

Episode 363 Breaking the Cycle of Emotional Abuse in the Christian Home

Heads up, friend: What you're about to read is a raw, unedited transcript straight from the robots. That means you'll find some weird words, funky punctuation, and moments that make you go, "Huh?" If you want the real experience (and to actually know what's going on), I recommend reading the polished article, listening to the full episode, or watching it on 1.5x speed with captions on. Your brain will thank you.

There's a specific clinical roadmap for breaking free from emotional and spiritual abuse that actually works, and most women never hear about it. So today I'm gonna walk you through all three stages so you know exactly what freedom requires.

Over the past several weeks, we've been walking through the landscape of emotional and spiritual abuse together. We've talked about the 10 most subtle signs of emotional abuse in a Christian marriage. Why you keep second guessing yourself in an abusive relationship, how emotional abuse impacts your emotional and spiritual health, and how it impacts your children.

Today we're gonna talk about the actual path forward, the practical clinical evidence-based roadmap for breaking that cycle and reclaiming your life. Because breaking free from emotional and spiritual abuse is not just about leaving, it's about healing. It's about becoming whole again. And there is a path forward, a real one.

One that thousands of Christian women have walked before you. So first, let's make sure we're on the same page about what we're dealing with here with a quick review. Emotional and spiritual abuse is not just bad communication or a rough patch in our marriage. It is a systematic pattern of interpersonal violence designed to establish complete power and control over you.

And yeah, I use the word violence because even though there might not be physical bruises, this kind of abuse fundamentally damages your self-worth, your sense of reality and your independence. It is violence against your personhood. It strips you of your purpose and your meaning and your agency.

So I recommend that you go back and listen to the very first episode in this series to find out the 10 most subtle signs of emotional abuse in a Christian marriage. It's very important for you to first be able to identify what is actually happening in your marriage. You could also go to emotionalabusequiz.com to take a more detailed, comprehensive quiz to figure out if you're a marriage is abusive or not.

And for those of you in faith communities, there is this added layer of spiritual abuse using the Bible, for example, to justify control or shaming you with threats like God's gonna punish you if you don't submit. Or the Bible says that you need to shut up and obey me, or you don't get a voice because that's being a nagging wife, and women are supposed to be silent, or I am the head of this home.

You have to ask permission to do anything. I decide because that's what the Bible says. This combination of emotional and spiritual attack is particularly damaging because emotional abuse strips away your self-worth, while spiritual abuse weaponizes your deepest moral framework and really strips away your relationship with God and, and seeing God for who he actually is.

Clinically, this creates what's called complex post-Traumatic Stress Disorder or C-P-T-S-D, and that's important to understand because it tells us that recovery is going to require specialized long-term trauma treatment. This is not something that you just get over or that you fix with a few self-help books or some bible counseling.

I teach a course inside the Flying Free kaleidoscope called C-P-T-S-D Recovery, and that course goes into detail about what that is and the fact that it's a very real issue that many Christian women are experiencing symptoms of, and they don't even know what it is. They know the symptoms. They could articulate to you what those symptoms are, but they don't know why they have those symptoms.

This is just one of many educational courses that equip Christian women with the tools they need to support their recovery. You can go to [Flying Free dot com](http://FlyingFree.com) if you wanna learn more about that. So now we're gonna talk about why it's so hard to leave, because it's not because you're weak or you're stupid, or you're not praying hard enough, it's, it's because you are actually caught in a very specific psychological pattern called the cycle of abuse, and it works like this.

Stage one is tension building. That's when your partner becomes increasingly controlling, argumentative, angry. You're walking on eggshells. You're trying to

keep the peace. You're accommodating his demands. Stage two is the explosion. This is the major abusive incident. It could be verbal or emotional, or s.

It's usually the shortest phase. And honestly, the safest thing you can do during this time is just wait it out. Or if you're actually being physically violated, to call 9 1 1 and get help. Stage three is the honeymoon stage, and this you guys, this is the trap right here. After the explosion, they calm down, they become apologetic, loving, and kind, and I wanna put all of that in quotes.

Okay. Here's where they promise to make the changes. Maybe they even will say at this point, well, I'll go to counseling. And suddenly you see the person you thought you fell in love with, right? The mirage that you want to believe in. And it gives you so much relief. It even releases dopamine in your body that we can get addicted to, and we just want this relationship so badly.

We wanna believe in the dream. With the, this magical thinking so badly that we're willing to sweep everything else under the carpet, and then what actually happens is we get swept back up into the cycle. The honeymoon phase is what keeps us stuck. It's what gives us false hope. It makes us think maybe things really will get better this time.

Maybe God really is changing him, but here's what the research shows. The longer the relationship continues, the faster this cycle begins to turn, and the more severe the abuse becomes during that explosion phase. The abuser isn't loosening their control of you, they're actually tightening it. So if you're waiting for that promise change that they said they were gonna make, I need you to hear this very, very clearly.

The pattern itself tells you that change is not coming. Okay. It's not coming. Alright, so how do you break free then? Well, there's a clinical framework for healing from complex trauma that Dr. Judith Herman put out there. And she calls it the three stage recovery model. And we're gonna walk through all three stages today, but I want you to understand something really crucial.

You cannot skip stage one. You can't just jump straight to processing your trauma or rebuilding your life until you've done stage one, which is establish safety. All right, so stage one is all about safety and stabilization, and here are the steps to creating safety and stabilization. First, if you're being physically abused, you need to access immediate support.

All right. Things become physically threatening or even life threatening. You need to call 9 1 1. There's also confidential resources that you can access 24 7.

Uh, the National Violence. Uh, the National Domestic Violence Hotline is 1-800-799-SAFE. You can also text start to 8 8 7 8 8. You can also chat@thehotline.org.

Now, I, my work is mostly with Christian women in emotionally and spiritually abusive marriages. Okay. That's who I usually work with and, um, that's what my program is for. Um, I don't do work with, I'm not a trained social worker. I don't do work with people who are being physically violated against, uh, or sexually violated against.

Um, however, if you are being physically abused or sexually abused, financially abused, all of you are also experiencing emotional and spiritual abuse. If you're in a quote, Christian marriage, that is not a Christian marriage, by the way, but, um, that's what we would call that in our churches, right? So, um, so I wanna at least give, put that out there.

Uh, for those of you who are experiencing physical violence as well. Whether you are experiencing physical violence or not. The second step to creating safety is to make a safety plan. This is a proactive strategy that helps you to minimize your risk while you're still living with your abuser or maybe while you are preparing to leave your abuser.

Abusers will often ramp up their control and violence when they sense that they are losing control of their target. So preparation is very important. When you start setting boundaries, they're gonna ramp up their abuse. If you say you're gonna leave, they're gonna ramp up their abuse. If they start noticing that you're making preparations to leave, they're gonna start ramping up their abuse.

So I'm gonna share some very high level things that you can do here, but we do have a comprehensive course. Very comprehensive course inside of the Flying Free kaleidoscope called the Preparation for Divorce Course. And in that course, among so many other important skills and strategies that you will learn there, you'll make, you'll learn how to make, or you will get a more detailed list of what to do to get ready to make your exit.

But here's some high level. First of all, you'll want to secure your documents, get copies of, you know, identification items like birth certificates and social security numbers, uh, prescriptions, financial records, any evidence of abuse. Store these copies with a trusted friend or family member, or you can even put them in a safety deposit box that your abuser can't access.

You could get a subscription to, Amy says, it's spelled A-I-M-E-E. Says, this is an AI tool for domestic violence, uh, victims, uh, that will help you keep track of and organize the things that you're experiencing into accessible folders and documents. And you can go to amy says.com for more information about that.

I'm gonna talk about that a little bit more in a, in a minute. Um, you will want to create some digital separation. That just means that you are going to, for sure, wanna change all of your passwords. Sometimes you need to change your device. You need to get your own device. That's not like if you're in a network system with your husband, um, you're going to need to get a device that's not connected to his devices, right?

So that you can plan and prepare, um, consider getting a PO box for important mail to come to so it doesn't have to go to your house. Also, what about the kids? Teach your kids to recognize warning signs and know and to know what to do in case of a violent incident. Let neighbors, maybe you have a neighbor that you really trust.

You know, if you do, let them know. Tell them that they can call the police if they hear stuff. Hap going on. Build this. The next thing is to build your financial foundation. You should understand your financial picture. Many women in Christian marriages don't. Because some of our churches, I grew up in a church or didn't grow up in a church like this, but I went to a church like this as an adult that was like, you know, the man should handle the finances.

And then my husband did. I didn't know anything. I knew nothing about what accounts we had, how much money was in them, what our budget was, nothing. Even though I asked, I was not given that information. So then going through the divorce process for me was just about finding out all of this stuff, and I think there were some things I never did find out.

I think there were some things that were, that were hidden from me. So you're going to want to try to understand the full financial picture, your debts, your property, your income, the bank balances. I also recommend opening up your own private bank account in your name only, and start saving even if it's just in small amounts.

Now, I mean, if you haven't experienced, uh, physical violence, you may not need to worry about some of what I just said, but you still will do need to do many of those things, and for sure you're gonna need to learn how to stabilize your emotions because after many years of abuse, your nervous system is shot, you're probably in a state of constant hypervigilance.

You've got a lot of cortisol running through your body. Your body's alarm system is stuck in the on position, which is not healthy for you long term. By the way, this is why I always say, you know, emotional abuse is physical abuse. It is physical violence on your body. It just does it from the inside out where people can't see it or understand it.

So stage one is also going to involve learning how to manage all of those big emotions that you have as a result of living in this kind of environment for so long. So that you can reduce that chaos. This is where therapeutic tools like grounding exercises or uh, mindfulness techniques, um, dialectical behavioral therapy, cognitive behavioral therapy, these kind of skills become essential.

These are not just nice ideas. These are going to lay a foundation that will help prevent you from being overwhelmed, especially when you start to do the deeper trauma work later. So helping you with some of these things and getting you set up and helping you to learn how to think about your situation in new ways is something that we do inside of the Flying Free program.

Um, we don't do therapy in there, but we help to, a lot of therapists recommend their clients to us because we help teach skills that, and then, and then the client can go to the therapist and really dig into and do that deeper work with their therapist. All right, so, and it will save you a lot. It'll save you with so much money.

Your therapist doesn't have to teach you all this stuff. Then where you're spending, I don't know, \$150 for your therapy session. If you spend \$290, well, actually about the time of this, the price has gone up. It's \$390. Now, if you spend \$390, you'll get an entire year of. Dozens of courses and coaching sessions and resources that are going to help you.

And you can take that to your therapist and your make your therapy sessions like just 10 x them so you can really do this work. All right, so before we move to stage two. I wanna talk about something that is both a legal necessity and it's also a therapeutic tool, and that is documentation. One of the most really horrific things about emotional and spiritual abuse is that it's invisible.

There are no bruises, there's no broken bones. That means the burden of proof is on you, and most people aren't gonna believe. You ask me how I know, but here's the other piece. The act of documenting directly counters in your own mind, in your own brain, your abuser's, chronic gaslighting. So when you create this objective readable record, you are actually reclaiming the validity of your own memory and your experience, your reclaiming your reality.

So start keeping an abuse log. I had 20 years of journals. I hadn't read through before. I mean, I had recorded a lot of things in these journals and then I would, you know, I'd fill up a journal and then put it away in the closet. Well, 20 years later, I got all of these journals out. I went to a hotel and for two days I spent reading those journals.

Wow. I was absolutely flabbergasted by what I read because when you're living in abuse, your brain shuts down. You don't wanna remember it, you don't wanna think about it. In fact, there were, I had pages ripped outta my journals because some, some of the things that I wrote were so horrible, and then many other things, I wouldn't even write them because I remember thinking, this is too awful.

I don't even have the emotional energy to put this down on paper. And I didn't want to, I wanted so badly to hang onto my belief that our marriage was okay. It was so not okay. And so there's a lot of, a lot of, I have huge chunks of my memories in that marriage that are completely missing. I don't remember so many things, but I know they happen.

And what I did write down was bad enough. So, and that, that actually, that I, I wrote, I write about this experience in my book, all The Scary Little Gods. You can get it on Amazon, but you can also listen to it for free by going to scary little gods.com. But I talk about how this was a pivotal point in my life when I read those journals and realized nobody is helping this girl, nobody's helping this woman.

She has been begging for help from so many people for so long and nobody believes her. I believe her, I'm gonna help her. And that was a, that was the turning point for me. Everything changed after that. So. That might be, uh, the case for you too. So definitely keep a record. Um, you can actually use, Amy says again, it's a, an AI tool specifically for dv, for DV survivors.

A-I-M-E-E says.com. And you can write, you can type in or ver or verbally talk into the app and share what just happened. And Amy will take care of making sure that that is. Number one documented, put into certain folders, organize the date and the time, uh, even organized by the type of abuse you can, if you have the paid version, she'll do this.

You can go to Amy says, and use the free version. It, you can just have conversations kind of like with chat UPT, um, but it's more specialized. But, um, if you want the pa, if you get the paid version of it. You will be able to,

she'll organize all of this stuff for you, and then you'll be able to have a record that you can use.

Down the road if you need to, if you are in a custody battle, um, for your own sanity, you can have conversations and go, did this really happen? You know, how and how, what kind of cycles are you seeing me in? Um, and you can interact with all of your experiences. I wish so bad. I had had this, this, uh, this tool back when I was experiencing everything that I was going through.

It would've changed my life. So I, I, I love recommending Amy says, and the founder of Amy says, we've had her on the podcast. She's an amazing woman. And, um, I just highly recommend that tool. So anyway, whether you use Amy says or not, you're gonna wanna keep a record of the date and the time of each incident.

Um, a detailed description of what was said or done. If you have direct quotes, if you can remember, you gotta write this stuff down as soon as it happens because your brain, if it's anything like mine, it's gonna go offline and you're not gonna be able to remember later. Um, write down how the incident made you feel.

You might be even have to come back later. Sometimes I would start writing things down after they happened, but my brain was so much on fire that I couldn't remember everything. But then I would remember little bits and pieces later on in the week. Then you can go back. I recommend going back and writing down any things that come back to your, come back to your memory later on.

Uh, write down any witnesses. Did anyone hear it? Any of your kids hear it? Anybody else hear it? Um, if the abuse is happening via text or email, write, take screenshots of those. Um, and by the way, I wanna talk about this too, because a lot of verbal abuse that we're getting from these kinds of men. Uh, it's spoken and it kind of goes into the air and no one, there's no record of it anymore.

Um, so, so what you, what I started doing towards the end of my marriage is I required all communication to be in writing, either by text, actually back then. It was mostly email. So if now if we had to just talk about like who's gonna pick up the kids or whatever, then that's fine. We talked about it. But for thing, anything related to our marriage or that was something heavy or something that could potentially turn into a, an abusive incident verbally, I would say.

We need to talk. We will need to write this down. I wanna hear what you have to say. Write it down for me. Because when I could see him, when I could see what he wrote, I could see the tactics so much more easily than when he spun my brain around in circles in an actual altercation. I got better at that though also, which I can help you do inside of Flying Free too.

Um, as far as unhooking your brain from him. I remember the first time I ever, this is another rabbit trail, but the first time I ever stood in the kitchen and he was doing his thing and saying all kinds of word salad, and I was listening and all, it was like I had an autobody experience. Instead of getting hooked into his drama, I realized this is fascinating.

It was like, it was like, I. It was floating above me. Not really, but it felt like I was floating above and looking at it from a third person view and going, that is fascinating. He has a very interesting perspective that I don't buy into, I don't believe a word he's saying. And that was the moment that I realized I am breaking free from him, from his hooks internally inside of myself.

I, I started to not care anymore. I started to like, okay, you can't believe whatever you wanna believe, but just because you believe that doesn't mean that I have to believe that. And that that changed a lot of things for me too. So anyway, um, you also document spiritual coercion, you know, write down the scriptures that they are using.

To threaten you with or to weaponize against you. This is another area that being part of the Flying Free community offers help in. We can help you to learn. We do help you learn. There's actually a couple of courses about on this, how, what scripture verses that have been historically used by misogynistic religious communities to control and abuse and power over women.

And we can teach you what those scriptures actually mean. So that you can reclaim them, so we can take them back from that satanic twisting of God's word, and we can reclaim it for, for what it was actually communicating in the first place, because the truth is what sets us free, not the truth twisted in the hands of abusers who are being pawns of the enemy.

Now this documentation, it's definitely for your own clarity, but not just for your own clarity. This is also going to be essential for legal proceedings. Protective orders, divorce, custody decisions. Family courts will use this as evidence and it can significantly impact outcomes. Alright, that's all stage one, safety, establishing safety.

Okay. Stage two is remembrance and mourning. So once you've established safety and you've separated either physically, legally, or financially, your nervous system will begin to stabilize. You'll get some coping skills in place, and that's when you do the work of remembering and mourning. This is trauma work, you guys.

This stage is hard. This is where you reconstruct what happened to you, where you remember, and are able to communicate out loud the details of the abuse without being actually overwhelmed by it. And this is where trauma-focused therapies come into play. Things like EMDR therapy or, uh, trauma-focused cognitive behavioral therapy, or internal family systems, IFS.

These are the gold standard interventions for processing traumatic memories and reducing the intrusive symptoms of C-P-T-S-D. By the way, we teach, uh, we not, not nothing about EMDR, but we do teach, uh, a cognitive behavioral model and we do teach IFS inside of Flying Free. We give, we teach you the fundamentals of those things.

We have a level three, uh, a level three trained IFS practitioner inside of Flying Free. She does private coaching outside of Flying Free, but she's there to answer questions inside of Flying Free, and she has taught classes and stuff inside Flying Free as well. All right, so then comes the mourning, the grieving for what you've lost, the marriage you thought you had, the years that you gave to this person that he stole from you, the version of who you were before the abuse happened, the dreams that you had that may never come true.

Now. This grief is real. The loss is real. It's, and it, this, the grief is necessary. You can't skip over it. You can't bypass it by staying busy or immediately jumping into a new relationship or focusing all your energy on your kids. I mean, you can try, but you're never going to heal if you're just skipping over this stage.

You have to go through it. If you wanna heal, you have to let yourself feel it if you truly wanna be free. This is where having a really good therapist who understands complex trauma becomes critical because the pacing matters. You can't be rushed through this, or you will re, you'll risk re-traumatization.

Your therapist needs to be able to help you process these memories in a way that you can integrate them into your whole life story without overwhelming you. Which brings us to the third stage, which is reconnection and integration. This is where you transition from this victim identity to a survivor identity, where you forge a new integrated sense of self.

So this is not about forgetting what happened now or moving on, as if none of it mattered, not, not by a long shot. This is about the opposite. This is about integration. This is about incorporating your experience into your life story. Without letting it define your present or your future life in this stage, you're going to, uh, you're gonna do a lot of different things.

One thing is you'll set new life goals, not goals, based on what your abuser allowed or didn't allow, but goals based on what you want, your actual desires, your dreams, the things that God put inside of you that were, that were always intended to be your destiny. You'll also, at this stage, you'll also reengage with the world.

You will get involved in activities that you enjoy. You'll be able to pursue interests and hobbies and build a life that's not just about barely surviving the day. You'll also build healthy relationships, and this can be tricky because emotional abuse destroys our capacity for trust. It really does. So this involves intentionally and slowly learning to trust again.

By carefully selecting safe, nonviolent, trustworthy people to involve in your life. Again, this stage also involves holistic self-care that involves your body and your emotions and your spiritual your spirit. So physically you're going to wanna get your body moving again, exercise, taking care of your health.

Eating healthy, because psychological trauma manifests physically, it does. It's stored in our body. Our nervous system has been chronically activated for years, so deliberate physical movement actually helps your body to regulate and recover emotionally by continuing to work with your therapist, by joining a program like Flying Free or Flying higher where you're working with other survivors, allowing yourself to feel the full range of human emotions without shame in a safe place.

Spiritually reclaiming your faith outside the context of coercion, finding or creating spiritual practices that nourish you instead of control you. Again, this is a very important component of Flying Free because we know as Christian women how important our relationship with our creator actually is, and when it's been hijacked by the enemy, sometimes we're, we feel like we're lost in the ocean.

We don't even know up from down. We don't even know who God is anymore. That's really the whole story behind all the scary little gods. It's how I learned. I really, really realized, I don't know if I know who God is anymore. And then eventually I was able to find that, that, uh, anchor again. But, um, again, you

can go to scary little gods.com if you wanna listen to that, listen to that story, and then socially connecting with people who see you and hear you and value you, and building a community that supports your growth instead of demands your silence.

So what does this freedom actually look like once you get to the other side? Well, it's not perfection. It's not a life that has no challenges or pain or hard days. That's part of living life on planet Earth, right? But it is a life where you can learn how to trust yourself again. Where you can name your own reality without second guessing, whether or not you're crazy, where you have agency over your own decisions, where you're not walking on eggshells, where you're not consistently monitoring someone else's mood in order to keep yourself safe, where you can pursue goals and dreams that matter to you, and where you can have relationships based on mutual respect rather than power and control.

Freedom looks like waking up in the morning without dread in your stomach. It looks like making decisions about your day without having to calculate how someone else is gonna react. It looks like having conversations where you can express your thoughts without being worried that you're gonna get punished for it.

Freedom looks like real peace, not fake peace that comes from capitulating to someone else's demands. That actual sustainable piece that comes from living in alignment with your core values and treating yourself with dignity. I wanna close by reading something that one of our Flying Free kaleidoscope butterflies, that's what we call our members wrote in our forum about the abuse cycle and her own insights, and I hope this is helpful.

She wrote this, I was reading about and reflecting upon the abuse cycle this morning and something finally connected. I am in the cycle too. I always looked at the cycle as things he does and says if he's being nice, kind, thoughtful, cheerful, and helpful, then I know he is in the honeymoon phase of the cycle.

If he's sullen, unkind, unhelpful, grumpy, and critical, then I know he's moved into the tension phase. Then when he yells slams doors, rolls his eyes, and drives recklessly and aggressively, I know he's in the explosion phase of the cycle. I know that me keeping my focus off of him and onto myself is absolutely key to my recovery.

But I realized if I am constantly watching him and evaluating where he is in the cycle, my focus is on him. I thought, how can I switch this around to the focus being on me? And that's when it occurred to me that I am in the cycle too, as a

result of living with abuse. When I'm feeling hopeful, relieved, connected with him, skeptical and doubtful of my own perceptions, vow to try harder and confused about what's going on.

Then I am reacting to the honeymoon phase. When I feel anxious, withdrawn, isolate myself, try to placate him, feel frustrated and angry, walking on eggshells and wanna run away and hide. I am reacting to the tension phase. Then when I give in to him, feel trapped, degraded, hopeless guilty, and yell back and slam doors, I am reacting to the explosion phase of the abuse cycle.

I see this dynamic too in the posts here in the forum. In one post, she's hopeful. The next frustrated and angry, the next hope, hopeless, and guilty for it all, and asking why do I feel this way? Yes. He drives the cycle always. He is totally responsible for it, but I am a participant. My participation keeps that old abuse wheel rolling along right over me.

Since I can't control him and make him stop being abusive, I can't stop the cycle. What can I do to take myself out of the cycle? One way is to divorce him. That could end it, especially if I could make a complete break from him. Divorce could at least dampen the cycle, but since I'm not wanting to divorce him right now, is there anything I can do?

Can I take myself out of the cycle or at least let the air out of its tires? First, I can get my focus off of his behaviors in the cycle and concentrate on mine. Like today in the cycle, I am in the tension phase, feeling like I wanna run away and hide. What can I do today to stop my cycle? I can practice mindfulness by getting my thoughts out of the past and the future, and onto my here and now.

I can do stretching exercises. I can do breathing exercises to calm myself. I can make something with my hands. I can do anything that counteracts what I usually do, say and feel during the tension phase. I think it's worth a try. I am worth a try. And then another member responded with this, uh, which I thought was good too, so I just wanna share it.

It really helped me to realize that when I was reacting, I was buying in. I was buying in to his reality, his distortions. You're absolutely right. This is how we stay engaged in the abuse cycle too. When you stop buying into their reality, you don't have to react like their thoughts are legitimate because most of the time their thoughts are not legitimate.

They've just conned us into believing we have to adopt their reality. That's what the abuse cycle does. It's like a whirlpool that sucks us into seeing life through

the same distorted lens they do. I think whatever you can do to see a reality your own way is the key. Take off the distorted glasses he wears.

Stop believing him and look at the world through your own eyes. For some of us, the only way to do this is by leaving either physically or emotionally. You are worth it. Isn't that amazing? These are the kind of conversations that are happening in the private forum inside of the Flying Free Kaleidoscope.

People are helping each other, and these women are articulating what they have learned in the courses. These are two women who have gone through the courses, they've applied them to their lives. They are constantly interacting with the material and it is changing their lives, and then they're helping other people too.

It's amazing now. So again, you can go to join Flying Free dot com if you want more information. I know this episode was packed with a lot of stuff, and if you're feeling overwhelmed. I, I understand it. You don't have to do all of this today, okay? You don't have to have this all figured out. I just wanted you to at least know that there is a path forward.

It does exist out there for when you're ready. This is not some vague, inspirational idea. This is a real clinical evidence-based roadmap that thousands of women have successfully walked before you. You are surviving something that is designed to break you. The fact that you are still here, still fighting and still seeking help.

I think that says a lot about your strength. Breaking free is possible. A life of peace and dignity and autonomy is possible, and you deserve it. You deserve to be free. If you want more support on this journey, I would love to have you join us in the Flying Free Program. You can learn more at join Flying Free dot com.

We are a community of Christian women walking this exact roadmap together. If you're not ready for that, that's okay too. Just stay connected. Keep listening to this channel, keep learning, and I'll be back with you next week. Until then, fly free.