



Hi, welcome back. In the last video, I told you I was going to talk about how betrayal affects your health, your work, your relationships. Let's dive right into that. Think about it, as far as relationships go, what I see are two things. Number one, I see where people say, "You know what, I am just not getting my heart broken again, I'm not trusting again, that's it." They put that big wall up. Sure we keep out the bad guys, but we keep out the good guys, too. Or, if we don't learn the profound lesson that that betrayal was there to teach. We have repeat betrayals. Have you noticed this? Has this happened to you, where the face is changed, but it's the same thing? I had two betrayals and the big overall picture was similar. For me it was about putting myself on my own to-do list and setting boundaries, etc.. What is it for you? What happens is we keep repeating it until we learn and do something differently.

I see it in health, where we go to the most well-meaning health experts to manage a stress-related symptom illness condition disease. At the root of it is often an unhealed betrayal.

I see it in work, where we want to be a team player, but we're so afraid. The person we trusted the most proved untrustworthy, how are you going to trust a boss or a co-worker? Or, we want to ask for that raise or promotion, we deserve it but our confidence was shattered in that betrayal. So, we don't have the confidence to ask, we're bitter and resentful instead and that's the energy we bring to work with us every day.

So often, I've worked with someone who says, "I just want to be in another relationship." If you keep bringing the same version of you into every relationship you go into, nothing's going to change. I can think of one client who said, "I just want to be in another relationship." The last few relationship she had, it was the same thing. Then all of a sudden, it was the mother of all betrayals and she said, "Oh my Gosh, I get it. I will *never* stand for this, I will never tolerate this, I will never do that again!" Lesson learned, no need to keep repeating it.

There's another client that comes to mind who said, "I just want to be back with my boyfriend." I replied: "I can't promise what's going to happen. I know the work that we'll do together and it's to get you to improve physically, mentally, emotionally, psychologically, spiritually. I have no idea what's going to show up on his end." She was really hesitant to get started, because she wanted to be sure they would be together. I said, "My work is really about you, and I can't guarantee what it will lead to." She understood and we got started. By the time she did that work, she had no interest in him.

I'm going to teach you something you'll never forget it. When we're in a low place and we just want to fill this void, all we can do is meet someone who's also in that same energetic space. This is frustrating because we like the feeling of doing the work and feeling the results. So we keep disregarding our work to meet them at their level, or we expect them to rise to who we're becoming. And, they're not doing that until they're ready and willing and able. This leads to frustration because your growth leads you to outgrow the other person. On the other hand, if you take the time to grow, and you stay so firmly, solidly rooted here, and then you know what happens? Someone meeting you at your new level because like energy attracts like energy. The main point here is, you want to bring yourself to that higher level because when you're there, you meet someone worthy and deserving on who you've become. I see this all the time.

Hopefully, you've taken the Post Betrayal Syndrome quiz. I believe it was in the first video where I said that the whole idea of time heals all wounds just isn't true. We've had over 6,000 people take the Post Betrayal Syndrome quiz. I want to read you some of the things that people say. There's a question that reads, is there anything else you'd like to share?

Here are a few responses:

"I felt stuck ever since my divorce 21 years ago and I've suffered physically, emotionally and mentally."

"I don't feel good enough to be loved, protected and cherished."

"The major betrayal in my life happened 31 years ago, and I still feel it acutely."

"After 40 years, that hate is still there."

"It's difficult to trust anyone anymore."

"Steady weight gain and thyroid issues."

"This betrayal happened eight years ago. I've gained a lot of weight and lack self-confidence."

"I was betrayed by my spouse. This happened 15 years ago now. It's still like it happened yesterday."

"I don't even know how to be me or even know who me is anymore."

"I get shaky and cold and feel like I'm about to throw up whenever I see something that reminds me of the pain." (That's a trigger). Plus, I don't feel happy and I cry a lot whenever I see something I didn't want to see."

"I'm afraid of being lied to or being taken advantage of again."

"I've had multiple betrayals in my lifetime, and now I suffer from major depression. I don't have the energy or will to do much of anything." (Remember I just said about how if we don't heal it, it keeps repeating?)

"It's been four years and I still can't move on. I still feel heartbroken."

"This is the most awful thing I could have ever imagined experiencing so far. I can only imagine the loss of a child being worse."

"I feel death would be better than feeling this pain."

I feel that betrayal is one of the most painful of the human experiences, because, think about it, relationships are all based on trust. We want to feel loved, supported. We're giving and we believed that someone we gave our trust to was honoring the agreed

upon, (whether spoken or unspoken) rules. Then, without our awareness or consent, they decided to put their own needs ahead of ours and it's shocking. We're so hurt, we take it so personally and then we cause ourselves so much more damage because not only are we hurting from the betrayal, now we're questioning ourselves and doing so much damage to ourselves on top of what's already happened.

You can heal. It's proven. I've done the study. I've healed myself and I've done the study so I can prove it.

Where are you going to be in six months? You know that saying, nothing changes if nothing changes. It's so true. This is what I hear all the time. Someone says to me, "Oh, I want to heal." Then I'll say what the program entails or what's involved and how much it costs or what's involved, or the work that they need to do. They say: it's too expensive or it's too hard or it's too time-consuming or it's too scary.

How's your way working for you?" Look at the price you're paying from keeping life on hold for all this time. As you read earlier, an unhealed betrayal can last decades, impacting every area of life. What's the price you're paying? What's the price you're paying, especially now that we know exactly what it takes to heal. You don't have to wait. Your best life is waiting for you when you heal.

Here's what you could say:

I want to move forward

I want to trust again (I actually have a four step trust rebuilding process that I teach)

I want to have peace

I don't want to have repeat betrayals

I want to stop obsessing about this

I want to have energy

I want to get the weight off

I want to stop living in fear

I want to be a role model for my kids

I don't want this to define me anymore

I don't want this to be my life story

I want to take my power back

That's what we can help you with.

I want to tell you briefly about the community that we have. It's the [PBT Institute Membership Community](#). What this is, is in doing the study, in working with all of these clients in the area of healing and betrayal. and the 6,000 people plus who've taken the quiz, I've really gathered ideas around what is it that people want. What this membership includes is *every single thing that everybody says they want plus* what the study proved we need. That's what the membership community is about.

There's nothing like this that exists. I thought, what would be so mind-blowingly perfect for you that you can have the support you need to heal on every level, physically, mentally, emotionally, psychologically, spiritually. That's the PBT Institute Membership Community. It's all about classes and community and content and these curated experts and Certified Coaches and Practitioners who give you the right support when you need it. There's so much to it. There's connection because everybody in there has been through some form of betrayal and we have this beautiful welcoming process where we can actually match you up with someone (if you want) so you can go through the community together. You don't have that weird feeling you get when you're the new person-we don't want you to feel that.

It's giving you every single thing you need to heal because your best life is waiting for you. I don't know if there's anyone stronger than someone who has healed from betrayal. I see it every single day. When you've taken your biggest mess and turned it into your greatest message, that's a powerful message to share.

What's waiting for you when you heal? Is it a stronger, more empowered version of you? Is it just this bold, enthusiastic, confident version of you? Is it a healthy, vibrant, energetic version of you? Does it give you the confidence to start that new business, to move to a new location, to have that new wonderful relationship? I've seen all of it and it's all beautiful. **You can't get there until you heal.**

Stay with me because in the next video I'm going to really go into detail about what this community can offer you. What I can share with you is there is no reason at all to stay stuck. You can heal from *all* of it. I see it every single day in the community, and it's your turn.

You don't have to stay stuck. It doesn't matter if you've had a series of repeat betrayals and that's all you know. (It's just familiar to you, it doesn't mean it's good. It just means it's familiar). We're going to show you something so much better, something that you deserve. Stay with us. We'll see you next time.