

The Flying Free Podcast with Natalie Hoffman, Episode 346 - Gaslighting and Guilt: Why Christian Women Stay Stuck in Toxic Relationships

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.

Natalie: If you've ever wondered, is he really a narcissist or just immature, am I enabling abuse by staying or sinning by leaving? Is it possible to forgive and still walk away? And what if I've been gaslit for so long? I don't even trust myself anymore. In this part two episode, Christian counselor and author, Chris Reese, joins me again to unpack the questions that haunt so many Christian women in toxic relationships, especially when religion has been used to keep them stuck.

So we're gonna kind of circle back to what I, I touched on a little bit earlier about the whole narcissism thing, um, because I know, I think your channel is, uh, you use that word a lot. So I get, and I'm gonna deviate a little bit from the interview questions just to say, I. Like, for example, the next question is, you know, how can someone tell if their mom or spouse is actually a narcissist or is just difficult or wounded?

How do you handle those kinds of things? When people say, you know, I don't, 'cause I get that a lot too. Mm-hmm. Well, is he a narcissist? Is she a narcissist? I mean, and how does that, at the end of the day actually change anything as far as your approach to dealing with their issues or, or their impact on you?

Kris: It's interesting that you ask that. So when we ha, when we look at narcissists or just straight up difficult people or toxic people, however you want to, um, there is a difference. So difficult people will look to rectify toxic people, look to justify.

Natalie: Hmm.

Kris: So when we start to recognize like, what am I dealing with here?

Is this person really difficult? Maybe they came from a broken childhood. They really were never taught to cope with life. They just slip into a victim mentality. Um, you know, they, they pull away. And what looks like stonewalling is really just self-protection. But do they eventually come back with hopes to rectify the situation, or are they just justifying all their behaviors?

So there's gonna be a key difference there. So when you ask like, how do you treat this? You're really treating not the label. You know, we talk about labels because people are more easily able to identify, yeah, oh, this person's a narcissist. Oh, this person's a toxic person. But what are you truly dealing with?

Are we dealing with manipulative behaviors? Are you dealing with victimhood? Are you dealing with scriptural abuse? Um, are you dealing with self-centeredness? Are you struggling with codependency? So we always wanna attack the problem, not the label.

Natalie: Yeah,

Kris: because the label is so broad, because at the end of the day, let's face it, Natalie, we all have narcissistic tendencies.

Yeah. It's whether we act on them or not, we're all self. 'cause we all have an ego. Self centered. Yes. Yeah,

Natalie: exactly. Exactly. Okay. So would you say that, um, like emotionally or like difficult people who look to rectify their behavior are, would, would you say that they're more emotionally immature people?

Kris: They definitely can be, and they usually are. Because if you're difficult and you are also not recognizing the difficulty that you're causing, then you're likely emotionally immature.

Natalie: Yeah.

Kris: Meaning children don't recognize where what they say hurts you. Like, oh, daddy, look at that really fat man over there.

You know, they, they don't recognize that. And there's a, there's a, an immaturity there. So yes, difficult people can be. Emotionally immature. They usually are. Narcissists are emotionally immature too. Yeah. Yeah. They've just learned, but

they've taken a step manipulate. Yes, exactly. Yeah. They've taken what they've learned and coupled it with what they've wanted and now use it for their advantage.

Whereas difficult people really just are very difficult. Now, that's also. Not to say, 'cause I wanna say this as a caveat, just because someone's difficult, just because they're emotionally immature, just because they're broken doesn't mean that you still need to be in a relationship with them. Right? Right.

It doesn't mean that I still need to, to tolerate your, your, your scripture chucking at me or your volatility, or, um, I had this one gal that I worked with many, many years ago. Um. She came from a troubled past, you know, her parents just very volatile and she, she thought that love was intensity. So when she was in relationships with these guys and she would get upset with them, she would punch them, she would hit them in the face and start to beat them up, and they would disconnect from her.

They were like, I, I'm not tolerating this. Like, what, what, what are you doing? Yeah. And she would come to, uh, some of our sessions and she'd be so distraught because she believed that they should have proved their love for her by tolerating her abuse. She did not see it as abuse.

Natalie: Yeah. So

Kris: she wasn't narcissistic, but she was a very troubled young lady.

Natalie: Yep. And.

Kris: That doesn't mean that this, these, these boyfriends now are gonna be like, oh, okay, I get it. Yeah, I see what your dad's like, and yeah, I see where that's coming from. Okay. All right. I understand. No, we don't have to tolerate that either, but yes. Intent matters. How's that?

Natalie: Yes. Yeah, I used, when I was first waking up to abuse and learning about all the different tactics and stuff, I, and then thinking about my husband at the time who was very covert and very passive aggressive, I realized that there was one thread that ran through everything, and I wrote a blog article about it.

It's very old article, but it, it was like my epiphany. It's like. This is the one way you can know for sure if your relationship has crossed the line into abusive, and that is if they chronically can't ever take responsibility for their behavior. Either justify it, excuse it, blame you for it, you know, minimize it.

But they will not. They will not. And I don't mean by like saying, well I'm sorry that you know. Right. I did that. I mean like maybe true accountability. Okay. That's not what I'm talking about. I'm talking about really owning like, wow, my behavior that was destructive. I can't believe I that, that must have just.

Twisted in your heart. I can't believe that you went through that. I'm so sorry. That's what Well, they, they've got such

Kris: a lack of empathy. They're not gonna be able to do that.

Natalie: Exactly. Exactly. So, um, that is where there's a, there's something, there's a disconnect inside of their psyche where they simply cannot accept that they also have a dark side and take to take responsibility for that.

Yes. And um, and that's

Kris: one of the things, like you talked about masks before, they can't put on that mask. It's so shallow and and fragile. Yes. That YI mean, you'd really have to be blind to be like, oh, okay. Yeah. They're genuinely apologizing. No, it's fake.

Natalie: Yes. 'cause

Kris: they cannot fake accountability. That's true.

They cannot be held accountable.

Natalie: That is so true. Gosh, I never thought about that before. That is the one mask that they won't be able to put on. That is so interesting. Okay, so, um. Let's see. We we're, there's so many good questions here and I feel like we should probably wrap this up, but, um, are you open, open, such a fun conversation, continu to go?

'cause I'm thinking, you know what, maybe we, if we just keep going, there's like four really good questions here. If we keep going then I, I might divide this into two episodes and just make this like a little mini series with you. Let's go if you don't mind. Okay. Alright. So, um. Why does guilt, I mean this should, I guess this, maybe this is kind of a no-brainer, but why does guilt play such a powerful role in keeping Christians stuck in toxic relationships?

I think we should call it out, even though it might seem obvious, but I think we should call it out.

Kris: If you don't give in to toxic people, you are not loving like Jesus. Yeah. Jesus was self-sacrificing. Jesus's love was unconditional. Jesus loved and accepted and tolerated everyone. No, he didn't. That's right.

And it's such a lie that keeps people in such harmful situations, and that's what. These, these difficult people, these toxic people, they're gonna grab hold of that and they're gonna manipulate that feeling, that commitment. And they're gonna make you believe that you are responsible. You are responsible for their emotional state and happiness.

So they're gonna play off of your desire to be like Jesus. Counting on the fact that you have no concept of biblical love, because that's not love. That is toxic enablement at its core. Yeah. Jesus walked away.

Natalie: Yeah. And also Jesus

Kris: did not tolerate

Natalie: He, if you think about it, Jesus wasn't married to someone or having sex with someone on a regular basis who was harming him.

Okay? He surrounded himself with people who were teachable, who were wanted to learn, who wanted to be with him, who wanted to, you know, to glean everything they could from him and the people who didn't. Because he confronted them, he confronted the Pharisees and said some pretty harsh things. Yep. They were not hanging around Jesus.

They were plotting how to kill him. I just wanna say this, if you are, if you're a Christian who really struggles with this. Read the book of Proverbs with your relationship in mind. 'cause Proverbs is full of just global wisdom for and, and Proverbs, you know, sometimes it contradicts itself. You know, sometimes it'll say, uh, answer a fool according to his folly.

And then the next verse will say, don't answer a fool. Don't answer according to his fault. Because in some situations. Yes. This is why you need wisdom. This is why you need to continue to grow in your personal development and your walk with God and your understanding and your real understanding of scripture so that you can apply wisdom to your situation.

It's not black and white rules like maybe some of your religious communities have told you. Things are not black and white. I, I heard an illustration once,

many, many years ago, back when I was in my really conservative days about a parent who tells his little boys, get in bed and stay in bed when the lights go out.

Do not get out of bed. That was the rule. Mm-hmm. Well, if you're a good Christian boy, you will stay in bed and you won't get outta bed. But in this sit in a situation, the little, uh, this younger brother fell out of bed and he couldn't, he c he just was lying on the floor crying. What should the older brother do?

Get out of bed and help his little brother get in bed or obey his mom and dad's exact black and white rule? Yes. This is where we apply the law of love and wisdom to our situation, and sometimes that means breaking a manmade rule. That was designed to keep you safe, but also sometimes it's not appropriate.

Sometimes we need to heal people on the Sabbath, right? Mm-hmm. So, well, it's true

Kris: you say a manmade rule, but what, how many times did David break a God made rule and he approved it and God approved of it?

Natalie: That's right. That's right. And I think that is really, I, I see scripture as teaching that over and over and over again that this is not a, and, and Jesus was the perfect example for us.

And also I think his death and resurrection takes care of and covers all of those areas where we're unsure, like, am I making the right choice? Even if you, uh, there are women who are like, I think I should get a divorce, uh, I really feel that it's unsafe for me and my children to stay in this relationship, but I, what if I am breaking God's law and what if I'm not sure and I'm like, you know, let's say you just don't know for sure.

Do you know God? Do you know Jesus Christ? Do you know his heart for you? If you what? If you were to just even pretend that Jesus Christ's blood covered everything that you would choose to do. Would you, would you do this for you and your kids? And would you believe that God still loves you at the end of that road or not?

Yeah. Because I think that's what it boils down to. What are we putting our hope in a rule? Yeah. Or are we putting our hope in Christ and his love? Yes. So, um, amen. Yeah, girl, you

Kris: just preached that.

Natalie: Yeah. Okay. So, um. What would you say to a Christian woman who feels like it's her fault that her relationship is so strained?

'cause I see this all the time. Mm. We take responsibility. Well, the husband's not taking responsibility, so then maybe it is our fault. Like, because maybe, or even like you brought up the idea of codependency. I've seen in, in advocacy circles, people really react against that word. Because they're like, no, it's never the a victim's fault, which I 100% believe by the way that, that there's abuse.

But, and, but what do you do when a, a victim learns that, oh, well I do have some power. I do have some choices. I could change my part of the abuse cycle. You know, like you can't change the abuser's abuse, but you, there are ways you can tweak your own response to it. Like how, you know, you can change that a little bit.

Um, maybe not. Maybe not everyone can do that depending on how violent their relationship is. But I work with mostly people in emotionally and spiritually abusive relationships. And there is a lot, quite a, quite a bit actually that we can do in those relationships. Mm-hmm. To change things. And I speak from personal experience and from working with hundreds of people, but, um.

But still, they might think, well then maybe it's my fault that, you know, when they're waking up, maybe it's my fault that I was, that. Maybe I just enabled him to be abusive, and maybe if I would've handled it differently or had set boundaries earlier in our relationship, maybe he would be a better man now.

And so then, because it's maybe my fault, then maybe I owe it to him to stick it out.

Kris: Mm-hmm. Great points, and they're absolutely torturous to a woman in a relationship. So I want you to imagine that you're carrying this heavy weight. It doesn't belong to you, but you're carrying it everywhere. You're taking it to lunch, you're getting massage with it.

You're sitting down with it, with every conversation. You're going to bed with it, you're holding onto it. It's pulling you off balance, and you are the only one carrying it. But here's the real problem. It's not yours. It's someone else's.

Natalie: Yeah.

Kris: And it's been given to you like it is yours, and you are now carrying it.

So you made a good point earlier. Never is there an excuse for abuse, but I do have a responsibility for how I respond to that abuse. What am I doing? I did not cause this. I do not cause you to treat me poorly. One of the things that, um, people remember when we were kids, I'm not sure you're age, I might be showing my age.

Um, when, when we were doing something and they said, well, you didn't have to do that. You did, did you have a gun to your head? Remember? Yeah. Do you remember saying that as a kid? Right? And the truth is, is like, okay, that's it. If somebody's got a gun to your head, then you have to do it. But here's the interesting part.

I still don't, we don't think about it that way. I still do not have to, and a lot of times, and toxic people are famous for this. If you didn't talk to me that way, I wouldn't have hit you. If you didn't talk to me that way, I wouldn't have yelled at you. So in other words, you are so stinking codependent that you can't even control yourself.

I should be able to behave however I need to, and your boundary not be damaging and toxic so I can still put a boundary if I'm yelling and if I start hitting you, that still doesn't mean that I have to hit you back. I can pull back, I can curl up in the fetal position, I can run away. I've got a host of other things.

Yeah. So in these situations, we feel like it's our fault. Well, because first of all, we've been conditioned to believe what people tell us. Yeah. And it's so familiar, especially if you grow up in a toxic environment, you're a failure. You made mommy angry, you made mommy happy you didn't do this. So we, we have that deeply ingrained in us.

So we feel like we are the one at fault. But here's also where we need to kind of backtrack a little bit. We're making the assumption that there is one at fault. There can be times where we're both at fault. My toxic needs to get dealt with and so does yours. So it doesn't mean that like now he needs to own the whole thing and I can just react however I want to because you've been so abusive and vice versa is true.

Yeah. He doesn't get to respond the way he wants to simply because whatever. Maybe I'm emotionally immature, maybe I'm unstable, maybe I'm dysfunctional. Maybe my pressure cooker's about to blow. We are all responsible for our own responses, so to say it's now my fault. I wanna kind of break that down a little bit more and say, I encourage you to own your part, but it is never all your fault.

Yeah. And that's why I think the relationships get so strained because it's one or the other. Remember that road we talked about before? Okay, it's your fault. I'm gonna go down this road, or, oh no, it's my fault, so I'm gonna go down this road. What's your part in this? And sometimes your part has nothing to do with the abuse and how they're treating you, but your part has more to do with, who am I?

How do I feel about myself? Why am I tolerating this toxicity? Why am I not able to walk away? Why am I not able to say no? Yeah, I could keep going on, so I feel like I wanna pause myself for a second.

Natalie: The one thing that that I think is so important is that, that if you, if as a survivor or a victim, if you believe that everything hinges on the other person then, and that your whole life hinges on them, then you are now in a powerless position.

There's nothing anyone can do to help you because your. Your whole world revolves around what this other person is doing to you. Whereas if you start to unhook, and unfortunately, sadly, many advocacy circles actually believe that, and they're, they're the victims that are swirling in that pool, that whirlpool are just going around and around in circles, and they're not getting helped because they're, they're being told you are powerless.

And so then when you believe that you're powerless, you feel shut down, you feel powerless, and therefore you don't have the courage, then you're not able to rise up into courage then, right? You're always living in this air, in this level of shame and fear and guilt, you know? Yes. And, and that is not, that's a very, uh.

There, there's not a whole lot of energy in when you're feeling those feelings all the time and you're not really able to make any different decisions, when you can let go of what that other person is doing and focus on, on yourself and what, and your own autonomy and your own choices now, and, and, and rise up into courage and let go of the shame, let go of the fear, let go of the, the guilt.

Now you can make different decisions for your life. Then they may not be easy decisions. But when you start making those different decisions, then it's, everything is gonna change. There's a absolutely, there's so, uh, right before this podcast, I, one of the members of Flying Free my own community, she, um, she took the, and I, I just did a podcast on this.

I just recorded it at the time of this recording. It hasn't even been released, but I think, I think it will be released for this one. But she took the abuse cycle and

she wrote out, you know, how the abuse, there's the abuse cycle and it's very generalized. Yes. Um, to apply to everyone's situation. But she took it and she applied it to her specific situation.

'cause she has a very covert relationship. Hard for her to figure it out. So she wrote, you know, what do I do in the honeymoon stage? And then what does, and she listed all the things. What she thinks, what she believes, what she does, how she feels good in the honeymoon stage. And then she listed all his stuff.

What does he do in the honeymoon stage? Then she did that for the, the ramping up stage, you know, the, the, you know, when you're, everything's starting to ramp up, right? Yep. And then she also did the same thing for the actual abusive incident stage. And she was mind blown, I bet, by the insights that she got.

And then she did another one where she, she where she was like, if I. Were to change things up. Let me, I can't change his part. His stuff stayed right the same in all three sections.

Kris: But if one dancer changes, the dance changes. Exactly.

Natalie: So she changed the way she wanted to think, feel, and behave in each section, and it opened up a whole bunch of possibilities for her that she could start to implement in her life to.

To get some traction over her own life. And that was so empowering to her. And I think, I think that's what we need to do, is it's not about, um, assigning blame. It's about what am I responsible for and how can I take my power back in that, like, quit focusing on your abuser. He's always gonna be like that.

He's an asshole. Now it's time to focus on what you, how you wanna show up for your own life.

Kris: Yeah.

Natalie: Yeah.

Kris: One of the things that I also notice too, and it's not as frequent, but it does happen sometimes, especially with the more type A personalities, is, believe it or not, the acceptance of fault is not. To to come under that condemnation and to stay powerless, but it actually puts them back in the power position.

If I'm at fault, I can make the appropriate changes necessary. If I'm at fault, I am in control of X, Y, Z, and that can get very distorted. Yes, we wanna own our part, but not think that by owning the fault means that I now have control.

Natalie: Yes. Oh gosh. I'm so glad you brought that up, because when I think of differentiating those two, I think what we're doing there is we're saying, if I'm at fault, if I'm the reason for my husband's behaviors, yes, then all I have to do is change and his behavior will change.

You see how that is pathological though, because now we're back to focusing on our husband and getting him to change. It's just

Kris: in a very covert way.

Natalie: Exactly. That is very different from saying. I'm responsible for me and my choices, right? I am not at all responsible for anything that he thinks, feels or does.

If I say no to sex, for whatever reason, I just had a baby, or I don't feel like it, just don't want to, exactly. I am not at fault. It's not my fault that he turns to porn or goes and and sleeps with the prostitute. That is not my fault. That is his choice and his behavior.

Kris: Yep. Yeah. Okay. Oh my gosh, I get so riled up.

I know. You know, one of the things that I also find that people trips people up is the difference between Galatians six five and Galatians six two. So Galatians six five for each one will have to bear his own load, is often confused with Galatians six two. We're called to bear one another's burdens, so fulfill the law of Christ.

Ah. You know, am I supposed to be bearing that burden? And especially in a marital relationship, you know, adopt yourself to your husband. So am I supposed to be bearing his burdens? And what we're not understanding is there's a big difference between a burden and a load. Tell us. So when, when, when, like you said, if I want to turn down sex for the evening, it is not my responsibility to bear the burden of your temptation, of now having to fulfill yourself in an ungodly and unhealthy way.

So when we look at the difference between a load and a burden, it can often be broken down into backpacking. So if you head out on a backpacking, I dunno if you're a hiker, I love to go hiking and you know, we go out together and we're

walking along and suddenly I just hand you my backpack and I'm just like, you know what?

You're supposed to be my friend. Just carry this. And you're like, oh. Oh, okay. Wait a minute. Um, I, I guess I am supposed to be her friend. Yeah. I mean, I, I guess if I'm a good friend and she doesn't wanna carry a backpack, I guess I'll have to carry a backpack. That is a load. You carry yours. I carry mine.

Now if we're walking down this same hike and suddenly I slip down two stories of rocks and break a leg, chances are Natalie, if I know you, you're not only gonna carry my backpack, you're gonna carry me too. That's a burden.

Natalie: Yeah, that is beautiful. That is a great way to, to differentiate those two. I love that.

Yeah.

Kris: So we have to begin to understand it is, is this a burden that somebody needs me to walk through, or is this a load that they're supposed to be carrying? And even if I don't wanna carry your burden now I'm gonna have to answer to God. But it still doesn't necessarily mean I'm, I'm sinning.

Natalie: Yeah. Yeah.

Again, I think you have to apply wisdom and, and you are the one that needs to apply wisdom to your own life. Yes. Other people can't tell you. I think we often, we've been trained to look to other people to tell us, is this right or wrong? What should I do in this situation? Well, what should you do in this situation?

That is, you are the one who knows the ins and outs of your situation. Yes. Educate yourself. Get coaching. Get a therapist. Take classes. Like do the work that you need to do so that you can make those really good decisions for yourself. Yes.

Kris: Yeah. And then always take it to the throne.

Natalie: Yeah. Well, absolutely.

Yes. 'cause there are

Kris: times where you could know that you know that you know that God is telling you something and the enemy's gonna send 12 different people as wise counsel, and they're all gonna give you opposite advice. Why? Because he wants to derail you.

Natalie: Well, the other, the other issue with that is I can hear like there's a part, a little part of me that's like rising up and I can hear what other people might be thinking and protesting.

They, because of our programming about who God is and what, and we've been taught that God's going to tell us all the things that our religious programming has told us, you know? Mm. So sometimes when we say, like, take it to the throne of God, sometimes for some people because of their programming, that means.

Take it to the God that they have in their imagination, that they were taught exists. And it's not really the heart of God. It's more the what They were taught that, yes, I wrote a memoir called All the Scary Little Gods, to show this dynamic of how we can be raised to believe that God is a certain way.

But it didn't, it took me until my late forties and early fifties to realize. God is not, there's a very small, not the God of the Bible, a small G you know, like more like the Greek and Roman gods, right? Yeah. Very petulant, very uh, volatile and abusive. And controlling and manipulative. And God is not like that.

No, that is not what God is like.

Kris: No. So sometimes, you know, you said that before, you're like, you really need to know God. Yeah. You need to know the God of the Bible. You need to know his word. Because yes, if you're just getting into prayer and how many times, who do we hear from? We hear from God. Our own thoughts are the enemy.

Natalie: Yeah. So if

Kris: I'm sitting there and I'm like, oh, you know God, what should I do? And my own thought pops into my head. I'm literally just deceiving myself. So yes. If that's right.

Natalie: That's right. If I

Kris: don't, if I don't know God's voice and God's word, I can easily be deceived.

Natalie: Yeah. Um, I will just do a little plug here.

One of the things that we do in Flying Free and Flying higher is to reprogram our idea of God, because I really do have a passion. It's probably my, the biggest thing that I wanna do or leave behind when I'm done with my life is helping people. Unpack who God actually is. I love it. Instead of believing so many lies about God that are really keeping them stuck, but okay, here's the last question.

Alright, so if someone has been gaslit for years, which I would say I would fall into that category and still. When I can get into a relationship with someone, I can actually very be very easily gaslit. Even with all of my extensive knowledge and training and, and experience working with other people who deal with this, I can still on a personal level, fall into this.

Mm-hmm. Okay. How do they begin to rebuild their identity in peace when this is the, this is the water they have been swimming in their entire life. Yeah.

Kris: It really comes down to reconnecting with the truth and the truth is going to be God's word. What does he say about you? Who does he say that you are?

Because gaslighting is gonna erode your sense of reality. So

I've got a couple of rabbit trails in my head that I wanna make sure go down. We don't down, we don't get down too far, but so. I think a lot of times we put a lot of pressure on ourselves to never be manipulated again, never be gaslit again. And if we can kind of back off that, that goal in recognizing when I'm gas lit, if my identity is in Christ, he's going to show me when I'm manipulated.

If my identity's in Christ, he's going to show me. So instead of walking around fearful that I'm, I'm gonna be gas litter, oh gosh, I just fell for that manipulation. What's wrong with me? And then we start to go down that whole rabbit trail again. Recognize these people are good. The enemy, he's sly. Yeah, and these people have had years and years of practice, and what you are is you are not a person who is so guarded that you've got these impenetrable walls around you that you can't let the, the bad in or the good.

We don't want that. So yes, we're gonna have that little white picket fence. And every once in a while, a manipulation tactic is gonna get lobbed over Every

once in a while, gaslighting is gonna make its way into your backyard. And I'm not saying that that's okay. What I'm saying is as you grow in your identity in Christ who he says you are, what he calls for you to be, what he calls for you to do, you'll recognize it sooner.

Natalie: Yes. Yes. I love that. I like to think, um, that. You will not only recognize it sooner, but it will be if you can get to the place where it amuses you, if someone says something to you and it completely violates, that would be like, um, I'd give the illustration of like, let's say that you're a brand new kindergarten teacher.

Mm-hmm. And you've had this little boy in your kindergarten class and he comes up to you in the playground and he goes, you are so dumb. You're a dummy. You know nothing. Would you get hooked into that and be like, oh my gosh, am I dumb? Should I not be a kindergarten teacher? Did I not, or worse yet,

Kris: overexplain yourself to the little kindergartner.

Exactly.

Natalie: Well, I went to school and I took these classes and I did this, you know? Yeah, no, you wouldn't do that. You might internally be amused at his, at his, uh. Projections onto you, but also you would feel compassion for him that he doesn't understand the world very well. Yes. Right? Yep. And you'd also know, you know, well with a child, you'd know that hopefully he'll grow up in.

And understand life a little bit better. Obviously if it's an adult saying those things, there's not a whole lot of hope for them, but, but even then you can be kind of amused. It's like, oh, well you can be amused.

Kris: Absolutely. I

Natalie: guess that's where they're at in their life.

Kris: Yeah. But that comes with being secure in your identity.

Yeah. So instead of. Trying to get rid of the manipulation, get rid of the gaslighting. What I wanna do is let that new identity begin to just wash out all of the old junk. Yes. All of the old programming, because I'm not gonna be able to get in there and say, that's not true. That's not true. That's not true.

That's not true. So now I'm living on the defensive. Yeah, yeah. Instead, growing in my identity now puts me in the offensive position.

Natalie: Yeah. And also I know. Oh, go ahead. No, go ahead.

Kris: No, I know who I am and anything else that's outside of that doesn't belong.

Natalie: Yeah, yeah. I don't have

Kris: to spend my life figuring out, well, that's not true.

Well, that's not true. Well, that you shouldn't. Well, I did. Nope. Anything outside of this. Isn't valid.

Natalie: Well, and you don't even have to it. They will self filter, right? Yes. They'll, they will, they will. If they jump into your backyard and then, and they try to say that you are something that you know, that you're not, when they realize that they can't hook into you, they're going to just jump back out and go try to find someone that they can.

That's

Kris: exactly right. They don't really care

Natalie: about you. They're looking for a source of supply and they're not gonna get that supply from you. And you don't even have to defend yourself. Nope. You just have to like smile and giggle and you're so adorable. Pat 'em on the head and then they'll be like, I'm outta here.

I'm getting nothing from this person. Resist

Kris: the toxic person and they will flee.

Natalie: Yeah, exactly. Exactly. That's a good place to end. Okay.

Kris: Love it.

Natalie: I love that. All right. Thank you so much. Why don't you tell everyone where they can find you? For sure. Tell 'em about your amazing YouTube channel if they wanna find you there.

Yes. So you have great thumbnails.

Kris: Thank you. I greatly appreciate that. Um, you can find me@chrisreese.com. That's Chris with a K, Reese with a C, and the same would be on the YouTube channel where I help. Christians navigate difficult relationships and conquer codependency all through a biblical lens. And on there you'll see the resources.

We've got dozens of free resources. I have my new book Breaking the Narcissist Grip coming out soon. Um, so yes, I'd love you to, when is that coming out

Natalie: by the way? It's

Kris: scheduled between September and October.

Natalie: Okay. Alright. Well. Let me know when it comes out. I will definitely, I wanna hear about it. Okay.

And actually this is gonna air, this is going to air close to that time.

Kris: Okay. So,

Natalie: but it won't be actually be for sale. Maybe I'll put a link. Will you have like a place, like a placeholder on Amazon for it or by that time? We'll

Kris: likely, at the very least we're gonna have a wait list for it, so that'll be opening up soon.

Um. Okay. Yeah, I'm waiting on a few delays there that are taking place. The launch date was supposed to be September 16th, so prayerfully we'll be able to move forward with that, but I'm just leaving this in God's hands and seeing where we go. But yes, I will be able to send you a link even at the very least, to the the wait list.

Natalie: Okay. Because this is actually going to air guess when?

Kris: September 16th. September

Natalie: 16th. That is when this is stopped. Yeah. Yeah. So you So send me a link to it then I will. And I'll share that as well. Alright, you guys, thanks so much for joining us this week and we'll see you next week. Until then, fly free.

I.