



Hi there, it's Dr. Debi Silber. I'm so glad you're here. You're probably here because of some kind of betrayal and I get it, I've been there. If you don't know my story, I've been in health mindset personal development space for decades. I had a family betrayal and you know how the universe works. You don't quite get the lesson you were supposed to learn, get another opportunity. This time it was my husband. I realized that I'd never taken care of myself or was even on my own to-do list. Boundaries were getting crossed and I said, "You know what, now it's my turn." One of the first things I did was enroll in a PhD program in Transpersonal Psychology and that's the psychology of transformation and human potential. I did that because I wanted to understand how the mind works, why we do what we do and how I can heal.

While I was there, I did a study. I studied betrayal; what holds us back, what helps us heal and what happens to us (physically, mentally and emotionally) when the people closest to us lie, cheat and deceive? Well, that study led to three groundbreaking discoveries. The first was healing from betrayal is very different than healing from other life crises like death of a loved one, disease, natural disaster. If you've been through those, you know what I'm talking about. With any crisis, we grieve, we're sad, we mourn, but because betrayal feels so intentional, we take it so personally. The whole self has to be rebuilt. We have to heal from a sense of rejection and abandonment. We have to rebuild confidence, worthiness, trust-that all has to be rebuilt. So that type of healing needed its own name, which is now called Post Betrayal Transformation®.

The second discovery was that while we can stay stuck for years, decades, a lifetime (and many of us do), if we're going to heal, we're going to move through five stages. What's even more exciting about that is now we know what happens physically, mentally and emotionally at every stage and we know what it takes to move from one stage to the next. So now we know that healing isn't just hopeful or possible, it's predictable.

The third discovery was equally as exciting. There's this unique collection of symptoms, (physical, mental, and emotional), so common to betrayal that it's known as Post Betrayal Syndrome®. I'm going to be talking about that in one of the later videos, but what happens is there's this collection of symptoms that keep us sad and sick and stuck and exhausted and just really prevent us from healing and rebuilding our bodies, our minds, our work, our lives.

Here's a thing too. It's not just the big betrayals that affect us. Of course, when one of our closest family member betrays us, it's shocking or our partner who we put so much faith and love and trust and they betray us-those hurt. It's the smaller ones. I actually have a list of smaller betrayals. I want to just go over them quickly because I want you

to know you're not crazy if you're having physical, mental and emotional responses from these things that happen to us all the time and have probably happened to you too. I'm just going to go through a few.

1. The *I didn't see that coming* betrayal. Has that ever happened to you? It's shock. That shock imprints on the body and mind.
2. The *micro*-betrayal. I call this one the death by a 1,000 cuts. This is where you trust someone, but then you realize, "Wait a second, what?" They're doing things and every time they do, it's chipping away, chipping away at your ability to trust. Maybe it's not a huge thing that they're doing, but it has us on guard and questioning things because we don't feel safe. Well, that lack of safety ignites your stress response, creates a host of symptoms, illnesses, conditions, disease. That's just another one.
3. The *it's no big deal* betrayal. No big deal to who? When we feel minimized, we feel that person isn't valuing us. We feel like were we not important. Why is it no big deal? It's a big deal to me.
4. The *don't worry about it* betrayal. This is done so we feel comfortable, but is it? Does that make us feel comfortable when we find out that maybe we weren't supposed to worry about it just because someone didn't want to say something? Then we're shocked when we find out the truth.
5. I thought I was part of the group. *Why did they exclude me* betrayal. This just hurts. We want to feel included. We want to feel a part of the group and maybe you've had this experience where maybe you go out and you see a bunch of friends together and you think, "Wait a second. Why wasn't I invited?" You want to be invited so you can say, "No, I'm busy," or whatever. That just hurts.
6. The *why are they using my info and not giving me credit* betrayal. This has happened to me so many times. If you have an online business or something, this is just part of what goes on. For example, people have taken my articles and put their name on it. I even had somebody tell a story as if it was them and it was my story! It's a betrayal.
7. The *if I'm up for that promotion, how can I not get it* betrayal. Here you are working tirelessly, you're working nights and weekends. You're up early and you're staying up late. You've been promised that promotion and then you don't get it. Think of the anger, the injustice. Now, how are you supposed to go into work the next day and act like everything is fine. What do we do with those feelings? What are those feelings? What are those emotions? How are they translating in our body? We've ignited the stress response here. Now, we're either rebuilding or we're breaking down. This is not good for the body or the mind.
8. The *I've been saving and it's time to use that money. Wait, where did that money go* betrayal. This has happened to you? Maybe the money was for your kids'

college or maybe it was because you've been working in this dead-end job and it's finally your time to quit that job so you could start that business or have a little cushion so you can feel comfortable starting that business. Where'd the money go?

I can go on and on and on. There are so many, but the whole idea is they all have an impact on us. They all impact us physically, mentally, emotionally, psychologically, spiritually, but how do we heal from it? The good news is you can heal from all of it, but I also want you to know you're not crazy, you're not alone and there's a way out from all of it. Whether it's the big gigantic betrayals that leave you so blindsided, you can't even imagine getting out of bed, (I've been there so I understand that pain), or these "death by 1,000 cuts" betrayal, those micro betrayals, those seemingly smaller betrayals that we're just supposed to, "Get over it."

Really? If you don't have a protocol and a system to get over it, we start thinking we're crazy, we start doubting everybody. Also what happens is we lose our ability to trust because the person we trusted the most proved untrustworthy and we begin to question trusting ourselves as we think: "Wait a second, I'm a bright person. How did I not see that coming? How did I not know?" It affects us on so many different levels.

I can promise you, you can rebuild that trust and you can rebuild all of it. Here's the thing too and I'll leave you with this. Rebuilding is always a choice, whether you rebuild and move on, (that's what I did with my family), or if the situation lends itself, if you're willing and if you want to, you can rebuild something entirely new with the person who hurt you (that's what I did with my husband). Not long ago, we married each other again. This time, new rings, new vows, new everything as two entirely different people with our four kids as our bridal party.

I've been on many sides of this, where I've experienced the smaller betrayals. I've had the massive betrayal where I just healed myself and I've moved on, and I've also had the experience of being blindsided, devastated, then creating an entirely new me and then seeing that my husband created an entirely new him. With that, we have an entirely new us. I'm coming at this from many different sides, not only because of this study, because of my own experiences.

What I would love you to do, if you have not taken that quiz, I invite you to take it. Take the [Post Betrayal Syndrome quiz](#). I think we're going to have a link below. Because you're going to see to what extent you're still struggling and here's something else to consider too. We've all heard "time heals all wounds". Oh, no it doesn't, not when it comes to betrayal. I'm going to be talking about that in the next video. I'm going to be talking about some of the most important things we need in order to heal and also what are the biggest blocks to healing.

Thanks so much for being here and I'll see you next time.