that tell me? It's about being curious and then doing it again a different way, and it is definitely a process and a journey, moving toward the goal.

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Pam B. 40:57

Okay, so if so, I don't have to set up a project for myself that I must move to secure attachment style before I can hope to have, oh yeah, a safe relationship.



41:11

We never, we never get there. If that happened, we're always just moving toward that, even in our own selves. You know, my anxiety can get disrupted when people are unhappy with me, and I know this, whoo, I'm moving over there like I'm noticing that, but the more self aware I become, and the more I can ground myself in truth, the more I can respond like a secure connector, but I gotta do some work to get there. So absolutely, absolutely. So

**P** Pam B. 41:45

by the same token, I don't have to sit and say, Oh, my husband's not becoming a secure attachment style. This is never going to work. I don't have that's not that black and white is what I'm hearing

**i** 41:56

true and an avoidant personality is going to go through anxiety when they start opening up. So they're going to go through some other quadrants to get over to secure a connector. So expect that, okay, this week say, oh, 10 minutes in, and I was already ready to run out the door, because it's a lot for an avoider, and he stayed and hung in for 90 minutes, but it's a lot. He's going to feel that anxiety, but he learns the anxiety won't kill him.

**P** Pam B. 42:32

Sometimes anxiety is good.

**i** 42:34

He's like, I disagree. I heard her on that podcast, and I was so close to death, right?

**L** Lyschel 42:42

I will make one book that has been super helpful in some of the subject matter for me was God attachment, by Dr Tim Clinton and Joshua Straub, and it says why you believe, act and feel the way you do about God, and really unpacks a lot of the attachment style and a lot of what we've already talked about today, but so you can put that link in the show notes for everybody.

**P** Pam B. 43:06

So to kind of wrap up here, we always end with leading our listeners hope. What kind of hope can this topic give to our listeners,

**i** 43:22

the brain is so amazing. It can change neuroplasticity. God made our brains to change, and it is possible for us to change ourselves, especially with love of Christ. It's such a resource and such a hope for us that I know that, I know that, I know that I'm secure. I know that my god will be there for me. I know that beyond the shadow of the doubt, when humans fail me, I know, even in this new relationship, it's not I hope he's still a good guy. I hope he's still a good guy. It's like he's a fallen human being. But I know that. I know that I know that my God, it will never leave

me forsake me. I know that he's there for me. I know that he's for me. I know that he has good things for me. And therefore, when I know that I can become a secure individual and to me, there was so much hope in

L

Lyschel 44:25

them. I want to build off of that Stacy. You kept saying the word no, and I know that I know that I know. And I kept thinking, How does she know? And then I was like, actually, how do I know? Because I wholeheartedly align with those statements, and how I know is because I get to look at the history I've had with the Lord. That's where that comes from, that that assurance, that knowing, and then even just watching, you know, that's one of the things that is my favorite to do, is to read God's character through the word, like, how did he show up with Gideon? He wasn't impatient with him. Uh, he wasn't angry when Gideon questioned things he he, he extended such great favor. It's just, I could go on and on, and so it's that's something I'm always advocating, not only for myself, but for others, is you gotta journal it, because you're not going to remember, right? You're not going to remember the way he showed off so many times for you before. So if you have a way of documenting what he's done, that knowing will get so much stronger and so much sure,

i

45:31

and it opens our eyes to all the things he's doing around us when we Oh, yes. I mean, I see it all the time, from a sticker on the back of the car to something in nature. It's the more I open my eyes to it, the more I see him and his assurances that he's there, yep,

L

Lyschel 45:49

yeah. He's pretty he's pretty excited about showing himself, yeah. I mean, quite honestly, it's if we just

i

45:55

remember to look right, right.

i

45:57

Yeah, yep. So,

P

Pam B. 46:02

and I think the hope that I would leave our listeners is that God created you be curious about everything that God's created. Sometimes it can be kind of scary to do a deep look within and to do these self assessments, but we are perfectly imperfect all of us, every single human and God has given us, people like Stacey or the other people in the past, like John Bowlby and

Doctor Sue Johnson and all these people who have done a lot of research about this human quality that we all have, and there's no one perfect way to be, but that we can use this information as sort of a roadmap towards self improvement, towards self discovery, and how to be in community with other people and with our partner and and how to see more clearly and to don't be afraid, to get curious about all that God has made including you. It's been



47:13

a joy, ladies. Oh, thank



Pam B. 47:15

you so much, Stacy, Stacy,



47:16

it's a great conversation.



Pam B. 47:21

We hope that we have been a bright spot on your recovery journey, and you can help us by donating through the link on our website at [Hope for wives.com](https://www.hopeforwives.com) and really, please leave us a five star review, a positive review rating, or share us with a friend who has discovered betrayal and doesn't know where To Go. We'd love to give her some hope. Thanks again for listening. Bye, bye, you.