

Video Replay: <https://vimeo.com/930039892/551e08d05b?share=copy>

11:21:44 From heyam dollah to Everyone:

Good Morning All, Anne from FLorida

11:22:09 From Kendra Thurman to Everyone:

Kendra from Ohio

11:22:15 From Keri Drowatzky to Everyone:

Keri Drowatzky in Bartlesville OK

11:22:27 From heyam dollah to Everyone:

Hi Dr. Debra, hope you're well. Quick question

11:22:47 From Shelle Mossman to Everyone:

Shelle from Maryland

11:23:05 From heyam dollah to Everyone:

Who do we contact to discuss quiz results?

We will be addressing the quiz issues presented at the beginning of the next class.

11:23:16 From Shelle Mossman to Everyone:

I'm learning so much from the courses! Thank you

11:23:47 From Nancy Kantsios to Everyone:

Nancy Kantsios from Aldie, VA

11:24:35 From Lynn Loscar to Everyone:

Good Morning from Inyokern, CA

11:24:36 From Becky Sewell to Everyone:

Good Morning, Becky Sewell from Idaho

11:25:12 From Christi Douglas to Everyone:

Good morning from Colorado

11:25:45 From Brandie Ramirez to Everyone:

Hi, Brandie from Michigan

11:26:49 From Tricia Foster to Everyone:

Good Morning~Tricia in NC

11:26:51 From Shelle Mossman to Everyone:

How was everyone's Easter?

11:27:01 From Mary Jacobson to Everyone:

Mary, North Carolina

11:27:30 From Vanessa Satterfield to Everyone:

Vanessa Satterfield - North Carolina

11:27:39 From Dr. Jessica Evans to Everyone:

Jessica. Columbus OH

11:28:08 From Shelly Blankenship to Everyone:

Today, I'm joining from southern VA. Good morning!

11:28:10 From Laura Dunshee to Everyone:

Laura Dunshee, Zionsville, IN

11:28:39 From Jana Taft to Everyone:

Good morning from Western Washington! ❤️

11:29:29 From Joy Parks to Everyone:

Joy Parks Great Falls, SC

11:29:32 From Tracey Phillips to Everyone:

Greetings from California

11:29:39 From Susan Sharp to Everyone:

Susan in Kalispell, Montana. Good morning!

11:29:46 From Jana Taft to Everyone:

QUESTION: I did not receive the quiz.

11:29:47 From Tracey Phillips to Everyone:

Tracey Phillips in California

11:29:48 From Darlene Hills-Clinkscale to Everyone:

Good morning Blessings, Everyone 🙏

Darlene Hills-Clinkscale from Columbus, Ohio.

11:29:56 From Brandon Eberl to Everyone:

Brandon Eberl, Winston-Salem, NC.

11:29:57 From Tynetta Chastain to Everyone:

Tynetta Chastain from St. Louis

11:30:25 From Amy Henderson to Everyone:

Amy Henderson, Pickens, SC

11:30:26 From Karen Osborn to Everyone:

Karen Osborn from Upstate New York

11:30:31 From Tyrie Strong to Everyone:

Tyrie Strong, Northen Idaho

11:30:36 From Henry Esqueda to Everyone:

Henry Esqueda from La Mirada, CA. Hello everyone. God bless!

11:30:51 From Tina Roy to Everyone:

Good morning from Woodstock, GA

11:31:00 From Rhonda Burdett to Everyone:

Rhonda Burdett Tallmadge, OH

11:31:15 From KAMILLA to Everyone:

Porscha's Scheduling Link: <https://go.oncehub.com/PorschaGreen1>

Brooke's Scheduling Link: <https://go.oncehub.com/BrookeEggen>

11:31:20 From Susi Limon to Everyone:

Susi Limon, California

11:31:28 From Judy Brown to Everyone:

Good morning, Judy from DuPont, WA

11:31:30 From Rebecca Johnson to Everyone:

Becki Johnson from Central New York

11:31:33 From Claudia Stephens to Everyone:

Hello!! Claudia Stephens, Pickerington ,Ohio.

11:31:35 From Porscha Green to Everyone:

Hello Everyone. Porscha in NC

11:31:41 From Dr. Jessica Evans to Everyone:

Reacted to "Hello!! Claudia Ste..." with 🙌

11:31:42 From Amy Paquette to Everyone:

Amy Paquette Albuquerque NM

11:31:43 From KAMILLA to Everyone:

Porscha Green's email: Porscha@calledtopeace.org

Brooke Eggen's email (For anyone in the Pacific; Mountain Region in the USA):
Brooke@Calledtopeace.org

11:32:07 From Anne Church to Everyone:

Right, thanks!

11:32:09 From Lacie Dickens to Everyone:

Winston-Salem NC

11:32:32 From Tyne Heenan to Everyone:

Hi from Saskatchewan, Canada.

11:32:45 From Dr. Jessica Evans to Everyone:

Replying to "QUESTION: I did not ..."

Brooke says Everyone should be taking them in the google classroom but there is a link we can send them if they aren't able to access the google classroom.

11:32:53 From KAMILLA to Everyone:

2024 He Makes All Things New Women's Retreat – May 2-5 in Lake Junaluska, North

Carolina. Our theme is BELOVED! God calls us "His Beloved." He delights in us and invites us to know His deep, life-changing love!

Join Called to Peace Ministries (along with Chris Moles, Elyse Fitzpatrick, Darby Strickland, Renee Best and more) for an extended weekend and discover just how powerful

it is to know our great God's love. We invite you to rest with us as we seek to unbind the lies, fear, and anxiety that past experiences of abuse have implanted into our hearts, and walk into the freedom and peace that come from the intimate knowledge of His love.

Learn more and register here:

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

11:32:59 From Deah Embree to Everyone:

Good morning from rainy Southern Lancaster, PA.

Deah =)

11:33:13 From Cindy Baltz-King to Everyone:

Good Morning!

Cindy Baltz-King here from TN

11:33:17 From Tracey Phillips to Everyone:

Question: for the quiz, I could not find the Captivity Crime Diagram and phases.

11:33:18 From Kendra Thurman to Everyone:

Reacted to "2024 He Makes All Th..." with 

11:33:27 From Rebecca Pelletier to Everyone:

Rebecca. Central virginia

11:33:43 From Karen Wilkinson to Everyone:

Good morning from Tallmadge, Ohio

11:33:43 From Rebecca Johnson to Everyone:


LOL - taking a supplement for memory? And then you forget to take it, right?

11:33:49 From Dr. Jessica Evans to Everyone:

Replying to " Question: for the quiz, I could not find the Captivity Crime Diagram and phases."

I believe you can look back to out first course handouts for the captivity crime diagram

11:33:51 From Deah Embree to Everyone:

Reacted to "Question: for the qu..." with 

11:33:53 From Misty Stout to Everyone:

Misty Murfreesboro Tennessee

11:33:57 From cynthia peace to Everyone:

Cynthia P Pa

11:33:58 From Ingrid May to Everyone:

Ingrid May Vermont

11:34:04 From Rose to Everyone:

Rose from gA, been on since 11:15 but forgot to sign on in chat

11:34:30 From LeAnne Parsons to Everyone:

Good morning from AZ- LeAnne Parsons here...

11:34:40 From JoAnna Schultz to Everyone:

JoAnna Schultz, Murrieta Ca

11:34:59 From Traci Criswell to Everyone:

Traci Criswell Dundee Oregon

11:35:05 From KAMILLA to Everyone:

REMINDER: If you have a question in the chat, please put QUESTION in all caps and then proceed

with your question. This makes it easier for our team to catch those all-important questions!!

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

11:35:07 From Jennifer Hunt to Everyone:

Good morning from Evergreen CO 🌲🌅

11:35:13 From Kendra Thurman to Everyone:

Reacted to "LOL - taking a suppl..." with 😂

11:35:18 From Rebecca Johnson to Everyone:

Reacted to "Good morning from AZ..." with ❤️

11:35:24 From Karyn Russo to Everyone:

Amen! Karyn Russo NY

11:35:27 From Pamela Boswell to Everyone:

Pamela Boswell Montgomery alabama

11:35:39 From Laura Lathrop to Everyone:

Laura Lathrop - Attica, IN

11:35:43 From Helenmary Brown to Everyone:

Good Morning, Helenmary from South Central VIRGINIA.

11:35:59 From Susan Sharp to Everyone:

Joy - I think you're right in thinking your forgetfulness is because there's too much on your plate. You should be better after the retreat!

11:36:04 From Porscha Green to Everyone:


No no no Joy! You are just busy

11:36:09 From Jana Taft to Everyone:

Replying to "QUESTION: I did not ..."

Thank you.


11:36:10 From Deah Embree to Everyone:

Reacted to "Joy - I think you're..." with 

11:36:17 From Ingrid May to Everyone:

Joy, You make me laugh!!

11:36:27 From Deah Embree to Everyone:

Reacted to "Joy, You make me lau..." with 


11:36:36 From Rose to Everyone:

Stress will mimic dementia symptoms

11:36:39 From Allison Wessels to Everyone:

Allison Wessels from Williamson, GA

11:36:49 From Shelle Mossman to Everyone:

Reacted to "Stress will mimic de..." with 


11:36:50 From Martha Schuman to Everyone:

Stress is not our friend.


11:37:24 From Joy Forrest to Everyone:

Reacted to "Joy - I think you're..." with 


11:37:24 From Rebecca Johnson to Everyone:

Reacted to "Stress will mimic de..." with 

11:37:28 From Joy Forrest to Everyone:

Reacted to "No no no Joy! You ar..." with 

11:37:35 From Joy Forrest to Everyone:

Reacted to "Stress will mimic de..." with 

11:38:15 From Molly Weber to Everyone:

Molly Weber from Staunton VA

11:38:21 From Shelle Mossman to Everyone:

Question: when you are an advocate, are the women separated, still married, or 50/50?

11:38:23 From Joy Forrest to Everyone:

Removed a ❤️ reaction from "Joy - I think you're..."

11:38:25 From Joy Forrest to Everyone:

Reacted to "Joy - I think you're..." with ❤️

11:38:28 From KAMILLA to Everyone:

Dr. Debra's Advanced course on Cognitive Distortions:

<https://houseofpeacepubs.com/wordpress/advanced-cognitive/>

11:38:41 From Teri-Advocate to Everyone:

Replying to " Question: when you are an advocate, are the women separated, still married, or 50/50?"

both

11:38:53 From Shelle Mossman to Everyone:

Reacted to "both" with 👍

11:39:08 From Rebecca Johnson to Everyone:

It looks great so far!

11:39:18 From Joy Forrest to Everyone:

Reacted to "Molly Weber from Sta..." with 👍

11:39:25 From Porscha Green to Everyone:

Replying to "Question: when you a..."

It varies

11:39:27 From Cindy Baltz-King to Everyone:

It looks better! The print is much bigger and easy to read.

11:39:42 From Jolene Cover to Everyone:

Jolene Cover from Tuolumne California

11:39:54 From Rebecca Johnson to Everyone:

Reacted to "It looks better! The..." with 👍

11:40:01 From Porscha Green to Everyone:

Replying to "Question: when you a..."

@Shelle Mossman are you considering joining us?

11:40:01 From Tyrie Strong to Everyone:

I like it better too!

11:40:08 From Tyrie Strong to Everyone:

Reacted to "It looks better! The..." with 👍

11:40:24 From Joy Forrest to Everyone:

Reacted to "Joy, You make me lau..." with 🤔

11:40:37 From Beth Burke to Everyone:

Good morning from Burlington, nc

11:40:59 From Tricia Foster to Everyone:

Reacted to "Good morning from Bu..." with 🙌

11:43:05 From Rebecca Johnson to Everyone:

I'm excited to see the S&T Model integrated with your already excellent content!

11:43:16 From Cindy Baltz-King to Everyone:

Reacted to "I'm excited to see t..." with 👍

11:44:11 From Brandon Eberl to Everyone:

QUESTION - Are there legal ramifications for labeling an abuser with personality disorder, if you have not been clinically trained or have the proper credentials? On the flip-side, what about an abuser who labels a victim with a false diagnosis, and then uses it in a court context?

11:44:20 From Kendra Thurman 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 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.

11:46:23 From Ladonna Hafen to Everyone:

Ladonna Hafen, Whitefish Montana. I keep forgetting to sign in!

11:46:31 From Helenmary Brown to Everyone:

A little bit of knowledge is a dangerous thing.

11:46:43 From Lynn Adams to Everyone:

Lynn A. MN

11:46:45 From Deborah Stahl Waters to Everyone:

Deborah Stahl Waters- Ga

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

Replying to "QUESTION - Are there legal ramifications for labeling an abuser with personality disorder, if you have not been clinically trained or have the proper credentials? On the flip-side, what about an abuser who labels a victim with a false diagnosis, and then uses it in a court context?"

Brandon, that's a great question. We cover this in-depth by looking at the research in later classes.

IF the question is, can someone sue you for falsely labeling them the answer is no.

If the question is, can falsely labeling someone hurt your legal case the answer is: if you are a man usually no if you are woman usually yes

11:48:30 From Kendra Thurman to Everyone:

"Practicing without a license"

11:48:38 From Rochelle Walters Juola to Everyone:

Rochelle from Byrdstown TN

11:48:49 From Jessica Gallina to Everyone:

Jess from Canton, Ohio

11:49:18 From Melissa Spann to Everyone:

Melissa S - SC

11:49:30 From Deborah Stahl Waters to Everyone:

Yes, my spouse would likely threaten to sue me for defamation of character. He has threatened doing such in the past. Uhhhh 🙄

11:49:32 From Rebecca Johnson to Everyone:

Because the courts have that false training that says women tend to lie and falsely accuse perpetrators because they're vindictive.

11:49:35 From Marcee Rollandini to Everyone:

Marcee Rollandini, Emerald Isle, NC

11:50:05 From Moni Mali to Everyone:

moni mali NC

11:50:09 From Keri Drowatzky to Everyone:

My daughter's soon to be ex calls her a narcissist. I tell her to quit the labels he likes to say he is me tally I'll

11:50:24 From Kendra Thurman to Everyone:

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

11:50:46 From KAMILLA to Everyone:

Eric Berne - Transactional Analysis

11:50:47 From Dr. Jessica Evans to Everyone:

Eric Berne- transactional analysis (parent adult child theory)

11:51:00 From Susi Limon to Everyone:

Reacted to "Remember to take goo..." with ❤️

11:51:00 From Dr. Jessica Evans to Everyone:

Replying to "Eric Berne - Transac..."

Youre on it Kamilla! Thanks!

11:51:01 From Rebecca Johnson to Everyone:

I remember studying Berne in a Social Psychology course in the early 70's

11:54:17 From Chelsea Leonard to Everyone:

Chelsea Leonard Sweet Home Oregon

11:54:39 From Judy Caracheo to Everyone:

Judy Caracheo Dallas Texas

11:55:26 From Mary Sue Owsley to Everyone:

Forgot to sign in! Mary Sue Owsley from Idaho.

11:56:48 From Kendra Thurman to Everyone:

"Trauma is correlative, not causative."

Abuse is a choice.

11:57:14 From Joy Forrest to Everyone:

Reacted to ""Trauma is correlati..." with 👍

11:57:20 From Deah Embree to Everyone:

Reacted to ""Trauma is correlati..." with 👍

11:57:27 From Dr. Jessica Evans to Everyone:

Reacted to ""Trauma is correlati..." with 👍

11:57:29 From Helenmary Brown to Everyone:

It seems as hard to find a good therapist as it is to find a good church. A poor therapist can really make things worse.

11:57:38 From KAMILLA to Everyone:

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

11:57:43 From Brandie Ramirez to Everyone:

Yes, please. I'd like to more

11:58:07 From Joy Forrest to Everyone:

Replying to "It seems as hard to ..."

For sure!

11:58:30 From KAMILLA to Everyone:

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

11:59:12 From Helenmary Brown to Everyone:

Reacted to "For sure!" with ❤️

11:59:19 From KAMILLA to Everyone:

Replying to "Yes, please. I'd lik..."

There is more info in Dr. Debra's book - Eyes Wide Open.

11:59:29 From Helenmary Brown to Everyone:

Reacted to "There is more info..." with 👍

11:59:29 From Kendra Thurman to Everyone:

They learned these were "normal," even though they were not healthy.

11:59:36 From Deah Embree to Everyone:

Reacted to "It seems as hard to ..." with 🙏

11:59:41 From Helenmary Brown to Everyone:

Reacted to "They learned these..." with 😞

12:00:05 From Lynn Loscar to Everyone:

rescue

12:00:11 From Rebecca Johnson to Everyone:

Replying to "They learned these w..."

Some of us decided to NEVER act like that.

12:00:33 From Dr. Jessica Evans to Everyone:

Reacted to "They learned these w..." with 👍

12:00:34 From Helenmary Brown to Everyone:

My ex's mother was very much a rescuer. Her nickname for my ex was "BRAT BROWN.'

12:00:54 From Kendra Thurman to Everyone:

Reacted to "Some of us decided t..." with ❤️

12:00:57 From KAMILLA to Everyone:

Julie Owens – www.domesticviolenceexpert.org

12:01:54 From KAMILLA to Everyone:

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

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

12:02:07 From Cindy Baltz-King to Everyone:

AMEN!!! It's a choice to abuse.

I've heard to a lot of these abusive men come from a family where the mom was domineering and abusive. These men grow up to basically hate women.

12:02:13 From Helenmary Brown to Everyone:

Reacted to "Lundy Bancroft – ..." with 👍

12:02:16 From Helenmary Brown to Everyone:

Reacted to "Julie Owens – www..." with 👍

12:02:34 From Martha Schuman to Everyone:

What book??

12:02:42 From Katharine Kofoed-Nielsen to Everyone:

QUESTION: sorry, what book is this?

12:02:49 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Replying to "Lundy Bancroft – “Wh...”

@Martha Schuman

12:02:49 From KAMILLA to Everyone:

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

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

12:02:57 From Dr. Jessica Evans to Everyone:


Replying to "What book??"

Lundy Bancroft's book info above


12:02:59 From Lacie Dickens to Everyone:

When my pastor told me he read Why Does He Do That, I knew I was in safe hands.


12:03:10 From Dr. Jessica Evans to Everyone:

Reacted to "When my pastor told ..." with 


12:03:11 From Helenmary Brown to Everyone:

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


12:03:17 From Deah Embree to Everyone:

Reacted to "When my pastor told ..." with 


12:03:26 From Rebecca Johnson to Everyone:

Reacted to "When my pastor told ..." with 

12:03:27 From Tracey Phillips to Everyone:

Reacted to "When my pastor told ..." with 

12:03:27 From Helenmary Brown to Everyone:

Reacted to "When my pastor tol..." with 


12:03:27 From Mary Jacobson to Everyone:

Yes! Thank you for stating this about Andrew.

12:03:37 From Rebecca Johnson to Everyone:

Reacted to "Yes! Thank you for s..." with 

12:03:38 From Helenmary Brown to Everyone:

Reacted to "Lundy Bancroft – ..." with 

12:03:42 From Lori Veenstra to Everyone:

Lundy Bancroft's book is so helpful - very eye opening for me,. It's available in audio also, and I listened on Hoopla.

12:03:53 From Helenmary Brown to Everyone:

Reacted to "Yes! Thank you for..." with ❤️

12:03:57 From Helenmary Brown to Everyone:

Reacted to "Lundy Bancroft's b..." with ❤️

12:04:00 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Replying to "Lundy Bancroft – “Wh...”

@Katharine Kofoed-Nielsen

12:04:17 From KAMILLA to Everyone:

Replying to "Yes! Thank you for s..."

Andrew J. Bauman

12:04:41 From Cindy Baltz-King to Everyone:

So very TRUE, Joy!!

12:05:23 From Mary Jacobson to Everyone:

Reacted to "Andrew J. Bauman" with 👍

12:05:25 From Beth Burke to Everyone:

Reacted to "When my pastor told ..." with ❤️

12:05:43 From Tracey Phillips to Everyone:

QUESTION: for the quiz, I could not find the title called, "Captivity Crime Diagram and Phases."

12:05:48 From Devapriya R to Everyone:

Hello from Devapriya, CA

12:06:35 From Dr. Jessica Evans to Everyone:

Replying to " QUESTION: for the quiz, I could not find the title called, "Captivity Crime Diagram and Phases."

I believe you can look back to our first course handouts for the captivity crime diagram. Is this what you are referring to?

12:07:09 From Tricia Foster to Everyone:

Reacted to "QUESTION: for the qu..." with 👍

12:07:10 From Irene McConnehey to Everyone:

Reacted to "It seems as hard to ..." with 🙏

12:07:23 From Tricia Foster to Everyone:

Reacted to "Yes! Thank you for s..." with 👍

12:07:34 From KAMILLA to Everyone:

Psycho-Educational Work - Dr. Debra Wingfield

12:07:35 From Tricia Foster to Everyone:

Reacted to "When my pastor told ..." with ☐

12:07:58 From Katharine Kofoed-Nielsen to Everyone:

munchausen's syndrome?

12:08:16 From Dr. Jessica Evans to Everyone:

Replying to "QUESTION: for the qu..."

I will look back at the quiz

12:08:17 From Tyrie Strong to Everyone:

Replying to "QUESTION: for the qu..."

I found this quiz far harder, with some answers poorly phrased so I intentionally didn't select them based on the phrasing... others referring to things I couldn't find and didn't remember. The other ones were straight-forward for having attended but this one was tough!

12:09:06 From Kendra Thurman to Everyone:

Reacted to "When my pastor told ..." with 💜

12:09:29 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Replying to "QUESTION: for the qu..."

@Tyrie Strong Thank you for your feedback, I'll make sure Dr Debra sees this. If you remember a specific question you struggled with I would appreciate hearing about it.

12:10:22 From Tricia Foster to Everyone:

Amen Joy ❤️

12:10:33 From Kendra Thurman to Everyone:

For as he thinks in his heart,

so is he. "Eat and drink!" he

says to you, But his heart is

not with you. (Proverbs 23:7)

12:11:04 From Kendra Thurman to Everyone:

Replying to "For as he thinks in ..."

- ESV says "for he is like one who is inwardly calculating."
- NIV says, "for he is the kind of person who is always thinking about the cost."

12:11:10 From Teri-Advocate to Everyone:

spot on Joy

12:11:15 From Deah Embree to Everyone:

Reacted to "spot on Joy" with 🙏

12:11:23 From Martha Schuman to Everyone:

MY husband wasn't smart and cradty

12:11:46 From Martha Schuman to Everyone:

Wasn't smart and crafty enough to do the things he did. So it seemed evil.

12:12:04 From Tyrie Strong to Everyone:

Replying to "QUESTION: for the qu..."

I don't remember specifically -- there was one that seemed to talk down about the survivor, so I rejected that answer even though the rest of it was good. I got that question wrong as a result, but found the language offensive so went "no no no"

12:12:42 From Brandon Eberl to Everyone:

When my mom tried to leave in April/May 2023, her ex-husband (my father) had her involuntarily committed in another state with a completely made up mental health diagnosis, to slander her reputation and take her money!! 😞

12:12:54 From sylvia gelderman to Everyone:

My husband said he never felt he totally "had " me

12:13:00 From Brandon Eberl to Everyone:

Reacted to "My husband said he n..." with 😞

12:13:02 From Brandon Eberl to Everyone:

Removed a 😞 reaction from "My husband said he n..."

12:13:04 From Brandon Eberl to Everyone:

Reacted to "My husband said he n..." with 😬

12:13:06 From Tricia Foster to Everyone:

Reacted to "When my mom tried to..." with ☐

12:13:10 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Reacted to "I don't remember spe..." with 👍

12:13:13 From Katharine Kofoed-Nielsen to Everyone:

Reacted to "I don't remember spe..." with ☐

12:13:13 From Brandon Eberl to Everyone:

Reacted to "When my mom tried to..." with ☐

12:13:15 From Brandon Eberl to Everyone:

Removed a ☐ reaction from "When my mom tried to..."

12:13:17 From Joy Forrest to Everyone:

Reacted to "Lundy Bancroft's boo..." with 👍

12:13:23 From Joy Forrest to Everyone:

Reacted to "When my pastor told ..." with 👍

12:13:23 From Rebecca Pelletier to Everyone:

My husband would keep his back to me when I was talking most of the time. Even when I would ask him to please look at me when I was talking.

12:13:55 From Dr. Jessica Evans to Everyone:

He uses her to soothe his own sense of inadequacy which is why it is such a threat to him if she leaves.

12:14:05 From Deah Embree to Everyone:

Reacted to "He uses her to sooth..." with 🙏

12:14:09 From Joy Forrest to Everyone:

Reacted to "Because the courts h..." with 👍

12:14:14 From Joy Forrest to Everyone:

Reacted to "Yes, my spouse would..." with 😬

12:14:21 From John Stonehocker to Everyone:

I have heard men say what Dr. Debra is saying, using almost those exact words.

12:14:31 From Rebecca Johnson to Everyone:

Replying to "My husband would kee..."

Mine would walk away from me when I was talking, as if whatever I had to say was totally unimportant.

12:14:51 From Deah Embree to Everyone:

Reacted to "I have heard men say..." with 🙏

12:14:54 From Deborah Stahl Waters to Everyone:

Reacted to He uses her to sooth... with "🙏"

12:14:59 From Deah Embree to Everyone:

Reacted to "Mine would walk away..." with ☐

12:15:03 From Deah Embree to Everyone:

Reacted to "My husband would kee..." with ☐

12:15:21 From Allison Wessels to Everyone:

Reacted to "When my mom tried to..." with 😞

12:15:23 From Deah Embree to Everyone:

Reacted to "When my mom tried to..." with ☐

12:15:44 From Joy Forrest to Everyone:

Reacted to "I believe you can lo..." with 👍

12:15:49 From Rebecca Johnson to Everyone:

Reacted to "I have heard men say..." with 🙏

12:15:55 From Katharine Kofoed-Nielsen to Everyone:

isn't it just so fascinating how under all the power and control is this deep unhealthy dependence?

12:16:00 From Rebecca Pelletier to Everyone:

Reacted to "Mine would walk away..." with 😞

12:16:03 From Tyrie Strong to Everyone:

Reacted to "When my mom tried to..." with 😞

12:16:10 From Deah Embree to Everyone:

Reacted to "isn't it just so fas..." with 🙏

12:16:15 From Dr. Jessica Evans to Everyone:

Reacted to "isn't it just so fas..." with 🙏

12:16:21 From Tricia Foster to Everyone:

Reacted to "isn't it just so fas..." with 👍

12:16:25 From Tyrie Strong to Everyone:

Reacted to "Mine would walk away..." with ☐

12:17:05 From Brandon Eberl to Everyone:

He was crying crocodile tears at my mom's final divorce decree last Tuesday because he no longer has the ability to coercively control me (he is still controlling my 3 adult siblings). I heard him mention my name at least 4-5 times to his lawyer! 😬

12:17:20 From Tyrie Strong to Everyone:

I saw some materials from a sick class called "Alpha Male 2.0" that teaches all those abuser's beliefs about women -- but amped up/intensified. It was sick.

12:17:33 From Brandon Eberl to Everyone:

Reacted to "I saw some materials..." with 😭

12:17:39 From Tyrie Strong to Everyone:

Reacted to "He was crying crocod..." with 😬

12:17:42 From Deah Embree to Everyone:

Reacted to "I saw some materials..." with 😬

12:17:45 From Katharine Kofoed-Nielsen to Everyone:

so true about the little trophies. Some Christian teaching on the family I fear may reinforce this :S

12:17:46 From Jenelle Chadwick to Everyone:

Reacted to "He was crying crocod..." with 😭

12:17:50 From Rebecca Johnson to Everyone:

Reacted to "I saw some materials..." with 😡

12:17:53 From Deah Embree to Everyone:

Reacted to "so true about the li..." with 🙏

12:17:55 From Rebecca Johnson to Everyone:

Reacted to "so true about the li..." with 🙏

12:18:00 From Jenelle Chadwick to Everyone:

Reacted to "I saw some materials..." with 😞

12:18:05 From Katharine Kofoed-Nielsen to Everyone:

Replying to "I saw some materials..."

kind of andrew tate stuff?

12:18:31 From Tyrie Strong to Everyone:

Replying to "I saw some materials..."

I don't know Andrew Tate, nor who put the course together.

12:18:46 From Lacie Dickens to Everyone:

Reacted to "I saw some materials..." with 😡

12:18:52 From Ladonna Hafen to Everyone:

The primary caregiver switch is such a weird lie to perpetuate, unfortunately I have seen it work

12:18:54 From Deah Embree to Everyone:

someone asked my daughter how she would be able to homeschool after I left with her...she was shocked to find out that my daughter's dad didn't participate in her education at all

12:18:55 From Jenelle Chadwick to Everyone:

Reacted to "Was told by abusive ..." with 👍

12:19:14 From Rebecca Johnson to Everyone:

When we finally separated, he no longer had access to the food stamps, which was a huge loss to him.

12:19:15 From Deah Embree to Everyone:

Reacted to "The primary caregive..." with 🙏

12:19:41 From Keri Drowatzky to Everyone:

I would think that the man's parents are nothing but property when he has to run home to be taken care of.

12:19:43 From Rebecca Johnson to Everyone:

Reacted to "The primary caregive..." with 😞

12:19:47 From Katharine Kofoed-Nielsen to Everyone:

Replying to "someone asked my dau..."

thats itneresting. to be fair I feel like the vast majority of actually homeschooling is done by women anyway

12:19:59 From Rebecca Johnson to Everyone:

Reacted to "someone asked my dau..." with 🙏

12:20:05 From Tyrie Strong to Everyone:

Reacted to "thats itneresting. t..." with 👍

12:20:05 From Shelle Mossman to Everyone:

Despite having an older son (who was adopted), our youngest son (who was birthed) was labeled "the only person to carry on the family name". He even stated that in a court document. First thing my son did when he turned 18 was change his last name to my maiden name, even before I did b/c my divorce wasn't final till a few months later.

12:20:07 From Rebecca Johnson to Everyone:

Reacted to "thats itneresting. t..." with 👍

12:20:09 From Helenmary Brown to Everyone:

Projection: His ACCUSATIONS are CONFESSIONS

12:20:16 From Deah Embree to Everyone:

Replying to "someone asked my dau..."

the girl that asked her actually had an involved father

12:20:24 From Tricia Foster to Everyone:

Reacted to "Despite having an ol..." with ☐

12:20:26 From Helenmary Brown to Everyone:

Reacted to "My husband would k..." with 😞

12:20:28 From Kendra Thurman to Everyone:

Reacted to "Projection: His ACC..." with 💜

12:20:31 From Tricia Foster to Everyone:

Reacted to "Projection: His ACC..." with 👍

12:20:39 From Brandon Eberl to Everyone:


YES, yes, yes! Post-divorce is even more dangerous, right Dr. Debra?

12:20:57 From Helenmary Brown to Everyone:


Replying to "My husband would k..."

Mine the same. Would lay on the couch and show his backside. He did this with other people as well.

12:21:04 From Martha Schuman to Everyone:

Reacted to "Projection: His ACC..." with 

12:21:14 From Deah Embree to Everyone:

Reacted to "YES, yes, yes! Post-..." with 

12:21:17 From Joy Forrest to Everyone:


Replying to " YES, yes, yes! Post-divorce is even more dangerous, right Dr. Debra?"

Post separation


12:21:30 From Deah Embree to Everyone:

Reacted to "Post separation" with 

12:21:38 From Helenmary Brown to Everyone:

Reacted to "YES, yes, yes! Pos..." with 

12:21:41 From Deah Embree to Everyone:

Reacted to "Projection: His ACC..." with 

12:22:19 From Christi Douglas to Everyone:

Replying to "YES, yes, yes! Post-..."

I remember hearing somewhere that the first 3 months after separation are often the most dangerous. Did I hear that here?

12:22:50 From Joy Forrest to Everyone:

Replying to "YES, yes, yes! Post-..."

@Christi Douglas Maybe. **It's usually the initial separation time that's most dangerous.**

12:23:02 From Dr. Jessica Evans to Everyone:

Bancroft talks about The Abusive Mentality in his book. We covered this in the last course- Impacts of CC.

12:23:24 From Christi Douglas to Everyone:

Reacted to "@Christi Douglas May..." with 

12:23:41 From Martha Schuman to Everyone:

One of the best things I remember about not living in the same house with him was that I could actually end the conversation with the click of a button. Sounds bad but...what sweet relief.

12:24:07 From Dr. Jessica Evans to Everyone:

Replying to "One of the best thin..."


Doesn't sound bad at all actually

12:24:23 From Dr. Jessica Evans to Everyone:

Replying to "One of the best thin..."

You get to say, nope, this isn't healthy to keep engaging

12:24:33 From Deah Embree to Everyone:


Reacted to "You get to say, nope..." with 

12:24:47 From Kendra Thurman to Everyone:


Cognitive Distortions from the course webpage:

<https://houseofpeacepubs.com/wordpress/wp-content/uploads/2024/03/CognitiveDistortions.pdf>


12:24:57 From Rebecca Johnson to Everyone:

Reacted to "One of the best thin..." with 


12:24:58 From Helenmary Brown to Everyone:

Reacted to "When my mom tried ..." with 

12:24:59 From Martha Schuman to Everyone:

Reacted to "You get to say, nope..." with 

12:25:01 From Katharine Kofoed-Nielsen to Everyone:

Reacted to "One of the best thin..." with 

12:25:06 From Martha Schuman to Everyone:

Reacted to "Doesn't sound bad at..." with 

12:25:17 From Dr. Jessica Evans to Everyone:

Reacted to "Cognitive Distortion..." with 

12:25:27 From Deah Embree to Everyone:

Reacted to "Cognitive Distortion..." with 

12:25:30 From Rebecca Johnson to Everyone:

Replying to "One of the best thin..."

YES! The ability to say, I don't have to listen to this. Click. That was a shocker to my ex.

12:25:41 From Mary Jacobson to Everyone:

Coach Joi at The Center for Peace does an excellent job.

12:26:05 From Shelle Mossman to Everyone:

Replying to "Cognitive Distortion..."

QUESTION Is this for abuser or victim or both? Because I see myself doing some especially catastrophizing

12:26:07 From Joy Forrest to Everyone:

Reacted to "Coach Joi at The Cen..." with 👍

12:26:27 From Rebecca Johnson to Everyone:

Replying to "One of the best thin..."

Don't even have to say it out loud, just "click" and the line goes dead. He's talking to himself. Talk about a loss of power!

12:26:34 From Joy Forrest to Everyone:

Replying to "Cognitive Distortion..."

I'd say any trauma survivor does it.

12:26:37 From Lynn Loscar to Everyone:

me too

12:26:41 From Shelle Mossman to Everyone:

Reacted to "I'd say any trauma s..." with 👍

12:26:46 From Tyrie Strong to Everyone:

Reacted to "I'd say any trauma s..." with 👍

12:26:47 From Kendra Thurman to Everyone:

They rarely change until the cost of *not* changing is greater than the cost to them of changing.

12:26:48 From Joy Forrest to Everyone:

Reacted to "One of the best thin..." with 👍

12:26:49 From Rebecca Johnson to Everyone:

Reacted to "I'd say any trauma s..." with 👍

12:27:08 From Rebecca Johnson to Everyone:

Reacted to "They rarely change u..." with 👍

12:27:34 From Rebecca Johnson to Everyone:

Replying to "They rarely change u..."

And so often the "change" is just to more subtle tactics.

12:27:45 From Deah Embree to Everyone:

Reacted to "And so often the "ch..." with 🙏

12:27:58 From Katharine Kofoed-Nielsen to Everyone:

Replying to "They rarely change u..."

story of my life :(

12:28:07 From Deah Embree to Everyone:

Reacted to "story of my life :(" with ☐

12:28:23 From Rebecca Johnson to Everyone:

Reacted to "story of my life :(" with ☐

12:29:38 From Cindy Baltz-King to Everyone:

Replying to "Cognitive Distortion..."

Joy what is the cost for this course or is it free?

12:30:17 From Joy Forrest to Everyone:

Replying to "Cognitive Distortion..."

I have to run the restroom— BRB

12:30:25 From Cindy Baltz-King to Everyone:

Replying to "Cognitive Distortion..."

Oops....sorry, just saw that it was a list. Thanks! 😊

12:30:25 From Kendra Thurman to Everyone:

Antisocial = Psychopathic

12:30:33 From Tracey Phillips to Everyone:

My internet stopped for about 7 minutes. I'm back 😊

12:31:02 From Dr. Jessica Evans to Everyone:

Replying to "Cognitive Distortion..."


The course and cost is here- <https://houseofpeacepubs.com/wordpress/advanced-cognitive/>

12:31:05 From Katharine Kofoed-Nielsen to Everyone:

QUESTION: what is ETOH?

Alcohol

12:31:14 From Deah Embree to Everyone:

Reacted to "QUESTION: what is ETOH?" with 

12:31:26 From Judy Brown to Everyone:

Excellent diagram!

12:32:05 From Cindy Baltz-King to Everyone:

Yes! This diagram is SPOT ON!!

12:32:09 From Keri Drowatzky to Everyone:

ETOH-alcohol withdrawal

12:32:25 From Jennifer Hunt to Everyone:

QUESTION Do we see a lot of overlap between these types?

12:32:48 From Rebecca Johnson to Everyone:

Reacted to "QUESTION Do we see a..." with 

12:32:52 From Joy Forrest to Everyone:


Replying to "QUESTION Do we see a lot of overlap between these types?"

Yes, we do.


12:32:55 From Deah Embree to Everyone:

Reacted to "QUESTION Do we see a..." with 

12:32:59 From Deah Embree to Everyone:

Reacted to "Yes, we do." with 

12:33:00 From Jennifer Hunt to Everyone:

Reacted to "Yes, we do." with 

12:33:03 From Kendra Thurman to Everyone:

Avoid labels. Rather describe behaviors.

12:33:08 From Keri Drowatzky to Everyone:

I work in a hospital and take this diagnosis as to why a PT. is going onto the heart monitor.

12:33:12 From Ladonna Hafen to Everyone:

Replying to "Cognitive Distortion..."

The first link broug...

12:33:21 From Deah Embree to Everyone:

Reacted to "Avoid labels. Rather..." with 🙏

12:33:26 From Joy Forrest to Everyone:

Reacted to "The first link broug..." with 👍

12:33:47 From Helenmary Brown to Everyone:

Reacted to "Avoid labels. Rath..." with 👍

12:33:51 From Joy Forrest to Everyone:

Replying to "Cognitive Distortion..."

@Ladonna Hafen that's for all the classes.

12:33:59 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Replying to " QUESTION Do we see a lot of overlap between these types?"

If you look at this from a biblical lense, God created all people and personalities. These are just categories that describe symptoms made by man. They are flawed but helpful. So there is lots of overlap but the especially the edges are blurry.

12:34:17 From Dr. Jessica Evans to Everyone:

Reacted to "If you look at this ..." with 👍

12:34:21 From Joy Forrest to Everyone:

Reacted to "If you look at this ..." with 👍

12:34:24 From Ladonna Hafen to Everyone:

Replying to "Cognitive Distortion..."

Ok, thanks Joy 😊

12:34:31 From Deah Embree to Everyone:

Reacted to "If you look at this ..." with 👍

12:34:32 From Joy Forrest to Everyone:

Reacted to "Ok, thanks Joy 😊 " with 👍

12:34:42 From Jennifer Hunt to Everyone:

Reacted to "If you look at thi..." with 👍

12:34:48 From Rebecca Johnson to Everyone:

Reacted to "Avoid labels. Rather..." with 👍

12:35:16 From Keri Drowatzky to Everyone:

Serial killers do this

12:35:25 From Joy Forrest to Everyone:

Reacted to "Serial killers do th..." with 👍

12:35:53 From Joy Forrest to Everyone:

Replying to "QUESTION Do we see a..."

Personalities + the fall

12:36:01 From Cindy Baltz-King to Everyone:

Reacted to "Avoid labels. Rather..." with 👍

12:36:35 From Jennifer Hunt to Everyone:

Reacted to "Personalities + th..." with 👍

12:37:09 From Cindy Baltz-King to Everyone:

Replying to "Cognitive Distortion..."

Oops, again!!

Thank you for clarifying!! 😊

12:37:26 From Jennifer Hunt to Everyone:

Reacted to "Avoid labels. Rath..." with 👍

12:37:33 From Katharine Kofoed-Nielsen to Everyone:

Reacted to "ETOH-alcohol withdra..." with 👍

12:39:47 From Tracey Phillips to Everyone:

QUESTION: Do you leave adult children who have also become abusers, but they don't see it?

Answered live

12:40:08 From Deah Embree to Everyone:

Reacted to "QUESTION: Do you lea..." with ❤️

12:40:41 From Jennifer Hunt to Everyone:

Reacted to "QUESTION: Do you l..." with ❤️

12:40:47 From Karen Powell to Everyone:

Reacted to "QUESTION: Do you lea..." with ❤️

12:40:53 From Karen Powell to Everyone:

Removed a ❤️ reaction from "QUESTION: Do you lea..."

12:40:59 From Brandon Eberl to Everyone:

My 3 adult siblings right now! 😭😭

12:41:17 From Deah Embree to Everyone:

Reacted to "My 3 adult siblings ..." with ❤️

12:41:21 From Lacie Dickens to Everyone:

Reacted to "My 3 adult siblings ..." with ❤️

12:41:24 From Jennifer Hunt to Everyone:

Reacted to "My 3 adult sibling..." with ❤️

12:41:56 From Lynn Adams to Everyone:

Replying to "My 3 adult siblings ..."

Sorry Brandon!

12:42:26 From Cindy Baltz-King to Everyone:

We can show them what a healthy relationship looks like by our actions and setting boundaries.

12:42:32 From Deah Embree to Everyone:

Replying to "My 3 adult siblings ..."

my adult brother pendulates between excusing his bad behavior with our abusive upbringing and being disgusted with it

12:42:33 From Dr. Jessica Evans to Everyone:

Reacted to "We can show them wha..." with 👍

12:42:34 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Reacted to "We can show them wha..." with ❤️

12:42:35 From Mara Williams to Everyone:


Are wall sits for punishment when your kids are 3&6 a form of abuse? Let's say when the kids hit one another or they don't eat there food?

12:42:42 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Replying to "We can show them wha..."

Yes!!

12:42:49 From Deah Embree to Everyone:


Reacted to "We can show them wha..." with 

12:43:00 From Joy Forrest to Everyone:

Replying to "Are wall sits for pu..."

Like time out?

12:43:47 From Helenmary Brown to Everyone:

Reacted to "We can show them w..." with 

12:43:48 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Replying to "Are wall sits for pu..."

@Mara Williams I appreciate this question but it is outside the scope of this class.

12:43:50 From Mara Williams to Everyone:

Replying to "Are wall sits for pu..."


No time out I found out my ex is doing this and I am not sure what to do. It's not a time out they do wall sits why my 4 year old cries saying it hurts .

12:44:03 From Mara Williams to Everyone:

Replying to "Are wall sits for pu..."

Ok

12:44:03 From Cindy Baltz-King to Everyone:

Reacted to "Yes!!" with 

12:44:22 From Kendra Thurman to Everyone:

REMINDER: Please keep the questions/comments in the chat relevant to the course content for this current class. We will have a Q&A the Saturday after the last class at 12 pm EST. If you have other questions for a survivor you are working with and are affiliated with CTPM please post them in BAND. Otherwise, advocacy questions can be asked in the Facebook networking group <https://www.facebook.com/groups/1022185391486476/>

If you are a survivor looking for support, please reach out to your advocate. If you do not already have an advocate feel free to request one here:

<https://docs.google.com/forms/d/e/1FAIpQLScapldcJrKZ3kFIF4gAjZcKJySCQ4Nih-IFofz5cSfK9I-rgw/viewform>

12:44:35 From Helenmary Brown to Everyone:

Reacted to "My 3 adult sibling..." with 

12:44:40 From Joy Forrest to Everyone:

Replying to " Are wall sits for punishment when your kids are 3&6 a form of abuse? Let's say when the kids hit one another or they don't eat there food?"

I think the motive and the way it's enforced determines if it's abuse.

12:44:55 From Helenmary Brown to Everyone:

Reacted to "REMINDER: Please ..." with 👍

12:44:57 From Joy Forrest to Everyone:

Reacted to "REMINDER: Please ke..." with 👍

12:45:03 From Kendra Thurman to Everyone:

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

12:45:13 From Rebecca Johnson to Everyone:

Reacted to "QUESTION: Do you lea..." with ❤️

12:45:14 From Christi Douglas to Everyone:

Alcohol is a magnifier. Whatever was already there gets bigger when people drink. Safe people don't get nasty when they drink.

12:45:17 From Mara Williams to Everyone:

Replying to "Are wall sits for pu..."

Ok good to know I'll log it , thanks Joy!

12:45:27 From Dr. Jessica Evans to Everyone:

Replying to "Remember to take goo..."

Grounding break next!!

12:45:27 From Deah Embree to Everyone:

Reacted to "Alcohol is a magnifi..." with 🙏

12:45:42 From Joy Forrest to Everyone:

Reacted to "Ok good to know I'll..." with 👍

12:45:44 From Rebecca Johnson to Everyone:

Reacted to "Serial killers do th..." with 👍

12:45:48 From Kendra Thurman to Everyone:

Whirlwind courtship: 🚩🚩🚩

12:45:54 From Joy Forrest to Everyone:

Reacted to "Whirlwind courtship:..." with 👍

12:45:54 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Replying to "Are wall sits for pu..."

@Mara Williams if you have a question about your situation you can ask in the survivor BAND group or your advocate. Here is the intake link to join the group if you have not already joined:
<https://docs.google.com/forms/d/e/1FAIpQLSfANtSnHfGZvsRCIhMcQt3thFIGAvLXQTnldjzhT7pWTUs5JQ/viewform>

12:46:01 From Joy Forrest to Everyone:

Reacted to "@Mara Williams if yo..." with 👍

12:46:05 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Reacted to "REMINDER: Please ke..." with ❤️

12:46:17 From Kendra Thurman to Everyone:

Reacted to "Grounding break next..." with 💜

12:46:30 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Replying to "Whirlwind courtship:..."

Yes!!

12:46:45 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Replying to "REMINDER: Please ke..."

Thanks, @Kendra Thurman !!

12:46:48 From Mara Williams to Everyone:

Replying to "Are wall sits for pu..."

Oh I did not know about the band group thanks .


12:47:06 From Jenelle Chadwick to Everyone:

I LOVE hearing the giggles.


12:47:17 From Rebecca Johnson to Everyone:

Reacted to "Whirlwind courtship:..." with 👍


12:47:23 From Kendra Thurman to Everyone:

Reacted to "I LOVE hearing the g..." with 

12:47:42 From Cindy Baltz-King to Everyone:

Love your humble spirit, Joy! 

12:48:27 From Joy Forrest to Everyone:

Reacted to "Love your humble spi..." with 

12:48:48 From Jennifer Hunt to Everyone:

Reacted to "Whirlwind courtshi..." with 

12:49:18 From Rebecca Johnson to Everyone:

My daughter married a boy who was his single mother's only son and she doted on him. He could do no wrong. His absent father was part of a family who was criminally violent.

That marriage (my daughter's) lasted a matter of weeks. I was so proud of her for finding a way out so quickly!

12:49:25 From Cindy Baltz-King to Everyone:

Emotional neglect and not being validated....is HUGE!

12:49:41 From Joy Forrest to Everyone:

Reacted to "My daughter married ..." with 

12:50:57 From Kendra Thurman to Everyone:

5 - things you see

4 - things you hear

3 - things you smell

2 - things you taste

1 - thing you feel

12:52:30 From KAMILLA to Everyone:

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

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

12:53:31 From Kendra Thurman to Everyone:

Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It

does not insist on its own way; it is not irritable or resentful. (1 Cor. 13:4-5)


12:54:17 From Deah Embree to Everyone:

Reacted to "Love is patient and ..." with 


12:55:10 From Rebecca Johnson to Everyone:

Wow, were you a fly on the wall in my house?


12:55:21 From Kendra Thurman to Everyone:

Reacted to "Wow, were you a fly ..." with 

12:55:23 From Lacie Dickens to Everyone:

Reacted to "Wow, were you a fly ..." with 


12:55:23 From Deah Embree to Everyone:

Reacted to "Wow, were you a fly ..." with 

12:55:24 From Mara Williams to Everyone:

Reacted to "Love is patient and ..." with 

12:55:25 From Joy Forrest to Everyone:

Reacted to "Wow, were you a fly ..." with 

12:55:59 From Joy Forrest to Everyone:

Replying to "Wow, were you a fly ..."

Right?!

12:56:31 From Helenmary Brown to Everyone:

When my EX didn't get his way, he turned and twisted

12:56:39 From Helenmary Brown to Everyone:

I Corinthians on me.

12:57:21 From Jessica Gallina to Everyone:



12:57:32 From Rebecca Johnson to Everyone:


Post hoc ergo proptor hoc

12:57:35 From Deah Embree to Everyone:

Replying to "I Corinthians on me..."

somehow it seemingly applies to us, but not them

12:57:51 From Helenmary Brown to Everyone:

Reacted to "somehow it seeming..." with 

12:57:56 From Becky Sewell to Everyone:

The toys are not picked up because they are not picked up. It has nothing to do with love.

12:58:03 From Dr. Jessica Evans to Everyone:

Reacted to "The toys are not pic..." with 🙏

12:58:04 From Helenmary Brown to Everyone:

Reacted to "Post hoc ergo prop..." with 👍

12:58:17 From Kendra Thurman to Everyone:

Reacted to "The toys are not pic..." with 🙏

12:58:20 From Dr. Jessica Evans to Everyone:

Replying to "The toys are not pic..."



12:58:51 From Cindy Baltz-King to Everyone:

AMEN, Brooke!!

12:59:10 From Jolene Cover to Everyone:

Reacted to "The toys are not pic..." with 🙏

12:59:13 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Reacted to "Post hoc ergo propto..." with ❤️

12:59:31 From Karyn Russo to Everyone:



12:59:47 From Deah Embree to Everyone:

some mother in laws EARN that stigma

13:00:03 From Rebecca Johnson to Everyone:

Reacted to "some mother in laws ..." with 🙏

13:00:04 From Helenmary Brown to Everyone:

Reacted to "some mother in law..." with 👍

13:00:07 From Pamela Brandenburg to Everyone:

ROFL ... that what I was told!!!!

13:00:15 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Reacted to "The toys are not pic..." with 👍

13:00:46 From Rebecca Johnson to Everyone:

It's not because he wants to provide for you, he wants his "provision" to be a means of control.

13:00:50 From Laura Lathrop to Everyone:

Is there any way we can talk about how to combat those ideas? Even when I hear them here, I can't figure out what the right answer about "why this is false" would be.

13:01:04 From Pamela Brandenburg to Everyone:

Reacted to "It's not because he ..." with 👍

13:01:06 From Laura Lathrop to Everyone:

Oops

13:01:08 From Helenmary Brown to Everyone:

Reacted to "Wow, were you a fl..." with 👍

13:01:13 From Laura Lathrop to Everyone:

QUESTIoN - Is there any way we can talk about how to combat those ideas? Even when I hear them here, I can't figure out what the right answer about "why this is false" would be.\

13:01:17 From Dr. Jessica Evans to Everyone:

Replying to "Is there any way we ..."

Which ideas? Mr. Right's central attitudes?

13:01:17 From Katharine Kofoed-Nielsen to Everyone:

whats so hard about Mr Right is that headship teaching just reinforces them. cos it talks about how you should use your "headship authority" for the good of your wife, and they think well of course my way is the best for her!!!!

13:01:24 From Lacie Dickens to Everyone:

Reacted to "whats so hard about ..." with 👍

13:01:29 From Deah Embree to Everyone:

Reacted to "whats so hard about ..." with 🙏

13:01:31 From Helenmary Brown to Everyone:

My ex MIL told me I should go to work and support the family because I had the degree. I helped my ex earn several degrees.

13:01:33 From Martha Schuman to Everyone:

He "lords" his provision over you.

13:01:37 From Rebecca Johnson to Everyone:

Reacted to "whats so hard about ..." with 🙏

13:01:50 From Laura Lathrop to Everyone:

Replying to "Is there any way w..."

All of these types of statements - they can seem so true

13:01:52 From Rebecca Johnson to Everyone:

Reacted to "Is there any way we ..." with 👍

13:01:55 From Kendra Thurman to Everyone:

The way of a fool is right in his own eyes, but a wise man listens to advice.

(Psalm 12:15)

13:01:59 From Dr. Jessica Evans to Everyone:

Replying to "Is there any way we ..."

I think Dr. Debra just addressed it!

13:02:01 From Deah Embree to Everyone:

Reacted to "The way of a fool is..." with 💜

13:02:03 From Rebecca Johnson to Everyone:

Reacted to "The way of a fool is..." with 💜

13:02:23 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Replying to "QUESTIoN - Is there ..."

I think this is a great suggestion!

13:03:11 From Deborah Stahl Waters to Everyone:

Yes, Joy...Paul Hegstrom! He worked w/my spouse & I.

13:03:13 From KAMILLA to Everyone:

Dr Paul Hegstrom - Life Skills International

13:04:21 From Helenmary Brown to Everyone:

The Water Torturer: DEATH BY A THOUSAND CUTS

13:04:39 From Cindy Baltz-King to Everyone:

Oh yes...that's called the 'Three C's' syndrome!

13:04:47 From Joy Forrest to Everyone:

Replying to "Yes, Joy...Paul Hogs..."

You said, that's cool. There was not much out there in those days, and I'm so grateful I found them.

13:05:07 From Deah Embree to Everyone:

Reacted to "I've watched my abus..." with 🙏

13:05:10 From Rebecca Johnson to Everyone:

I had a (terrible) pastor/counselor tell me that my husband, as "head" of the home, always had the decision-making responsibility whenever there was a disagreement about what to do. I said it meant he would always get his way and the pastor said, no, that's not how it works. But it absolutely is how it works with an abuser.

13:05:17 From Rebecca Johnson to Everyone:

Reacted to "I've watched my abus..." with 🙏

13:05:24 From Helenmary Brown to Everyone:

They are very PROVOCATIVE, but it's COVERT.

13:05:39 From Deah Embree to Everyone:

Reacted to "They are very PROVOC..." with 🙏

13:05:39 From Deborah Stahl Waters to Everyone:

Oh Boy...Water Torturer. He was so this way...so covert... in sidious! 🙄

13:05:43 From Cindy Baltz-King to Everyone:

Manipulation at its best!

13:05:44 From Rebecca Johnson to Everyone:

That was my father, most of the time. It drove my mother crazy.

13:05:49 From Helenmary Brown to Everyone:

Reacted to "I've watched my a..." with 👍

13:06:45 From Martha Schuman to Everyone:


Replying to "I had a (terrible) p..."

This is why "marriage counseling" is SO bad in a situation where abuse is present.


13:06:51 From Tracy Zimmerman to Everyone:

Mine was a water torturer. He was extremely cruel calmly every day. Death by a thousand cuts!


13:06:56 From Kendra Thurman to Everyone:

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


13:06:58 From Rebecca Johnson to Everyone:

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

13:07:01 From Lacie Dickens to Everyone:

Reacted to "Mine was a water tor..." with 

13:07:04 From Joy Forrest to Everyone:

Reacted to "I had a (terrible) p..." with 

13:07:06 From Dr. Jessica Evans to Everyone:

Reacted to "They are very PROVOC..." with 

13:07:08 From KAMILLA to Everyone:

Replying to "Yes, Joy...Paul Hogs..."

Dr Paul Hegstrom - Life Skills International

13:07:10 From Cindy Baltz-King to Everyone:

Respond to him with **BIFF..**


Brief

Informative

Firm

Friendly

13:07:19 From Joy Forrest to Everyone:

Reacted to "Respond to him with ..." with 

13:07:25 From Laura Lathrop to Everyone:

I mean, how do we respond within ourselves? How do we convince ourselves these things aren't true? Because they can feel true.

13:07:44 From Kendra Thurman to Everyone:

His mouth is filled with cursing and deceit and oppression; under his tongue are mischief and iniquity. (Psalm 10:7)

13:08:04 From Cindy Baltz-King to Everyone:

Reacted to "They are very PROVOC..." with 

13:08:05 From Rebecca Johnson to Everyone:

Reacted to "His mouth is filled ..." with 🙏

13:08:16 From Tracy Zimmerman to Everyone:

It is why it is easier to believe it is us, not them

13:08:28 From Dr. Jessica Evans to Everyone:

Replying to "I mean, how do we respond within ourselves? How do we convince ourselves these things aren't true? Because they can feel true."

Good trauma informed therapy too!

13:08:29 From Deah Embree to Everyone:

that truth in the Bible sets us free

13:08:34 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Reacted to "that truth in the Bi..." with ❤️

13:08:39 From Dr. Jessica Evans to Everyone:

Replying to "I mean, how do we re..."

Combat the lies with truth

13:08:46 From Deborah Stahl Waters to Everyone:

Dr Debra...he did just that. Ever smear campaigning me... diagnosing me b/c of his expertise Ed Psych degree.

13:09:23 From Laura Lathrop to Everyone:

Replying to "I mean, how do we ..."

But how? What is the truth? How will we know what he's saying isn't true? Sometimes it is.

13:09:24 From Rebecca Johnson to Everyone:

Replying to "that truth in the Bi..."

I was set free when I studied Proverbs over and over for a year. It helped me see his patterns and his sin and showed me the Truth.

13:09:29 From Cindy Baltz-King to Everyone:

Self awareness of the abusive behavior is key and not staying in denial.

13:09:36 From Deah Embree to Everyone:

Reacted to "I was set free when ..." with 💜

13:09:37 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Reacted to "I was set free when ..." with ❤️

13:09:41 From Dr. Jessica Evans to Everyone:

Replying to "I mean, how do we respond within ourselves? How do we convince ourselves these things aren't true? Because they can feel true."

Joy- First, recognizing the truth and then getting that truth to the traumatized parts of our brain

13:09:49 From Brooke Eggen, CTPM Advocate Coordinator to Everyone:

Reacted to "Joy- First, recogniz..." with ❤️

13:09:52 From Katharine Kofoed-Nielsen to Everyone:

Reacted to "I was set free when ..." with ❤️

13:09:54 From Cindy Baltz-King to Everyone:

AMEN, Joy!

13:10:01 From Cindy Baltz-King to Everyone:

Reacted to "that truth in the Bi..." with ❤️

13:10:02 From Rebecca Johnson to Everyone:

Reacted to "Joy- First, recogniz..." with ❤️

13:10:23 From Rebecca Johnson to Everyone:

Reacted to "Dr Debra...he did ju..." with 😞

13:10:33 From Kendra Thurman to Everyone:

Reacted to "Joy- First, recogniz..." with ❤️

13:10:35 From Cindy Baltz-King to Everyone:

Discernment

13:10:47 From Kendra Thurman to Everyone:

Reacted to "I was set free when ..." with 💜

13:10:48 From Rebecca Johnson to Everyone:

Reacted to "Discernment" with 👍

13:10:54 From Judy Brown to Everyone:

I had a "Water torcherer", sooo confusing!!! God, through TRUTH helped me see this!

13:11:00 From Katharine Kofoed-Nielsen to Everyone:

Replying to "I mean, how do we re..."

@Laura Lathrop even if what he is saying is true, it is not said in love. Satan in the Bible often says true things, mixed with lies, for disruptive purposes. So Satan might point out a sin in your life to shame you, whereas God will point it out to lead you to repentance

13:11:29 From Joy Forrest to Everyone:

Reacted to "@Laura Lathrop even ..." with ❤️

13:11:34 From Ladonna Hafen to Everyone:

Replying to "I mean, how do we re..."

The Verbally Abusive...

13:11:38 From Joy Forrest to Everyone:

Replying to "I mean, how do we re..."

True, katherine

13:11:46 From Katharine Kofoed-Nielsen to Everyone:

Reacted to "The Verbally Abusive..." with ❤️

13:11:52 From Laura Lathrop to Everyone:

Replying to "I mean, how do we ..."

But he thinks/says he's trying to help and get us to repentance because it's good for us. It's twisty.

13:11:57 From Deborah Stahl Waters to Everyone:

Replying to "Yes, Joy...Paul Hogs..."

Yes, I was grateful ...

13:12:02 From Tracy Zimmerman to Everyone:

We give them too much power - they do not know everything like they make us feel that they do. They are not God but want to be treated like they are God

13:12:07 From Joy Forrest to Everyone:

Reacted to "Good trauma informed..." with 👍

13:12:10 From Deah Embree to Everyone:

Reacted to "We give them too muc..." with 🙏

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

Replying to "I mean, how do we respond within ourselves? How do we convince ourselves these things aren't true? Because they can feel true."

Brooke says use our minds but also pay attention to our emotions!

13:12:32 From Joy Forrest to Everyone:

Reacted to "Yes, I was grateful ..." with 👍

13:12:46 From Cindy Baltz-King to Everyone:

So, TRUE!

13:12:53 From Helenmary Brown to Everyone:

Reacted to "His mouth is fille..." with 👍

13:12:57 From Joy Forrest to Everyone:

Replying to "Yes, Joy...Paul Hogs..."

That's where I saw a Power and Control Wheel that opened my eyes.

13:13:10 From Helenmary Brown to Everyone:

Reacted to "I was set free whe..." with ❤️

13:13:14 From Deah Embree to Everyone:

Reacted to "That's where I saw a..." with 🙏

13:13:23 From Helenmary Brown to Everyone:

Reacted to "Dr Debra...he did ..." with 😞

13:13:29 From Rebecca Johnson to Everyone:

We have been told for years to ignore our emotions.

13:13:30 From Lynn Adams to Everyone:

Women are often shamed for having emotions in the church.

13:13:31 From Henry Esqueda to Everyone:

This book is a CCEF book and is great about understanding our emotions and engaging them with God.

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

13:13:36 From Judy Brown to Everyone:

Also, his family was able to jump on that band wagon of torcher and started coming at me. I knew then it was time to go!!!

13:13:39 From Joy Forrest to Everyone:

Reacted to "This book is a CCEF ..." with 👍

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

Reacted to "This book is a CCEF ..." with 👍

13:13:45 From Deah Embree to Everyone:

Reacted to "Women are often sham..." with 🙏

13:13:55 From Deborah Stahl Waters to Everyone:

Reacted to We have been told fo... with " 👍 "

13:14:10 From KAMILLA to Everyone:

Our 2024 CTPM Retreat is one month away!! Registration is open for two more weeks. We would love to have you attend!! Learn more and register here:

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

13:14:11 From Rebecca Johnson to Everyone:

Reacted to "That's where I saw a..." with 🙏

13:14:15 From Shelly Blankenship to Everyone:

Reacted to "This book is a CCEF ..." with ❤️

13:14:21 From Rebecca Johnson to Everyone:

Reacted to "Our 2024 CTPM Retrea..." with ❤️

13:14:25 From Laura Lathrop to Everyone:

But HIS feelings are telling him something false. It's just hard to know the difference. Is there something in the Bible that can help?

13:14:26 From Christi Douglas to Everyone:

When I feel strong emotion, I like to stop and ask, "Is there something in me that I need to change (submit to The Lord)? or Is there something I need to do (an action I need to take)?"

13:14:51 From Tynetta Chastain to Everyone:

Someone said, "emotions are indicators, not dictators."

13:14:51 From Martha Schuman to Everyone:

Emotions tell us where we are...not what to do.


13:14:53 From LeAnne Parsons to Everyone:

We have feelings and they don't need to have us...

13:14:56 From Kendra Thurman to Everyone:

Reacted to "Our 2024 CTPM Retrea..." with 


13:15:04 From Rebecca Johnson to Everyone:

Reacted to "Someone said, "emoti..." with 


13:15:04 From Judy Brown to Everyone:

Yes, Joy!


13:15:17 From Rebecca Johnson to Everyone:

Reacted to "We have feelings and..." with 


13:15:21 From Kendra Thurman to Everyone:

Reacted to "We have feelings and..." with 

13:16:14 From Cindy Baltz-King to Everyone:

Reacted to "We have feelings and..." with 

13:16:47 From Deborah Stahl Waters to Everyone:

Reacted to Someone said, "emoti... with "  "

13:16:52 From Cindy Baltz-King to Everyone:

Our feelings don't control us...,but guide us to TRUTH!

13:17:05 From Joy Forrest to Everyone:

Reacted to "Our feelings don't c..." with 

13:17:11 From Lynn Loscar to Everyone:

Thank you ladies!

13:17:17 From Porscha Green to Everyone:

I tell my nieces that you increase your power when you gain power over your emotions

13:17:24 From Rebecca Johnson to Everyone:

Thank you everyone! Have a wonderful week!

13:17:25 From Anne Church to Everyone:

Thank you ALL!

13:17:26 From Henry Esqueda to Everyone:

Thank you Ladies. Have a great evening.

13:17:26 From Cindy Baltz-King to Everyone:

Thank you precious ones!!

13:17:27 From Brandie Ramirez to Everyone:

Thank you