

Video Replay: <https://vimeo.com/919723907/70cf7c82d3?share=copy>

11:22:34 From Brandie Ramirez to Everyone:

Good morning from Hudsonville Mi

11:23:10 From Ann Lawrence to Everyone:

Hi everyone! Ann in NC

11:24:15 From Shelle Mossman to Everyone:

Morning 😊 Shelle from MD

11:24:37 From Pamela Brandenburg to Everyone:

Hello and Good Morning from Atlanta, GA

11:25:52 From Shelle Mossman to Everyone:

Unfortunately I can't make the retreat this year b/c I'm in the process of buying (or at least hopefully buying) a house.

11:26:06 From Susan Sharp to Everyone:

Good Morning from Kalispell, MT!

11:26:19 From Kelly Grunenwald to Everyone:

Hello from Williston, ND

11:26:31 From Rochelle Walters to Everyone:

Good morning from Scottsdale, AZ!

11:26:49 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Brooke from Puyallup, WA

11:26:51 From LeAnne Parsons to Everyone:

Good morning from phoenix!

11:27:13 From Martha Schuman to Everyone:

Greetings from So Pines NC!

11:27:38 From Deborah Stahl Waters to Everyone:

Good Morning ~ Deborah Stahl Waters-GA ♡

11:28:03 From Tracey Phillips to Everyone:

Hello from California

11:28:09 From Traci Criswell to Everyone:

Traci Criswell Dundee Oregon. Good Morning

11:28:09 From Ariella L to Everyone:

Ariella, Israel

11:28:10 From Dana De Vane-Webster Support Group Coordinator, Advocate to Everyone:

Greetings everyone!

11:28:16 From Nancy Kantsios to Everyone:

Hello from Aldie, VA

11:28:28 From Rose Rickett to Everyone:

Rose in gA

11:28:35 From Tynetta Chastain to Everyone:

Tynetta from St. Louis

11:28:59 From Kelly Barton to Everyone:

Kelly Barton, NC

11:28:59 From Chelsea Leonard to Everyone:

Good morning Chelsea Leonard Sweet Home Oregon

11:28:59 From Laura Tortora to Everyone:

Morning everyone! Laura from SoCal :-)

11:29:02 From Dr. Jessica Evans to Everyone:

Jessica, Columbus OH

11:29:04 From anne church to Everyone:

Hello Everyone, Anne C from Florida 😊

11:29:11 From Darlene Hills-Clinkscale to Everyone:

Good morning Blessings Everyone 🙏💜🙏 Darlene Hills-Clinkscale from Columbus, Ohio.

11:29:17 From Jill Schlegel to Everyone:

Hello from Windsor, Colorado!

11:29:18 From Kendra Thurman to Everyone:

Kendra from Ohio

11:29:31 From Lynn Loscar to Everyone:

ouch

11:29:42 From Melissa S-SC to Everyone:

Melissa from SC

11:29:43 From Vanessa Satterfield to Everyone:

Vanessa Satterfield - North Carolina

11:29:43 From Mary Jacobson to Everyone:

Mary NC

11:29:45 From Tami Heiss to Everyone:

Tami Toledo, Ohio

11:29:53 From Dana De Vane-Webster Support Group Coordinator, Advocate to Everyone:

Bless your hands, Dr. Debra!

11:30:02 From Tyrie Strong to Everyone:

Tyrie Strong, Northern Idaho

11:30:06 From Henry Esqueda to Everyone:

Henry Esqueda from La Mirada, Ca. Blessing to all.

11:30:07 From Susan Sharp to Everyone:

Reacted to "Henry Esqueda from L..." with 👍

11:30:09 From Rebecca Pelletier to Everyone:

Rebecca central virginia

11:30:11 From Susan Sharp to Everyone:

Removed a 👍 reaction from "Henry Esqueda from L..."

11:30:12 From Cindy Baltz-King to Everyone:

Good Morning! Cindy here from Bartlett, TN

11:30:17 From Karen Wilkinson to Everyone:

Good morning from Tallmadge, Ohio

11:30:29 From Nichelle Iazard to Everyone:

Nichelle Wichita

11:30:37 From Lindsay Suter to Everyone:

Good Morning, everyone from Raleigh, NC.

11:30:37 From Susan Sharp to Everyone:

Reacted to "Bless your hands, Dr..." with ❤️

11:30:43 From Christi Douglas to Everyone:

Good morning from Ft Collins, Colorado

11:30:44 From Maure Franck to Everyone:

Maure F from MO

11:30:47 From Brandon Eberl to Everyone:

Brandon Eberl, Winston-Salem, NC

11:30:47 From Kendra Thurman to Everyone:

If you're thinking of attending PeaceWorks Live conference in Oct (10-11), the early bird pricing ends this week.

<https://www.eventbrite.com/e/peaceworks-live-2024-the-domestic-abuse-intervention-training-conference-tickets-826009495637?aff=erelexpmit>

11:30:49 From Susi Limon to Everyone:

Susi Limon, California

11:30:49 From Amy Paquette to Everyone:

Amy Paquette Albuquerque NM

11:30:50 From Porscha Green to Everyone:

Hello Everyone! Porscha in NC

11:31:08 From Robin Black to Everyone:

Robin Black. Indianapolis Indiana

11:31:32 From Skips and Lisa Wagstaffe to Everyone:

Skip and Lisa Wagstaffe from Nor Cal. We will be in and out today and catch the recorded class later.

11:32:07 From Brandon Eberl to Everyone:

QUESTION - I have no audio. Anyone else having problems?

11:32:18 From Pamela Boswell to Everyone:

Pamela Boswell Montgomery AL

11:32:20 From Dr. Jessica Evans to Everyone:

You da best, Brooke!

11:32:32 From Tabitha Westbrook to Everyone:

Replying to "QUESTION - I have no..."

I have audio. Check your input - you can use the little up arrow by the microphone to see what your input is.

11:32:47 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Brooke@calledtopeace.org

11:32:49 From Jennifer to Everyone:

Good Morning from Evergreen, CO 🌲

11:32:51 From Angi Beery to Everyone:

Angi Beery, Goshen, IN

11:32:54 From Lynn Loscar to Everyone:

I notice a big difference when I avoid inflammatory oils-corn, safflower, sunflower, vegetable.

11:32:58 From Allison Wessels to Everyone:

Allison Wessels from Williamson, GA

11:33:01 From Dr. Jessica Evans to Everyone:

Reacted to "I notice a big diffe..." with 👍

11:33:04 From Tina Roy to Everyone:

Replying to "QUESTION - I have no..."

Hi, From Woodstock, GA!

11:33:12 From Deah Embree to Everyone:

Good morning. =)

Deah in rainy southeastern PA.

Brooke...your instructions last week for signing in via the zoom email was helpful and worked. Thanks!

11:33:14 From Judy Brown to Everyone:

Good morning, Judy Brown DuPont, WA

11:33:20 From Becky Sewell to Everyone:

Hello from Becky Sewell Idaho

11:33:28 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Reacted to "Good morning. =)

De..." with ❤️

11:33:35 From Rhonda Burdett to Everyone:

Rhonda Burdett Tallmadge, OH

11:33:36 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Replying to "Good morning, Judy ..."

Good morning!

11:33:45 From Tabitha Westbrook to Everyone:

Replying to "QUESTION - I have no..."

Also, check you make sure your keyboard audio isn't muted. And you can also try going out and coming back in.

11:33:46 From Lynn Loscar to Everyone:

Good Morning From Inyokern, CA

11:33:56 From KAMILLA to Everyone:

2024 He Makes All Things New Women's Retreat – May 2-5 in Lake Junaluska, North Carolina. Our theme is BELOVED! God calls us "His Beloved." He delights in us and invites us to know His deep, life-changing love!

Join Called to Peace Ministries (along with Chris Moles, Elyse Fitzpatrick, Darby Strickland, Renee Best and more) for an extended weekend and discover just how powerful it is to know our great God's love. We invite you to rest with us as we seek to unbind the lies, fear, and anxiety that past experiences of abuse have implanted into our hearts, and walk into the freedom and peace that come from the intimate knowledge of His love.

Learn more and register here:

<https://www.calledtopeace.org/survivor-healing-retreat/?mibextid=Zxz2cZ>

11:34:03 From michala shanks to Everyone:

Michala shanks cypress Texas

11:34:04 From cynthia peace to Everyone:

Cynthia P Pa

11:34:12 From KAMILLA to Everyone:

Retreat Prayer Team Sign up - <https://forms.gle/SRqauhpmhzUQXd768>

11:34:38 From Helenmary Brown to Everyone:

Good morning from Virginia! ~~Helenmary

11:34:57 From JoAnna Schultz to Everyone:

JoAnna Schultz- Murrieta, Ca

11:35:06 From Kendra Thurman to Everyone:

Replying to "If you're thinking o..."

Joy will be one of the speakers!

11:35:08 From KAMILLA to Everyone:

REMINDER: If you have a question in the chat, please put QUESTION in all caps and then proceed with your question. This makes it easier for our team to catch those all-important questions!!

If your QUESTION is not answered live, remember that the team will go back thru the chats and respond to any unanswered questions before the replay is sent later this week.

11:35:26 From Joy Forrest to Everyone:

Reacted to "REMINDER: If you ha..." with 👍

11:35:28 From Kendra Thurman to Everyone:

Reacted to "Retreat Prayer Team ..." with 💜

11:35:37 From Tabitha Westbrook to Everyone:

You are the only you that you have! Deep breaths, fidget toys, movement, etc. are all great tools to use!

11:35:50 From Kendra Thurman to Everyone:

Reacted to "You are the only you..." with 💜

11:35:56 From Deah Embree to Everyone:

Reacted to "You are the only you..." with 💜

11:36:07 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Replying to "You are the only you..."

So good!! I got new, Easter slime!! Slime makes it easier for me to stay in my body

11:36:17 From Tabitha Westbrook to Everyone:

Reacted to "So good!! I got new,..." with ❤️

11:37:05 From April Spencer to Everyone:

April Spencer, Carr Colorado

11:37:10 From Joy Forrest to Everyone:

Reacted to "Joy will be one of t..." with 👍

11:37:34 From Brandon Eberl to Everyone:

Speakers on my laptop are not working. Joining from my iPhone. ~Brandon Eberl

11:37:36 From Cheri Dara to Everyone:

Cheri Dara Peachtree City GA

11:37:39 From KAMILLA to Everyone:

Chart/Timeline for documenting behaviors/impacts:

<https://www.houseofpeacepubs.com/Advocacy%20Courses/documents/Timelineexample.docx>

11:37:41 From Becki Johnson to Everyone:

Becki in NY

11:37:55 From Marcee Rollandini to Everyone:

Marcee Rollandini, EI, NC

11:37:56 From Ladonna Hafen to Everyone:

Ladonna Hafen, Whitefish Montana

11:38:00 From Joy Forrest to Everyone:

Replying to "If you're thinking o..."

And we'd love to see you. That conference is more for people helpers, and the retreat is more for survivors— although we will have a track for people helpers too.

11:38:12 From Tracy Zimmerman to Everyone:

Sorry I got in here late

11:38:20 From Tracy Zimmerman to Everyone:

Tracy Zimmerman of PA

11:38:27 From Kendra Thurman to Everyone:

Reacted to "And we'd love to see..." with 💜

11:39:00 From michala shanks to Everyone:

just wanted to say THANK YOU! this training has been so helpful for me and my career. i accepted my first paid position for a resource and advocacy center as a community resource specialist and advocate.

11:39:18 From Joy Forrest to Everyone:

Reacted to "just wanted to say T..." with ❤️

11:39:18 From Shelle Mossman to Everyone:

Reacted to "just wanted to say T..." with ❤️

11:39:21 From Tabitha Westbrook to Everyone:

Reacted to "just wanted to say T..." with ❤️

11:39:26 From Lindsay Suter to Everyone:

Reacted to "just wanted to say T..." with ❤️

11:39:39 From Irene McConnehey to Everyone:

Reacted to "just wanted to say T..." with ❤️

11:40:00 From Deah Embree to Everyone:

Reacted to "just wanted to say T..." with ❤️

11:40:10 From Christi Douglas to Everyone:

Reacted to "just wanted to say T..." with ❤️

11:40:16 From KAMILLA to Everyone:

Reacted to "just wanted to say T..." with ❤️

11:40:17 From KAMILLA to Everyone:

Removed a ❤️ reaction from "just wanted to say T..."

11:40:49 From Angi Beery to Everyone:

Reacted to "just wanted to say T..." with 💜

11:41:10 From Shelle Mossman to Everyone:

"verbal diarrhea" - this made me laugh. thank you 😊 describes my ex perfectly!

11:41:18 From Dr. Jessica Evans to Everyone:

Reacted to ""verbal diarrhea" - ..." with 😂

11:42:04 From Joy Forrest to Everyone:

Reacted to ""verbal diarrhea" - ..." with 👍

11:42:21 From Judy Brown to Everyone:

Good to know... I am currently in an ignoring mode and not sure if it's the good way to go or not.

11:42:35 From Shelle Mossman to Everyone:

Reacted to "Good to know... I am..." with 👍

11:42:52 From Joy Forrest to Everyone:

My dad used to sometimes tell us kids we had diarrhea of the mouth and constipation of the brain, and I'd say that's the case here.

11:42:59 From Ari Ridderhof to Everyone:

Reacted to "Good to know... I am..." with 😊

11:43:04 From Ari Ridderhof to Everyone:

Removed a 😊 reaction from "Good to know... I am..."

11:43:07 From Cindy Baltz-King to Everyone:

Replying to "If you're thinking o..."

I use the acronym BIFF.

Brief, Informative, Friendly, Firm when responding to the abuser.

11:43:15 From Ari Ridderhof to Everyone:

Reacted to ""verbal diarrhea" - ..." with 😊

11:43:19 From April Spencer to Everyone:

Regarding entitlement, what would you say to a survivor who is blamed for this? For example, post separation, she uses her voice and her personal autonomy to protect her family because she really does know best. But the abuser flips that narrative and pins her as the controller?

11:43:45 From Shelle Mossman to Everyone:

Reacted to "My dad used to somet..." with 😊

11:43:57 From Joy Forrest to Everyone:

Judy, the BIFF mentioned above can be more effective than completely ignoring sometimes.

11:44:17 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Replying to "Regarding entitlemen..."

April, we are going to cover this in a few slides. If you don't get your question answered can you ask again? I'll try to keep your question in mind when we get tomorrow those slides

11:45:05 From KAMILLA to Everyone:

Replying to "Judy, the BIFF menti..."

BIFF - <https://highconflictinstitute.com/communication/how-to-write-a-biff-response/>

Brief

Informative

Friendly

Firm

11:45:29 From Tyrie Strong to Everyone:

Reacted to "My dad used to somet..." with 🤔

11:45:37 From Tyrie Strong to Everyone:

Reacted to "I use the acronym Bl..." with 👍

11:45:38 From Dr. Jessica Evans to Everyone:

Replying to "Regarding entitlementen..."

We can help her untwist this. There is a difference between entitlement (I know everything and things have to go my way and if they don't, I will punish you) and her using her own voice and making choices. She is allowed to care for herself and protect herself from harm. God does not stand for oppression.

11:45:57 From Devapriya R to Everyone:

Hello from Devapriya, California

11:46:10 From Susan Sharp to Everyone:

Replying to "Judy, the BIFF menti..."

This link doesn't seem to work...

11:46:11 From Tyrie Strong to Everyone:

Replying to "If you're thinking o..."

@Cindy Baltz-King As coined by Bill Eddy

11:46:23 From Lori Veenstra to Everyone:

On Saturdays Q&A, who recommended the book "a more excellent way?" I want to PM you a question :) See the Q&A Chat from Saturday.

11:46:24 From Tracey Phillips to Everyone:

Question: The gal I'm helping is afraid he will use her nonresponse in court. Her attorney said she has to let her 11 year old son have access to a phone. He dropped his and it broke and he is demanding she buy him a new phone. He bullies her with legal words. "Dad says it's illegal for you to cut me off from contact with dad." This son is very dark. He will say, "I'm sorry for my behavior, and I'm sorry for today and tomorrow because I'm going to be mean and not listen to you tomorrow too. This son wants her dead. She is disintegrating under her son's abuse. She is hanging on by a thread. I am at a loss of how to help her.

11:46:31 From Joy Forrest to Everyone:

Reacted to "We can help her untw..." with ❤️

11:46:58 From Kendra Thurman to Everyone:

Reacted to "just wanted to say T..." with 💜

11:47:08 From Deah Embree to Everyone:

Reacted to "Question: The gal I'..." with 😞

11:47:10 From Ann Lawrence to Everyone:

Also, " You are not my daddy!"

11:47:17 From Kendra Thurman to Everyone:

Reacted to "My dad used to somet..." with 😄

11:49:19 From Dr. Jessica Evans to Everyone:

We also need to be careful about putting every abuser into the same "pot." Not every abuser is a "narcissist." There are different kinds of abusers and different motivations. We want to be careful about labels and diagnoses.

11:49:33 From Ladonna Hafen to Everyone:

Replying to "Question: The gal I'..."

I have a case with c...

11:49:35 From Lindsay Suter to Everyone:

Reacted to "Question: The gal I'..." with ❤️

11:49:47 From Lindsay Suter to Everyone:

Removed a ❤️ reaction from "Question: The gal I'..."

11:49:56 From Lindsay Suter to Everyone:

Reacted to "We also need to be c..." with ❤️

11:49:59 From Tyrie Strong to Everyone:

There's an excellent short book called BIFF too (by Bill Eddy, high conflict institute) with explanation and examples

<https://a.co/d/f3ktzHz>

11:50:01 From Laura Lathrop to Everyone:

Laura Lathrop - Attica IN

11:50:36 From Dr. Jessica Evans to Everyone:

Reacted to "There's an excellent..." with 👍

11:50:37 From Joy Forrest to Everyone:

Reacted to "We also need to be c..." with 👍

11:50:37 From Kelly Barton to Everyone:

Idea, Im in a tense situation with my ex, I type my responses then use chatgpt to help me make it emotionless so its what I want to say but stern, straight to the point, and no emotion

11:50:41 From Dr. Jessica Evans to Everyone:

Reacted to "BIFF - https://www.h..." with 👍

11:50:59 From Deah Embree to Everyone:

Reacted to "Idea, Im in a tense ..." with 💜

11:51:24 From Cindy Baltz-King to Everyone:

Reacted to "@Cindy Baltz-King As..." with 👍

11:52:32 From Lynn Adams to Everyone:

Lynn A. MN

11:52:47 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Reacted to "Idea, Im in a tense ..." with ❤️

11:52:55 From Ann Lawrence to Everyone:

Reacted to "Idea, Im in a tense ..." with ❤️

11:53:19 From Cathy Sharpe to Everyone:

Reacted to "Idea, Im in a tense ..." with 👍

11:53:46 From Joy Forrest to Everyone:

Reacted to "Idea, Im in a tense ..." with 👍

11:53:58 From Tracey Phillips to Everyone:

Question: Should she let her 11 year old son go back to dad? Her attorney said not to. It will look like in court she can't handle being a parent. She has 100% custody, and he is fighting for 100% custody. She is afraid to let her son go back to dad because he will get worse and become an abuser himself.

11:54:17 From Kendra Thurman to Everyone:

I'm back again. We have thunderstorms approaching, and my internet doesn't like it.

11:54:28 From Dr. Jessica Evans to Everyone:

Reacted to "I'm back again. We ..." with 🙌

11:54:44 From KAMILLA to Everyone:

F's of Trauma Responses -

Fight

Flight

Freeze

Fawn

Flop

Faint

11:54:44 From Tabitha Westbrook to Everyone:

Replying to "I'm back again. We ..."

Welcome back! Doggone thunderstorms being all sassy.

11:54:49 From Joy Forrest to Everyone:

Reacted to "I'm back again. We ..." with 😞

11:54:51 From Kendra Thurman to Everyone:

Reacted to "Welcome back! Doggon..." with 😂

11:55:43 From Martha Schuman to Everyone:

It takes time and maturity for kids to see the truth and adjust to all the changes, for the dust to settle, and make their own decisions about how to interact with the abuser. SO hard to let them interact with him when all the counselors are telling you how awful he is.

11:57:43 From Tyrie Strong to Everyone:

Reacted to "Idea, Im in a tense ..." with 👍

11:58:05 From Tyrie Strong to Everyone:


Replying to "Idea, Im in a tense ..."

I love this! How does it work? Is it doing a good job? What great new tools we have today.

11:58:34 From Tyrie Strong to Everyone:

Sorry I have another short meeting, I'll be back.

11:59:25 From jane latta to Everyone:

Reacted to "You da best, Brooke!" with 

11:59:40 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

These are also examples of an abuser trying to sabotage your special days.

11:59:43 From Cindy Baltz-King to Everyone:

Big time, Manipulator!

11:59:48 From Rose Rickett to Everyone:

QUESTION; Pls remind us the acronym BIF and it's meaning?

12:00:03 From KAMILLA to Everyone:

Replying to "QUESTION; Pls remind..."

BIFF

Brief

Informative

Friendly

Firm

12:00:27 From Rose Rickett to Everyone:

Replying to "QUESTION; Pls remind..."

Thank you Kamille

12:00:33 From KAMILLA to Everyone:


Patricia Evans – “The Verbally Abusive Relationship”, <https://a.co/d/dnrSwF1>

12:01:22 From Dr. Jessica Evans to Everyone:

Replying to "Question: Should she..."

This is probably hard to speak to without more context about this case. It is good she has input from her atty on this though about how this may come back on her. Maybe this is something to bring up in a Q&A or consult on outside of class.

12:01:31 From Tracey Phillips to Everyone:

Reacted to "Idea, Im in a tense ..." with 

12:01:35 From Christi Douglas to Everyone:

Thank you, Jessica! Yes, manipulative kindness...so common. It's so often what kept hope alive for years until it became visible to the survivor.

12:01:40 From jane latta to Everyone:

Reacted to "So good!! I got new,..." with ❤️

12:01:47 From Joy Parks to Everyone:

Reacted to "Thank you, Jessica! ..." with 👍

12:01:47 From Helenmary Brown to Everyone:

Reacted to "Thank you, Jessica..." with 👍

12:01:53 From Helenmary Brown to Everyone:

Reacted to "Patricia Evans – ..." with 👍

12:01:58 From Deah Embree to Everyone:

Reacted to "Thank you, Jessica! ..." with 👍

12:02:02 From rhonda tyner to Everyone:

Rhonda Tyner Bunnlevel NC

12:02:06 From Cindy Baltz-King to Everyone:

Replying to "QUESTION; Pls remind..."

Remember not to use any emotion when using BIFF.

They feed off our emotions.

12:02:28 From jane latta to Everyone:

Reacted to "just wanted to say T..." with 💜

12:02:39 From Deah Embree to Everyone:

Reacted to "Remember not to use ..." with 🙌

12:02:44 From Dr. Jessica Evans to Everyone:

Replying to "These are also examp..."

¹⁰⁰ The meeting between the new gf and kids, and her and I can take place any weekend. The choice is intentional. Good point, Brooke.

12:02:48 From Jennifer to Everyone:

HAPPY BIRTHDAY!!!! I hope you had a good weekend with your kiddos!

12:02:58 From Deah Embree to Everyone:

Reacted to "HAPPY BIRTHDAY!!!! I..." with 💜

12:03:03 From Dr. Jessica Evans to Everyone:

Reacted to "Thank you, Jessica! ..." with 👍

12:03:06 From Joy Forrest to Everyone:

Replying to "Question: Should she..."

We can't decide that for her, but sometimes when the kids are becoming abusive towards the mom, it's worth considering. There may be better options like therapy or in home intervention— or even an out of home program. Connecting her first with resources for him would be the first step.

12:03:06 From Rose Rickett to Everyone:

Reacted to "Remember not to use ..." with 👍

12:03:20 From Dr. Jessica Evans to Everyone:

Reacted to "Remember not to use ..." with 👍

12:03:27 From Shelle Mossman to Everyone:

starts an "important" conversation as I'm walking out the door to an appointment

12:03:33 From Dr. Jessica Evans to Everyone:

Replying to "HAPPY BIRTHDAY!!!! I..."

❤️ Thank you

12:03:37 From Cindy Baltz-King to Everyone:

Reacted to "HAPPY BIRTHDAY!!!! I..." with 💜

12:03:48 From Joy Forrest to Everyone:

Reacted to "starts an "important..." with 👍

12:03:59 From April Spencer to Everyone:

My ex would sabotage any happy moment or success that was not focused on him. Holidays, graduations, sports, service...you name it. This is an area I am very aware of with other survivors. It is so common

12:04:21 From Joy Forrest to Everyone:

Reacted to "My ex would sabatoge..." with 🙌

12:04:54 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Reacted to "My ex would sabatoge..." with 🙌

12:05:20 From Martha Schuman to Everyone:

Standing up to it often only leads to escalation...so she ignores.

12:05:29 From April Spencer to Everyone:

Reacted to "Standing up to it of..." with 👍

12:05:34 From jane latta to Everyone:

Reacted to "We can help her untw..." with ❤️

12:05:51 From sylvia gelderman to Everyone:

Reacted to Standing up to it of... with " 👍 "

12:06:07 From Deah Embree to Everyone:

Reacted to "Standing up to it of..." with 👍

12:06:16 From Deah Embree to Everyone:

Reacted to "My ex would sabotoge..." with 🙌

12:06:26 From jane latta to Everyone:

Reacted to "And we'd love to see..." with 💜

12:06:50 From Becki Johnson to Everyone:

Reacted to "just wanted to say T..." with ❤️

12:07:04 From jane latta to Everyone:

Reacted to "We also need to be c..." with 👍

12:07:11 From Beth Burke to Everyone:

And in a way that you end up defending him to others

12:07:22 From Deah Embree to Everyone:

Reacted to "And in a way that yo..." with 🙌

12:07:23 From Joy Forrest to Everyone:

Reacted to "And in a way that yo..." with 👍

12:07:32 From Martha Schuman to Everyone:

I think young married women want to avoid conflict...so as to keep the "honeymoon going." And they want to please. This is how bad patterns are established.

12:07:34 From Kelly Barton to Everyone:

Replying to "Idea, Im in a tense ..."

I think its working well. Sometimes I have it rewrite it a few times until I like the wording. But I refuse to be in his crazy cycle. I am healthier, I can make my own choices, we are in this situation because

he made poor choices and the truth was exposed, and my primary concern is my daughters safety and well being. I refuse to engage in his crazy circle.


12:07:51 From Irene McConnehey to Everyone:

Reacted to "HAPPY BIRTHDAY!!!! I..." with 


12:07:52 From Cindy Baltz-King to Everyone:

It's like they're studying our every move and emotion, so he can plan his tactic.


12:08:01 From Joy Forrest to Everyone:

Reacted to "I think its working ..." with 


12:08:03 From jane latta to Everyone:

Reacted to "Welcome back! Doggon..." with 


12:08:05 From Deah Embree to Everyone:

Reacted to "It's like they're st..." with 


12:08:08 From Joy Forrest to Everyone:

Reacted to "It's like they're st..." with 

12:08:10 From Martha Schuman to Everyone:

Reacted to "It's like they're st..." with 


12:08:29 From jane latta to Everyone:

Reacted to "Thank you, Jessica! ..." with 

12:08:34 From Lynn Loscar to Everyone:

is that the gaslighting?

12:08:40 From jane latta to Everyone:

Reacted to "Remember not to use ..." with 

12:08:45 From KAMILLA to Everyone:

Lundy Bancroft – “Why Does He Do That? Inside the Minds of Angry and Controlling Men”

<https://a.co/d/59ppwtT>

12:09:08 From Tabitha Westbrook to Everyone:

Replying to "It's like they're st..."

That's very accurate, actually. It's exactly what is happening.

12:09:52 From April Spencer to Everyone:

Replying to "It's like they're st..."

I would always say he wasn't that calculative... until I learned that he was by reading some of these books.

12:09:56 From Dr. Jessica Evans to Everyone:

Reacted to "My ex would sabotoge..." with 🙌

12:10:27 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Replying to "It's like they're st..."

Satan is also the father of lies and his tactics are limited and the same. He instructs all these guys.

12:10:38 From jane latta to Everyone:

Reacted to "We can't decide that..." with 👍

12:10:39 From Deah Embree to Everyone:

Reacted to "Satan is also the fa..." with 🙌

12:10:55 From jane latta to Everyone:

Reacted to "HAPPY BIRTHDAY!!!! I..." with 💜

12:11:03 From Cindy Baltz-King to Everyone:

Like a wolf in sheep's clothing.

12:11:14 From Deah Embree to Everyone:

Reacted to "Like a wolf in sheep..." with 🙌

12:11:23 From Tami Heiss to Everyone:

Reacted to "We also need to be c..." with 👍

12:11:25 From jane latta to Everyone:

Reacted to "My ex would sabotoge..." with 👍

12:11:30 From jane latta to Everyone:

Reacted to "Standing up to it of..." with 👍

12:11:35 From jane latta to Everyone:

Reacted to "And in a way that yo..." with 👍

12:11:47 From Joy Forrest to Everyone:

Replying to "is that the gaslight..."

Twisting the truth is.


12:11:56 From Martha Schuman to Everyone:

You owe me or..."it's your job to please me, make me happy, isn't it? "If you loved me you would want to make me happy, do what makes me happy. Will you make me a sandwich, please?"

12:11:56 From sylvia gelderman to Everyone:

are they capable of love?


12:11:59 From jane latta to Everyone:

Reacted to "Idea, Im in a tense ..." with 

12:12:10 From Linoy to Everyone:

Linoy from Jerusalem, sorry I'm late

12:12:41 From Joy Forrest to Everyone:

Reacted to "Linoy from Jerusalem..." with 

12:12:44 From Laura Lathrop to Everyone:

I think they're capable of love and pain - however, whether they are healthy to live with is a different question.

12:12:47 From Cathy Sharpe to Everyone:

Their perception of love is warped

12:12:55 From Angi Beery to Everyone:

A major renewing of the mind!!!

12:13:09 From Kendra Thurman to Everyone:

Remember to take good care of yourself - if you are feeling triggered, take some time to step away, take deep breaths, stretch, etc. You can come back and watch the recording.

12:13:12 From jane latta to Everyone:

Love that Tabi - heart issue only God can break through

12:13:17 From Deah Embree to Everyone:

Reacted to "Love that Tabi - hea..." with 

12:13:18 From Kendra Thurman to Everyone:

Reacted to "Love that Tabi - hea..." with 

12:13:34 From Angi Beery to Everyone:

Reacted to "Love that Tabi - hea..." with 💜

12:14:08 From Laura Lathrop to Everyone:

It's also true that all of us fail in loving well, and that happens a lot. However, that's why it's important to look at patterns as well as responses when we communicate they've hurt us. What do they do next? How do they respond? Is it the same thing over and over?

12:14:08 From Tami Heiss to Everyone:

Reacted to "We can't decide that..." with 👍

12:14:10 From jane latta to Everyone:

Reacted to "I think its working ..." with ❤️

12:14:31 From Deah Embree to Everyone:

Reacted to "It's also true that ..." with 🙏

12:14:33 From Helenmary Brown to Everyone:

My EX was the one who FILED for Divorce-- then AFTER DIVORCE kept messaging me, hoovering: saying we weren't really divorced in the eyes of God, Etc. SO BIZARRE--right up until almost the MOMENT he married someone ELSE almost on our very anniversary. I needed your Bucket, Dr. Debra. UGH. 🤢 Thankfully, knew to ignore it.

12:14:33 From jane latta to Everyone:

Reacted to "It's like they're st..." with 👍

12:14:40 From Tami Heiss to Everyone:

Reacted to "Idea, Im in a tense ..." with 👍

12:14:48 From jane latta to Everyone:

Reacted to "Satan is also the fa..." with 👍

12:15:15 From Laura Lathrop to Everyone:

Reacted to "It's also true tha..." with 🙏

12:15:17 From Laura Lathrop to Everyone:

Removed a 🙏 from "It's also true tha..."

12:15:33 From KAMILLA to Everyone:

"Keep your individuality. It is the greatest asset you have. Be yourself." - Dr. Debra

12:15:41 From Shelle Mossman to Everyone:

Reacted to ""Keep your individua..." with ❤️

12:15:48 From Susan Sharp to Everyone:

Reacted to ""Keep your individua..." with ❤️

12:15:49 From Deah Embree to Everyone:

Reacted to ""Keep your individua..." with ❤️

12:15:53 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

God has made you uniquely you. With all the beautiful parts of you and God wants you to use your gifts and talents to express yourself and in the process express Christ as he is uniquely expressed through you.

12:16:01 From Deah Embree to Everyone:

Reacted to "God has made you uni..." with 💜

12:16:05 From Jennifer to Everyone:

Evan's book *The Verbally Abusive Relationship* does a really good job describing how there are two different realities and survivors get free when they refuse to enter the false reality anymore

12:16:12 From Laura Lathrop to Everyone:

I love that. Dr. Debra is NOBODY's arm candy! 😂

12:16:24 From jane latta to Everyone:

Reacted to "It's also true that ..." with 👍

12:16:28 From Tabitha Westbrook to Everyone:

Reacted to "God has made you uni..." with ❤️

12:16:30 From Laura Lathrop to Everyone:

You guys make me smile.

12:16:34 From Shelle Mossman to Everyone:

Removed a ❤️ reaction from ""Keep your individua..."


12:16:37 From Shelle Mossman to Everyone:

Reacted to ""Keep your individua..." with ❤️


12:16:43 From jane latta to Everyone:

Reacted to ""Keep your individua..." with ❤️

12:16:55 From jane latta to Everyone:

Reacted to "God has made you uni..." with 

12:17:25 From Joy Forrest to Everyone:

Reacted to "I love that. Dr. Deb..." with 

12:17:37 From Helenmary Brown to Everyone:

The TRINITY is ONE, yet they are all SEPARATE ENTITIES and persons. God, in Three Persons-- Marriage meant to REFLECT this Truth. Abusers twist and distort it.

12:17:46 From Joy Forrest to Everyone:

Reacted to "The TRINITY is ONE, ..." with 

12:17:47 From Deah Embree to Everyone:

Reacted to "The TRINITY is ONE, ..." with 


12:18:15 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Reacted to "The TRINITY is ONE, ..." with 


12:18:19 From Shonquella Terrell to Everyone:

Hello Beautiful people:) Shonquella Terrell, Holly Springs,NC


12:18:35 From Cathy Sharpe to Everyone:

Reacted to "God has made you uni..." with 

12:19:06 From Dr. Jessica Evans to Everyone:

Reacted to "I love that. Dr. Deb..." with 


12:19:14 From Dr. Jessica Evans to Everyone:

Reacted to "God has made you uni..." with 


12:20:14 From Tabitha Westbrook to Everyone:

EMDR, Brainspotting, Somatic Experiencing, Internal Family Systems, Accelerated Resolution Therapy - all can be very helpful in working through the traumatic experience.


12:20:21 From Dr. Jessica Evans to Everyone:

Reacted to "EMDR, Brainspotting,..." with 


12:20:28 From Angi Beery to Everyone:

Reacted to "EMDR, Brainspotting,..." with 

12:20:28 From Shelle Mossman to Everyone:

Reacted to "EMDR, Brainspotting,..." with 

12:20:38 From Deah Embree to Everyone:

Reacted to "EMDR, Brainspotting,..." with 

12:20:54 From KAMILLA to Everyone:


C-PTSD - Complex Post-Traumatic Stress Disorder

12:20:56 From Joy Forrest to Everyone:

Replying to "EMDR, Brainspotting,..."

These techniques can help get truth to the traumatized parts of the brain.

12:21:30 From Kendra Thurman to Everyone:


Reacted to ""Keep your individua..." with 

12:21:38 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:


I listened to this podcast this weekend and it talks about Internal Family Systems in a faith based context and it was really helpful.

<https://redeemingbabel.org/podcasts/how-to-cultivate-the-inner-life-we-need-to-face-a-chaotic-world/>


12:21:38 From Kendra Thurman to Everyone:

Reacted to "God has made you uni..." with 

12:21:43 From Helenmary Brown to Everyone:

Reacted to "C-PTSD - Complex P..." with 


12:21:59 From Deah Embree to Everyone:

Reacted to "I listened to this p..." with 

12:22:14 From Cindy Baltz-King to Everyone:

Reacted to "I listened to this p..." with 

12:22:19 From Cindy Baltz-King to Everyone:

Reacted to "EMDR, Brainspotting,..." with 

12:22:23 From jane latta to Everyone:

Reacted to "EMDR, Brainspotting,..." with 

12:22:34 From jane latta to Everyone:

Reacted to "These techniques can..." with 

12:22:38 From Laura Lathrop to Everyone:

Replying to "I listened to this..."

I recently read the faith-based book on that. I think there are some things in there that are really helpful.

12:23:01 From Martha Schuman to Everyone:

I had never had anxiety or a panic attack in my life. I was a very calm stable person. Then when we separated and I had to interact with him and deal with the fallout...I had repeated panic attacks and PTSD symptoms. The 25 years of chronic stress all started to surface.

12:23:26 From Kendra Thurman to Everyone:

This is why being told to "Take your thoughts captive," doesn't *cure everything*.

12:23:31 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Reacted to "I recently read the ..." with ❤️

12:23:36 From Lynn Loscar to Everyone:

What about using emdr tracks on Spotify

12:23:43 From Laura Lathrop to Everyone:

Replying to "I listened to this..."

It's called Altogether You

<https://a.co/d/h4u43lo>

12:23:46 From Tabitha Westbrook to Everyone:

Replying to "I listened to this p..."

There are some great things to parts work!!

12:23:47 From Cindy Baltz-King to Everyone:

Good stuff and very informative..

Thank you for sharing, Tabi!

12:23:55 From Tabitha Westbrook to Everyone:


Replying to "I listened to this p..."

@Laura Lathrop And I love that book!


12:24:00 From Porscha Green to Everyone:

Reacted to "I listened to this p..." with 👍

12:24:03 From jane latta to Everyone:

Reacted to "This is why being to..." with 


12:24:05 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Reacted to "This is why being to..." with 

12:24:12 From Dr. Jessica Evans to Everyone:

Reacted to "Good stuff and very ..." with 


12:24:15 From Dr. Jessica Evans to Everyone:

Reacted to "This is why being to..." with 

12:24:15 From jane latta to Everyone:

Reacted to "Good stuff and very ..." with 

12:24:18 From Laura Lathrop to Everyone:

Reacted to "There are some gre..." with 

12:24:26 From Helenmary Brown to Everyone:

QUESTION to Joy: What is REAL MEDITATION? Thank you.

12:24:28 From Christi Douglas to Everyone:

Replying to "EMDR, Brainspotting,..."


Jolene Underwood's Unleash, Heart and Soul Care sheets are super helpful too for working through trauma with The Lord. They can be found at www.joleneunderwood.com

12:24:40 From Tabitha Westbrook to Everyone:

Replying to "This is why being to..."

In reality, good therapy is the HOW TO of taking every thought captive.


12:24:47 From Rose Catellier to Everyone:

Love how you pointed out to prioritize the relationship with the right practitioner over the modality that they use 

12:24:52 From jane latta to Everyone:

Reacted to "Jolene Underwood's U..." with 

12:24:53 From Dr. Jessica Evans to Everyone:

Reacted to "In reality, good the..." with 

12:25:05 From jane latta to Everyone:

Reacted to "Love how you pointed..." with 

12:25:06 From Kendra Thurman to Everyone:

Reacted to "In reality, good the..." with 🙌

12:25:08 From Lynn Adams to Everyone:

Reacted to "In reality, good the..." with ❤️

12:25:14 From Tabitha Westbrook to Everyone:

Replying to "What about using emd..."

I don't ever recommend doing EMDR without a therapist. There is stuff that can get activated and you may end up having a reaction you don't expect.

12:25:36 From Tabitha Westbrook to Everyone:

Replying to "EMDR, Brainspotting..."

@Christi Douglas Agreed! Jolene's stuff is great!!

12:25:40 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Replying to "This is why being to..."

I went to part of training last week that said to repent from believing you are insignificant as a first step. That really won't do it. The question is: what happened to me that caused me to think this way? What do I need to support myself now?

12:25:40 From Shonquella Terrell to Everyone:

Amen

12:25:41 From Teri-Advocate to Everyone:

Replying to "What about using emd..."

agree

12:25:47 From Jane Latta to Everyone:

Reacted to "@Christi Douglas Agr..." with 💜

12:25:52 From Porscha Green to Everyone:

Reacted to "I don't ever recomme..." with 🙌

12:26:06 From Porscha Green to Everyone:

Removed a 🙌 reaction from "I don't ever recomme..."


12:26:12 From Porscha Green to Everyone:

Reacted to "I don't ever recomme..." with ❤️

12:26:22 From Henry Esqueda to Everyone:

Had to join on my cell phone. Needed to step out of my office but couldn't miss.

12:26:23 From jane latta to Everyone:

Reacted to "I went to part of tr..." with 

12:26:31 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Replying to "This is why being to..."

How does Christ enter into my pain?


12:26:34 From Martha Schuman to Everyone:

"If you won't feel it, God can't heal it." My counselor told me that a lot. What do y'all think of that?

12:26:41 From jane latta to Everyone:

Reacted to "I don't ever recomme..." with 


12:26:51 From jane latta to Everyone:

Reacted to "agree" with 

12:27:14 From Deah Embree to Everyone:

Reacted to "How does Christ ente..." with 

12:27:23 From Joy Forrest to Everyone:

Reacted to ""If you won't feel i..." with 


12:27:43 From Porscha Green to Everyone:

Literally scripture in practice

12:28:00 From Cindy Baltz-King to Everyone:

Taking every thought captive means to be aware of your thoughts and not dwell on the destructive thoughts. Capture those destructive thoughts and heal from it. I truly believe focusing on scripture and what's TRUTH is key!

12:28:13 From Dr. Jessica Evans to Everyone:

Reacted to "Literally scripture ..." with 

12:28:15 From Porscha Green to Everyone:

Reacted to ""If you won't feel i..." with 

12:28:37 From Martha Schuman to Everyone:

He also said that if you don't report your feelings you will act them out.

12:28:40 From Henry Esqueda to Everyone:

Carolyn Leaf Book I read recently was good about the mind and tying it to scripture.

12:28:54 From Shonquella Terrell to Everyone:

lol

12:28:58 From Joy Forrest to Everyone:

Reacted to "Carolyn Leaf Book I ..." with 👍

12:29:00 From Porscha Green to Everyone:

Truth sets us free when we are safe to accept it

12:29:05 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Replying to "QUESTION to Joy: Wha..."

This podcast touches on it. There are lots that are helpful but this one is good:

<https://redeemingbabel.org/podcasts/how-to-cultivate-the-inner-life-we-need-to-face-a-chaotic-world/>

12:29:06 From Shonquella Terrell to Everyone:

THAT MAKE SENSE!

12:29:12 From Deah Embree to Everyone:

Reacted to "THAT MAKE SENSE!" with 🙌

12:29:18 From Henry Esqueda to Everyone:

Reacted to "Carolyn Leaf Book I ..." with 👍

12:29:21 From Martha Schuman to Everyone:

Right, Tabi. This is a form of isolation...emotional isolation.

12:29:51 From Christi Douglas to Everyone:

And another part of HOW TO-- if you haven't grown up with crying, be willing to weep. It can be exhausting, but it's ok. And then take time after crying to restore, whatever that means for you. A bath...a walk...

12:30:12 From Cindy Baltz-King to Everyone:


When you FEEL you HEAL!!

12:30:14 From Tabitha Westbrook to Everyone:


Replying to "And another part of ..."

Tears are liquid prayers. They also release toxins.

12:30:19 From Deah Embree to Everyone:

Reacted to "And another part of ..." with 


12:30:21 From Martha Schuman to Everyone:

Reacted to "When you FEEL you HE..." with 


12:30:38 From Helenmary Brown to Everyone:

Thank you all for that clarification on Meditation! 

12:30:44 From Joy Forrest to Everyone:

Reacted to "Tears are liquid pra..." with 


12:30:46 From Deah Embree to Everyone:

Reacted to "When you FEEL you HE..." with 


12:30:47 From April Spencer to Everyone:

Forced to violate her own moral principals and betray her basic human attachments! That is strong language!

12:30:50 From Tabitha Westbrook to Everyone:

Reacted to "When you FEEL you HE..." with 


12:30:59 From Helenmary Brown to Everyone:

Reacted to "When you FEEL you ..." with 


12:31:09 From Porscha Green to Everyone:

Reacted to "Forced to violate he..." with !!


12:31:09 From Helenmary Brown to Everyone:

Reacted to "Forced to violate ..." with 

12:31:16 From Helenmary Brown to Everyone:

Removed a  from "Forced to violate ..."

12:31:21 From Helenmary Brown to Everyone:

Reacted to "Forced to violate ..." with 

12:31:22 From Tabitha Westbrook to Everyone:

Replying to "Forced to violate he..."

We feel complicit in the harm done to us when this happens.

12:31:23 From Joy Forrest to Everyone:

Reacted to "Thank you all for th..." with ❤️

12:31:53 From Dr. Jessica Evans to Everyone:

Replying to "Forced to violate he..."

The impact of this, sadly, is often self-blame and shame. We want to meet her in that and help her understand that this is a choice he made to abuse, and she never deserved it and its not her fault.

12:32:03 From Rose Rickett to Everyone:

Reacted to "Satan is also the fa..." with 👍

12:32:14 From KAMILLA to Everyone:

Judith Herman's book written in 1992: "Trauma and Recovery: The Aftermath of Violence - From Domestic Abuse to Political Terror"

<https://a.co/d/25SLONt>

12:32:20 From Deah Embree to Everyone:

Reacted to "The impact of this, ..." with 💜

12:32:27 From Martha Schuman to Everyone:

He shut me down emotionally to the extent that I wasn't there emotionally for my kids. Is this the same..."betraying basic human attachments."

Yes. The abuser is interfering with the ability to maintain those attachments.

12:32:27 From Joy Forrest to Everyone:

It's beyond feeling alone. It's also correcting faulty beliefs and replacing them with truth.

12:32:40 From Deah Embree to Everyone:

Reacted to "It's beyond feeling ..." with 💜

12:32:50 From Debra Wright to Everyone:

Reacted to "It's beyond feeling ..." with 👍

12:32:57 From Porscha Green to Everyone:

Patience is key 🙌 in Advocacy

12:33:07 From jane latta to Everyone:

Reacted to "Tears are liquid pra..." with 👍

12:33:09 From Deah Embree to Everyone:

Reacted to "Patience is key 🗝️ i..." with 💜

12:33:15 From Dr. Jessica Evans to Everyone:

Reacted to "Patience is key 🗝️ i..." with ❤️

12:33:19 From Tabitha Westbrook to Everyone:

Replying to "Patience is key 🗝️ i..."

AMEN

12:33:35 From Susan Sharp to Everyone:

Reacted to "Patience is key 🗝️ i..." with ❤️

12:33:48 From Lynn Adams to Everyone:

Replying to "He shut me down emot..."

So sorry! The same was true for me and I had no idea.

12:34:19 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Sandra and Joy hugs are the best!

12:34:21 From Dr. Jessica Evans to Everyone:

Needed!

12:34:34 From Deah Embree to Everyone:

Reacted to "Needed!" with 💜

12:34:34 From Sandra Pierce to Everyone:

I'm a hug dealer!!

12:34:44 From Porscha Green to Everyone:

Reacted to "I'm a hug dealer!!" with !!

12:34:46 From Jane Latta to Everyone:

Reacted to "The impact of this, ..." with 💜

12:34:55 From Tabitha Westbrook to Everyone:

Replying to "I'm a hug dealer!!"


I expect good hugs in May!!

12:34:56 From Porscha Green to Everyone:

Replying to "I'm a hug dealer!!"

You are indeed!



12:35:00 From jane latta to Everyone:

Reacted to "It's beyond feeling ..." with 



12:35:02 From Sandra Pierce to Everyone:

Reacted to "You are indeed!" with 

12:35:03 From jane latta to Everyone:

Reacted to "Patience is key  i..." with 



12:35:05 From Cindy Baltz-King to Everyone:

Reacted to "Patience is key  i..." with 

12:35:07 From Cindy Baltz-King to Everyone:

Removed a  reaction from "Patience is key  i..."


12:35:09 From Cindy Baltz-King to Everyone:

Reacted to "Patience is key  i..." with 



12:35:10 From Cindy Baltz-King to Everyone:

Removed a  reaction from "Patience is key  i..."

12:35:10 From Sandra Pierce to Everyone:

Reacted to "I expect good hugs i..." with 

12:35:11 From Cindy Baltz-King to Everyone:

Reacted to "Patience is key  i..." with 


12:35:12 From Cindy Baltz-King to Everyone:

Removed a  reaction from "Patience is key  i..."

12:35:14 From jane latta to Everyone:

Reacted to "Sandra and Joy hugs ..." with 

12:35:19 From Cindy Baltz-King to Everyone:

Reacted to "It's beyond feeling ..." with 

12:35:24 From jane latta to Everyone:

Reacted to "I expect good hugs i..." with 🍷

12:35:39 From KAMILLA to Everyone:

Lundy Bancroft – "Why Does He Do That? Inside the Minds of Angry and Controlling Men"

<https://a.co/d/59ppwtI>

12:36:32 From Dr. Jessica Evans to Everyone:

Reacted to "I'm a hug dealer!!" with ❤️

12:36:59 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

He had the right to destroy her stuff as if he owned her stuff.

12:37:11 From Helenmary Brown to Everyone:

Q: If someone can't talk about anything and it's triggering (adult children) what is best to do? Even slight mentioning of ex will trigger them. Not healed--just doing pop-psychology on-line and reading blurbs on "narcissism--" They insist they are healed and OVER IT.

12:37:23 From Kendra Thurman to Everyone:

Reacted to "And another part of ..." with 💜

12:37:26 From Kendra Thurman to Everyone:

Reacted to "Tears are liquid pra..." with 💜

12:37:38 From Martha Schuman to Everyone:

Retaliation...you hurt me so I'll hurt you back...and maybe instill some fear/control at the same time

12:38:04 From Joy Forrest to Everyone:

Reacted to "Sandra and Joy hugs ..." with ❤️

12:38:28 From Joy Forrest to Everyone:

Reacted to "I expect good hugs i..." with ❤️

12:39:12 From Tabitha Westbrook to Everyone:

Replying to "Q: If someone can't..."

First, I recommend prayer. Second, you have to let them walk their own journey. It's hard for kids, even adult kids, because the abuser is their other parent. You don't have to talk to them about it, you can pray they eventually come to you. We often think as parents we have to make sure they heal, but it's really between them and God.

12:39:21 From Tabitha Westbrook to Everyone:

Replying to "Q: If someone can't..."

Being a safe space who doesn't force conversation is key.

12:39:35 From KAMILLA to Everyone:

Dr. Debra's Advanced course on Cognitive Distortions:
https://www.houseofpeacepubs.com/advanced_cognitive.htm

12:40:14 From Joy Forrest to Everyone:

Replying to "Q: If someone can't..."

That happens a lot. I find especially when survivors haven't forgiven they stay that way. We can't make them see, but maybe asking good question to help her see it's impacted her more than she realizes her.

12:40:19 From Martha Schuman to Everyone:

This "special status" often comes out as double standards.

12:40:26 From Deah Embree to Everyone:

Reacted to "This "special status..." with 🙌

12:40:26 From Helenmary Brown to Everyone:

Reacted to "First, I recommend..." with ❤️

12:40:26 From jane latta to Everyone:

Reacted to "I'm a hug dealer!!" with ❤️

12:40:31 From Helenmary Brown to Everyone:

Reacted to "Being a safe space..." with ❤️

12:40:35 From Becky Sewell to Everyone:

What is the root cause of why people control?

Abusers believe they have a right and are entitled to control their intimate partners.

12:40:45 From Helenmary Brown to Everyone:

Reacted to "That happens a lot..." with ❤️

12:40:55 From KAMILLA to Everyone:

Rebecca Davis – "Untwisting Scriptures." <https://a.co/d/aJJQ4k>

12:41:39 From Helenmary Brown to Everyone:

Replying to "Q: If someone can..."

Thank you TABITHA and JOY! I appreciate these insights so much. ❤️

12:41:46 From Deah Embree to Everyone:

Reacted to "Thank you TABITHA an..." with 🙌

12:42:14 From Lynn adams to Everyone:

We surrender to God's will, not the people around us

12:42:49 From Lisa Buckle to Everyone:

Reacted to "I went to part of tr..." with 👍

12:42:54 From Deah Embree to Everyone:

Reacted to "We surrender to God'..." with 💜

12:43:00 From Christi Douglas to Everyone:

Abusers demand their own way out of entitlement, but even the God of the universe doesn't demand His own way. He invites us into relationship and let's us choose. SO amazing.

12:43:28 From Joy Forrest to Everyone:

Replying to "Abusers demand their..."

And love does not insist on its own way

12:43:37 From Lisa Buckle to Everyone:

Reacted to "Tears are liquid pra..." with ❤️

12:43:41 From Christi Douglas to Everyone:

Reacted to "And love does not in..." with ❤️

12:43:58 From Deah Embree to Everyone:

Reacted to "Abusers demand their..." with 💜

12:44:03 From Deah Embree to Everyone:

Reacted to "And love does not in..." with ❤️


12:44:04 From Deah Embree to Everyone:

Removed a ❤️ reaction from "And love does not in..."


12:44:08 From Deah Embree to Everyone:

Reacted to "And love does not in..." with ❤️

12:44:17 From Cindy Baltz-King to Everyone:

Reacted to "We surrender to God'..." with 

12:44:23 From Tricia Foster to Everyone:

Reacted to "And love does not in..." with 

12:44:31 From Rebecca Pelletier to Everyone:

These beginning verses always guilted me and made me think I just needed to just put my husband's needs above me at all cost. So this passage was triggering.

12:44:42 From Kendra Thurman to Everyone:

Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others. In your relationships with one another, have the same mindset as Christ Jesus: Who, being in very nature God, did not consider equality with God something to be used to his own advantage; rather, he made himself nothing by taking the very nature of a servant, being made in human likeness. And being found in appearance as a man, he humbled himself by becoming obedient to death—even death on a cross! (Philippians 2:3-8)

12:44:47 From Deah Embree to Everyone:

Reacted to "These beginning vers..." with 

12:44:54 From Cindy Baltz-King to Everyone:

Their fruits/actions show their heart!

12:44:55 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

If this is not what we are seeing from the heart of the man or woman in relationship it is a problem - Tabi

12:45:33 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Replying to "If this is not what ..."

In response to Phil 2:3-8

12:45:56 From Michala Shanks to Everyone:

even with Adam and Eve he Adam blamed Eve and even God.

12:45:57 From Cindy Baltz-King to Everyone:

We don't want to enable their sin!

12:46:08 From Deah Embree to Everyone:

Reacted to "We don't want to ena..." with 🙌🙌

12:46:20 From Tabitha Westbrook to Everyone:

Replying to "These beginning vers..."

I hate when God's Word is distorted! I'm so sorry this was done to you!

12:46:30 From Martha Schuman to Everyone:

Or you could say that saying no and standing up to their sin IS loving them.

12:46:31 From Deah Embree to Everyone:

Reacted to "I hate when God's Wo..." with 💜

12:46:33 From Tyrie Strong to Everyone:

Tyrie Strong, returning from other meeting (that ran longer than ever and I finally left early!)

12:46:34 From Porscha Green to Everyone:

😏 Tabitha's words

12:46:39 From Rebecca Pelletier to Everyone:

But in the church we are told we are loving them well by putting their needs above ours

12:46:41 From Deah Embree to Everyone:

Reacted to "Or you could say tha..." with 🙌🙌

12:46:59 From Tabitha Westbrook to Everyone:

Replying to "But in the church we..."

We are to love others as we love ourselves... which means we have to love ourselves.

12:47:18 From Deah Embree to Everyone:

Reacted to "We are to love other..." with 💜

12:47:19 From KAMILLA to Everyone:

Rebecca Davis has a blog on this subject: <https://heresthejoy.com>

12:47:22 From Martha Schuman to Everyone:

Replying to "But in the church we..."

And wants are not always needs. What they really need might be a big no.

12:47:32 From Deah Embree to Everyone:

Reacted to "And wants are not al..." with 🙌

12:47:34 From Tabitha Westbrook to Everyone:

Replying to "But in the church we..."

Also, Jesus showed us boundaries - he went to pray alone, he drove wicked folks out of the temple. ALL that was love.

12:47:36 From Dr. Jessica Evans to Everyone:

Reacted to "Rebecca Davis has a ..." with 👍

12:47:38 From Cindy Baltz-King to Everyone:

It's not love if we let them abuse us.

12:47:42 From Dr. Jessica Evans to Everyone:

Reacted to "It's not love if we ..." with 100

12:47:44 From Deah Embree to Everyone:

Reacted to "It's not love if we ..." with 💜

12:47:47 From Laura Lathrop to Everyone:

Reacted to "And wants are not ..." with 🙌

12:47:48 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

From Duluth Christian Equality Wheel: <https://www.theduluthmodel.org/wp-content/uploads/2023/01/CMCL-Equality.pdf>

12:47:53 From Angi Beery to Everyone:

Reacted to "It's not love if we ..." with 100

12:47:54 From Rebecca Pelletier to Everyone:

Replying to "These beginning vers..."

Thanks. 😊 It's hard seeing that it's still taught this way.

12:47:55 From jane latta to Everyone:

Reacted to "First, I recommend p..." with ❤️

12:47:56 From Irene McConnehey to Everyone:

It made such a difference when i read something about ducking so God could reach him.

12:47:57 From jane latta to Everyone:

Reacted to "Being a safe space w..." with ❤️

12:48:05 From Jennifer to Everyone:

Reacted to "From Duluth Christ..." with 💜

12:48:08 From Joy Forrest to Everyone:

Reacted to "Or you could say tha..." with 👍

12:48:09 From Martha Schuman to Everyone:

Reacted to "It made such a diffe..." with 👍

12:48:09 From Beth Burke to Everyone:

I think one of my breakthrough moments was realizing that MY sin was enabling his sin... It helped me to realize that I not only could but SHOULD change the way we were doing things. It violated all I thought I had been taught but it makes sense now

12:48:11 From Tabitha Westbrook to Everyone:

Replying to "These beginning vers..."

It is hard!

12:48:25 From jane latta to Everyone:

Reacted to "Thank you TABITHA an..." with 💜

12:48:32 From Becki Johnson to Everyone:

Replying to "But in the church we..."

Their selfish desires are not NEEDS. They NEED to be held accountable for their sin. They NEED to see that they are dishonoring a precious child of God.

Succumbing to their selfish, harmful, dishonoring actions is not doing what is best for them. Love seeks the other person's highest good.

12:48:52 From Joy Forrest to Everyone:

Reacted to "It's not love if we ..." with ❤️

12:48:57 From Becki Johnson to Everyone:

Reacted to "It's not love if we ..." with 💜

12:49:00 From Martha Schuman to Everyone:

Reacted to "Their selfish desire..." with 🙏

12:49:19 From Deah Embree to Everyone:

Reacted to "Their selfish desire..." with 🙌

12:49:21 From jane latta to Everyone:

Reacted to "Abusers demand their..." with 💜

12:49:25 From jane latta to Everyone:

Reacted to "And love does not in..." with ❤️

12:49:28 From Deah Embree to Everyone:

Reacted to "Also, Jesus showed u..." with 💜

12:49:44 From Tabitha Westbrook to Everyone:

Replying to "But in the church we..."

Yes - husbands are called to love wives like Christ loved the church. They are called to care for their wives like their own bodies.

12:49:44 From Becki Johnson to Everyone:

Reacted to "It made such a diffe..." with 👍

12:49:51 From Deah Embree to Everyone:

Reacted to "Yes - husbands are c..." with 🙌

12:50:02 From Becky Sewell to Everyone:

Replying to "But in the church we..."

Good stuff Brooke!

12:50:20 From Ingrid May to Everyone:

Replying to "But in the church we..."

Thanks Brooke

12:50:30 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

This is from Propel Women FB on 2-20-24

<https://www.facebook.com/photo/?fbid=795138259308937&set=a.639975954825169>

12:50:54 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Replying to "This is from Propel ..."

"So many of us were taught that humility means thinking less of yourself and taking up the smallest space possible.

But the Hebrew word for humility — anavah — tells a different story. To be anavah, or humble, is to occupy your God-given space in the world. To not overestimate your abilities or importance, but also not to underestimate or minimize them.

Romans 12:3 tells us to “be honest in our evaluation of ourselves, in accordance with our faith.” We are not to be proud, thinking we’re more important or better than we are. The desire to “make a name for ourselves” is an age-old sin trap (Genesis 11:4). Hustling to make a name for ourselves is not anavah.

12:51:02 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Replying to "This is from Propel ..."

But we are also not to shrink back, living as if God has not called and commissioned us to fully participate in His work in the world. When we underestimate ourselves and our worth, it is not anavah either.

Occupy your God-given space in the world, understanding that you are not more important than others and their calling, but you are not less important, either.

Take up your God-given space.

12:51:12 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Replying to "This is from Propel ..."

Be.

Go.

Do.

Live.

Breathe.

Trust and obey Him.

Do not shrink back.

Honor one another.

Embrace your calling. Occupy your space.

Shout out to the Anavah cohort with Propel Ecclesia 2024 for sharing this incredible word with us!"

12:51:27 From Martha Schuman to Everyone:

Replying to "This is from Propel ..."

Bold Love by Dan Allender is a good book.

<https://a.co/d/94Vq83G>

12:51:29 From Tabitha Westbrook to Everyone:

No one has EVER suddenly exploded or died from not having sex. EVER.

12:51:48 From Debra Wright to Everyone:

Reacted to "No one has EVER sudd..." with 👍

12:51:53 From Cathy Sharpe to Everyone:

it is a lot of work to change our mindset when we have been taught/trained to believe if we give up our rights and our needs God will work a miracle in our abusers life and he will suddenly become a kind and caring husband

12:52:01 From Deah Embree to Everyone:

Reacted to "it is a lot of work ..." with 💜

12:52:02 From Becki Johnson to Everyone:

Reacted to "Yes - husbands are c..." with 🙏

12:52:15 From Helenmary Brown to Everyone:

QUESTION: Do COURTS acknowledge marital RAPE?

12:52:16 From jane latta to Everyone:

Reacted to "If this is not what ..." with 💜

12:52:18 From Laura Lathrop to Everyone:

One of my favorite things I learned is the reminder that the final words of the male narrator to his lover in Song of Songs is "let me hear your voice." Love values the voice of the beloved. The psalmist writes in Psalm 116 that he loves God because God hears his voice and takes special effort to do so ("because he bent down his ear to hear me").

12:52:27 From Beth Burke to Everyone:

Replying to "No one has EVER sudd..."

Yeah, but in my marriage I wasn't so sure about this one!! Didn't want to find out! 🤔

12:52:35 From Teri-Advocate to Everyone:

Replying to "This is from Propel ..."

@Brooke Eggen, CTPM Advocate Coordinator Love this!! so good

12:52:37 From KAMILLA to Everyone:

David Mandel – “Stop Blaming Mothers and Ignoring Fathers: How to Transform the Way We Keep Children Safe from Domestic Violence”. <https://a.co/d/j9mkJIT>

12:52:41 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Replying to "QUESTION: Do COURTS..."

You can check local laws on <https://www.womenslaw.org>

12:52:49 From Cindy Baltz-King to Everyone:

AMEN, Dr. Debra!

12:53:00 From Tyrie Strong to Everyone:

Reacted to "No one has EVER sudd..." with 👍

12:53:01 From Helenmary Brown to Everyone:

Reacted to "This is from Prope..." with ❤️

12:53:03 From Dr. Jessica Evans to Everyone:

Reacted to "This is from Propel ..." with ❤️

12:53:13 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Replying to "QUESTION: Do COURTS..."

Most states now acknowledge marital rape but the exact circumstances are defined by each jurisdiction.

12:53:14 From Teri-Advocate to Everyone:

Reacted to "No one has EVER sudd..." with 👍

12:53:16 From Becki Johnson to Everyone:

Replying to "QUESTION: Do COURTS..."

It is infuriating that this is even a question!

12:53:22 From Tabitha Westbrook to Everyone:

Replying to "QUESTION: Do COURTS..."

Marital rape is illegal in all 50 states.

12:53:28 From KAMILLA to Everyone:

Evan Stark's new book – “Children of Coercive Control” <https://a.co/d/jdric43>

12:53:32 From Irene McConnehey to Everyone:

Reacted to "No one has EVER sudd..." with 👍

12:53:33 From Helenmary Brown to Everyone:

Reacted to "David Mandel – "... with ❤️

12:53:41 From Joy Forrest to Everyone:

Replying to "it is a lot of work ..."

For sure. We have to untangle a lot of twisted beliefs.

12:54:07 From Cathy Sharpe to Everyone:

Reacted to "For sure. We have to..." with 👍

12:54:09 From Kendra Thurman to Everyone:

Reacted to "Their selfish desire..." with 💜

12:54:13 From Deah Embree to Everyone:

Reacted to "For sure. We have to..." with 🙌

12:54:17 From jane latta to Everyone:

Reacted to "Or you could say tha..." with 👍

12:54:26 From Helenmary Brown to Everyone:

Reacted to "One of my favorite..." with ❤️

12:54:28 From Becki Johnson to Everyone:

Replying to "No one has EVER sudd..."

My husband "needed" it at least 10 times a week, and if he wasn't satisfied with frequency, he would punish me.

12:54:31 From Judy Brown to Everyone:

He provokes anger and then accuses you of being angry!!!

12:54:41 From Tracey Phillips to Everyone:

Question: Is a child in danger of being murdered if the father is using the child to hurt the mother? It appears he is enmeshed with the child against the mother.

12:54:42 From Helenmary Brown to Everyone:

Reacted to "Marital rape is il..." with 👍

12:54:43 From Joy Forrest to Everyone:

Reacted to ""So many of us were ..." with 👍

12:54:49 From Becki Johnson to Everyone:

Reacted to "it is a lot of work ..." with ❤️

12:54:56 From Becki Johnson to Everyone:

Reacted to "For sure. We have to..." with 👍

12:55:01 From Helenmary Brown to Everyone:

Reacted to "It is infuriating ..." with 😞

12:55:21 From Helenmary Brown to Everyone:

Reacted to "You can check loca..." with 👍

12:55:27 From Teri-Advocate to Everyone:

Replying to "No one has EVER sudd..."

I'm so sorry 😞

12:55:41 From Joy Forrest to Everyone:

Replying to "Question: Is a child..."

It

12:55:57 From Irene McConnehey to Everyone:

Reacted to "it is a lot of work ..." with ❤️

12:56:00 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Replying to "Question: Is a child..."

This is a good question for Q&A or email faith.advocacy8@gmail.com

12:56:02 From Marcee Rollandini to Everyone:

answering the phone when someone calls.

12:56:23 From jane latta to Everyone:

Reacted to "These beginning vers..." with 😞

12:56:30 From Helenmary Brown to Everyone:

Replying to "QUESTION: Do COUR..."

Praise God!

12:56:38 From jane latta to Everyone:

Reacted to "We are to love other..." with ❤️

12:56:43 From Joy Forrest to Everyone:


Replying to "Question: Is a child..."

It's probably similar to lethality with victims— there are warning behaviors that could indicate danger, like in the lethality assessments.


12:56:48 From Martha Schuman to Everyone:

THIS is why churches must educate, be vocal, have well trained teams in place to handle abuse within their congregations...because if they don't, she is isolated and there is no accountability. It's almost like an invitation. Thoughts?

12:56:55 From jane latta to Everyone:

Reacted to "Also, Jesus showed u..." with 

12:57:32 From Deah Embree to Everyone:

Reacted to "THIS is why churches..." with 

12:57:44 From Helenmary Brown to Everyone:

Replying to "Q: If someone can..."

I agree. The courts are so bad about further abusing victims and being blind to Truth in many cases, regardless of laws in place.


12:58:03 From Joy Forrest to Everyone:

Reacted to "First, I recommend p..." with 

12:58:05 From Dr. Jessica Evans to Everyone:

With DARVO, the victim can even become confused by who did what. You might hear survivors ask, am I the abusive one?

12:58:14 From Joy Forrest to Everyone:

Reacted to "Thank you TABITHA an..." with 

12:58:23 From Deah Embree to Everyone:

Reacted to "With DARVO, the vict..." with 

12:58:24 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Replying to "THIS is why churches..."

the Bible says the truth sets us free

12:58:35 From Joy Forrest to Everyone:

Reacted to "THIS is why churches..." with 

12:59:44 From Helenmary Brown to Everyone:

Reacted to "This is a good que..." with 👍

13:00:15 From April Spencer to Everyone:

I have heard of men telling mediators they were sitting on lawn chairs in their home as a way to attempt to garner sympathy. They go on to say how bad their financial position is but want to have the kids. It is a tactic to reduce support for children living with mother

13:00:33 From Laura Lathrop to Everyone:

Reacted to "We also need to be..." with ❤️

13:00:54 From Christi Douglas to Everyone:

Reacted to "I have heard of men ..." with 👍

13:00:57 From Helenmary Brown to Everyone:

He accuses HER of EVERYTHING he is DOING: known as PROJECTION. They need a mirror!

13:00:57 From April Spencer to Everyone:

Yes! What the abuser says is so close to an admission of guilt.

13:01:00 From Brandon K. Eberl to Everyone:

Accusations = Confessions

13:01:01 From Tyrie Strong to Everyone:

projection can be so pervasive, it can tell you what he's doing, what did he just accuse the Victim of??

13:01:10 From Angi Beery to Everyone:

Reacted to "Accusations = Confes..." with 🙌

13:01:12 From Shelly Blankenship to Everyone:

QUESTION: How should you respond to DARVO in a personal (not court) setting?

13:01:16 From Tyrie Strong to Everyone:

Reacted to "Accusations = Confes..." with 👍

13:01:18 From Cathy Sharpe to Everyone:

Reacted to "Yes! What the abuse..." with 👍

13:01:26 From Cathy Sharpe to Everyone:

Reacted to "Accusations = Confes..." with 👍

13:01:27 From Martha Schuman to Everyone:

Me!

13:01:31 From Becki Johnson to Everyone:

Replying to "I have heard of men ..."

Yes, if only he didn't have to pay child support to her, he'd have enough to have a place where they could have the kids.

13:01:34 From Angi Beery to Everyone:

Replying to "Accusations = Confes..."

Yep, keep 'em talking. They will expose themselves everytime!!

13:01:47 From Christi Douglas to Everyone:

Reacted to "Yep, keep 'em talkin..." with 👍

13:02:02 From Dr. Jessica Evans to Everyone:

Reacted to "Accusations = Confes..." with 👍

13:02:35 From Helenmary Brown to Everyone:

It's important to identify the TRUE PROVOCATURE. So much of what SHE is doing is REACTING or RESPONDING to his abusive initiatives.

13:03:26 From Tabitha Westbrook to Everyone:

Replying to "It's important to id..."

Always look for who has the power and control. That will tell you who the provocateur is.

13:03:32 From Joy Forrest to Everyone:

Reacted to "Always look for who ..." with 👍

13:03:44 From Martha Schuman to Everyone:

Reacted to "It's important to id..." with 👍

13:04:22 From Deah Embree to Everyone:

Reacted to "Always look for who ..." with 🙌

13:04:38 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Replying to "QUESTION: How shoul..."

No amount of defending herself is going to change his mind.

Ex 14:14 The Lord will fight for you; you need only to be silent" I put this on the wheel of my car to remind myself during my divorce.

Not saying to endure the abuse, just didn't need to defend myself to him.

13:04:41 From Helenmary Brown to Everyone:

The abuser PROVOKES TO WRATH--FRUSTRATES the VICTIMS and TRIGGERS THEM--then stands back COLD and OBSERVANT.

13:04:44 From Cindy Baltz-King to Everyone:

This is how they manipulate the courts...

13:04:54 From Martha Schuman to Everyone:

They couch the putdowns in between praises.Tricky.

13:05:02 From Helenmary Brown to Everyone:

Reacted to "I have heard of me..." with 👍

13:05:04 From Deah Embree to Everyone:

Reacted to "This is how they man..." with 🙌

13:05:10 From Susan Sharp to Everyone:

Reacted to "They couch the putdo..." with 👍

13:05:27 From Shelly Blankenship to Everyone:

Reacted to "No amount of defendi..." with ❤️

13:05:30 From Deah Embree to Everyone:

Replying to "They couch the putdo..."

often public praise, but constant private criticism

13:05:46 From Cathy Sharpe to Everyone:

Replying to "No one has EVER sudd..."

He would say his lack of sex is what made him mean, so if I wanted to be treated better it was my responsibility to see his needs were met... placing the blame on me either way

13:06:13 From Martha Schuman to Everyone:

Reacted to "No one has EVER sudd..." with 😂

13:06:14 From Beth Burke to Everyone:

Reacted to "He would say his lac..." with 👍

13:06:19 From Kendra Thurman to Everyone:

Then they began to argue among themselves about who would be

the greatest among them. Jesus told them, "In this world the kings and great men lord it over their people, yet they are called 'friends of the people.' But among you it will be different. Those who are the greatest among you should take the lowest rank, and the leader should be like a servant. Who is more important, the one who sits at the table or the one who serves? The one who sits at the table, of course. But not here! For I am among you as one who serves. (Luke 22:24-27)

13:06:22 From Deah Embree to Everyone:

Reacted to "No amount of defendi..." with ❤️

13:06:33 From Helenmary Brown to Everyone:

Reacted to "Then they began to..." with ❤️

13:06:33 From Laura Lathrop to Everyone:

Reacted to "No one has EVER su..." with 😂

13:06:35 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Reacted to "He would say his lac..." with 🙄

13:06:48 From Helenmary Brown to Everyone:

Reacted to "often public prais..." with 👍

13:06:51 From Kendra Thurman to Everyone:

For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the faith God has distributed to each of you.(Romans 12:3)

13:06:57 From Helenmary Brown to Everyone:

Reacted to "They couch the put..." with 👍

13:07:01 From Deah Embree to Everyone:

Reacted to "For by the grace giv..." with 💜

13:07:02 From Shonquella Terrell to Everyone:

Amen

13:07:07 From Helenmary Brown to Everyone:

Reacted to "Always look for wh..." with 👍

13:07:10 From Deah Embree to Everyone:

Reacted to "Then they began to a..." with ❤️

13:07:16 From jane latta to Everyone:

Reacted to "Always look for who ..." with 👍

13:07:23 From Kendra Thurman to Everyone:

For those who exalt themselves will be humbled, and those who humble themselves will be exalted. (Matthew 23:12)

13:07:24 From Martha Schuman to Everyone:

God HAS to be our reference point. My counselor said this a lot too.

13:07:41 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Saul abused David and is a great example of what abuse looks like from scripture

13:07:52 From Deah Embree to Everyone:

Reacted to "Saul abused David an..." with 💜

13:07:57 From Kendra Thurman to Everyone:

Reacted to "Saul abused David an..." with 💜

13:08:07 From Joy Forrest to Everyone:

Reacted to "God HAS to be our re..." with ❤️

13:08:24 From Joy Forrest to Everyone:

Reacted to "Then they began to a..." with ❤️

13:08:31 From Tami Heiss to Everyone:

Reacted to "Jolene Underwood's U..." with 👍

13:08:33 From Joy Forrest to Everyone:

Reacted to "No amount of defendi..." with ❤️

13:08:54 From Dr. Jessica Evans to Everyone:

Bancroft says "if he says he loves her, what hes probably feeling:

The desire to have you devote your life to keeping him happy with no outside interference

The desire to have sexual access

The desire to impress others by having you be his partner

The desire to possess and control you"

13:09:10 From Deah Embree to Everyone:

Reacted to "Bancroft says "if he..." with 🙌

13:09:26 From Martha Schuman to Everyone:

Reacted to "Bancroft says "if he..." with 👍

13:09:41 From KAMILLA to Everyone:

Joy Forrest's book - Called to Peace: A Survivor's Guide to Finding Peace and Healing After Domestic Abuse. <https://a.co/d/4TBBahK>

13:09:47 From sylvia gelderman to Everyone:

Reacted to Bancroft says "if he... with " 👍 "

13:09:57 From Dr. Jessica Evans to Everyone:

Reacted to "Saul abused David an..." with 👍

13:10:32 From Helenmary Brown to Everyone:

Reacted to "Bancroft says "if..." with 👍

13:10:36 From Joy Forrest to Everyone:

Reacted to "Joy Forrest's book -..." with ❤️

13:10:38 From Helenmary Brown to Everyone:

Reacted to "Joy Forrest's boo..." with ❤️

13:11:09 From Deah Embree to Everyone:

Reacted to "Joy Forrest's book -..." with ❤️

13:11:16 From Laura Lathrop to Everyone:

I do think sometimes he loves her. But he doesn't know how to do it. Abusers are all different. And "does he love me" is a different question from "can I live with him safely."

13:11:28 From Helenmary Brown to Everyone:

Reacted to "No amount of defen..." with ❤️

13:11:36 From Kendra Thurman to Everyone:

Psalm 143

3 The enemy pursues me, he crushes me to the ground;
he makes me dwell in the darkness like those long
dead. 4 So my spirit grows faint within me; my heart
within me is dismayed.

6 I spread out my hands to you; I thirst for you like a
parched land.

7 Answer me quickly, LORD; my spirit fails. Do not hide
your face from me or I will be like those who go down to
the pit. 8 Let the morning bring me word of your
unfailing love, for I have put my trust in you. Show me the
way I should go, for to you I entrust my life. 9 Rescue me
from my enemies, LORD, for I hide myself in you. 11 For
your name's sake, LORD, preserve my life; in your
righteousness, bring me out of trouble.

13:11:37 From Irene McConnehey to Everyone:

Reacted to "Saul abused David an..." with 👍

13:11:42 From Lori Veenstra to Everyone:

Reacted to "Bancroft says "if..." with 👍

13:11:53 From Cindy Baltz-King to Everyone:

Reacted to "Psalm 143

3 The enem..." with ❤️

13:11:54 From jane latta to Everyone:

Reacted to "I do think sometimes..." with 👍

13:12:00 From Deah Embree to Everyone:

Reacted to "Psalm 143

3 The enem..." with ❤️

13:12:04 From Lori Veenstra to Everyone:

Reacted to "Psalm 143

3 The en..." with ❤️

13:12:07 From KAMILLA to Everyone:

Leaving each of you with a Song: Psalm 23 (I Am Not Alone);

Wind & Embers feat. Sarah Rijfkogel version

https://youtu.be/0GdkCx_C7fw?si=0wFNkNiNY4jXbWm3

People & Songs version

<https://youtu.be/8OIMGnPUAdw?si=MU3nHbmr2x1lh-V>

13:12:08 From Joy Forrest to Everyone:

Replying to "I do think sometimes..."

Just his definition of love is all off. Sometimes he tries, but falls short.

13:12:15 From Lori Veenstra to Everyone:

Reacted to "For by the grace g..." with 💜

13:12:20 From Joy Forrest to Everyone:

Reacted to "I do think sometimes..." with 👍

13:12:29 From Dr. Jessica Evans to Everyone:

Replying to "Leaving each of you ..."

Porscha shared this great song!

13:12:35 From Joy Forrest to Everyone:

Reacted to "Porscha shared this ..." with ❤️

13:12:35 From Helenmary Brown to Everyone:

Reacted to "Psalm 143

3 The en..." with ❤️

13:12:52 From Helenmary Brown to Everyone:

Reacted to "Leaving each of yo..." with ❤️

13:13:08 From Porscha Green to Everyone:

Reacted to "Leaving each of you ..." with ❤️

13:13:24 From Helenmary Brown to Everyone:

Replying to "Leaving each of yo..."

Beautiful. I love People and Songs. So comforting and anointed.

13:13:32 From sylvia gelderman to Everyone:

triggering and validating

13:13:43 From Deah Embree to Everyone:

Reacted to "triggering and valid..." with 🙌

13:13:44 From Dr. Jessica Evans to Everyone:

Reacted to "triggering and valid..." with ❤️

13:13:49 From Dana De Vane-Webster Support Group Coordinator, Advocate to Everyone:

Reacted to "Leaving each of you ..." with ❤️

13:14:09 From Skips and Lisa Wagstaffe to Everyone:

Thank you so much for this class! We appreciate you.

13:14:12 From anne church to Everyone:

Thank you for your time and effort. Much appreciated 😊

13:14:16 From Deah Embree to Everyone:

Reacted to "Thank you so much fo..." with 💜

13:14:17 From Helenmary Brown to Everyone:

Thank you all SO MUCH! Deeply appreciate your combined wisdom, generous understanding and comforting application of TRUTH. We are SO GRATEFUL FOR YOU!

13:14:35 From Tina Roy to Everyone:

These lessons have been great! Thank you ladies!

13:14:41 From Tabitha Westbrook to Everyone:

Replying to "triggering and valid..."

Yep - it is both!!!

13:14:42 From Deborah Stahl Waters to Everyone:

Tku for today's discussion. I really appreciate it. Bless You All 🙏

13:14:42 From Cindy Baltz-King to Everyone:

He will bring us out and land our feet on solid ground of TRUTH!!


13:15:14 From Cindy Baltz-King to Everyone:

Thank you Joy and Dr. Debra!!

13:15:15 From Helenmary Brown to Everyone:

You can look it up on Youtube--People and Songs, "The Lord is My Shepherd." CCLI.

13:15:20 From Kristin Plett to Everyone:

Reacted to "Thank you Joy and Dr..." with 

13:15:23 From Becki Johnson to Everyone:

See you next week! Listening to the song now