

Video Replay Pt. 1: <https://vimeo.com/833791371/9d79b6aa47?share=copy>

Video Replay Pt. 2: <https://vimeo.com/833800757/9516dc103f?share=copy>

11:19:36 From Cathy : Cathy Sage Swanzey, NH

11:20:06 From Lisa Henderson Victoria Campbell : Lisa Henderson Victoria Campbell Ohio

11:20:10 From Sheri Millenbaugh (Faber) : Sheri Millenbaugh ( Faber) Ohio

11:25:03 From JoAnna Schultz : Good morning everyone! JoAnna Schultz, Murrieta, Ca

11:25:29 From Nancy Kantsios : Good morning! Nancy Kantsios from Aldie, VA

11:25:44 From Deborah Stahl Waters : Good Morning ❤️ Deborah Stahl Waters, Macon, GA

11:25:52 From Tara : TARA, Idaho

11:25:54 From Laurie Tims : Laurie Tims from Iowa

11:25:54 From Kendra : Kendra from Ohio

11:26:37 From Brenda Carpenter : Brenda Carpenter, California

11:26:52 From Cindy Stashenko : Cindy S NC

11:26:55 From Petra Charlotte NC : Peggy Drye NC

11:26:59 From Pam : Pam Rook, Sylvania Ohio

11:28:24 From Christine Felser : Christine Felser King of Prussia PA

11:28:39 From Tabitha Westbrook, LMFT, LCMHC, LPC : Tabitha from FloMo & WaFo

11:28:44 From rose : Rose in GA

11:28:50 From John Stonehocker : John Stonehocker Oklahoma

11:28:53 From Peggy Peterson : Eric and Peggy Peterson, Nashville TN

11:29:01 From Suzanne Jones : Suzanne in Pittsburgh

11:29:08 From Hannah : Hannah Lippert from Stilesville, IN

11:29:10 From Pam : Pam in TN

11:29:20 From Cheryl Bennett : Cheryl Bennett Acworth Ga

11:29:33 From Susanne : Susanne King, Montrose, CO

11:29:33 From Lynns : Hey everyone Lynne Sutherland NC

11:29:38 From Ariella : Ariella, Israel

11:29:55 From Angi Beery : Angi Beery, Goshen, Indiana

11:30:05 From Chelsea Leonard : Chelsea Leonard Sweet Home Oregon

11:30:14 From Londa Eells : Londa Eells Conneautville Pa

11:30:26 From Reenie Brown : Reenie Brown from Waxhaw, NC

11:30:27 From Karyn Russo : Karyn Russo, NY

11:30:34 From sue penn : Sue Penn Iowa

11:30:38 From Rowena Slusser : Rowena Slusser, Albuquerque, NM

11:30:51 From Keri Drowatzky : Keri Drowatzky in Bartlesville OK

11:30:57 From Cynthia Morris : Cindy Morris, Franklinton (Raleigh), NC

11:30:57 From Rachel Smith : Rachel Smith - Charlotte

11:31:04 From Maryann : Maryann from Franklin, TN

11:31:12 From Ladonna : Ladonna Hafen whitefish montana

11:31:16 From Vanessa Satterfield : Vanessa Satterfield - North Carolina

11:31:17 From Marjorie Lea : Marjorie Lea in Texas

11:31:19 From Lynns : I leave for a cruise with 7 Other ladies it should be fun and relaxing my first trip abuse free.

11:31:22 From Christy : Christy Estelle, tuning in from Wisconsin today!

11:31:30 From Amy Paquette : Amy Paquette, Albuquerque, NM

11:31:43 From Tabitha Westbrook, LMFT, LCMHC, LPC : Reacted to "I leave for a cruise..." with  


11:31:51 From Becky MacDonald : Becky MacDonald - Bradenton, FL

11:31:51 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "I leave for a cruise..."  
Have so much fun!

11:32:04 From Kelly Barton : Kelly Barton Roxboro NC

11:32:20 From Amalia : Amalia Davis-Levittown, PA

11:32:42 From Amy Henderson : Amy from Pickens, SC

11:32:42 From Audrey Whitaker : Audrey Whitaker KS

11:32:42 From Allison Gaddy : Allison Gaddy Baton Rouge Louisiana

11:32:57 From Lynn MN iPhone : Lynn A. MN ... on my iphone

11:32:59 From dana-iphone6s+ : Dana De Vane-Webster (NC)

11:33:03 From Tanja Jarvis : Tanja J. Colorado

11:33:11 From Erica : Erica in Warrenton VA

11:33:25 From dana-iphone6s+ : On my phone and May need to go on black since at an appt.

11:33:26 From Beth Burke : Beth Burke in Burlington NC

11:33:35 From Jen Johnson : JenJohnson, Western Australia

11:34:00 From Naomi Jubilee : Naomi Jubilee, Garner, NC

11:34:17 From DeniseS : Denise Sharp is present

11:34:17 From Rachel Tomazin : Rachel Tomazin - Columbus GA

11:34:18 From Jolene : Jolene Underwood, ELLICOTT CITY, MD

11:35:02 From Jolene : What time?

11:35:12 From Tara : My bday is July 4th so that works out great not to have a class.

11:35:15 From C. Joston : C. Joston Naples FL

11:35:25 From Joy Forrest : Reacted to "I leave for a cruise..." with ❤️

11:35:45 From Brenda Carpenter : Brenda Carpenter, California

11:35:47 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "Jolene Underwood, EL..."

Q&As are at Noon Eastern

11:35:50 From Kenethia Fuller : Kenethia Fuller, Garner, NC

11:35:58 From Kendra : 😂

11:35:59 From Tabitha Westbrook, LMFT, LCMHC, LPC : Naomi's is my FAVORITE

11:36:05 From Jennifer's Tablet : Jen Mellor Mt Pleasant SC

11:36:07 From Jolene : Reacted to "Q&As are at Noon Eas..." with 🙌

11:36:09 From Kendra : Reacted to "Jen Mellor Mt Pleasa..." with ❤️

11:36:11 From Kendra : Removed a ❤️ reaction from "Jen Mellor Mt Pleasa..."

11:36:13 From Angi Beery : I was thinking the same thing. Go Naomi!!

11:36:14 From Kendra : Reacted to "Naomi's is my FAVORI..." with ❤️

11:36:23 From Darlene Hills-Clinkscale : Good morning Blessings, Everyone 🙏 Darlene Hills-Clinkscale from Columbus, Ohio.

11:36:24 From Anna Harris : Anna Harris here from Austin, Texas

11:36:47 From Cheryl Bennett : 😂

11:36:48 From Gwendolyn Hertzler : Gwen from Oklahoma

11:36:48 From Kendra : Now that we have everyone's curiosity, ...

11:36:51 From Shannon Mullen : Shannon mullen, Jamestown NY

11:37:19 From Priscilla : Priscilla from Nanaimo Canada

11:38:04 From Jolene : Replying to "Anna Harris here fro..."

Hi Anna! I moved from Pflugerville last summer. Lived there 27 years. Nice to meet you here. I'm a licensed therapist for TX but live in Maryland now.

11:38:05 From Michelle H. : Michelle from Las Vegas

11:38:12 From Dayna Martin : Hello! Dayna Martin, Williston, North Dakota.

11:38:26 From Priya : Devapriya from CA

11:38:42 From Helenmary : Good Morning from VIRGINIA! --Helenmary

11:38:54 From Dodie Smith : Dodie Smith, Wake Forest, NC, Sorry I'm late, computer issues!

11:39:07 From Amy Gillesby's iPhone : Amy G Mi.

11:39:38 From Audrey Whitaker : that is fascinating

11:39:41 From Joelma Kosciuszko, FL : Joelma Kosciuszko, FL

11:39:43 From Jessica Evans : Who know!? So you relax on exhale?

11:39:45 From Kendra : Great help when in public, in a court session, etc.

11:39:47 From Jessica Evans : Who knew\*

11:40:04 From Joy Forrest : Replying to "Who know!? So you re..."

Yes

11:40:06 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "Great help when in p..."

Amen

11:40:18 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "Who know!? So you re..."

Sneaky Jesus making our bodies so cool!

11:40:38 From Angi Beery : Reacted to "Sneaky Jesus making ..." with ❤️

11:40:51 From Naomi Jubilee : [Kegel Video- PTSD Technique Video](https://youtu.be/82JkEfWsF3U)  
<https://youtu.be/82JkEfWsF3U>

11:40:55 From Angi Beery : ...and it really does work!!!

11:40:57 From Lynns : Using the vagus nerve approach has helped me so much.

11:41:01 From Kendra : Reacted to "Sneaky Jesus making ..." with ❤️

11:41:18 From Angi Beery : Reacted to "Using the vagus nerv..." with 👍

11:41:22 From Lisa Velasquez : Lisa from Montrose, CO

11:41:22 From Kendra : Reacted to "Using the vagus nerv..." with 👍

11:41:28 From Ann West : Ann West from NC

11:41:32 From Kendra : Reacted to "Kegel Video- PTSD Te..." with 👍

11:41:41 From Amy : Amy from Montana

11:42:02 From Amy : Having trouble with my video again. I'll see if John can help me again....

11:42:06 From iPhoneTina Lawson : Tina Vero Beach, Florida 🌻

11:43:09 From Jennifer Burkholder : Jen Burkholder VA

11:44:26 From Katharine : Katharine Kofoed-Nielsen, Denmark, sorry I'm late. tech issues.

11:44:28 From Kamilla : Remember 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!!

11:45:27 From Kendra : Reacted to "Remember to breathe,..." with ❤️

11:45:28 From Naomi Jubilee : we can probably stitch the videos together

11:45:49 From m m : moni mali nc

11:45:59 From Deborah Stahl Waters : Deborah Stahl Waters Macon Ga

11:46:45 From Kendra : Reacted to "we can probably stit..." with 👍

11:47:24 From iPhoneTina Lawson : Amen Joy...So Grateful to KNOW there can be HEALING  
💔💔💔 Because of Jesus ❤️

11:47:44 From Joy Forrest : Reacted to "Amen Joy...So Grateful..." with ❤️

11:47:49 From iPhoneTina Lawson : Reacted to "Remember to breathe,..." with ❤️

11:48:17 From Kamilla : ACE Study - Adverse Childhood Experiences

11:48:38 From iPhoneTina Lawson : Replying to "Remember to breathe,..."

So Appreciate the reminder Beautiful Y 😊 U 🌻

11:49:02 From Lynns : Thank you Kamille

11:49:10 From Rochelle Juola : Rochelle J Folly Beach, SC

11:50:14 From Jessica Evans : Yes, have loved learning about that- Post traumatic growth!

11:50:24 From Christy : wonderful! Post traumatic growth!!

- 11:50:38 From Lynn MN iPhone : Much stronger and more connected to the Lord.
- 11:50:43 From Amy : Reacted to "wonderful! Post trau..." with ❤️
- 11:51:12 From Joy Forrest : Reacted to "Yes, have loved lear..." with ❤️
- 11:51:22 From Tara : Helping them to know who God says they are IN CHRIST; that that is their identity. Their abuse is then not their identity or defines personhood.
- 11:51:32 From Joy Forrest : Reacted to "Helping them to know..." with ❤️
- 11:51:36 From Brooke Eggen : Reacted to "Helping them to know..." with ❤️
- 11:51:48 From Laurie Tims : Beth Moore says, "it wasn't worth it, but it means something."
- 11:52:06 From Helenmary : It helps to know your approximate "time line" in trauma healing, though I know that varies.
- 11:52:23 From Lynns : I can say I am not totally grateful for my abuse yet. But getting closer everyday. Thanks Joy
- 11:52:25 From Tabitha Westbrook, LMFT, LCMHC, LPC : We comfort others with the comfort we ourselves have been given by God. Trauma sucks, but thankfully God wastes nothing. And also, He isn't rejoicing in our suffering. He weeps with us.
- 11:52:31 From Amy : Reacted to "We comfort others wi..." with 👍
- 11:52:32 From Katharine : Reacted to "We comfort others ..." with ❤️
- 11:52:35 From Joy Forrest : Reacted to "I can say I am not t..." with 👍
- 11:52:40 From Joy Forrest : Reacted to "We comfort others wi..." with 👍
- 11:52:46 From Audrey Whitaker : Reacted to "We comfort others wi..." with ❤️
- 11:52:50 From Christy : Reacted to "We comfort others wi..." with ❤️
- 11:52:56 From Kendra : Replying to "We comfort others wi..."
- II Cor. 1:3-4 - I was just looking this one up!
- 11:53:04 From Tanja Jarvis : Replying to "It helps to know you..."
- I was thinking the same thing. so helpful
- 11:53:05 From iPhoneTina Lawson : Yes, So Agree Joy, In my life I KNOW & Depend on God like I would never have known without going through what I have 🥰🦋
- 11:53:09 From Kendra : Reacted to "We comfort others wi..." with ❤️
- 11:53:11 From Angi Beery : Reacted to "We comfort others wi..." with ❤️
- 11:53:39 From iPhoneTina Lawson : Reacted to "We comfort others wi..." with ❤️

11:53:41 From Helenmary : QUESTION: What can I say to children/relatives who expect me to "Get over it and move on NOW?" when I'm not even two years out of contact with ex. So many expect us to be DONE--and though I'm making real progress, they don't acknowledge that--they think it should be OVER.

11:54:27 From Audrey Whitaker : at the end of the story of Joseph, he says What man meant for evil, God meant for good.

11:54:33 From Helenmary : They think the LORD will solve it instantly.

11:54:33 From iPhoneTina Lawson : Replying to "QUESTION: What can ..."

Good question 🤔...I'm experiencing the same.

11:54:35 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "QUESTION: What can ..."

Everyone's process is different and the longer trauma was occurring, the longer it takes to heal. Just like grief takes what it takes, trauma healing takes what it takes. It's a process.

11:54:48 From Lisa Velasquez : That is truth!!

11:54:49 From iPhoneTina Lawson : Reacted to "QUESTION: What can ..." with ❤️

11:54:55 From Katharine : Reacted to "at the end of the ..." with ❤️

11:54:58 From Tanja Jarvis : 😏 Minor Deities

11:55:14 From iPhoneTina Lawson : Reacted to "Everyone's process i..." with ❤️

11:55:20 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "😏 Minor Deities"

Except oncologists. They're the ones who know they aren't magical.

11:55:38 From Joy Forrest : Reacted to "Except oncologists. ..." with 👍

11:55:47 From Joy Forrest : Reacted to "😏 Minor Deities" with 😂

11:56:04 From Keri Drowatzky : You have the the doctor just right. They know it all. I like the minor deity idea. Very clever 😂

11:56:14 From Brooke Eggen : Reacted to "Except oncologists. ..." with 👍

11:56:18 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "QUESTION: What can ..."

A good example might be - car wreck with multiple serious injuries can take years to heal, whereas a bruised foot may take less time.

11:56:30 From iPhoneTina Lawson : Reacted to "Except oncologists. ..." with 👍

11:56:37 From Joy Forrest : Reacted to "A good example might..." with 👍

11:56:43 From Tanja Jarvis : Reacted to "Everyone's process i..." with ❤️

11:56:52 From Joy Forrest : Replying to "QUESTION: What can ..."

Great analogy.

11:56:53 From Kamilla : **Four F's of Trauma Responses -**

**Fight**

**Flight**

**Freeze**

**Fawn**

11:56:55 From Tanja Jarvis : Reacted to "A good example might..." with ❤️

11:57:03 From Cindy Stashenko : I really do not think ALL MD's feel that way. I wonder are you really referring to psychiatrists?

11:57:09 From Keri Drowatzky : I have worked medical for 45 years and have seen so many of these docs put themselves above others.

11:57:13 From Brooke Eggen : Trauma is a soul wound.

11:57:19 From Tabitha Westbrook, LMFT, LCMHC, LPC : Reacted to "Trauma is a soul wou..." with ❤️

11:57:23 From Kamilla : PLUS MORE F's of Trauma Response to come later in this course.

11:57:28 From Audrey Whitaker : Reacted to "Trauma is a soul wou..." with 🙌

11:57:39 From Cheryl Bennett : Reacted to "Trauma is a soul wou..." with ❤️

11:57:42 From Kendra : Replying to "QUESTION: What can ..."

Yes, Tabi, especially when the abuse often continues post-separation - via the courts, using the children or church against her, emotional manipulation, etc.

11:58:13 From Kendra : Reacted to "Everyone's process i..." with ❤️

11:59:05 From iPhoneTina Lawson : Replying to "They think the LORD ..."

Yet when there's "spiritual abuse" (which this seems)...I've now come to believe that we PARTNER w' God ❤️

11:59:14 From Tabitha Westbrook, LMFT, LCMHC, LPC : Reacted to "Yes, Tabi, especiall..." with 👍

11:59:59 From Tanja Jarvis : Reacted to "Yes, Tabi, especiall..." with 👍

12:00:15 From Kelly Barton : Replying to "QUESTION: What can ..."




Me too! Experiencing similar now. I have gotten remarried and it has been HARD! I am the healthiest I have ever been and people keep making comments about me not moving forward and needing to move on.

12:00:21 From Tanja Jarvis : Replying to "QUESTION: What can ..."

yes, the abuse doesn't just stop when you leave, it keeps going

12:00:37 From Susanne : QUESTION: What if someone has gone 10-12 years without Trauma therapy? Would it still be helpful?

12:00:46 From Joelma Kosciuszko, FI : Any healthy individual that keeps getting cut over and over on the same place by the abuser, will develop C-PTSD.

12:00:48 From iPhoneTina Lawson : Reacted to "Trauma is a soul wou..." with 

12:01:02 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "QUESTION: What if so..."

I think if there are stuck things then absolutely!

12:01:15 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "Any healthy individu..."

Death by 1000 paper cuts.

12:01:32 From Kendra : Humans have 12 pairs of ribs, so 18 individual broken ribs is possible - and incredibly painful!

12:01:38 From Lynns : Susanne it was helpful for me to get more therapy even being without for a while.


12:01:39 From Helenmary : Great analogy and insights--THANK YOU! I appreciate that.

12:01:39 From Gunita : Gunita P.- Miami, FL

12:01:47 From Chief : Late today... VBS comittment, Gerry Bissell (aka Chief) Indpls IN

12:01:49 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "Humans have 12 pairs..."


Thank you for that!! Now I will keep that fact forever!

12:02:24 From Kendra : Reacted to "Thank you for that!!..." with 

12:02:25 From Tara : Question: how do you encourage them to respond when they have been told not to use metaphors when talking about the abuse?

12:03:05 From Keri Drowatzky : More like taking 1 day at a time.

12:03:14 From Susanne : Thank you!

12:03:32 From Joy Forrest : Reacted to "Me too! Experiencing..." with 

12:03:48 From Tanja Jarvis : Reacted to "Thank you for that!!..." with 

12:03:50 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "Question: how do you..."

Good gravy - metaphors are used in the Bible! (Think parable). So maybe call it a parable and go from there? Also, you can use info from this class - we'll cover neuroscience stuff.

12:03:52 From Joy Forrest : Reacted to "Any healthy individu..." with 👍

12:03:59 From Tabitha Westbrook, LMFT, LCMHC, LPC : Reacted to "More like taking 1 d..." with 👍

12:04:25 From iPhoneTina Lawson : Because my church of 25 years was part of my trauma 💔 What was helpful for me was finding support groups that "understand" (where we can be safe to be where we are)...Like: Arise, Conquer, CTP is when my healing started 🥰🦋...I now KNOW that God was making a way even when I didn't see it ❤️

12:04:26 From Lisa Velasquez : What is the name of the book you just mentioned, Dr. Debra?

12:04:33 From Audrey Whitaker : QUESTION do we have a list of good trauma informed therapists in various states? since Tabi isn't licensed in KS?? :)

12:04:48 From Chris's iPhone : Chris yoder Goshen IN

12:04:55 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "What is the name of ..."

### When the Body Says No, Gabor Maté

12:05:09 From Lisa Velasquez : I am a trauma informed therapist in Colorado (LMFT)

12:05:10 From Katharine : QUESTION: how do you explain trauma to people who think it only applies to newspaper-type experiences like seeing your entire family shot or something incredibly dramatic. how do you talk about your ACES or emotionally abusive marriage, without it sounding like you are being some kind of drama queen, making too big a deal of things?

12:05:12 From iPhoneTina Lawson : Reacted to "Great analogy and in..." with 👍

12:05:22 From Joy Forrest : Reacted to "Because my church of..." with 👍

12:05:34 From iPhoneTina Lawson : Reacted to "Any healthy individu..." with 🙄

12:06:13 From Cheryl Bennett : I couldn't open the link.

12:06:18 From Tanja Jarvis : Replying to "I am a trauma inform..."

where in Colorado? I'm in Castle Rock and am looking for a trauma therapist! mine had to move away and close her practice a couple of years ago.

12:06:30 From Katharine : Replying to "SUPPORT GROUP LINK..."

highly recommend!

12:06:36 From Brooke Eggen : Replying to "I couldn't open the ..."

Working on it!! Thank you!

12:06:38 From Amy : Reacted to "I am a trauma inform..." with ❤️

12:06:39 From Joy Forrest : Replying to "QUESTION do we have ..."

Our local advocates often know good local therapists. We do keep a list, but I think you'd need to contact one of our advocate coordinators, Brooke or Porsche.

12:06:45 From Lisa Velasquez : Replying to "I am a trauma inform..."

I'm in Montrose, CO

12:06:46 From Cheryl Bennett : Reacted to "Working on it!! Than..." with 👍

12:06:59 From Joy Forrest : Replying to "QUESTION do we have ..."

Sorry, auto correct misspelled Porscha

12:07:17 From iPhoneTina Lawson : Replying to "Any healthy individu..."

For sure can't begin to heal when in survival mode 💔

12:07:22 From Kamilla : We are attempting to correct the Support Group Link.

12:07:34 From Tabitha Westbrook, LMFT, LCMHC, LPC : If you're a licensed therapist - I'd love to connect with you & I'd love to schedule a virtual coffee date with you all! Reach out to [info@thejourneyandtheprocess.com](mailto:info@thejourneyandtheprocess.com) so we can maybe get a group together!

12:07:53 From Audrey Whitaker : Reacted to "Our local advocates ..." with 👍

12:08:10 From iPhoneTina Lawson : Reacted to "Death by 1000 paper ..." with 😞

12:08:11 From Cheryl Bennett : I couldn't open that one either.

12:08:21 From Joy Forrest : Reacted to "If you're a licensed..." with ❤️

12:08:27 From m m : that's why I am so passionate about ongoing education, school was my escape, thank u dr debra!

12:08:33 From Kamilla : Sorry about this all.....Try this link for the Support Group at CTPM: <https://docs.google.com/forms/d/e/1FAIpQLSevwhWOilrRI4M22UZ5c3GCoClnPzVacOD1yzJkxiT3m9ZzsA/viewform>

12:08:39 From Brooke Eggen : Reacted to "Sorry about this all..." with ❤️

12:08:47 From Tabitha Westbrook, LMFT, LCMHC, LPC : Reacted to "that's why I am so p..." with 👍

12:09:14 From Deborah Stahl Waters : Reacted to "If you're a licensed..." with ❤️

12:09:43 From Christine Felser : I would question who is wanting the information, and why, and are they trustworthy.

- 12:09:44 From Deborah Stahl Waters : Reacted to "Remember to breathe,..." with ❤️
- 12:09:46 From Deborah Stahl Waters : Removed a ❤️ reaction from "Remember to breathe,..."
- 12:09:50 From Deborah Stahl Waters : Reacted to "Remember to breathe,..." with ❤️
- 12:10:12 From Beth Burke : Replying to ""

The safety of CTPM support group gave me an outlet and safe people to share and dump on and helped me keep that to a minimum with my family

- 12:10:23 From iPhoneTina Lawson : Reacted to "I would question who..." with 👍
- 12:10:46 From Tanja Jarvis : Reacted to "Sorry about this all..." with ❤️
- 12:10:54 From Deborah Stahl Waters : Reacted to "We comfort others wi..." with ❤️
- 12:10:58 From Helenmary : Seeing a documentary on War Time PTSD was how I first recognized I had the same symptoms--only worse in some ways, as you are saying Joy. The TRAUMA was still going on--I wasn't out of it.
- 12:11:01 From Kendra : Reacted to "If you're a licensed..." with ❤️
- 12:11:30 From Cheryl Bennett : Reacted to "Sorry about this all..." with 👍
- 12:11:30 From Kendra : Reacted to "I would question who..." with 👍
- 12:11:44 From Joy Forrest : Reacted to "I would question who..." with 👍
- 12:11:47 From Katharine : Replying to "Seeing a documenta..."

what was the name of the documentary?

- 12:11:51 From Laurie Tims : Replying to "QUESTION: how do you..."

So important for us to understand that our trauma is legit even if it's not like movies. Sometimes we stay because of our belief that it's not that bad.

It's hard when others don't understand. :(

- 12:11:58 From Kendra : Reacted to "The safety of CTPM s..." with ❤️
- 12:12:20 From Joy Forrest : Reacted to "The safety of CTPM s..." with ❤️
- 12:12:26 From Tabitha Westbrook, LMFT, LCMHC, LPC : Reacted to "So important for us ..." with ❤️
- 12:12:29 From m m : thank u
- 12:12:30 From Rachel Smith : A therapist once told me, "Beauty is in the eye of the beholder, and so is trauma." That resonated. I have no idea who originally said that.
- 12:12:44 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "A therapist once tol..."

This therapist says amen.

12:12:57 From Brooke Eggen : I read this book recently and it was really helpful in understanding Complex-PTSD and detailing ways to get tackle trauma: Complex PTSD by Pete Walker [https://www.amazon.com/s?k=pete+walker+complex+ptsd+from+surviving+to+thriving&crd=L2IEK2MY3C32&sprefix=pete+walk%2Caps%2C198&ref=nb\\_sb\\_ss\\_ts-doa-p\\_1\\_9](https://www.amazon.com/s?k=pete+walker+complex+ptsd+from+surviving+to+thriving&crd=L2IEK2MY3C32&sprefix=pete+walk%2Caps%2C198&ref=nb_sb_ss_ts-doa-p_1_9)

12:13:57 From iPhoneTina Lawson : Love ❤️ you ladies as you remind me that it's good to laugh 😂 at & give ourselves GRACE 😊

12:14:00 From Ariella : pilates is great

12:14:06 From Brooke Eggen : Reacted to "A therapist once tol..." with ❤️

12:14:17 From Lynns : QUESTION Does anyone know who we contact to join I a support advocacy opportunity? Brooke and Joy mentioned we were to receive an email with these opportunities. I have not yet received it.

12:14:22 From Kendra : Reacted to "pilates is great" with 👍

12:14:31 From Cheryl Bennett : Reacted to "So important for us ..." with ❤️

12:15:02 From iPhoneTina Lawson : Reacted to "I read this book rec..." with 👍

12:15:13 From Anna Harris : Pilates are great and have stretching classes, with none of the spiritual aspects.

12:15:39 From Audrey Whitaker : I stopped doing Yoga after learning more about it which I had done for years, and do pilates instead. no judging but, I honestly have less pain since switching for me personally.

12:16:04 From Anna Harris : Reacted to "I stopped doing Yoga..." with 👍

12:16:11 From iPhoneTina Lawson : Havening & Tapping is helpful for me as well as some you just mentioned 🧡

12:16:30 From Joy Forrest : Reacted to "I stopped doing Yoga..." with 👍

12:16:50 From Ariella : The Girl with the Mat on you tube has gentle pilates and for people with health issues too-

12:16:58 From Amy : Reacted to "This therapist says ..." with ❤️

12:17:05 From Joy Forrest : Replying to "I stopped doing Yoga..."

Does Pilates use deep breathing too? When I did it it didn't.

12:17:15 From Joy Forrest : Reacted to "Havening & Tapping i..." with 👍

12:17:18 From Brooke Eggen : Replying to "QUESTION Does anyone..."

Lynn can you send me an email and ask your questions, please? [Brooke@calledtopeace.org](mailto:Brooke@calledtopeace.org)

12:17:29 From Joy Forrest : Reacted to "Lynn can you send me..." with 👍

12:17:40 From iPhoneTina Lawson : Reacted to "A therapist once tol..." with ❤️

12:17:47 From Lynns : Thank you Brooke

12:17:57 From Anna Harris : Replying to "I stopped doing Yoga..."

Yes, Pilates usually includes a lot of breathing exercises. It may depend on the instructor.

12:18:02 From Joy Forrest : Reacted to "Yes, Pilates usually..." with 👍

12:18:15 From Kendra : Reacted to "I stopped doing Yoga..." with 👍

12:18:22 From Petra Charlotte NC : AMEM DR DEBORAH !!!

12:18:26 From Audrey Whitaker : Replying to "I stopped doing Yoga..."

I just do the breathing on my own or when I do random videos specifically for stretching... cause I did love the breathing and relaxing part of yoga

12:18:46 From Yuklin : Y Ling NY sorry I'm late

12:19:25 From Tabitha Westbrook, LMFT, LCMHC, LPC : Reacted to "The Girl with the Ma..." with 👍

12:19:41 From Joy Forrest : Reacted to "I just do the breath..." with 👍

12:22:05 From Kamilla : As advocates: We hear her pain....We validate her pain.....We help her find resources. -Dr. Debra

12:22:08 From Audrey Whitaker : oh my goodness, flop, yes, after awhile, laying on the floor blankly becomes the only thing you can do, at least that has been me!! is that what flop means??

12:22:16 From Petra Charlotte NC : qUESTION TRAUMA TRAINED VS trauma informed?

12:22:16 From Tara : Replying to "Question: how do you..."



12:22:26 From C. Joston : The way my trauma therapist speaks of healing work has been helpful in encouraging me to stay committed to the process. They would say it like this, "I am open to allow those qualified (Jesus, therapists, etc.) to do their work. As we partner together, I continue to receive healing as things come up." My part is simply being open to allowing professionals, especially Jesus, to do what only they can do. In my most difficult moments this language made it so much less weighty to keep applying myself to the healing process. I just wanted to mention in the event someone is working on behalf of someone hesitant to get the help they need.

12:22:34 From Kamilla : Dr. Debra Wingfield Eyes Wide Open <https://tinyurl.com/37wb53z4>

12:22:39 From Joelma Kosciuszko, FI : The six years abuse me and my kids suffered on the hands of my pastors, congregation and ex husband, was THE most toxic stress we've experienced. The harm their actions caused, held us back in life and it will take years to heal.

12:23:05 From Joy Forrest : Reacted to "The way my trauma th..." with 👍

12:23:05 From Tabitha Westbrook, LMFT, LCMHC, LPC : Blog I wrote on questions to ask a therapist: <https://thejourneyandtheprocess.com/how-to-find-a-trauma-therapist-in-wake-forest/>

12:23:17 From Joy Forrest : Reacted to "Blog I wrote on ques..." with ❤️

12:23:31 From Jennifer's Tablet : I've worked with some that are trauma informed but not coercive control informed. My former coworkers who were trauma informed though were the ones open to learning more. The others dealt with a lot of "abuse is on a spectrum" or mutuality

12:23:37 From Lynns : Thank you Tabi

12:23:44 From Joelma Kosciuszko, FI : Reacted to "Blog I wrote on ques..." with ❤️

12:23:44 From Kendra : Reacted to "Blog I wrote on ques..." with ❤️

12:24:02 From C. Joston : Reacted to "The way my trauma ..." with 👍

12:24:04 From C. Joston : Removed a 👍 from "The way my trauma ..."

12:24:08 From Joy Forrest : Replying to "I've worked with som..."

Yes, for sure!

12:24:57 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "I've worked with som..."

Agreed.

12:25:33 From Anna Harris : Reacted to "Hi Anna! I moved fro..." with 👍

12:25:59 From Rebecca Elias, Austin, Tx : I forgot to sign in earlier...Rebecca Elias, Austin, Tx

12:26:08 From Keri Drowatzky : Very true. My dad verbally abused me, making me fear him as a kid. I was intimidated by him even before he died 17 yrs ago. I told him at one point that he hurt me and he told me , he didn't hurt me like his father did him. One situation compared to another. He didn't really hear me. The abusive man isn't going to hear the lady. He's going to use the comments to further fuel the fire and will even compare his past situations with how his father treated his mother, etc..no use in talking to him.

12:26:16 From Audrey Whitaker : lol I feel this.. the freak out..

12:26:36 From Katharine : Reacted to "Very true. My dad ..." with ❤️

12:26:48 From Tabitha Westbrook, LMFT, LCMHC, LPC : We are the thermostat as advocates.

12:27:00 From Anna Harris : Replying to "Anna Harris here fro..."

Ok.....now I remember who you are!! We met in the dining room at the retreat! Took me a minute. 😊

12:27:00 From Amy : Reacted to "lol I feel this.. th..." with 👍

12:27:22 From Katharine : I do that withy my 2yearold! it works!

12:27:53 From Joy Forrest : Reacted to "I do that withy my 2..." with 👍

12:28:12 From m m : I was just laughing with the lady beside me bc I am going to town on my gum (one of my quick de-stressors) thought I was irritating her, she was worried she was offending me with her coffee breath

12:28:29 From Joy Forrest : Reacted to "I was just laughing ..." with 😂

12:29:21 From Amy : Reacted to "I was just laughing ..." with 😂

12:29:54 From Rowena Slusser : This may seem redundant, but trafficking, specially sex trafficking causes psychological trauma. Domestic sex trafficking is happening at a higher rate than most think.

12:30:10 From Amy : Reacted to "This may seem redund..." with 👍

12:30:13 From Joy Forrest : Replying to "This may seem redund..."

Absolutely!!

12:30:15 From Amy : Removed a 👍 reaction from "This may seem redund..."

12:30:22 From Amy : Reacted to "This may seem redund..." with 👍

12:30:25 From m m : PRAISE GOD!!!

12:30:50 From Audrey Whitaker : AMEN!!! my kids are proof of this

12:31:10 From Becky Sewell : Good morning! Becky From Idaho

12:31:33 From m m : Celebrate Recovery and Recovery Alive drop here

12:32:01 From Amy : Replying to "This may seem redund..."

Recent news article from yesterday about a Sheriff's Captain caught on video sexually abusing his 9 year-old in public on a cruise ship. Yet his response was that his behavior "was not intended to be sexual in nature at all" inspite of his 9 year old pushing his hands away multiple times. Sickening.

12:33:03 From Joy Forrest : Reacted to "Recent news article ..." with 🙄

12:33:21 From Tabitha Westbrook, LMFT, LCMHC, LPC : Reacted to "Recent news article ..." with 🙄

12:35:31 From Lynns : Children respond well to open ended questions.

12:37:29 From Anna Harris : Reacted to "I forgot to sign in ..." with 👍



12:37:34 From Kendra : 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.

12:38:09 From Tabitha Westbrook, LMFT, LCMHC, LPC : Reacted to "Remember to take goo..." with ❤️

12:38:35 From Tina Lawson : I say that All the time (even to myself) "We only know what we know"... "But now we KNOW DIFFERENT we can DO DIFFERENT".

12:39:10 From Rochelle Juola : Reacted to "I say that All the t..." with ❤️

12:39:12 From Tina Lawson : Reacted to "This may seem redund..." with 🙄

12:39:15 From Tabitha Westbrook, LMFT, LCMHC, LPC : Reacted to "I say that All the t..." with ❤️

12:39:20 From Rochelle Juola : Reacted to "I say that All the t..." with ❤️

12:40:52 From Tina Lawson : Replying to "Celebrate Recovery a..."

I found "Celebrate Recovery" (which I went for a time for local community) to be victim blaming as far as pushing "Codependency"

12:41:09 From Joy Forrest : Reacted to "I found "Celebrate R..." with ❤️

12:41:12 From Joy Forrest : Removed a ❤️ reaction from "I found "Celebrate R..."

12:41:15 From Joy Forrest : Reacted to "I found "Celebrate R..." with 👍

12:41:30 From Tina Lawson : Reacted to "We are the thermosta..." with 👍

12:41:38 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "Celebrate Recovery a..."

Celebrate Recovery can be helpful if they have a good leader who understands abuse.

12:41:48 From Naomi Jubilee : we get puppies to reduce stress..... ;-)

12:41:54 From Amy : **QUESTION: How would you address a trauma victim's statements that the abuse that was allowed in the Bible is the reason they're not God followers today? Angry at a God who allows this to go on...**

12:41:55 From Jennifer's Tablet : Reacted to "we get puppies to re..." with ❤️

12:42:00 From Kendra : Reacted to "we get puppies to re..." with ❤️

12:42:37 From Tina Lawson : Reacted to "Blog I wrote on ques..." with ❤️

12:43:26 From DeniseS : Reacted to "we get puppies to re..." with ❤️

12:43:51 From Lynns : Using the five senses pulled me through many situations.

12:43:52 From Keri Drowatzky : Amazing how a woman is raped then she turned around being considered to be of no worth, no use in the Mid Eastern world. Something not of her fault. She's no good and can be outcasted or murdered by her family and others.

12:44:27 From Tina Lawson : Question 🤔 :There was a HAND 🖐️ in bags last year, I re it being helpful & gave to my daughter...what was that ?

12:44:49 From Kendra : I had a panic attack once while grocery shopping. The refrigerator section was thankfully nearby and I opened the doors and was "carefully examining" my coffee creamer options.

12:45:00 From Joy Forrest : Reacted to "I had a panic attack..." with 👍

12:45:03 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "I had a panic attack..."

Great skill!!

12:45:12 From Joy Forrest : Replying to "I had a panic attack..."

Perfect, Kendra!

12:45:21 From Jennifer's Tablet : Replying to "Amazing how a woman ..."

It's crazy because even today in many eastern cultures shame and responsibility for family honor rests on the woman. I saw this a lot living in two different Eastern cultures on opposite sides of the world

12:45:24 From Angi Beery : Reacted to "Amazing how a woman ..." with 👍

12:45:30 From Angi Beery : Removed a 👍 reaction from "Amazing how a woman ..."

12:45:38 From Angi Beery : Reacted to "I had a panic attack..." with 👍

12:45:55 From Jen Johnson : I use peppermint too

12:47:05 From Tina Lawson : I get out in the 🌻 & walk (pool if I can't get to Ocean)...or play w' my flowers 🌸 plants 🌱 ...

12:47:18 From Joy Forrest : Reacted to "I get out in the 🌻 ..." with 👍

12:47:30 From Kendra : Reacted to "I get out in the 🌻 ..." with 👍

12:47:33 From Tabitha Westbrook, LMFT, LCMHC, LPC : **This is a free little skills video I offer with the TIP skill** - <https://taking-every-thought-captive.teachable.com/p/bonus-skill/>

12:48:03 From Tina Lawson : Reacted to "I had a panic attack..." with 👍

12:48:29 From Brooke Eggen : Reacted to "I get out in the 🌻 ..." with ❤️

12:48:29 From Keri Drowatzky : Weighted blankets

12:48:30 From Amy : I understand the "immobilized" position really well.

12:48:37 From Kendra : Reacted to "Weighted blankets " with 👍

12:48:38 From Angi Beery : Reacted to "This is a free littl..." with 👍

12:49:11 From Naomi Jubilee : i'm still voting puppies lol

12:49:24 From Anna Harris : Reacted to "i'm still voting pup..." with ❤️

12:49:33 From Brooke Eggen : Replying to "Question 🤔 :There..."

I know what you are talking about but I can't remember what it was. It was in the swag bags at the retreat?

12:49:33 From Anna Harris : Replying to "i'm still voting pup..."

agree!

12:50:22 From Kendra : Reacted to "i'm still voting pup..." with ❤️

12:50:29 From Kamilla : Bessel van der Kolk, M.D. – The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma. <https://a.co/d/evYuziT>

12:50:37 From Tina Lawson : Replying to "Question 🤔 :There..."

The year before...it helped my daughter but she's an adult in Pa.

12:50:56 From Kendra : Replying to "i'm still voting pup..."



12:51:06 From Anna Harris : I've also heard another "F" Flooding, when triggered feeling completely flooded and overwhelmed with emotions.

12:51:22 From Joy Forrest : Replying to "Question 🤔 :There..."

It was called the COPE kit. I was trying to find one, but couldn't

12:52:06 From Katharine : QUESTION: what does protean mean?

12:52:10 From Tina Lawson : Reacted to "It was called the CO..." with 👍

12:53:18 From Kelly Barton : My child has trouble sleeping by herself when she comes home. She's 7. By the time she works it out she has to go back and we have to redo everything. Anyone with similar situation and tips I'd be grateful to connect! Kelly, the Parenting Traumatized Children course may be helpful [https://www.houseofpeacepubs.com/parent\\_cc\\_children.htm](https://www.houseofpeacepubs.com/parent_cc_children.htm)

12:57:05 From Jennifer's Tablet : Dr Karen Purvis (on YouTube) has great resources on helping dysregulated kiddos. I used her methods a lot with special needs kids, foster kids and refugee kids. She has passed away but her videos are still helpful. A lot of what Dr Debra is talking about is similar to what she teaches in her IDEAL response. Highly based in attachment theory and connection over correction. I think it would be very helpful for kids in these situations of domestic abuse. She is out of Texas Christian University

12:57:39 From Joy Forrest : Reacted to "Dr Karen Purvis (on ...)" with ❤️

12:58:40 From Kendra : Lots of thyroid issues

12:59:10 From Jennifer's Tablet : IDEAL response video Dr Karen Purvis  
<https://youtu.be/cuDh85R3rtc>

12:59:45 From Joy Forrest : Replying to "Lots of thyroid issu..."  
Yes for sure! And adrenal fatigue.

12:59:53 From Joy Forrest : Reacted to "IDEAL response video..." with 👍

13:00:29 From Kendra : Reacted to "Yes for sure! And ad..." with 👍

13:00:49 From Amy Paquette : I was told I was not allowed to cry in front of my husband and my son. Ugh.

13:01:06 From Katharine : Reacted to "I was told I was n..." with 😞

13:01:27 From Kendra : Replying to "Lots of thyroid issu..."  
Yes, from hypervigilance

13:01:44 From Tanja Jarvis : Reacted to "Dr Karen Purvis (on ..." with ❤️

13:01:47 From Tina Lawson : Was so me...NEVER ALLOWED TO HAVE MY FEELINGS...I NOW LOVE MYSELF Enough to "have my feelings but not let them HAVE Me " 🥰

13:01:57 From Petra Charlotte NC : My d was told at work not to be emotional vs at the same time they wanted passionate employee's

13:02:03 From Tina Lawson : Reacted to "I was told I was not..." with 😞

13:02:30 From Kamilla : Chandora Warren. "Death By A Thousand Cuts" <https://a.co/d/i8hjXYi>

13:02:37 From Joy Forrest : Reacted to "Yes, from hypervigil..." with 👍

13:03:25 From Amy : Reacted to "Yes for sure! And ad..." with 🙌

13:03:35 From Amy : Reacted to "Yes, from hypervigil..." with 👍

13:03:48 From Brooke Eggen : For Burnout help and Prevention this is my favorite book: From Burned out To Beloved: [https://www.amazon.com/Burned-Out-Beloved-Wounded-Healers/dp/B08NLJGG3Q/ref=sr\\_1\\_1?crid=2PZS5P5O81GB7&keywords=from+burned+out+to+beloved&qid=1686070998&sprefix=from+burne%2Caps%2C285&sr=8-1](https://www.amazon.com/Burned-Out-Beloved-Wounded-Healers/dp/B08NLJGG3Q/ref=sr_1_1?crid=2PZS5P5O81GB7&keywords=from+burned+out+to+beloved&qid=1686070998&sprefix=from+burne%2Caps%2C285&sr=8-1)

13:03:56 From Tina Lawson : Replying to "I was told I was not..."  
"Jesus wept" became my favorite scripture..  
Knowing he wept not that Lazarus was dead because He was going to raise him, but rather He had compassion for the families loss ❤️

13:04:22 From Kendra : Reacted to "For Burnout help and..." with ❤️

- 13:04:39 From Jennifer's Tablet : Reacted to "Dr Karen Purvis (on ..." with ❤️
- 13:04:40 From Jennifer's Tablet : Removed a ❤️ reaction from "Dr Karen Purvis (on ..."
- 13:04:46 From Tina Lawson : Reacted to "For Burnout help and..." with ❤️
- 13:05:43 From Brooke Eggen : Pete Walker covers emotional flashbacks in his book Complex-PTSD
- 13:06:25 From Naomi Jubilee : I had an emotional flashback, also while driving, nothing was happening that I could tell but all of a sudden I had a horrible sick, panicky feeling. I realized after a minute that my wedding song was on the radio.
- 13:06:46 From Amanda : Reacted to "I had an emotional f..." with 😭
- 13:07:47 From Joelma Kosciuszko, FI : Reacted to "I had an emotional f..." with 😞
- 13:08:04 From Kendra : Reacted to "I had an emotional f..." with 😞
- 13:09:16 From Tina Lawson : I'm so grateful now to be able to regulate myself enough to help my adult daughter when she's triggered (to get through her trauma) ❤️
- 13:09:18 From Beth Burke : Reacted to "I had an emotional f..." with 😞
- 13:09:37 From Keri Drowatzky : There are some scents that can become repulsive later in life when related to a certain emergent event in life: cologne, bath soap.
- A color once liked no longer a preference due to trauma. Sounds, touches.
- 13:09:39 From m m : In last year, my 11 y.o. is afraid of all flying insects, bc stung near eye by yellow jacket at age 3
- 13:09:39 From Jennifer's Tablet : For kiddos I found that having a high sensory diet was very helpful. So when a child comes home from the ex maybe try to do a sensory soothing activity like playing with clay, slime, floam, kinetic sand. Or something that engages large muscle groups, breathing etc. Basically a lot of what we use for self regulation but kid friendly. I had some extremely disregulated kiddos stuck in the Fight, flight, freeze really grounded with high sensory activities and it helps them connect to their body again. That was something I took away from Dr Karen Purvis.
- 13:09:40 From Joelma Kosciuszko, FI : I can't make friends or be around people like I used to.
- 13:09:41 From Tina Lawson : Reacted to "I had an emotional f..." with 😞
- 13:09:46 From Susanne : This is SO helpful! I now understand why I do some of the things that I do!
- 13:10:22 From Amy : Reacted to "oh my goodness, flop..." with 👍
- 13:11:00 From Amy : Replying to "I stopped doing Yoga..."

This is helpful to me.

13:11:43 From Amy : Reacted to "The Girl with the Ma..." with 👍

13:11:45 From Kendra : Reacted to "For kiddos I found t..." with 👍

13:11:54 From Joelma Kosciuszko, Fl : I watched Shiny Happy People in one day. Was totally triggered.

13:12:17 From Tina Lawson : Things still happen to me but love knowing that I Can handle my triggers in a better way...these are such validating reminders today...

Thank you ladies ❤️

13:12:28 From Lisa Velasquez : Reacted to "Things still happen ..." with 👍

13:12:34 From Tina Lawson : Reacted to "I watched Shiny Happ..." with 😬

13:12:54 From Amy : Yes Tabitha! This is the question on how to heal this response with our kids!

13:13:21 From m m : will walk away from all men when alone

13:13:29 From Lynns : Today's class has been so good. The team is working well together. I hope to catch Porscha her input is invaluable. Thank you

13:13:39 From Jennifer's Tablet : I went from basically no startle response ever (probably not normal) to a more than normal startle response

13:13:45 From Tina Lawson : Replying to "I watched Shiny Happ..."

I have to recognize I just can't do certain things as it's too painful 😞 but freedom in knowing I CAN CHOOSE what's best for me 😊

13:14:02 From Tina Lawson : Reacted to "This is SO helpful! ..." with 👍

13:14:07 From Tanja Jarvis : Reacted to "This is SO helpful! ..." with ❤️

13:14:09 From Suzanne Jones : Yeah, all men are bad ... I'll get back with ya on that.

13:14:12 From Tanja Jarvis : Replying to "This is SO helpful! ..."

me too

13:14:23 From Helenmary : **QUESTION: I have an adult daughter who is exaggerating, inventing memories--magnifying her role as a victim--none of the reliable people in the family can honestly agree with her invented/exaggerated memories, though she INSISTS we agree with things as she remembers them. I saw this happen with a cousin until she just believed her own lies--any suggestions? Stay focused on what is your truth and accept that she had different experiences of the same situation.**

13:14:38 From Ann West : Reacted to "Yeah, all men are ba..." with 👍

13:15:09 From Tanja Jarvis : Replying to "Yeah, all men are ba..."

I still struggle with this as well

13:15:11 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "I watched Shiny Happ..."

I did, too. It was A LOT. Good, well done, informative for folks, but A LOT.

13:15:42 From Joelma Kosciuszko, FI : Replying to "I watched Shiny Happ..."

For sure!

13:15:57 From Kendra : The Scripture meditation/visualization that Beth shared at the Retreat was very meaningful in this way for me.

13:15:58 From Brooke Eggen : This book does a good job of talking about Jesus' suffering and his understanding of our suffering: The God of the Garden: [https://www.amazon.com/God-Garden-Thoughts-Creation-Culture/dp/B09K82R877/ref=sr\\_1\\_1?crd=FWYIZAP5HXPJ&keywords=God+of+the+garden&qid=1686071715&s=audible&sprefix=god+of+the+garden%2Caudible%2C153&sr=1-1](https://www.amazon.com/God-Garden-Thoughts-Creation-Culture/dp/B09K82R877/ref=sr_1_1?crd=FWYIZAP5HXPJ&keywords=God+of+the+garden&qid=1686071715&s=audible&sprefix=god+of+the+garden%2Caudible%2C153&sr=1-1)

13:16:07 From Joelma Kosciuszko, FI : Replying to "I watched Shiny Happ..."

@Tina Lawson 💕

13:16:09 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "The Scripture medita..."

Yes! So good!

13:16:39 From Beth Burke : Reacted to "The Scripture medita..." with 💕

13:16:39 From Amy : Replying to "QUESTION: I have an..."

I have a 13 year old d that is making up good memories from times past with her brother who we are estranged from at present. Not sure how to help with this; haven't said anything to her about it....

13:17:25 From Audrey Whitaker : he said " my soul is exceedingly sorrowful, even unto death" he knows!!

13:17:39 From Kendra : If we do not get to answer your QUESTION during the live class, remember that Dr. Debra will annotate the chat, and you can read her response when she posts the links.

13:17:44 From Kamilla : If your QUESTION has not yet been answered, remember that Dr. Debra will go back thru the chat and catch any unanswered questions before she sends the replay later this week.

13:17:53 From Lynns : Goodbye I need to go thanks everyone

13:18:03 From Helenmary : Thank you!

13:18:05 From Amy : "Though he slay me, yet will I serve Him"

13:18:11 From m m : thank you for ending positively  
13:18:19 From Kendra : Reacted to "thank you for ending..." with ❤️  
13:18:23 From Amy : Reacted to "This book does a goo..." with 👍  
13:18:26 From Kendra : Reacted to ""Though he slay me, ..." with ❤️  
13:18:35 From Rachel Smith : Replying to "QUESTION: I have an..."

I deal with this also. Remembering nothing positive about me.

13:18:42 From Tina Lawson : Reacted to "The Scripture medita..." with ❤️  
13:18:44 From Joelma Kosciuszko, FI : While my church betrayal was still happening, my pastor used James 4:7 against me.  
13:18:45 From Lisa Velasquez : I sure appreciate you!!  
13:18:45 From Christy : Thank you!  
13:18:50 From Amy : Reacted to "I deal with this als..." with 😬  
13:18:53 From Joelma Kosciuszko, FI : Thank you all.  
13:19:01 From Amy : Reacted to "While my church betr..." with 😬  
13:19:03 From Tina Lawson : Reacted to "Yeah, all men are ba..." with 👍  
13:19:04 From Helenmary : Thank you all--great session.  
13:19:05 From Deborah Stahl Waters : Tku Ladies for today's teaching :)