

Video Replay: <https://vimeo.com/927715048/16bedaa384?share=copy>

10:29:36 From Ariella L to Everyone:

Ariella, Israel

10:29:43 From Heather Ives to Everyone:

Hi! Heather from Columbia, SC

10:29:44 From Michelle H. to Everyone:

Michelle from Las Vegas

10:29:51 From Joy Parks to Everyone:

Reacted to "Hi! Heather from Col..." with ❤️

10:30:04 From Tyrie Strong to Everyone:

Tyrie Strong from Northern Idaho

10:30:22 From Helenmary Brown to Everyone:

You're right Joy. Networking is such a blessing when done properly.

10:30:28 From Nancy Kantsios to Everyone:

Nancy Kantsios from Aldie, VA

10:30:29 From Joy Parks to Everyone:

Reacted to "Jessica, Columbus OH" with 🥰

10:30:30 From Deah Embree to Everyone:

Reacted to "You're right Joy.Net..." with 🙌

10:30:30 From Dr. Jessica Evans to Everyone:

Replying to "QUESTION; what must ..."

Rose, you should have received an email after the first time you registered, probably titled 2024 Advocacy Training Confirmation. It has all of the dates for the classes on it and if you scroll all the way down it says JOIN MEETING. You use that email and zoom link every time.

10:30:41 From Dr. Jessica Evans to Everyone:

Replying to "QUESTION; what must ..."

Look back in your emails.

10:30:43 From Helenmary Brown to Everyone:

We're a BODY--all parts are necessary.

10:31:20 From Rhonda Burdett to Everyone:

Rhonda Burdett Tallmadge, OH

10:31:37 From Allison Wessels to Everyone:

Allison Wessels, Williamson, GA

10:31:42 From Rebecca Johnson to Everyone:

Hello from Central NY!

10:31:48 From Dr. Jessica Evans to Everyone:

I feel like there are many OH friends in here! 🙌

10:31:59 From Tina Roy to Everyone:

Hello from Woodstock, GA!

10:32:01 From Lynn Loscar to Everyone:

Lynn, Inyokern CA

10:32:18 From Martha Schuman to Everyone:

And educate churches.

10:32:35 From Rose Rickett to Everyone:

Replying to "QUESTION; what must ..."

thank you Jessica... this is my 3rd year and it's simple to just click onto the link that Dr. Debra sends each Sunday. Could there be this specific e-mail sent out to the participants each week? Searching for a long ago e-mail is just not efficient practice, sorry.

10:32:44 From Keri Drowatzky to Everyone:

Keri Drowatzky in Bartlesville OK.

10:32:52 From Henry Esqueda to Everyone:

Henry from La Mirada, CA

10:33:19 From Rebecca Pelletier to Everyone:

Rebecca P Central Virginia

10:34:32 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.

10:34:36 From Dr. Jessica Evans to Everyone:

Replying to "QUESTION; what must ..."

You can continue doing what youre doing now to get in, or find the email that I referenced above.

10:34:46 From Karen Wilkinson to Everyone:

Replying to "I feel like there ar..."

I'm in Ohio too, Jessica 🙌

10:34:47 From Susan Sharp to Everyone:

Hello from Kalispell, MT

10:35:07 From Judy Brown to Everyone:

Good morning, Judy, DuPont, WA

10:35:20 From Ariella L to Everyone:

Ohhh so sorry to hear!!!

10:35:24 From Deborah Stahl Waters to Everyone:

Deborah Stahl Waters- GA

10:36:12 From Becky Bradley to Everyone:

Becky Bradley near Savannah, GA

10:36:21 From Tynetta Chastain to Everyone:

Tynetta Chastain from St. Louis.

10:36:32 From LeAnne Parsons to Everyone:

LeAnne Parsons Arizona

10:36:38 From Darlene Hills-Clinkscale to Everyone:

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

10:36:49 From Deborah Stahl Waters to Everyone:

🙏 to his family during this tender time. I'm sorry to hear this 😞

10:36:53 From Irene McConnehey to Everyone:

I missed the name of the gentleman who passed away?

10:37:00 From Dr. Jessica Evans to Everyone:

Replying to "QUESTION; what must ..."

You do still receive an email about class each week. It links to the course webpage, which still has the zoom link and you can continue to use that the way you have been to get in. The new way would mean that you access the same email and use that same link every time. Find what works for you.

10:37:18 From Rose Rickett to Everyone:

Heard the news about Evan earlier in the week and it is very sad indeed. What a warrior for the cause!

10:37:36 From Dr. Jessica Evans to Everyone:

Replying to "I feel like there ar..."

Hi Karen. Kendra is in OH too, but away right now. There are several others too!

10:37:45 From Dr. Jessica Evans to Everyone:

Reacted to "Good morning Blessin..." with 🙌

10:37:53 From Dr. Jessica Evans to Everyone:

Replying to "I missed the name of the gentleman who passed away?"

Dr. Evan Stark

10:37:57 From Lori Veenstra to Everyone:

Hi all! Lori from Goshen IN

10:38:13 From Laura Dunshee to Everyone:

Laura Dunshee, Zionsville, IN

10:38:17 From Cathy Sharpe to Everyone:

Cathy Sharpe Leasburg, NC

10:38:54 From Shelle Mossman to Everyone:

Congratulations on the opportunity for writing the chapter

10:39:00 From Deah Embree to Everyone:

Reacted to "Congratulations on t..." with 🙌

10:39:11 From KAMILLA to Everyone:

BROOKE EGGEN - [Brooke@Calledtopeace.org](mailto:Brooke@Calledtopeace.org)

PORSCHA GREEN - [Porscha@calledtopeace.org](mailto:Porscha@calledtopeace.org)

DR. JESSICA EVANS – [jessicaeadvocacy@protonmail.com](mailto:jessicaeadvocacy@protonmail.com)

10:39:12 From Dr. Jessica Evans to Everyone:

Reacted to "Congratulations on t..." with ❤️

10:39:19 From Becky Sewell to Everyone:

Hi from Becky Sewell, Idaho

10:39:34 From Henry Esqueda to Everyone:

Great news Dr. Debra, may the Lords favor fall upon you and Dan.

10:39:42 From Deah Embree to Everyone:

Reacted to "Great news Dr. Debra..." with 🙌

10:39:43 From Shelly to Everyone:

Good morning from WV

10:39:44 From Irene McConnehey to Everyone:

Replying to "I missed the name of..."

Thank you. That is a shock and a real loss for sure. 😞

10:39:47 From Deborah Stahl Waters to Everyone:

Reacted to Great news Dr. Debra... with "🙌"

10:39:49 From Deborah Stahl Waters to Everyone:

Removed a 🙌 reaction from "Great news Dr. Debra..."

10:39:53 From Marcee Rollandini to Everyone:

Awesome, Dr. Debra! Congratulatio! Marcee Rollandini,

10:40:01 From Helenmary Brown to Everyone:

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

10:40:03 From Shelle Mossman to Everyone:

Reacted to "Great news Dr. Debra..." with ❤️

10:40:05 From Dr. Jessica Evans to Everyone:

Reacted to "Thank you. That is a..." with 😞

10:40:14 From Ariella L to Everyone:

Sounds great! Cant wait to read it!

10:40:16 From Marcee Rollandini to Everyone:

Marcee Rollandini, NV

10:40:18 From Marcee Rollandini to Everyone:

NV

10:40:22 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>

10:40:31 From Marcee Rollandini to Everyone:

Emerald Isle, NC

10:40:45 From Amy Paquette to Everyone:

Amy Paquette, Albuquerque NM

10:40:48 From jane latta to Everyone:

Reacted to "Great news Dr. Debra..." with ❤️

10:40:53 From jane latta to Everyone:

Reacted to "Great news Dr. Debra..." with 🙏

10:41:12 From Laura Lathrop to Everyone:

Laura Lathrop - Attica, Indiana

10:44:37 From Dr. Jessica Evans to Everyone:

We will also cover these in depth in our trauma issues course.

10:44:49 From Deah Embree to Everyone:

Reacted to "We will also cover t..." with 👍

10:45:08 From jane latta to Everyone:

Reacted to "We will also cover t..." with 👍

10:45:15 From Henry Esqueda to Everyone:

Reacted to "We will also cover t..." with 👍

10:45:22 From Samantha McCorkle to Everyone:

Samantha McCorkle, IN

10:45:32 From Helenmary Brown to Everyone:

Q: What can one DO if they have trauma response or someone we're WITH is having a trauma response such as you describe Tabi?

10:46:17 From KAMILLA to Everyone:

EMDR - Eye Movement Desensitization Reprocessing

10:46:46 From Joy Forrest to Everyone:

True meditation reaches the traumatized parts of the brain too.

10:46:54 From Deah Embree to Everyone:

Reacted to "True meditation reac..." with 💜

10:46:58 From Tracey Phillips to Everyone:

What is "Flash" therapy? I heard that word.

10:47:19 From Dr. Jessica Evans to Everyone:

Replying to "What can one DO if they have trauma response or someone we're WITH is having a trauma response such as you describe Tabi?"

Tabi: we suggest good body based therapies for trauma like EMDR, brainspotting, mindfulness, meditation, somatic experiencing, accelerated resolution therapy...

10:47:28 From Dr. Jessica Evans to Everyone:

Reacted to "True meditation reac..." with ❤️

10:47:46 From jane latta to Everyone:

Reacted to "True meditation reac..." with 💜

10:48:12 From Rebecca Johnson to Everyone:

Reacted to "Congratulations on t..." with ❤️

10:48:20 From Rebecca Johnson to Everyone:

Reacted to "Great news Dr. Debra..." with ❤️

10:48:44 From Lynn Loscar to Everyone:

**is there a list per state of recommended therapists?** *No, however we discuss how to research for therapists in the Community Resources course.*

10:48:52 From KAMILLA to Everyone:

**John Bradshaw – Healing the Shame that Binds You.** <https://a.co/d/1ID6zI9>

10:48:59 From Cathy Sage to Everyone:

Reacted to "is there a list per ..." with ❤️

10:49:39 From Dr. Jessica Evans to Everyone:

**Dr. Debra:**

**Guilt says, I made a mistake.**

**Shame says, I am a mistake.**

10:49:46 From Tabitha Westbrook to Everyone:

Reacted to "Dr. Debra:

Guilt say..." with 👍

10:49:54 From debra wright to Everyone:

Hi,

Any good resources on shame reduction?

10:50:09 From Henry Esqueda to Everyone:

Reacted to "Dr. Debra:

Guilt say..." with 👍

10:50:23 From Katharine Kofoed-Nielsen to Everyone:

QUESTION: does feeling perpetual intense shame often go along with feeling completely disconnected from one's body? I know someone who seems to have both?

10:50:47 From April Spencer to Everyone:

April Spencer, Carr, CO

10:50:50 From Tabitha Westbrook to Everyone:



Replying to "Any good resources on shame reduction?"

"

EMDR is helpful for this, as are DBT skills groups. Curt Thompson's book The Anatomy of Shame also is great.

10:50:58 From Dr. Jessica Evans to Everyone:

Reacted to "EMDR is helpful for ..." with ❤️

10:51:06 From Ann Lawrence to Everyone:

I had to identify SHAME in myself before I could put it away. It was hard work for me and John Bradshaw helped me a lot. It was life changing for me.

10:51:08 From Joy Forrest to Everyone:

Meditation on Scripture is powerful for those who are able to incorporate it. Those who've been hurt by it may need time to untwist the lies first.

10:51:17 From Deah Embree to Everyone:

Reacted to "I had to identify SH..." with 💜

10:51:20 From Dr. Jessica Evans to Everyone:

Reacted to "QUESTION CONT'D: fro..." with 👍

10:51:24 From Deah Embree to Everyone:

Reacted to "Meditation on Script..." with 💜

10:51:25 From Marcee Rollandini to Everyone:

Reacted to "Meditation on Script..." with ❤️

10:51:26 From Tabitha Westbrook to Everyone:

Replying to "does feeling perpetual intense shame often go along with feeling completely disconnected from one's body? I know someone who seems to have both?"

Yes, shame can cause a disconnect from our bodies. So can trauma. They often go together.

10:51:32 From Dr. Jessica Evans to Everyone:

Reacted to "Meditation on Script..." with ❤️

10:51:55 From peter kitang'wa to Everyone:

hello this is peter from Tanzania,happy to see you again

10:52:17 From Devapriya R to Everyone:

Hello from Devapriya, CA

10:52:23 From Tabitha Westbrook to Everyone:

Replying to "Hi,

Any good resour..."

Also, John Bradshaw's book linked above can be helpful.

10:52:24 From Helenmary Brown to Everyone:

Performance being tied to self-worth is such a painful pitfall, and far too common.

10:52:32 From Joy Forrest to Everyone:

Replying to "hello this is peter ..."

Hi Peter! We're so grateful for all the work you're doing in Tanzania! Thank you!

10:52:40 From debra wright to Everyone:

Thanks

10:52:47 From Katharine Kofoed-Nielsen to Everyone:

Reacted to "hello this is peter ..." with 👍

10:53:01 From Cathy Sharpe to Everyone:

Reacted to "I had to identify SH..." with 👍

10:54:29 From jane latta to Everyone:

Reacted to "Meditation on Script..." with 💜

10:55:02 From Deah Embree to Everyone:

head knowledge vs heart knowledge...to KNOW know

10:55:28 From Sandy Skylar to Everyone:

Your body knows it, but your heart doesn't. When you "know know" it is when your heart has accepted it.

10:55:36 From Deah Embree to Everyone:

Reacted to "Your body knows it, ..." with 💜

10:55:44 From jane latta to Everyone:

Reacted to "Your body knows it, ..." with 💜

10:56:01 From Sandy Skylar to Everyone:

Reacted to "head knowledge vs he..." with ❤️

10:57:13 From Ann Lawrence to Everyone:

And patient with ourselves.

10:57:30 From Deah Embree to Everyone:


Reacted to "And patient with our..." with 

10:57:55 From Tabitha Westbrook to Everyone:

Replying to "And patient with our..."

Yes! Patience is vital!!

10:58:00 From jane latta to Everyone:


Removed a  reaction from "Your body knows it, ..."

10:58:02 From Tabitha Westbrook to Everyone:


Replying to "And patient with our..."

Grace upon grace upon grace

10:58:03 From jane latta to Everyone:

Reacted to "Your body knows it, ..." with 


10:58:16 From Helenmary Brown to Everyone:

Reacted to "Tabi: we suggest g..." with 

10:58:32 From Dr. Jessica Evans to Everyone:

Joy: the therapeutic approaches we mentioned and meditating on truth "gets truth to the traumatized parts of the brain."

10:58:41 From jane latta to Everyone:

Reacted to "Joy: the therapeutic..." with 

10:58:56 From KAMILLA to Everyone:

DBT - Dialectical Behavioral Therapy

10:59:02 From Henry Esqueda to Everyone:

Reacted to "DBT - Dialectical Be..." with 

10:59:59 From Tabitha Westbrook to Everyone:

And Israel is NOT replaceable. God has NOT replaced her in favor of the Church.

11:00:07 From KAMILLA to Everyone:

Leslie Vernick. "The Emotionally Destructive Marriage". <https://a.co/d/9FwsrRX>

11:00:13 From Susan Sharp to Everyone:

Reacted to "Leslie Vernick. "T..." with 👍

11:00:16 From Susan Sharp to Everyone:

Removed a 👍 reaction from "Leslie Vernick. "T..."

11:00:18 From Helenmary Brown to Everyone:

Reacted to "EMDR is helpful fo..." with ❤️

11:00:24 From Susan Sharp to Everyone:

Reacted to "And Israel is NOT re..." with 👍

11:00:38 From Rebecca Johnson to Everyone:

Reacted to "And Israel is NOT re..." with ❤️

11:00:44 From Tina Roy to Everyone:

Reacted to "And Israel is NOT re..." with ❤️

11:01:06 From Ariella L to Everyone:

Reacted to "And Israel is NOT re..." with ❤️

11:01:39 From jane latta to Everyone:

Reacted to "And Israel is NOT re..." with ❤️

11:01:44 From Deah Embree to Everyone:

Reacted to "And Israel is NOT re..." with ❤️

11:01:47 From LeAnne Parsons to Everyone:

Reacted to "And Israel is NOT re..." with ❤️

11:01:49 From Deah Embree to Everyone:

Reacted to "Leslie Vernick. "T..." with 💜

11:01:58 From Rebecca Pelletier to Everyone:

Reacted to "And Israel is NOT re..." with ❤️

11:02:18 From KAMILLA to Everyone:

Reacted to "Leslie Vernick. "T..." with 💜

11:02:21 From KAMILLA to Everyone:

Removed a 💜 reaction from "Leslie Vernick. "T..."

11:02:54 From Rebecca Johnson to Everyone:

I have seen how they're DARVO-ing but never put those words to it! That's absolutely what's happening!

11:03:11 From Joy Forrest to Everyone:

Reacted to "And Israel is NOT re..." with ❤️

11:03:14 From Helenmary Brown to Everyone:

This spirit of Coercive Control really seems to be the spirit of the age--so much twisting, lying, abuse of power and control.

11:03:28 From Deah Embree to Everyone:

Reacted to "This spirit of Coerc..." with 🙏

11:03:28 From KAMILLA to Everyone:

**Judith L. Herman - "Truth and Repair: How Trauma Survivors Envision Justice".**  
<https://a.co/d/dElXiml>

11:03:29 From Becky Sewell to Everyone:

Reacted to "Judith L. Herman - "... with 👍

11:03:34 From Deah Embree to Everyone:

Reacted to "I have seen how they..." with 🙏

11:04:16 From Rebecca Pelletier to Everyone:

Amos 2:6- They sell the righteous for silver, the needy for a pair of sandals, they trample on the heads of the poor..they deny justice to the oppressed. Father and son use the same girl and so profane my holy name" This shows God's heart for the oppressed.

11:04:24 From Tabitha Westbrook to Everyone:

**Impacts on Faith for Survivors of Domestic Abuse & Coercive Control Presented By Tabitha Westbrook**  
**(2 CEs for LPC, SW, LMFT, and Psychologists) Recording of Live Training held on January 12, 2024**

<https://tssnt.thinkific.com/courses/imapctsonfaithforDVsurvivors-ondemand2324>

11:04:26 From Judy Caracheo to Everyone:

Judy Caracheo from Dallas

11:04:45 From Dr. Jessica Evans to Everyone:

Replying to "https://tssnt.thinki..."

This was good! Give it a listen, folks!

11:04:57 From Ariella L to Everyone:

Reacted to "I have seen how they..." with 👍

11:05:15 From Maryann Hendrixson to Everyone:

Maryann from Franklin, TN

11:05:39 From Susi Limon to Everyone:

Reacted to "This was good! Give ..." with 👍

11:06:01 From Shelly to Everyone:

Even when we cry out against God and struggle with doubt and so forth, we are still pointed toward Him. And He is there with us through that. He is ALWAYS drawing us close, even when we're raging against Him and trying to get away.

11:06:11 From Deah Embree to Everyone:

Reacted to "Even when we cry out..." with 💜

11:06:12 From jane latta to Everyone:

Reacted to "Even when we cry out..." with 💜

11:06:15 From Moni Mali to Everyone:

Forgot, sorry! Moni Mali NC

11:06:54 From Rebecca Johnson to Everyone:

So many of my kiddos have abandoned the faith after what they witnessed growing up.

11:07:02 From Deah Embree to Everyone:

Reacted to "So many of my kiddos..." with 🌸

11:07:11 From JoAnna Schultz to Everyone:

Oops! I forgot as well- JoAnna Schultz, Murrieta Ca

11:07:14 From Dr. Jessica Evans to Everyone:

So important to "sit in the hard." And not avoid. We cannot heal otherwise.

11:07:21 From Deah Embree to Everyone:

Reacted to "So important to "sit..." with 🙌

11:07:27 From Joy Forrest to Everyone:

Reacted to "So important to "sit..." with ❤️

11:07:42 From jane latta to Everyone:

Reacted to "So important to "sit..." with ❤️

11:07:45 From Susan Sharp to Everyone:

Reacted to "So important to "sit..." with ❤️

11:07:45 From Rebecca Pelletier to Everyone:

In my darkest hour Jesus showed me where he was, He was sitting on the side of my bed, I was sitting sideways on his lap with my head on his shoulder, weeping and he was weeping with me. The God of the universe wept with me in my deepest pain. He is sooo good.

11:07:49 From Deborah Stahl Waters to Everyone:

Reacted to So important to "sit... with " ❤️ "

11:07:51 From Joy Forrest to Everyone:

Reacted to "In my darkest hour J..." with ❤️

11:07:54 From Helenmary Brown to Everyone:

I've been grieving not only what HAPPENED, but all that DIDN'T HAPPEN.

11:08:00 From Deah Embree to Everyone:

Reacted to "In my darkest hour J..." with 🍀

11:08:04 From Dr. Jessica Evans to Everyone:

Reacted to "In my darkest hour J..." with ❤️

11:08:05 From Susan Sharp to Everyone:

Reacted to "In my darkest hour J..." with ❤️

11:08:05 From Rose Rickett to Everyone:

Reacted to "So important to "sit..." with 👍

11:08:06 From Deah Embree to Everyone:

Reacted to "I've been grieving n..." with 🙏

11:08:13 From Cathy Sharpe to Everyone:

Reacted to "I've been grieving n..." with ❤️

11:08:15 From Deah Embree to Everyone:

Replying to "I've been grieving n..."

mourning deaths of dreams

11:08:16 From Rebecca Pelletier to Everyone:

Ya, he caught my tears in a beautiful bottle in a time of prayer with him. He's amazing.

11:08:18 From Dr. Jessica Evans to Everyone:

Reacted to "I've been grieving n..." with 🌸

11:08:23 From Rose Rickett to Everyone:

Reacted to "In my darkest hour J..." with 💜

11:08:23 From Deah Embree to Everyone:

Reacted to "Ya, he caught my tea..." with 🙌

11:08:26 From Helenmary Brown to Everyone:

Reacted to "mourning deaths of..." with ❤️

11:08:30 From Tabitha Westbrook to Everyone:

Reacted to "I've been grieving n..." with 👉

11:08:31 From Cathy Sharpe to Everyone:

Reacted to "mourning deaths of d..." with ❤️

11:08:34 From Susi Limon to Everyone:

Reacted to "mourning deaths of d..." with ❤️

11:08:42 From Rebecca Pelletier to Everyone:

Reacted to "I've been grieving n..." with ❤️

11:08:46 From Rebecca Pelletier to Everyone:

Reacted to "mourning deaths of d..." with ❤️

11:08:46 From Irene McConnehey to Everyone:

Reacted to "I've been grieving n..." with 🙌

11:09:03 From Joy Forrest to Everyone:

Reacted to "Ya, he caught my tea..." with ❤️

11:09:24 From Joy Forrest to Everyone:

Replying to "Ya, he caught my tea..."

Amen!

11:09:32 From Rose Rickett to Everyone:

Reacted to "Joy: the therapeutic..." with 👍



11:09:40 From Christi Douglas to Everyone:

Reacted to "Amen!" with ❤️

11:09:47 From Helenmary Brown to Everyone:

Replying to "I've been grieving..."

Exactly.

11:09:56 From jane latta to Everyone:

Reacted to "In my darkest hour J..." with 💜

11:09:57 From Joy Forrest to Everyone:

Replying to "Ya, he caught my tea..."

He meets us so powerfully in times of great suffering.

11:10:02 From Deah Embree to Everyone:

Reacted to "He meets us so power..." with 💜

11:10:04 From Joy Forrest to Everyone:

Reacted to "I've been grieving n..." with 🌸

11:10:07 From Katharine Kofoed-Nielsen to Everyone:

such a good point about our children Tabi, I had never quite thought of it that way! thanks!

11:10:09 From Deah Embree to Everyone:

Reacted to "Exactly." with 🌸

11:10:14 From Rebecca Pelletier to Everyone:

Amen Tabitha! Take back the territory the enemy has stolen!!

11:10:15 From Deah Embree to Everyone:

Reacted to "such a good point ab..." with 💜

11:10:20 From Tabitha Westbrook to Everyone:

Reacted to "such a good point ab..." with ❤️

11:10:23 From Tabitha Westbrook to Everyone:

Reacted to "Amen Tabitha! Take b..." with ❤️

11:10:26 From Helenmary Brown to Everyone:

That is a great perspective TABI! Thank you. Sowing seed for future generations in awareness.

11:10:32 From Tabitha Westbrook to Everyone:

Reacted to "That is a great pers..." with ❤️

11:10:32 From jane latta to Everyone:

Reacted to "such a good point ab..." with 💜

11:10:35 From Dr. Jessica Evans to Everyone:

Good self care and boundaries!

11:10:39 From Tabitha Westbrook to Everyone:

Reacted to "He meets us so power..." with ❤️

11:10:41 From jane latta to Everyone:

Reacted to "Amen Tabitha! Take b..." with ❤️

11:10:44 From jane latta to Everyone:

Reacted to "That is a great pers..." with ❤️

11:10:46 From Tabitha Westbrook to Everyone:

Reacted to "Good self care and b..." with ❤️

11:10:49 From jane latta to Everyone:

Reacted to "Good self care and b..." with ❤️

11:10:53 From Deah Embree to Everyone:

Burdens - help carry what they can't

Loads - what they ARE able to carry

Helpful differentiation I heard on that verse

11:10:56 From Helenmary Brown to Everyone:

Q: How can we PRACTICALLY debrief from things with people we work with?

11:10:59 From Deah Embree to Everyone:

Reacted to "Good self care and b..." with ❤️

11:11:03 From Tabitha Westbrook to Everyone:

Reacted to "Burdens - help carry..." with 👍

11:11:40 From Tabitha Westbrook to Everyone:

Replying to "How can we PRACTICALLY debrief from things with people we work with?"

There are monthly affiliated advocate meetings hosted by Brooke and Porscha that are amazing for support and debriefing.

11:11:43 From Susan Sharp to Everyone:

Reacted to "Burdens - help carry..." with 👍

11:11:47 From Rebecca Pelletier to Everyone:

A balanced yoke allows two animals to carry 4x's the amount that 1 could do on it's own.

11:11:53 From Laura Lathrop to Everyone:

QUESTION - Any strategies for self-care when you're working on a case that is extremely personal for you - a loved one or family member where you are deeply connected to both the abuser and the survivor? How do you avoid being consumed and be able to keep anchored?

11:11:59 From Deah Embree to Everyone:

Reacted to "QUESTION - Any strat..." with 💜

11:12:03 From Deah Embree to Everyone:

Reacted to "A balanced yoke allo..." with 💜

11:12:06 From Rose Rickett to Everyone:

Reacted to "There are monthly af..." with ❤️

11:12:17 From Cathy Sage to Everyone:

Reacted to "There are monthly af..." with ❤️

11:12:18 From Rebecca Pelletier to Everyone:

Reacted to "QUESTION - Any strat..." with 💜

11:12:19 From Rose Rickett to Everyone:

Dr. Debra, QUESTION....any suggestions for putting the concerns of our people in a box to separate and to NOT CARRY OTHER'S BURDENS heavily rather to separate our heart from their decisions?

**Answered live**

11:12:41 From Rebecca Johnson to Everyone:

Wanting to "fix" other people's situations has been a personal struggle for me. I'm getting better but have to be hyper vigilant.

11:13:11 From Deah Embree to Everyone:

Replying to "Wanting to "fix" oth..."

me, too...it helps to remind myself that I'm not God

11:13:17 From Joy Forrest to Everyone:

Reacted to "me, too...it helps t..." with ❤️

11:13:34 From Laura Lathrop to Everyone:

Replying to "QUESTION - Any str..."

I'm not really talking about the "working on it" officially - I'm talking about the emotional pain that is part of that experience.

11:13:49 From Martha Schuman to Everyone:

What are the reasons Tabi?

11:13:52 From Rebecca Johnson to Everyone:

As their relative, your place in the situation is not as an advocate, right? I mean, we love them and support them emotionally, but not act as an advocate.

11:13:54 From Laura Lathrop to Everyone:

Yes, thank you, Joy - I'm talking about the felt burden.

11:13:58 From Cindy Baltz-King to Everyone:

Cindy here from TN. Sorry for signing in late. I had an appointment earlier.

11:14:05 From Tabitha Westbrook to Everyone:

Replying to "QUESTION - Any strategies for self-care when you're working on a case that is extremely personal for you - a loved one or family member where you are deeply connected to both the abuser and the survivor? How do you avoid being consumed and be able to keep anchored?"

Ah, this is a great place for your own personal therapy or coaching. Somewhere you can process your feelings and experiences of it.

11:14:19 From Tabitha Westbrook to Everyone:

Replying to "QUESTION - Any strat..."

Thank you for clarifying!

11:14:41 From Tabitha Westbrook to Everyone:

Replying to "What are the reasons Tabi?"

We're too close to the situation and we often want to control because we are fearful for them.

*(Trying to help those too close to us personally, or family- we suggest they request an advocate through CTP)*

11:14:50 From Rebecca Johnson to Everyone:

Reacted to "We're too close to t..." with ❤️

11:14:52 From Deah Embree to Everyone:

Reacted to "We're too close to t..." with ❤️

11:14:55 From Rose Rickett to Everyone:

LOVE THIS ANSWER Joy Forrest! Lay them at the foot of the cross....Jesus is able!

11:15:03 From Dr. Jessica Evans to Everyone:

Joy: God is responsible for the outcome, not you.

Such a freeing reminder.

11:15:08 From Deah Embree to Everyone:

Reacted to "Joy: God is responsi..." with 🙌

11:15:09 From Rebecca Pelletier to Everyone:

I have an old rotary phone and I picked it up one day and said, "hey God, it's me, I don't know what to do. I don't have any answers." He replied, "That's ok, I do. Just love her." and I hung up.

11:15:11 From Deah Embree to Everyone:

Reacted to "LOVE THIS ANSWER Joy..." with 💜

11:15:14 From Martha Schuman to Everyone:

Reacted to "We're too close to t..." with ❤️

11:15:15 From Laura Lathrop to Everyone:

I'm just tired of this. I'm tired of losing people I love. My brothers, my friend. I can support their victims (and refer them - and I do) - but I'm tired of losing these abusers whom I love.

11:15:19 From Rebecca Johnson to Everyone:

Reacted to "Joy: God is responsi..." with 🙌

11:15:29 From Tabitha Westbrook to Everyone:

Replying to "As their relative, your place in the situation is not as an advocate, right? I mean, we love them and support them emotionally, but not act as an advocate."

Yes. It's better to love them well and just be there for them. They get so isolated, they need you to be there for them.

11:15:47 From Deah Embree to Everyone:

Reacted to "Yes. It's better to ..." with 💜

11:15:48 From Rose Rickett to Everyone:

Reacted to "I have an old rotary..." with ❤️

11:15:52 From Rebecca Johnson to Everyone:

Reacted to "Yes. It's better to ..." with 💜

11:16:07 From Helenmary Brown to Everyone:

Cast you cares upon Him, knowing that He cares for you. His yoke is easy, His burden is light. I Peter 5:7

11:16:09 From Marcee Rollandini to Everyone:

Reacted to "I have an old rotary..." with ❤️

11:16:15 From Tina Roy to Everyone:

Replying to "As their relative, y..."

Such a good reminder.

11:16:17 From Cathy Sharpe to Everyone:

Reacted to "I have an old rotary..." with ❤️

11:16:20 From Tabitha Westbrook to Everyone:

Replying to "I'm just tired of th..."

I bet. That's hard and awful. I'm so, so sorry.

11:16:27 From Joy Forrest to Everyone:

Reacted to "I'm just tired of th..." with 😬

11:16:28 From Deah Embree to Everyone:

Reacted to "I'm just tired of th..." with 💜

11:16:30 From Cindy Baltz-King to Everyone:

Reacted to "Cast you cares upon ..." with ❤️

11:16:33 From Laura Lathrop to Everyone:

Replying to "QUESTION - Any str..."

Finding a therapist is easier said than done. I'm just tired. I want to build a blanket fort and hide under my piano,

11:16:34 From Rebecca Pelletier to Everyone:

Reacted to "Yes. It's better to ..." with 💜

11:16:52 From Rose Rickett to Everyone:

Replying to "I'm just tired of th..."

grieving the living is so very different from grieving the dead

11:16:53 From Rebecca Pelletier to Everyone:

Reacted to "I'm just tired of th..." with ❤️

11:16:57 From Tyrie Strong to Everyone:

Reacted to "I'm just tired of th..." with 🍀

11:17:18 From Tabitha Westbrook to Everyone:

Replying to "QUESTION - Any strat..."

Blanket forts are valid therapeutic activities.

11:17:26 From Rose Rickett to Everyone:

Reacted to "Yes. It's better to ..." with 👍

11:17:28 From Deah Embree to Everyone:

Reacted to "grieving the living ..." with 🙏

11:17:31 From Laura Lathrop to Everyone:

It's not helping

11:17:36 From Cathy Sharpe to Everyone:

Reacted to "Blanket forts are va..." with ❤️

11:17:41 From Rose Rickett to Everyone:

Reacted to "Cast you cares upon ..." with 👍

11:18:30 From Deah Embree to Everyone:

Reacted to "It's not helping" with 🍀

11:18:32 From Rose Rickett to Everyone:

Reacted to "Blanket forts are va..." with 🙄

11:18:44 From Katharine Kofoed-Nielsen to Everyone:

Reacted to "It's not helping" with 🍀

11:18:56 From Irene McConnehey to Everyone:

Reacted to "grieving the living ..." with 🙏

11:19:03 From Helenmary Brown to Everyone:

Amen, Joy. It can take time.

11:19:19 From Cindy Baltz-King to Everyone:

AMEN,Joy!!

11:19:24 From Irene McConnehey to Everyone:

Reacted to "Blanket forts are va..." with ❤️

11:19:37 From Laura Lathrop to Everyone:

Reacted to "Blanket forts are ..." with 😊

11:19:50 From Laura Lathrop to Everyone:

Replying to "QUESTION - Any str..."

If only! I don't want to scare my kids. :)

11:19:51 From KAMILLA to Everyone:

**MOSAIC - Threat Assessment Systems** <https://www.mosaicmethod.com/>

11:19:57 From Joy Forrest to Everyone:

Replying to "QUESTION - Any strat..."

@Laura Lathrop sending hugs and prayers. 🌸

11:20:14 From Joy Forrest to Everyone:

Reacted to "grieving the living ..." with 👍

11:20:20 From Rebecca Johnson to Everyone:

Reacted to "Blanket forts are va..." with ❤️

11:20:23 From Joy Forrest to Everyone:

Reacted to "It's not helping" with 🌸

11:20:41 From Martha Schuman to Everyone:

Reacted to "Blanket forts are va..." with ❤️

11:20:45 From Rebecca Johnson to Everyone:

Reacted to "I'm just tired of th..." with 🌸

11:20:53 From Tracey Phillips to Everyone:

Mosaic Threat Assessment Systems: [www.mosaicmethod.com](http://www.mosaicmethod.com)



11:20:57 From Cindy Baltz-King to Everyone:

Reacted to "Blanket forts are va..." with ❤️

11:21:02 From Laura Lathrop to Everyone:

Replying to "QUESTION - Any str..."

Thanks; I'm just trying not to jettison God at this point. It feels like he does this to me all the time and I'm worn out. What does he want me to learn, exactly? To be sad? That he doesn't come in time? I feel like I've already learned those lessons and I need a new one. :(

11:21:14 From jane latta to Everyone:

Reacted to "Blanket forts are va..." with ❤️

11:21:28 From Tabitha Westbrook to Everyone:

Replying to "QUESTION - Any strat..."

@Laura Lathrop Big hugs. I'm so glad you shared this today.

11:21:36 From Rebecca Johnson to Everyone:

Reacted to "A balanced yoke allo..." with 💜

11:21:49 From Cindy Baltz-King to Everyone:

Yes!!

It can be generational

11:22:01 From jane latta to Everyone:

Reacted to "Thanks; I'm just try..." with 😬

11:23:05 From Deah Embree to Everyone:

I didn't take my situation very seriously until I saw these checklists and wheels...in black and white, I could see that things weren't right.

11:23:47 From Christi Douglas to Everyone:

Replying to "QUESTION - Any strat..."

Love you, Laura. Hugs

11:24:06 From Deborah Stahl Waters to Everyone:

Yes, Joy me too - Life Skills Int'l w/Dr Paul Hegstrum. We did a 2 week intensive w/him.

11:24:14 From Rebecca Pelletier to Everyone:

Removed a ❤️ reaction from "I'm just tired of th..."

11:25:08 From Rebecca Johnson to Everyone:

The first time I saw the power and control wheel was a 100% eye-opener to me. It made all the difference in how I saw it. That made me able to see what I needed to do and realized there was nothing I could do to make the marriage better. He was doing 100% of the things on the wheel, short of hitting me.

11:25:12 From KAMILLA to Everyone:


Dr. Debra Wingfield Eyes Wide Open <https://tinyurl.com/37wb53z4>

11:25:16 From Joy Forrest to Everyone:

Replying to "QUESTION - Any strat..."

I'm so sorry, Laura. I've certainly had times when I felt the same. There have been times of extreme weariness. I pray you will be able to find comfort somehow, even in this.

11:25:25 From Deah Embree to Everyone:

Reacted to "The first time I saw..." with 

11:25:27 From Joy Forrest to Everyone:

Reacted to "Yes, Joy me too - Li..." with 

11:25:34 From Helenmary Brown to Everyone:

Reacted to "Dr. Debra Wingfiel..." with 

11:25:46 From Deah Embree to Everyone:

Replying to "The first time I saw..."

same. Could relate to every item on the lists

11:25:49 From KAMILLA to Everyone:

Here's how to access the Power and Control wheels.... <https://www.theduluthmodel.org/wheel-gallery/>

11:26:07 From Dr. Jessica Evans to Everyone:

I think I can be on

11:26:08 From Karen DeArmond Gardner to Everyone:

I met Paul and his wife in 2006. He was a different man, she wasn't. I could see the pain etched on her face and in her eyes. It was heartbreaking.

11:26:12 From Lynn Loscar to Everyone:

I have a funeral-will it be recorded?

11:26:13 From KAMILLA to Everyone:

REMINDER: On Saturday, March 30, 12-1 EST, is the Q&A for this month's course.

Please bring any advocacy questions you want to ask.

11:26:24 From Dr. Jessica Evans to Everyone:

Replying to "will it be recorded?"

yes

11:26:36 From Lynn Loscar to Everyone:

Replying to "I have a funeral-wil..."

thank you

11:27:00 From Helenmary Brown to Everyone:

Reacted to "I'm just tired of ..." with 😞

11:27:02 From Rebecca Johnson to Everyone:

Reacted to "same. Could relate t..." with ❤️

11:27:38 From Rebecca Johnson to Everyone:

Replying to "I met Paul and his w..."

I'm not familiar with what you're talking about.

11:27:44 From Joy Forrest to Everyone:

Reacted to "I met Paul and his w..." with 😊

11:28:19 From Judy Brown to Everyone:

Name of Book again...

11:28:29 From Dr. Jessica Evans to Everyone:

Sidenote: They use femicide to refer to the murder of women or girls for gender based reasons. Female homicide is murder of women or girls regardless of the circumstances.

11:28:43 From Joy Forrest to Everyone:

Replying to "I met Paul and his w..."

I spoke to her on the phone and she was the one that told me I might want to consider moving on, since my husband wasn't doing the work. She gave me permission to leave, and I needed to hear that.

11:28:54 From Susan Sharp to Everyone:

Laura, when you are too weak and weary to hang on to God, be encouraged by the promise that He is still hanging on to you and holding you in the palm of His hand. He won't let go!

11:29:13 From Joy Forrest to Everyone:

Reacted to "Sidenote: They use f..." with 👍

11:29:50 From Joy Forrest to Everyone:

Reacted to "I didn't take my sit..." with 👍

11:30:20 From jane latta to Everyone:

Reacted to "I spoke to her on th..." with 💜

11:30:50 From Laura Lathrop to Everyone:

Replying to "Laura, when you ar..."

I hope so, but he doesn't seem to hang onto people too well sometimes. I keep trying to remind myself of what you say here, but then I think, "he let them go, how do I know not me?" It's hard to combat.

11:32:31 From Pamela Boswell to Everyone:

My zoom dropped. But I'm back...Pamela Boswell

11:32:40 From Rebecca Johnson to Everyone:

**When she gets the TRO and makes the court aware of the weapons in the home, will law enforcement come and take the weapons?** *Reach out to law enforcement locally to find out how they handle this. Also, weapons can be held by another safe person in the community who the abuser won't have access to their storage. Avoid family members and friends of the abuser.*

11:33:36 From Tracey Phillips to Everyone:

Can you post the link to the book about Femicide?

11:35:02 From KAMILLA to Everyone:

**Chart/Timeline for documenting behaviors/impacts:**

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

11:35:35 From Rebecca Johnson to Everyone:

Reacted to "I spoke to her on th..." with 💜

11:37:01 From KAMILLA to Everyone:

**Jane Monckton Smith - "In Control: Dangerous Relationships and How They End in Murder".**  
[https://www.amazon.com/dp/1526613220?ref=cm\\_sw\\_r\\_cp\\_ud\\_dp\\_F7BNJP8VDSAC7AK068ZD](https://www.amazon.com/dp/1526613220?ref=cm_sw_r_cp_ud_dp_F7BNJP8VDSAC7AK068ZD)

11:37:08 From Tracey Phillips to Everyone:

Reacted to "Jane Monckton Smith ..." with 👍

11:37:28 From Rebecca Johnson to Everyone:

Also the Egyptian midwives

11:37:30 From KAMILLA to Everyone:

Replying to "Name of Book again....."

[https://www.amazon.com/dp/1526613220?ref=cm\\_sw\\_r\\_cp\\_ud\\_dp\\_F7BNJP8VDSAC7AK068ZD](https://www.amazon.com/dp/1526613220?ref=cm_sw_r_cp_ud_dp_F7BNJP8VDSAC7AK068ZD)

11:37:41 From Deah Embree to Everyone:

Reacted to "Also the Egyptian mi..." with 🙌

11:37:44 From Tabitha Westbrook to Everyone:

Reacted to "Also the Egyptian mi..." with 👉

11:37:56 From Helenmary Brown to Everyone:

It's REALLY HARD for most VICTIMS to be MUM due to their honest character, etc. But they need coaching in DISCRETION and just KEEPING THEIR COUNSEL for their OWN SAFETY and that of their CHILDREN. It is a form of WISDOM to PLACE A WATCH OVER THEIR LIPS.

11:38:00 From Christi Douglas to Everyone:

Amen Lying for safety is being as wise as a serpent innocent as a dove.

11:38:06 From Judy Brown to Everyone:

Thank you... just looked up on Amazon

11:38:10 From Deah Embree to Everyone:

Reacted to "It's REALLY HARD for..." with 🙌

11:38:12 From Shelle Mossman to Everyone:

Question: What was that percentage for femicide happening after separation/divorce?

11:38:23 From Deah Embree to Everyone:

Reacted to "Question: What was t..." with 👍

11:38:47 From Rebecca Pelletier to Everyone:

I felt I had to be honest all the time and told my H two different times I was planning on leaving and where I would go if I did. I felt I had to tell him that.

11:39:02 From Tracey Phillips to Everyone:

Im sure the Underground Railroad lied to save slaves

11:39:10 From Dr. Jessica Evans to Everyone:

Replying to "Question: What was that percentage for femicide happening after separation/divorce?"

Joy: 75% of the homicides happen after the woman leaves

11:39:16 From Shelly to Everyone:

Thank you for bringing out that we can lie at times, @Joy Forrest! It is important to notice that, in Scripture, God affirmed those who lied to save lives, such as the Hebrew midwives who told the Egyptian rulers that they weren't killing the sons because the mothers' labored too quickly.

11:39:24 From Deah Embree to Everyone:

Reacted to "Thank you for bringi..." with 🙌

11:39:36 From Cathy Sharpe to Everyone:

Reacted to "Thank you for bringi..." with ❤️

11:40:18 From Rebecca Pelletier to Everyone:

Reacted to "Thank you for bringi..." with 🙌

11:40:37 From Joy Forrest to Everyone:

Reacted to "Thank you for bringi..." with ❤️

11:41:27 From Ariella L to Everyone:

Reacted to "Amen Lying for safet..." with ❤️

11:42:50 From Joy Forrest to Everyone:

Replying to "I felt I had to be h..."

I felt the same back when I was in it, but actually and ethics class at seminary helped me rethink that. The whole of the law is summed up in loving God and others, and giving them opportunity to hurt you isn't either.

11:43:35 From Deah Embree to Everyone:

Reacted to "I felt the same back..." with 💜

11:46:36 From Rebecca Johnson to Everyone:

Reacted to "Thank you for bringi..." with ❤️

11:46:44 From Martha Schuman to Everyone:

Replying to "I felt I had to be h..."

I didn't want to lie because if he caught me lying he'd blow it up, tell everyone, use it against me. I'd never hear the end of it. So, I guess the time to lie is when your time left with him is short, you're planning an escape, you're on the way out the door.

11:46:44 From Rebecca Johnson to Everyone:

Reacted to "Im sure the Undergro..." with ❤️

11:47:07 From Rebecca Johnson to Everyone:

Reacted to "I felt the same back..." with 💜

11:47:16 From KAMILLA to Everyone:

Jane Monckton Smith - "In Control: Dangerous Relationships and How They End in Murder".  
<https://a.co/d/c8LwVMr>

11:47:24 From Rebecca Johnson to Everyone:

Reacted to "Joy: 75% of the homi..." with 😬

11:48:40 From Susi Limon to Everyone:

Reacted to "I felt the same back..." with ❤️

11:49:11 From Rebecca Pelletier to Everyone:

Reacted to "I felt the same back..." with ❤️

11:52:03 From Joy Forrest to Everyone:

Replying to "I felt I had to be h..."

Yes... for sure. Before that say nothing to give any hints.

11:52:20 From Cindy Baltz-King to Everyone:

Fear tactics= their game plan

11:53:27 From Helenmary Brown to Everyone:

Reacted to "Also the Egyptian ..." with ❤️

11:54:52 From Rebecca Pelletier to Everyone:

I helped a lady escape from her abusive H, along with a bunch of other abused women. They didn't tell me but put all of his guns and ammo in my trunk and I took it away from the home so he wouldn't have access to it. She had a PI watching his work to let us know if he left work while we all loaded up the truck to get what her and her 4 kids would need to go to her parents home. It was crazy.

11:55:17 From KAMILLA to Everyone:

LAP – Lethality Assessment Program

11:55:19 From Deah Embree to Everyone:

Reacted to "I helped a lady esca..." with 🌸

11:55:25 From Rebecca Johnson to Everyone:

Reacted to "I helped a lady esca..." with 🌸

11:55:25 From Cindy Baltz-King to Everyone:

This is what's used with pimps and prostitutes.

11:55:39 From Joy Forrest to Everyone:

Reacted to "I helped a lady esca..." with 👍

11:57:13 From Dr. Debra to Everyone:

See as many of you as possible on Saturday at noon EDT.

11:57:24 From Katharine Kofoed-Nielsen to Everyone:

yikes! what happened 2014??

11:57:32 From Joy Forrest to Everyone:

Reacted to "See as many of you a..." with ❤️

11:57:42 From jane latta to Everyone:

Reacted to "See as many of you a..." with ❤️

11:58:15 From Martha Schuman to Everyone:

That spike in 2020...Covid?

11:58:29 From Helenmary Brown to Everyone:

Thank you Dr. Debra. See you Saturday!

11:59:15 From KAMILLA to Everyone:

American Murder: The Family Next Door - Netflix Documentary

*Documentary about Chris and Shanann Watts*

12:01:12 From KAMILLA to Everyone:

ACE - Adverse Childhood Experiences <https://www.cdc.gov/violenceprevention/aces/about.html>

12:01:39 From Rebecca Johnson to Everyone:

Reacted to "That spike in 2020...C..." with 👍

12:05:05 From Becky Sewell to Everyone:

Amen Joy.

12:05:27 From Lynn Loscar to Everyone:

and to be gentle with ourselves

12:05:46 From Joy Forrest to Everyone:



Reacted to "and to be gentle wit..." with 👍

12:09:56 From Becky Sewell to Everyone:

This is a good book. Rewire Your Brain: Think Your Way to a Better Life by John B. Arden

12:12:31 From jane latta to Everyone:

Self-love not selfish

12:12:42 From Martha Schuman to Everyone:

God loves us, Satan hates us. We need to love ourselves, view ourselves, as God does...not Satan.

12:12:43 From Katharine Kofoed-Nielsen to Everyone:

yeah, the opposite of sinful self-love is not self-hate

12:12:48 From Christi Douglas to Everyone:

Reacted to "Self-love not selfis..." with ❤️

12:13:00 From Karen Wilkinson to Everyone:

Thanks for that clarification, Joy

12:13:05 From Helenmary Brown to Everyone:

This is like David saying to HIMSELF: "Bless the LORD, O my soul! and ALL that is within me BLESS His Holy Name. Love your neighbor as YOU LOVE YOURSELF.

12:13:13 From Deah Embree to Everyone:

Reacted to "Thanks for that clar..." with 🙌

12:13:18 From Deah Embree to Everyone:

Reacted to "yeah, the opposite ..." with 🙌

12:13:23 From Deah Embree to Everyone:

Reacted to "God loves us, Satan ..." with 🙌

12:13:29 From Deah Embree to Everyone:

Reacted to "Self-love not selfis..." with 🙌

12:13:53 From Tracey Phillips to Everyone:

Ephesians 5:29 No man ever hated his own flesh, but nourishes and cherishes it, just as Christ does the Church.

12:14:11 From Joy Forrest to Everyone:

Reacted to "Ephesians 5:29 No ma..." with 👍

12:14:13 From Karen Wilkinson to Everyone:

Reacted to "Ephesians 5:29 No ma..." with 👍

12:14:15 From Deah Embree to Everyone:

Reacted to "Ephesians 5:29 No ma..." with 👍

12:14:50 From Ann Lawrence to Everyone:

Yes. I had to first understand how I got to where I was before I could identify lies and replace with truth. Yes, Paul said we are to have a "sane estimation of ourselves" I had a "not sane" hatred of myself. At a different place now. Gratitude for Truth

12:15:24 From Katharine Kofoed-Nielsen to Everyone:

Reacted to "Yes. I had to first ..." with 🌸

12:15:27 From jane latta to Everyone:

Reacted to "Yes. I had to first ..." with 💜

12:15:39 From KAMILLA to Everyone:

REMINDER: On Saturday, March 30, 12-1 EST, is the Q&A for this month's course.

Please bring any advocacy questions you want to ask.

12:15:45 From Joy Forrest to Everyone:

Reacted to "Yes. I had to first ..." with 💜

12:16:11 From Dr. Jessica Evans to Everyone:

FYI: Our next course focuses on types of abusers, personality disorders, and the safe and together model.

12:16:21 From Deah Embree to Everyone:

Reacted to "FYI: Our next course..." with 👍

12:16:25 From Brandie Ramirez to Everyone:

Thank you

12:16:39 From Sandy Skylar to Everyone:

Thank you!

12:16:41 From Deborah Stahl Waters to Everyone:

Tku!

12:16:42 From Cathy Sharpe to Everyone:

Reacted to "Yes. I had to first ..." with 👍

12:16:43 From Helenmary Brown to Everyone:

Thank you all so much! See you Saturday

12:16:53 From Rebecca Pelletier to Everyone:

bye! thanks.

12:17:18 From anne church to Everyone:

Thanks Everybody 😊

12:17:25 From Cindy Baltz-King to Everyone:

Thank you!