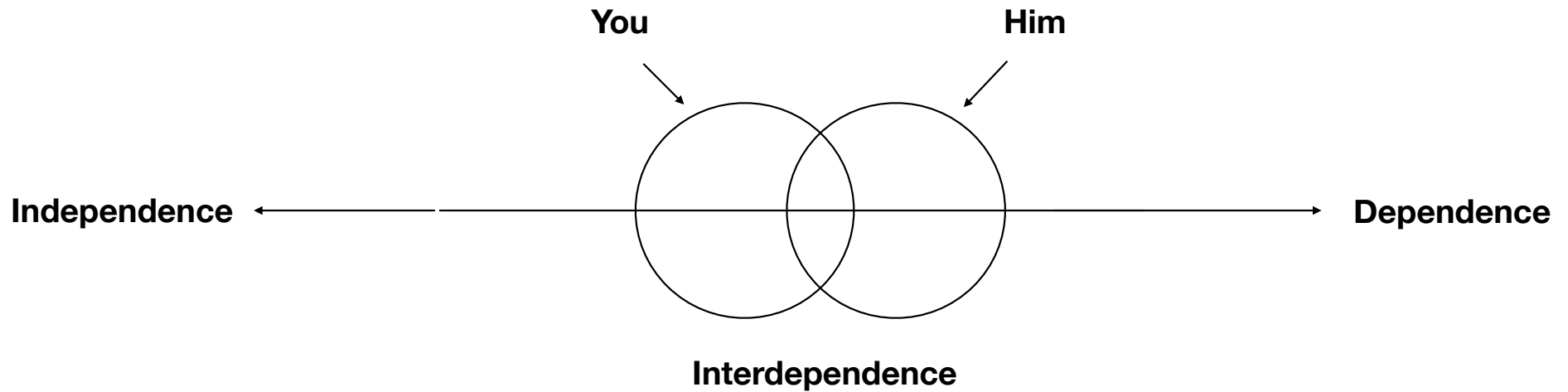


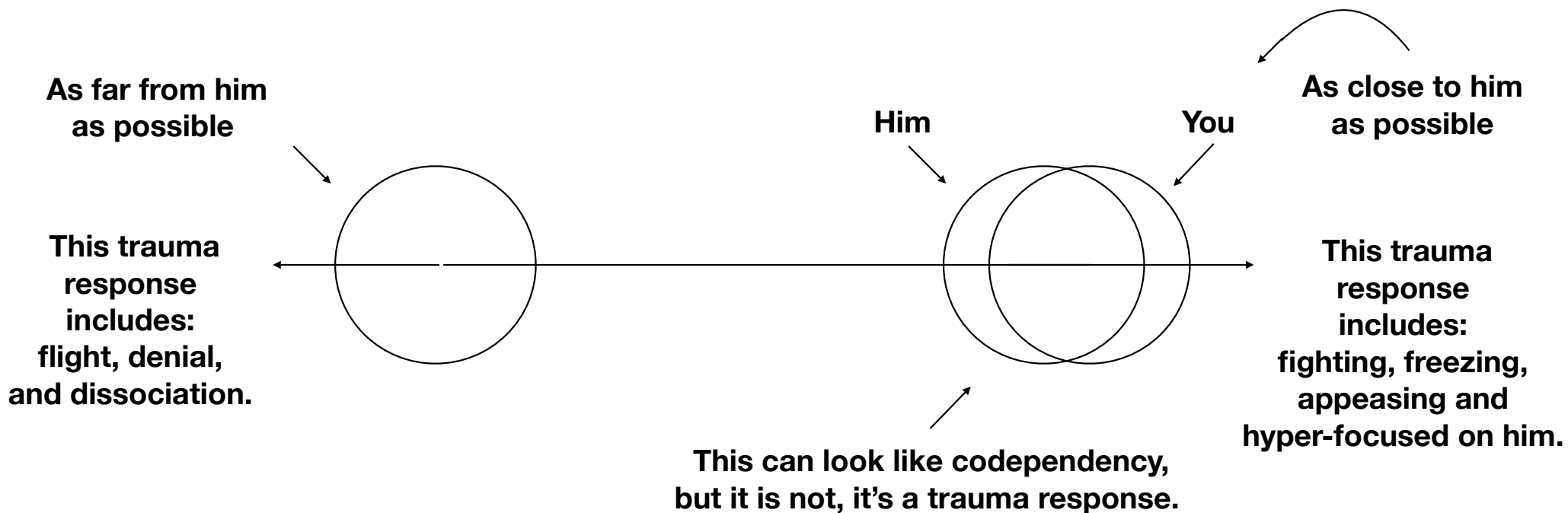
**#1 - In a healthy relationship... we strive for interdependence:**

*Redemptive Living*  
FOR WOMEN



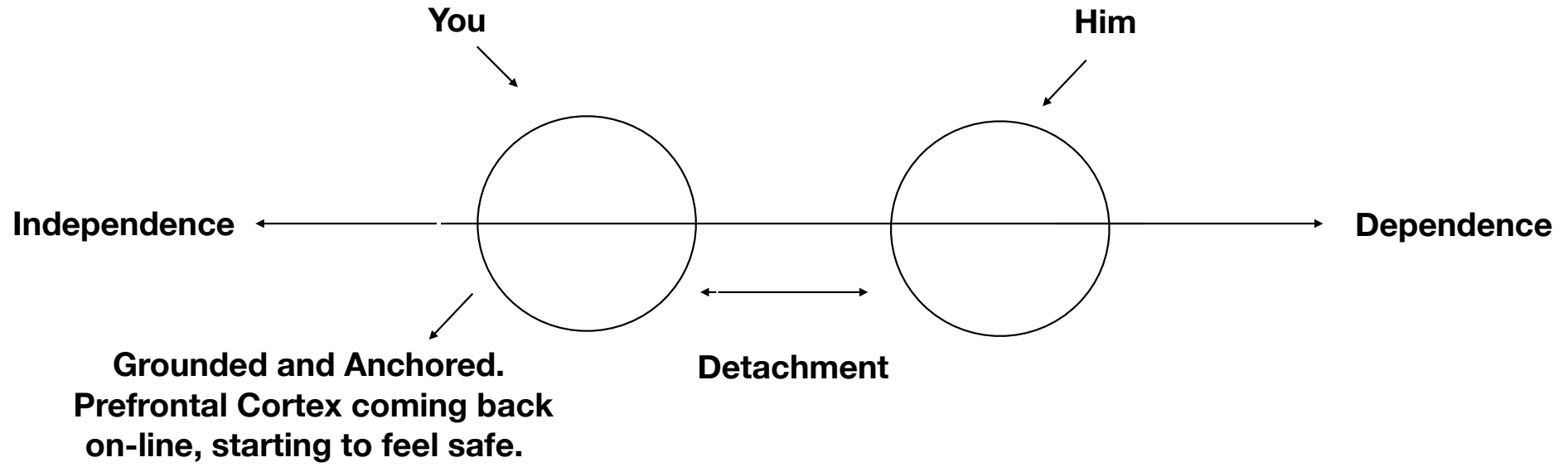
**I have my space, you have your space, and we have our space that we share together.  
Amongst other things, there is trust.**

**#2- Post disclosure / discovery, we experience pain and overwhelm (aka trauma):**



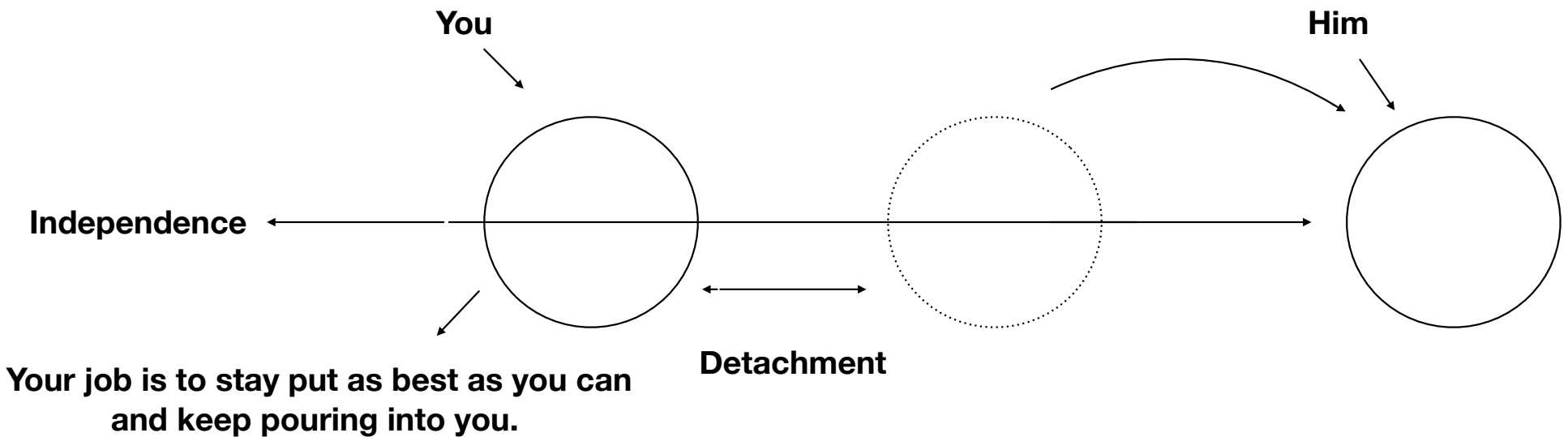
**The trauma response can cause our limbic systems (specifically the amygdala) to increase in activity while our prefrontal cortex decreases in activity. With that said, our emergency response system comes on-line and we go into fight / flight / freeze / appease.**

#3- Early on in the recovery process, we are striving for detachment but know that this takes a lot of practice:



Detachment is how we create space so that we can watch, wait, pour into ourselves, get safe and face the pain. Detachment and Boundaries are besties in this recovery journey. Once we are detached, we can more effectively set boundaries and take care of ourselves well. We must be connected to ourselves and others while we are detached.

**#4- If he reacts negatively to your detachment and boundaries:**



**Don't be surprised early on in recovery for him to react negatively to your detachment and boundaries by increasing his acting in behaviors like hiding, blaming, avoiding, manipulating, etc. Your job is to stay the course by reaching out to your support network, pouring into yourself, praying to God, watching and waiting.**