

BETRAYAL HACKING SECRETS



THE
PBT[®] INSTITUTE

Dr. Debi Silber

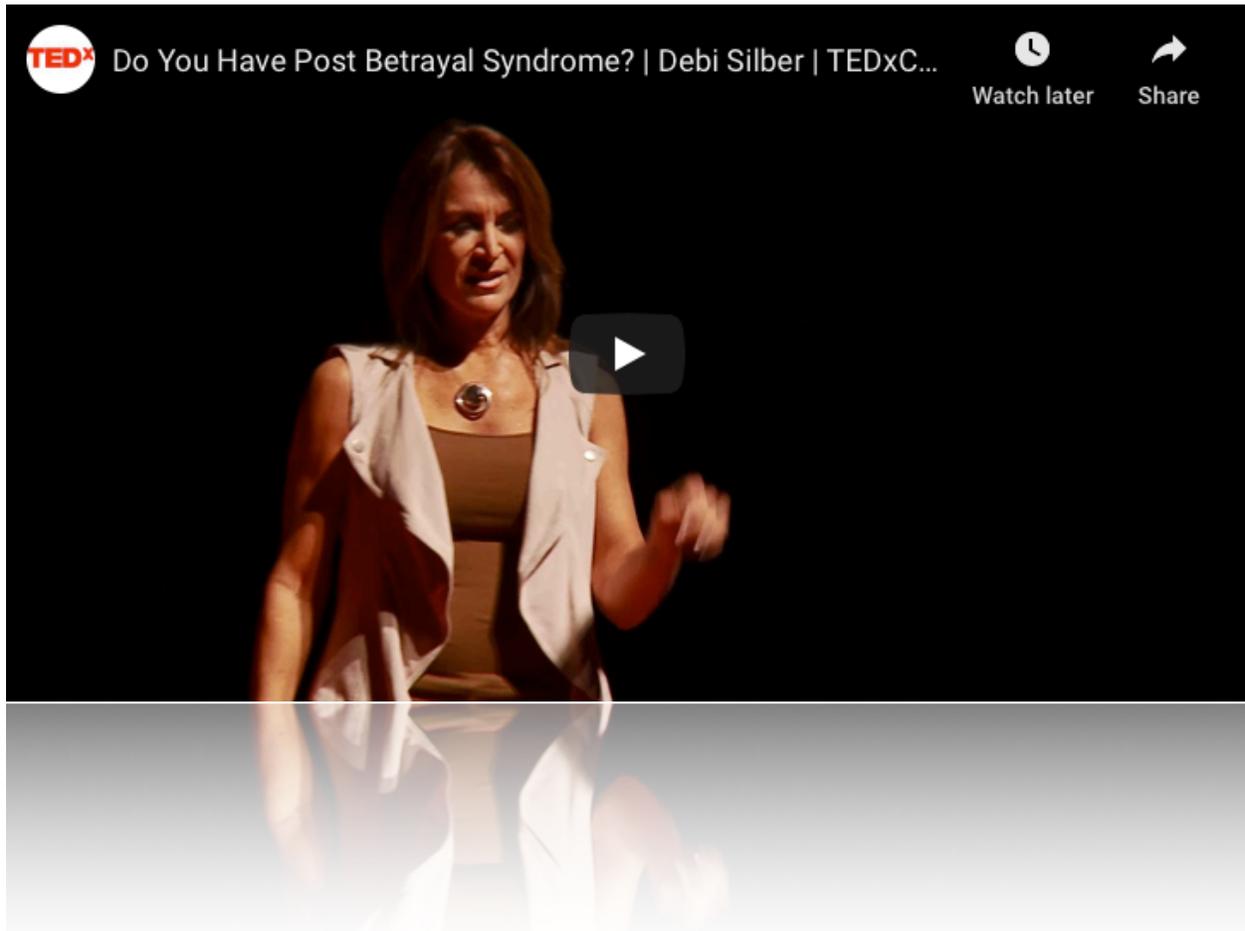
Founder of The PBT (Post Betrayal Transformation) Institute

Table of Contents:

Recommended Resource: Dr. Debi’s TEDx “Do You Have Post Betrayal Syndrome”3
Ten of The Most Common Symptoms of Post Betrayal Syndrome®4
The 7 Greatest Lessons Learned from Recording 100 Podcast Episodes.....6

Recommended Resource:

Dr. Debi's TEDx "Do You Have Post Betrayal Syndrome"



Watch: ThePBTInstitute.com/#tedx



Ten of The Most Common Symptoms of Post Betrayal Syndrome®

There's a collection of physical, mental and emotional symptoms so common to betrayal it's become known as Post Betrayal Syndrome®.

Here are some of the most common physical, mental and emotional signs and symptoms:

1. **Low energy:** The constant stress of trying to make sense and meaning out of a betrayal experience is incredibly draining to the body, mind and spirit. The relentless and painful thoughts, hypervigilance, and negative feelings dramatically drain energy reserves.
2. **Sleep issues:** When the stress response is ignited, it impacts the ability to have deep and restful sleep. If that's not enough, nighttime is often the most painful time for someone who's been betrayed because there are fewer distractions which allow for more time to focus on the painful experience; deeply disrupting healthy sleep.
3. **Extreme fatigue:** The stress of betrayal ignites the stress response causing extreme fatigue. Even after a full night's sleep, someone who's trying to manage a betrayal may also be trying to manage work, family and life as usual...and they're typically exhausted.
4. **Weight changes:** It's very common to see weight changes after betrayal. Someone can find it virtually impossible to keep food down and others self soothe using food as their "drug of choice." Stress also releases the stress hormone cortisol which encourages fat storage.
5. **Digestive issues:** The gut, known as "the second brain" is often impacted by betrayal with issues ranging from constipation, diarrhea, Chron's disease, Irritable Bowel Syndrome to name a few. Our gut digests, absorbs and processes our food. Betrayal is especially hard to "digest," "absorb" and "process." Is it any

wonder why the gut would be so greatly affected?

6. **Overwhelm:** Betrayal shatters everything we've come to know and believe in. It shatters our sense of safety, security and trust, leaving us overwhelmed with how to manage it, along with finding time for all of the other responsibilities we may have on any given day.
7. **Inability to focus:** When we're ruminating- relentlessly going over our experience in an effort to make sense out of it, it's almost impossible to focus on other aspects of life that need our attention. This inability to focus makes it challenging to focus on other matters that may need our attention.
8. **Sadness:** Betrayal is one of the most painful of the human experiences. In one excruciatingly painful moment, we learn that the very person we trusted, loved and felt safe with just broke the spoken or unspoken rules of the relationship. This is incredibly upsetting and disheartening and it's common to feel heartbroken as a result.
9. **Anger:** The feeling of being disregarded, abandoned, rejected, cheated on, deceived and/or lied to can create a sense of injustice, powerlessness and intense anger. While this painful emotion can mobilize us towards action (positive or negative) it can also be debilitating.
10. **Anxiety:** Betrayal impacts the nervous, digestive, immune systems and more. It can create intense anxiety as someone betrayed struggles to find solid ground after being blindsided by a painful experience. Left untreated, this anxiety creates a cascade of physical, mental and emotional symptoms.



These are just a few of the common symptoms left in the wake of a painful betrayal. These symptoms are common and are reasons why you may have reached out to coaches, healers, doctors and therapists for symptom relief. Yet, symptom relief doesn't target or address the root cause. Getting to the root of the symptoms and finding out if betrayal is underneath it all, requires a highly specialized program, plan, support and community. That's what [The PBT Institute Membership Community is](#) for. Join us to move forward from your betrayal...once and for all.

Dr. Debi Silber
Founder of The PBT (Post Betrayal Transformation) Institute

The 7 Greatest Lessons Learned from Recording 100 Podcast Episodes

Welcome to *From Betrayal to Breakthrough*, I'm Dr. Debi Silber and today's guest is, well, me. It's our hundredth episode, which is so exciting. First of all, I am so grateful and appreciative that you've been listening to the podcast, that you find it interesting. We've really had some incredible guests on the show and today is a celebration where we're celebrating all of the amazing guests and just the insight. I have learned so much just from interviewing these people and being around them.

So this is what I've done. I've come up with the seven greatest lessons I've learned from the last 100 episodes.

Here's what I invite you to do. Grab a pen and a piece of paper because I'm going to be talking about those seven greatest lessons. I'm going to be telling you the number of the podcasts that they were on. You'll hear the expert, the number of the show, so this way you can find it. Whether you listened and you want to re-listen or you'll be listening for the first time, you'll know which numbers really appealed to you and those are the ones to go back to.

Here's the thing too. Even if you've already listened to the show, you may want to re-listen to some of these episodes. I don't know about you, but with me, I can read a book or listen to a book on audible, and I'll go back to that same book a year or two or three later. Because I'm so different, I hear that same book so differently. Maybe it's the same for you too. So, even if you listened, I really would invite you to give it a re-listen to certain episodes because you may get so much more out of it. For today, I'm going to be going through the seven greatest lessons I've learned from the last 100 episodes and don't forget, [please subscribe](#) so you never miss an episode and rate and review, thanks so much.

Let's just dive right in.

Lesson One: The Depth and Power of Relationships

The first lesson, and these are in no certain order, so don't think they're from least to most important. These are in total the seven greatest lessons I've learned. The first one was really about the depth and power of relationships. If you've listened to enough of these episodes, you know we've had therapists and coaches and so many different people who are in the trenches with people trying to heal from betrayal. The power of relationships, the depth of vulnerability and intimacy, and all of the things that relationships can provide is so incredible. That was a huge lesson for me.

These are just some of the experts that I think are really worth revisiting if this is a topic that's of interest to you. Episode three ([episode 3](#)), Dr. Sidney Cohen. Dr. Sidney talked about the common examples of betrayal that he comes across on a regular basis, the essential things the betrayer needs to do in order to create healing. Why the betrayed has the right to decide the length of time healing takes. This is so important because so often when we're healing from betrayal and let's say we're trying to rebuild with a partner, with a friend and they're saying, "come on, get over it already." The betrayed person gets to decide.

Dr. Sidney really pointed that out in a beautiful way, getting past the shame and embarrassment to find self-comfort, the role psychotherapy can play in cases of betrayal. Here's something that he said that I just love. "As much as anything that the betrayed can gain out of therapy and the rest of the support they gain is a realization that they are still very much worthwhile, very much still lovable."

I pulled that quote because one of the biggest challenges left in the wake of a betrayal is that we've been so blindsided, and we feel like we've been thrown away and disregarded. Remember, even though the betrayal happened *to* you, it's not *about* you. One of the things that we need to do is remind ourselves of that and even reteach ourselves that we are so worthwhile and so lovable. I love that he said that.

Another, is episode four ([episode 4](#)), Riana Milne, who also talked about relationships. I loved how she said this was all about how childhood relationship trauma impacts your adult life relationships. She talked about the ACE study. In the ACE study, there are 10 adverse childhood events that impact us and can sabotage future love. If you're finding relationships challenging-whether it's a series of challenging relationships after relationships or you're struggling with the one you're in, it's really worthwhile to take a listen to this episode because you'll see where a lot of these issues stem from.

The many characteristics of childhood trauma, and figuring out where your adult actions and behaviors are rooted is the first step to healing. Remember, we want to get to the root, not hack away at the leaves. Riana was great at explaining that and understanding your original wounds and how you're communicating through that lens with your partner. This is helpful because then we understand that it's never what we say, it's what's behind what we say that tells so much more. Riana was great at bringing that about.

Episode twelve ([episode 12](#)), I love this one. This was with Dr. Roberta Shaler and Dr. Roberta shared a term called high jackals. It's a little different than a narcissist, but she described what a high jackal is, including their tendencies for manipulation and exploitation and how to educate, empower and gain new strategies to prepare yourself to leave a high jackal situation and why we're attracted to this type of person in the first place.

She talked about how to know if you've been "high jackaled" and how to heal, as well as strategies to encourage the other person to communicate, ways to know if you have a relationship with a high jackal, the difference between difficult people and relentlessly difficult people, love bombing, hoovering and the signs to be wise for. I love how she

said; "When you find yourself in a relationship like that and they are being all perfect and lovely on the outside and horrible to you at home, take off those rose-colored glasses and see the red flags."

Dr. Roberta specializes in helping you heal from a relationship with a high jackal. One of the things I remember loving about this episode is so often we think it's about us. I mentioned that earlier and it's important to repeat. It's *not* about us. The high jackal will have us feeling that it's about us, but it's not. Dr. Roberta's episode really was great in talking about that.

Episode forty seven ([episode 47](#)) was with Tim Tedder. There were so many downloads for this episode. This was so interesting because this was looking at betrayal through the betrayer's eyes. Tim had an affair 16 years into his marriage and was equally as surprised by his actions as those closest to him. He decided to take a good look in the mirror to understand exactly how he had gotten to that place internally. What he found when he took a hard look was a lack of vulnerability and honesty, which he has since harnessed into a counseling career to help others avoid the regret that he's experienced.

I remember this was a very raw, very vulnerable episode for Tim because here he is sharing his betrayal, all the drama and trauma and pain it caused. He learned so much from his experience and the pain he caused and chose to do something good with it. He talked about that as well as why someone betrays and the steps taken to get there, being honest about how you need to change and grow as a person and as a couple, indicators that your partner is not willing to do the necessary work to heal with you, forgiving yourself for the undeserved blame you may receive from your partner and an exploration of insights and changes that may lead a betrayer towards healing.

Tim said; "Putting the blame on her was undeserved. I wish more wives could hear that with greater clarity sooner." I remember we had spoken before I hit the record button and I said, "Tim, so many people take it personally because it was done to them and believe it is about them". He said, "Oh my gosh, no, that is so not it. It was *my* lack. It was what *I* was missing. I thought that having an affair was going to solve that problem." He made sure that he shared the message that it wasn't about his wife. It had nothing to do with his wife. It was totally about him. I'm so glad he shared that.

Episode fifty six ([episode 56](#)). This was with Vince Kramer and I really wanted to get Vince on the show because we have a lot of men in our programs. But, because we have more women than men in the programs, a lot of men don't think that our programs are catered to men. They are and men are just as invited to get the help and support they need. Here Vince was the one where his wife had the affair, so it was important to get him on the show too. After his wife blindsided him with a year-long affair and subsequent divorce, Vince had a hard time shaking off the shame and embarrassment he felt from his betrayal. It wasn't until he met his new wife and began asking himself questions of spirituality and enlightenment that he found his true calling.

We talked about encouraging men to speak their truth and embrace their emotions, which for so many men is so challenging, what it's like to break the news of your divorce to your friends, when your friends know you both as a couple. A lot of you have had to deal with this. Vince gave great insight into that. Using spirituality to add to your array of tools to bring divinity to the world, taking responsibility for your role in the creation of your situation. That doesn't mean taking the blame. That doesn't mean if someone cheated on you, it's your fault, it just means where were you in this situation and what can you extract from it that maybe you didn't see, you didn't know, you didn't feel at the time and now you could look at a little bit deeper?

He also talked about different ways to look at forgiveness and accept it for yourself and others. I remember Vince saying; "I'm going to try everything. If it works for me, that's cool. If it doesn't work for me, all right, I'm not going to do it, but I'm going to try everything." What I've found consistently with so many of the different guests who've healed and who've gone through their own healing is this: there is a willingness to try all different modalities to find what uniquely works for them. I really appreciated that Vince showed us in the ways that worked for him.

This was a much-loved episode too. This was Episode fifty eight ([episode 58](#)) with Susan Guthrie and Rebecca Zung. They're co-founders of the Breaking Free Mediation which is nationally recognized by Family Lawyers and for divorce. They are champions in their own regard. Susan and Rebecca are experts in all things divorce. They're lawyers and together, they're revolutionizing the conversation around divorce through the use of mindfulness practices to help divorcing couples separate peacefully.

This was such a great episode. They gave such amazing insights, ways to help children deal with divorce, betrayal at any age and finding healing. I remember Rebecca saying; "It just started occurring to me in my practice that there were what I call the three deadly sins of marriage, which I call the three A's Abuse, Addiction and Adultery". Susan said; "The mindfulness aspect helps them to both manage their current emotions that are all negative, but also set an intention and visualize where you're going to go. You wouldn't consider mindfulness as being an important factor necessarily in a divorce, but when you set the intention and go about it that way, you really can have a much better outcome."

The next one was Episode eighty four ([episode 84](#)) with Dr. Sheri Keffer. Sheri says; "The way men and women experience sexual betrayal is very different. It is only by engaging in a total truth-telling process that you can work to heal yourself and your relationship. The physical and mental symptoms of betrayal can seem overwhelming, but when you equip yourself with the right boundaries and ability to see the truth for what it is, healing is possible." This is the work she does in her practice every day. She knows personally that this is true as well.

The process of rebuilding starts with you first. It's Dr. Sheri's mission to give betrayed partners a roadmap to healing and recovery with tools like EMDR and therapy. Dr. Sherry was on the show to tell you that you're worth fighting for and it's possible to rebuild with or without your partner that hurt you as long as you have the truth first. I

remember Dr. Sheri and I had such a great conversation because we're both doing the same thing. We're helping the betrayed partners realize their worth, realize their value and if they so choose to rebuild with the person who hurt them, if that's even a possibility, how to go about doing that, so it was a great episode.

Episode ninety two ([episode 92](#)). This was with Dr. Corey Allan. This was a more recent episode, and this is dating *each other* again after betrayal. Corey believes that marriage is more about becoming a better human than it is about two people being happy. He said: "When you keep things simple, you can experience more in marriage and life by learning how to trust yourself again, accepting the cyclical cycle of getting better, and becoming a major player in your relationship for your own sake. When you do, you can earn back your free choice and start living the life that demonstrates that you are worth choosing."

If you're ready to take the courageous step and ask yourself how your marital betrayal can be used for personal development, you'll love this conversation I had with Corey. Who would think that rebuilding a marriage after a betrayal is personal development? I can share with you having been there, I don't believe there's a greater personal development challenge you can take on (in the experiences that I've had so far in my life anyway.)

Corey and I also discussed how to view your betrayal like collateral damage rather than a personal attack as well as individual and couple recommendations when experiencing a marital betrayal, things that can move the needle on your partnership, the recovery journey, a peek into a general timeline for getting over shame, bitterness and more. This is really important because everyone has their own timeline and I found what speeds things up or slows it down maybe a little bit different than what Corey shares. If I had to pick one word that moves the needle towards quicker healing? It's willingness.

Tips for rebuilding trust in relationship and yourself after betrayal and learning to trust again are such huge topics because after betrayal, we don't trust ourselves, we don't trust our betrayer and that's why there's a real strong lean towards spirituality after betrayal. I'll get into that so much deeper later on but basically, we reason; "Well, at least I can trust in something bigger than me." It's common to see a big push towards spirituality and a great source of relief for so many people after betrayal.

Those were the episodes that I feel really shared the depth and importance of relationships and possibility. If any of those resonated with you, please listen to those again, I think you'll get so much more out of it.

Lesson Two: The Body-Mind Connection

It's about physical and emotional health and how betrayal really impacts not just the mind, but certainly the body. I had expert after expert, after expert sharing how there's such deep mind/body connection. Here I'm sharing only a few and there are so many more if you go back and listen to previous episodes.

This is Episode thirteen ([episode 13](#)). This was with Phaedra Antioco. Phaedra believes that every physical pain has an emotional root. When we identify the root of that pain, that's when we truly begin to heal. Your body is letting you know what's happening mentally and emotionally. When you pay attention to it, that's when you uncover, you unlock, and you heal. By asking yourself, what isn't working in your life, you can start to release your pain. It's all about that deep connection between the mind and body.

We talked about things like how something mental and emotional can translate into something physical, the trauma vortex, (which she explained), and how to shift out of the stress response. I remember Phaedra saying; "I sought various treatments to help me because I don't remember the accident (she had a horrible accident.) I don't remember the trauma, but my body does. Your body remembers trauma.

You can find links in the show notes to that episode. Phaedra worked with Peter Levine, who many would say is the grandfather of somatic therapies (and somatic means body-based therapies). You may have heard me say; "The issues are in the tissues", and that's where trauma gets locked. Phaedra is just so great at helping you unlock that trauma from the tissues.

Episode sixteen ([episode 16](#)), was with Dr. Melissa Kalt. We talked about how to rebuild your life and find motivation in trauma. She really went into how betrayal leads to adrenal fatigue dysfunction and why holistic medicine can help. We talked color puncture-what it is and how it can help. I had never heard of color puncture before this interview, so it was really interesting to learn about in that it can relieve everything from anxiety to a cold, relieving physical symptoms of stress by healing your emotional wounds. Dr. Melissa talked about making the choice between staying in a victim mindset or choosing empowerment. She's done it personally and it was a great episode. That was Episode 16 with Dr. Melissa.

The next episode, oh, this one I love. This was the first episode ([episode 1](#)). This is Dr. Eric Zielinski, Dr. Z. We talked about using essential oils to move past betrayal. How great is that? The thought of using an essential oil is so helpful because we reason; "Oh, I can do that." I just love this episode. Dr. Z said; "Betrayal can leave an intense emotional toxic buildup in its wake. You must equip yourself with every tool possible to help navigate betrayal and learn to forgive." Dr. Z is an aromatherapist, a chiropractor, public health researcher and author of *The Healing Power of Essential Oils*.

He shed light on the cumulative effect that betrayal can have and what you need to do in order to look, feel and live better. We talked about the cumulative effect of betrayal and how it hinders our ability to deal with future events. We talked about signs and symptoms of micro traumas and betrayals. Micro traumas. I describe that as the *death by 1000 cuts*. We'll talk about that a little bit more later. Ways an emotional betrayal can manifest into a physical reaction, how a positive scent can heal, and a negative scent can hurt and learning how to trust again through the power of essential oils. That was my episode with Dr. Z.

I just have to add this too. Dr. Z was such an amazing sport because we recorded an entire episode and it was my first one. It was the first show and I was a little nervous and new to recording. I realized I never hit the record button! He was so kind because he said; "You know what? No worries, let's just do it again." He knew how traumatic betrayal can be and wanted to help in the way he can. I am forever grateful for Dr. Z for that.

On the topic of essential oils, there was also Episode thirty two ([episode 32](#)). This was with Dr. Mariza Snyder. We talked about essential oils also, but it was a very different conversation. I loved this episode. We talked about how essential oils are a simple and doable strategy to include in your daily routine when you're overwhelmed, exhausted or unsure. Dr. Mariza shared her favorite essential oils for things like conquering stress, anxiety, anger, forgiveness, and more.

She was also explaining how it's best to use them for emotional healing and how to ensure you're living your life by your own design versus proving people wrong and why you should be clearing the space for emotional well-being. That was a powerful episode. She also talked about the science behind how essential oils affect the neurotransmitters in the brain. Those of you who are really interested in that, you're going to love that episode and how they can provide you with the ability to select the mood you desire.

Something so fun came out of that episode. We had such a great conversation that the minute I stopped recording, we just kept chatting and chatting and chatting. Based on that conversation, Dr. Mariza and I developed and designed essential oil trio kits specifically for healing from betrayal. I'm going to leave information about that in the show notes. Because of that episode, we created two essential oil trios.

The first one it's called [breakthrough essentials emotional support trio](#). The first one has three scents: Serenity, Console and Forgive. How great is that? The second one is [breakthrough essentials emotional boost trio](#), and in that kit we have these scents: Bliss, Motivate and Brave. How great is that if you're really struggling to heal from your betrayal? You defuse a scent or some of them are roll on scents that you put in your bag and you just roll it on your wrist, temples, neck, etc.

Sometimes I have a little trick that I do. I roll it on the base of my nose so I keep smelling it. Just a little something that works for me. That was just such an exciting creation that came out of that episode.

The next one was Episode forty eight ([episode 48](#)), with Dr. Joan Rosenberg. This episode was about how to lead a confident, resilient and authentic life. Dr. Rosenberg wrote a great book I really encourage you to read it. It's called *90 Seconds to a Life You Love*. There's a special place in my heart for Dr. Joan. She was one of my committee members when I was doing my PhD dissertation. She saw all of the discoveries that were made in the study that I did. She watched it unfold and it was all so exciting.

So, we talked about, how we've all been embarrassed or angry at one point or another and felt the physical sensation of those emotions rage through our bodies. Did you know that embracing these emotions for only 90 seconds could be the key to helping you make sense out of your emotions and remove their power so you can start moving on? On this episode, Dr. Joan talked about how to gain your internal trust back after a betrayal, ways to identify your vulnerability and embrace it, and the importance of understanding your bodily reactions to memories and emotions to better resolve your feelings.

While you may not be able to make sense of why a betrayal happened in your life, you can make sense of the meaning these events have for you, and you can learn to move forward in a healthier and happier way. If you can experience and move through the eight unpleasant feelings, you can form a foundation of confidence and liberate your world to experience life with a greater sense of feeling alive. This is so true. So often, we run from those emotions, but if you can just manage them for 90 seconds and move through them, it's just a better way to go. Dr. Joan teaches us how to do that.

Episode fifty three ([episode 53](#)). This was such an interesting episode because this was with J.D. Covert. We talked about Dissociative Identity Disorder. I had no knowledge of this whatsoever. That's exactly why J.D. wanted to be a guest on the show so she could bring awareness to this topic. This was about dissociative identity disorder, often called; multiple personality disorder. I found this fascinating. I had no idea what to expect on this episode. It was beautiful and worth a listen.

Deep trauma experienced as a child by someone that you trust can have lasting impacts for the remainder of your life. In some cases, specifically in trauma happening before the age of nine years old, that trauma can lead to DID or dissociative identity disorder, more commonly known as multiple personality disorder. J.D. was exposed to this type of trauma and subsequent personality affliction firsthand and has come out the other side. It was such a beautiful example of exactly what, in her case, physical and emotional trauma how creates in your body and mind. She shared just such an empowering story for us all to really gain so much insight into.

Episode forty six ([episode 46](#)) from Dr. Heidi Hanna. This episode was about stress. Who hasn't been stressed and who doesn't feel stressed specifically after betrayal? Dr. Heidi shed a lot of insight here. While it may be impossible to eliminate all the stress from your life, it is possible to train your brain to handle stressful situations with more grace and ease by employing certain tools. We talked about preparing your mind before a stressful event and replenishing yourself afterward. When you do, you can build up your capacity to better cope with the challenges of life.

I think with so many of us, we just keep going, going, going. We keep feeling stress, and we don't really do anything to recharge or rebalance. Dr. Heidi gave us so many great tools. Think about it. At the end of every day, you recharge your phone. We forget that we need to recharge ourselves and it's one of the best ways to help manage our stress. We need sleep and we need to recharge. I remember her saying; "The stress experienced, what is happening in your brain and body is trying to help you. The more

you can understand the why behind that, and then make the small adjustments, the more you can start to take control." This is about taking control over your stress versus it controlling you.

That was Episode 48. Speaking of stress, there was also Episode fifty seven ([episode 57](#)). This was with Dr. Doni Wilson. In this episode, she talked about understanding what stress does to your body and mind. (I brought so many experts on the show to teach on topics of how the body and mind work together because something like betrayal affects the body and mind. The more you know what it can cause, the more you can take measures to prevent it from really doing some damage.) Dr. Doni talked about how the stress you feel on a daily basis impacts every system and organ in your body, and every issue can cause a ripple effect until your stress compiles into physical symptoms.

On this episode, Dr. Doni explained exactly how stress impacts your adrenal glands and telomeres, which creates accelerated aging, ways your physical inflammation is affecting your anxiety, depression, and sleep and how to find a middle ground with stress where you can outsmart it and recover from it. When it comes to your health, she also taught us that you can't guess based on your symptoms. You need to find out what's going on so you can see your levels improve and start feeling better. Instead of ignoring your stress and having it potentially develop into something worse, you can learn how to understand it so you can go from stress mode to stress recovery.

The next step episode was Episode sixty three ([episode 63](#)) with Elizabeth Kipp. This episode was about chronic pain and anxiety. We talked about how your chronic pain may be connected to an unhealed betrayal. She shared her own powerful personal story. Another example of how the link between our emotional pain and physical pain is undeniable and can be strong enough to manifest into illness and disease when left untreated.

We talked about ways to heal your emotions while also relieving your chronic physical pain, how to clear your body of the ancestral trauma you've carried into this realm, retraining your brain and the nervous system to work on building a new neural network, changes you can expect to see once you embrace meditation and Kundalini yoga, (which I've heard so many times is so wonderful), Elizabeth also talked about an ancestral forgiveness prayer to release your feelings of betrayal.

There are so many different tools we can use to heal and that's why I want you to listen and re-listen so you can find the tools that work for you. Think about it. If you're walking around in chronic pain, it's so exhausting. How can you possibly heal emotionally if you're dealing with this physical pain? It's so draining. That was a great episode. I encourage you to listen.

Episode sixty four ([episode 64](#)), was my conversation with Emily Wanderer Cohen. She talked about intergenerational trauma. Instead of focusing on your family's history of disease, Emily focuses on your family's history of trauma to find the unexplained reasons that you may be dealing with physical or mental ailments. Just how eye color

can be passed down, so can trauma. I found this so interesting and I had no idea until we spoke. It's only by acknowledging this history that you can remove your negativity bias and find healing.

I remember Emily had talked about this study with mice and cherry blossom spray. In the study, mice were given cherry blossom spray and then, a shock. What happened was eventually, they weren't given the shock, but when they were given the cherry blossom spray, they were agitated (or however they let the researchers know they remember that shock) and it was the spray that became really uncomfortable for them.

What was so interesting about that is first of all, now you see, the shock was tied to the cherry blossom spray, but the *next* generation of mice were given cherry blossom spray and had *the same reaction*. The next generation too. They were just given the cherry blossom spray and then, they had that agitated reaction. It proved how trauma is passed down and can be multi-generational. We can have reactions and responses and not have a clue where they're coming from. It could be from a previous generation. Just something additionally to look at there.

Episode sixty ([episode 60](#)), this was with Dr. Maya Shetreat. She talked about understanding the emotional support and transformative power of nature, specific ways that you can bring nature into your life during travel and work, how to avoid emotional burnout and navigate challenges as an empath, and the importance of clearing yourself and your space before a big event. She also talked about how to protect yourself energetically and creating a healing relationship with the Earth.

What I loved about this so much was that it's only been over the last couple of years that I learned that I'm an empath. Once I learned that, I immediately understood why I often feel things or react differently than others around me. It made so much sense once I learned; "That's why I'm so sensitive. That's why I can't watch a scary movie and that's why I cry when I see people reunite at the airport." So many things that just made so much sense, and nature has some remarkable ways to help us heal. She really went into detail about that. That was a great episode.

Episode thirty four ([episode 34](#)), was with Dr. Anna Cabeca. Dr. Anna was talking about how we're being betrayed by our hormones. When going through a betrayal, our entire bodies are impacted. While we may be living a happy life on the outside, hormones like cortisol and progesterone are playing a large role in how your body is reacting to your stored trauma and memories. It's only by understanding the role our hormones play in our physical and mental health and finding a balance both internally and externally that your body can once again be at peace.

Dr. Anna gave some insight into the hormonal chaos betrayal can cause and how you should be working to nourish your body to improve mental clarity and finding natural ways to decrease cortisol and increase oxytocin, (known as the love hormone or the cuddle hormone). If we're struggling with an unhealed betrayal, our hormones are definitely affected. Dr. Anna gave us ways to give ourselves an additional little boost.

Then, there was episode ninety ([episode 90](#)) with Dr. Marisol Teijeiro. She talked about what betrayal is doing to your gut. I loved this because one of the most common physical symptoms we see after betrayal are gut issues. Dr. Marisol told us exactly how that happens. Have you ever considered that your digestive issues could be linked to an unhealed trauma or lack of trust? If you're struggling with any digestive issue, you want to understand the emotional component of digestive disorders or you want to explore the ultra-sensitive gut-brain connection, you're going to love this episode.

I recently just finished the manuscript to my book-*Trust Again*. I remember talking about the gut and why it's so common to have gut issues after trust is broken. It's so interesting because think about what the gut does. It digests, processes and absorbs. Think about it. A betrayal is hard to "digest", "process" and "absorb". Is it any wonder why we'd have a gut issue? Dr. Marisol's episode talked all about that.

Episode thirty six ([episode 36](#)), was with Dr. Alan Christianson, also known as Dr. C. He talked about the betrayal of the diet industry. If you're struggling with your weight, you're a constant dieter with no results or you've recently gained some weight after trauma, Dr. C was on the show to explain how the diet industry betrays us and what you can do to reset your metabolism and get your body back to functioning correctly. Dr. C also helped us understand what adrenal fatigue really is. I don't know many people who explain it and understand it better than Dr. C. If you're having any adrenal issues, he certainly is somebody to reach out to.

Dr. C also talked about what you should be asking your doctor to test for as far as your thyroid and your liver, and how to get out of that "wired and tired" pattern. If you've experienced this you know it well. First, we have all energy we need, then we're tired and wired and then...we're just tired. Dr. C talked all about that.

Episode forty four ([episode 44](#)), was Dr. Shiroko Sokitch. She talked about viewing your body as an interconnected roadmap and by targeting the root cause of your physical health issues, you can unlock the deep emotional scars that may be playing a role in your symptoms.

Dr. Shiroko talked about how and why our bodies can often mask anger and fatigue, what Chinese medicine can do to help us when you've been betrayed, breaking down the process of moving past betrayal through physical treatment, exploring the foundational role of your hormones, immune and nervous systems, and how to search the internet to find answers for healing and hope. This was a very practical episode of different types of modalities to help you move through your betrayal.

Episode eighty ([episode 80](#)), with Devorah Steinberg, gave so many different examples of processes and modalities you can try. We talked about tapping, hypnotherapy, EMDR, and other effective therapeutic techniques. We also talked about that crazy experience I had in a yoga class one day. I was talking about something so scary that happened with me in a yoga class and I had no idea what it was until I found out. It was called a purge. I'm going to invite you to listen to that episode, episode 80, to find out exactly what I'm talking about. It was just so interesting. That was episode 80.

Episode fifty two ([episode 52](#)), was with Dr. Dolores Fazzino. What I love about Dr. Dolores is that she has over 40 years of experience in the healthcare industry and has seen firsthand, as an assistant surgeon, how illness and disease can often be linked to a patient's unresolved emotional issues. She helped open our eyes to the connection between a lack of self-care, deficiency of mind, body, spirit alignment, and how it can manifest into disease and injury.

She said; “Pockets of unexpressed energy can take up space in your energy field until there's nowhere else for it to go and eventually, it moves into the physical body through the lymphatic and endocrine system.” I found this fascinating because these unexplained physical issues always have an emotional root and Dr. Delores told us exactly how that happens. Speaking of that body, mind and energy connection, have to talk about Episode fifty four ([episode 54](#)) with Debora Wayne.

Everything in our world is energy and negative energy can become stuck inside you with no place to escape. Debora talked about how to tap into the unresolved energy trauma to heal before this energy manifests into disease or illness in the body. While a physical manifestation of emotion is your body's way of crying out for help, Debora has created an accurate and fast acting way to heal your *biofield* energy. That's your energy field, and it can change the pattern of your vibrations for good.

Debora said; “Every thought we have creates an emotional reaction inside the body which releases chemicals and impacts our nervous system, immune system and more. By equipping yourself with the tools to help tap into your unconscious energy fields, identify your unresolved trauma and interrupt your energy pattern, you can release your stuck energy and shift your awareness.” I know it can be so hard to believe and you can ask yourself; “How does something mental or emotional manifest into something physical?” Hopefully, you're seeing in all of these episodes that's exactly what happens.

Here another episode with that same theme. It was Episode eighty two ([episode 82](#)), with Dr. Meg Haworth. I just love Dr. Meg, and I also don't know any other transpersonal psychologist other than me, so it was so fun that she's one too. Also, how many people do you know have been struck by lightning? Dr. Meg has been, and she talked about her experience. She also talked about how going through a betrayal impacts every part of us; physically, mentally and emotionally and spiritually.

When we're not able to heal and release the trauma, it can build up inside our cellular memory and cause illness, disease and unnecessary stress. It's only by treating our symptoms in a holistic way that we can begin to understand the mind-body connection. That was Episode 82 and it's a great one to hear all about what Dr. Meg has to say.

Here's one more regarding the body-mind connection. (Remember, there were so many more. I'm just giving you a few). Episode seventy two ([episode 72](#)) with Louise Swartswalter. This episode was about rewiring your brain after betrayal. We talked about becoming aware of what is impacting you energetically, (even if you do not currently realize its impact) so that you can clear yourself physically, mentally and physically. By clearing these blocks, you can release what's holding you back and

rewire your brain for success. That was just such an interesting episode. Actually, right after our episode, I was so intrigued with what Louise does that I booked a session and it was just really cool.

Lesson Three: The Importance of Spirituality, Especially After Betrayal

Lesson three was about spirituality and how important spirituality is, especially after betrayal. After an experience with betrayal, we don't trust our betrayer, we don't trust ourselves so we often think that at least we can trust in the universe. I brought on some amazing experts to talk about just that.

Episode twenty four ([episode 24](#)). This was with Sarah Weiss, and she talks about clearing betrayal from your energy field. She also read me my energy field during this episode. It was fascinating. Here was another guest where right after we were done, I booked a session wither personally and it was incredible. One of the first things she said when she read me was; "Well, I've never read such a clean body," and I had been eating really well. She picked that up. It was just crazy.

There's a reason you're having physical, emotional and mental pain that you might not understand. Sarah Weiss has been trained by spiritual masters from many different traditions and uses her skills as a medical intuitive to bridge the gap between symptoms and relief. The more we tune into our intuition and subtle energy of our beings, the better we are able to connect to our inner truth compass and live in a safer state.

Sarah walked us through what it takes to connect back to your truth and work to clear out your energy system every single day. A unique and interesting perspective. Sarah shared her wealth of knowledge with us on that episode. I got so much out of it. We talked about things like why your body may be responding to threats that you forgot even existed, tuning into the flow of positive energy in your system, taking on other people's emotions as an empath and how to protect yourself.

This I thought was fascinating, because I had no idea I had been doing this. Here for the last, 28 years I've been coaching, wondering why I'm having different pains or experiencing different things that Sarah explained, often aren't even mine. That was just so interesting to learn that as an empath I'm susceptible to picking up the emotions, feelings (physical and emotional) of others. Sarah talked about why some of us are more susceptible to other people's energy than others, how betrayal can affect your mind, emotions and especially your body. I remember Sarah saying; "Betrayal is something that usually your body knows about, and your intuition knows about long before your mind knows about it." Just amazing.

Then there was Episode thirty ([episode 30](#)) with Anna Miranda. Wow, did you love this one! You loved this one because this is where I got really personal. Anna, my intuitive coach was the person that I saw after my betrayal. I'll never forget how I walked in there. It was one of my first sessions where she told me how my betrayal was actually a "soul contract". I said; "What the heck is a soul contract?" She said; "You have no idea how you planned this." Now is *that* what you want to hear after you've been betrayed?

She said; "You both planned this. You planned this so that you would heal and understand betrayal from this deep place of knowing. You're going to have a center, you're going to write books, you're going to have this following and do all these wonderful things to help people heal from betrayal, all coming from that deep place of knowing. You had to experience it so you'd understand it." She even talked about The PBT Institute that I didn't even know I was going to have. Well, turns out that *every single thing* she said happened. Anna has been such an important part of my life. We talked about it in this episode. If you want to hear my story, it's Episode 30 to hear about that.

If you've ever been curious about creating soul contracts with yourself, partner, family, you'll learn about it in this episode. We also talked about how to gain absolute faith and trust in the Universe. Or, if you want to get a closer look into how I dealt with my betrayal, you are going to love this episode. By letting go of the shame and embarrassment that goes along with sharing your betrayal, you can stop hiding and embrace and trust all aspects of what happened and what to do with it. While vulnerability may be scary, it's the only way to fully unlock your true potential and ability for love. I remember Anna telling me it was when I was ready to be vulnerable, that was when my life was going to dramatically change, and she was right.

Episode forty five ([episode 45](#)) was with Gurutej Khalsa and she had very practical spiritual tools. Not only did she share some great tools to help us deal with betrayal, she also gave her strategies for forgiving yourself and start listening to what your heart is saying. She covered topics ranging from death and rebirth, magnetic fields and breathing techniques, and so many more. She gave really a range of tools to help move forward. She talked about the cord cutting technique too which I thought was fascinating.

Last one in this category. This is Episode sixty one ([episode 61](#)) with Elias Patras. Elias talked about your inner voice. We all have the innate ability to use intention, action and manifesting to create the life of your dreams. Instead of getting dragged down with your subconscious trauma, Elias showed us how to start putting yourself first and work to fall in love with yourself again.

He talked about things like; understanding the grieving process after betrayal, and ways to rebuild, how to manifest intentions and actions to create the life you want and deserve. He talked about why you should be careful when using the words "I am" as well as ways negative emotions can manifest physically into disease and distinguishing the difference between a partner complementing or completing you and I had plenty to add to that too. It was a great episode.

Lesson Four: Self-Betrayal and Self-Love

This is a combination of self-betrayal and I included self-care into that. Self-betrayal is such a big topic, and the more episodes I did, the more I realized how little attention it gets and how it needs a much bigger conversation. The other side though of self-betrayal is self-care, because self-betrayal is where you're betraying yourself and what

you're lacking so often is that self-care. Here are some great examples of both. This is about self-betrayal. This was Episode seventy five ([episode 75](#)), with Tricia Nelson. If I had to say who is the queen of teaching you all about emotional eating? It is Tricia, and that's exactly what she talked about.

She talked about the difference between emotional eating and being a food addict. Tricia talked about how saying no to things can build your self-esteem and confidence, and ways you can become aware and tap into the emotions behind food. She also talked about the most common personality characteristics that make us eat emotionally. I thought that was fascinating. It's worth a listen just for that and understanding the direct link between how you're feeling and what you're eating. That was Episode 75 with Tricia.

Next regarding self-betrayal. This was Episode nineteen ([episode 19](#)) with Mindy Gorman-Plutzer. I learned so much from this episode too. This was really about all kinds of eating. We can't begin to forgive others until we forgive ourselves and that starts on a cellular level. By examining your relationship with food, you can gain a deeper understanding of who you are and the story your body tells. She said two quotes that I just want to share with you; "Wanting to change our weight, manage our bodies often shows up in the guise of an eating disorder because it starts out as a solution to our problem that is believed to be intolerable." That's why we gravitate towards something like a food issue. She also said; "The betrayal is about how we disavow ourselves from our universally given right to thrive." That was Mindy.

Episode forty three ([episode 43](#)). This was Greg Johnson. Greg and I talked about ways in which betrayal can be related to addiction, and how Greg's own firsthand experiences with substances helped him forgive those who wronged him, and why you should embrace your emotions instead of run from them. Running from them is what addiction is. It's our way of dealing, but it's not really getting to the root at all. Greg also talked about prayer and meditation to assist your healing, how to shift your perspective to open your heart and why you need to feel it in order to heal. You know, my saying; "face it, feel it, heal it," and you can plug that in to just about any trauma and you'll see that it works. No matter what, healing is possible. The journey to forgiveness and acceptance can be a struggle, but you do not have to go through it alone. When you open yourself up to help you can begin to break down the barriers built up by betrayal and/or addiction and start the path to true happiness.

Speaking of addiction, here's a different addiction and this was porn addiction. This is Episode eighty nine ([episode 89](#)), with Joshua Shea. I'll be totally honest with you; I was really nervous about this episode. This isn't the stuff I typically talk about and I'm really shy with things like this, but I went into it willingly. Remember, I keep talking to you about willingness. I went in with a willingness of, "I have a feeling this is going to help so many people. I don't bring anybody on who I think won't help you, but I just had a feeling that Joshua could give a really great insight into what's going on here. We had a fantastic conversation. For Joshua, it was never about the pornography or alcohol, but instead about the control he gained from using the material.

What that really meant was Joshua talked about a traumatic experience that had happened to him in childhood that made him feel that his life was out of his control. That was the reason why he gravitated towards this. If you've been hurt by someone's porn usage or want to gain a better understanding of the decision-making process of a porn addict, this is an episode you need to listen to. I really believe you're going to gain so much from this. By the time we were done with the episode, I was sweating. I was so nervous. I gave him so much credit because he turned his life around in such a magnificent way. I'd love for you to hear that episode to know what I'm talking about. That was Episode 89, Joshua Shea.

Episode seventy three ([episode 73](#)), Mari Lee. Mari talked about sex addiction, which is another type of addiction. Sex addiction is a type of trauma that can leave many physical, mental and emotional symptoms in its wake and through the help of professionals like Mari, you can discover if healing is possible in your relationship. On that episode, we talked about how to rebuild your self-esteem from feelings of rejection and abandonment, which are so common after betrayal. We dove into the bio psycho assessment process, sexual dependency inventories and formal disclosure processes so you can be equipped with the necessary knowledge to take first steps to recovery.

That's all about getting to the truth. We can't rebuild trust again until we know the truth. When dealing with a sex addict, it takes wisdom and insight to figure out how to heal and Mari is here to help you gain that knowledge. We learned how sex addiction is different from alcohol or drug addiction, a look into the assessment and treatment process for individuals and couples, and the common denominator between betrayed partners of sexual addiction. We also discussed understanding what self-care means to different people based on your history and exploring the role your faith plays in your relationships and values. That was a great episode.

Another great episode regarding addiction was with Dr. Sam Shay, this was Episode nine ([episode 9](#)). We talked about moral injury and addiction. One of the things that was so interesting about this episode was this; when I was doing the research for my dissertation, my study, I read some studies on moral injury and it turns out that Dr. Sam's father was the one who discovered and coined the term moral injury which I found so interesting. An expert on situations like childhood betrayal, video game and sugar addictions, overcoming high-stress environments are some of Dr. Sam's specialties.

Those were the reasons why I brought Dr. Sam on. We talked about PTSD, moral injury and the connection to betrayal. We talked about how harm, exploitation, and humiliation can be used against you. Why stalking your partner's social media might be a form of hyper-vigilance, finding gratification in addiction by shielding yourself from the war zone at home, and how you can tame the beast of addiction. If you're dealing with any addiction or a loved one is struggling with addiction, episode nine, Dr. Sam Shay can help.

I included this one because I don't know if there are many people who just talk about love and self-love and everything more than Shari Alyse. This was Episode seventy

eight ([episode 78](#)) with Shari Alyse. She talked about how to find a home within yourself and show up as you are, reminders and tips to help you move through difficult situations, and ways to find joy when you feel as though all hope is lost. We talked about what to do when you're having a down moment and how to pick yourself back up, releasing the need for perfection and being okay with whatever shows up. I love so many things about Shari, and she's so open, honest and authentic. She's one of those people that as you're speaking with her, you're just going to start smiling and you're not going to know why. It's because of her energy. I put her in the self-love category, that was Episode 78 with Shari Alyse.

Lesson Five: The Importance of Support

This was lesson five. Again, no certain order here but here's the fifth most important lesson I learned from doing these hundred episodes. This was about how important support is specifically when dealing with betrayal. Support is helpful at any time, but when we're dealing with betrayal, it's non-negotiable. Episode eighty one ([episode 81](#)) was with Tracy Malone. This episode was all about healing from narcissistic abuse. If you specifically have an issue with healing from the betrayal by a narcissist or you're in a relationship with a narcissist, you really need to hear this episode because there are few people who understand this more than Tracy.

This was one of the interesting things that she mentioned. According to recent data, there are over 152 million Americans who are victims of narcissistic abuse. It's probably even higher but other cases just haven't been reported. Narcissists can entangle themselves in your life and can cause a severe amount of trauma and betrayal. Narcissism and betrayal can lead to the perfect storm. It's only by recognizing the red flags of a narcissist, can you set boundaries and heal yourself so you don't become a narcissist magnet. Whether it's a romantic partner, family member, friend or co-worker, narcissists thrive on getting what they can out of people, which is why the pain from this type of betrayal can run so deep.

Betrayal is just part of the package when dealing with a narcissist. The sad truth is that they don't change and by putting language towards narcissistic tendencies, you can understand the stages and tendencies of a narcissist. It's also important to be careful about who you share your story with. You can learn how to protect yourself from becoming vulnerable to a narcissist's game. This was an incredible episode where we talked all about that. Definitely tune into that episode with Tracy. One of the things she said which I loved was this; "They know they've got you, all they have to do is mold themselves to what you are telling them you are looking for and they've hooked you. It's a green flag to them." This is so hard to understand if we're not a narcissist because we would never behave that way.

Narcissists have no empathy so they do things that we would never do because we know what it would feel like to hurt someone else, so we choose not to do things to cause harm. They're not thinking that way. It's an entirely different way to live. In my upcoming book *Trust Again*, I devoted an entire chapter to how empaths and narcissists create the perfect storm. I can't wait to share it with you. I devoted an entire chapter to

the empath and the energy vampire (narcissists fall under the umbrella of a certain type of energy vampire and I explain them all in the book). Here's a visual. Imagine narcissists like a tick on a dog. They latch on, they suck the blood from the dog. So, what are you supposed to do? You're supposed to get that tick off the dog so it can stop causing harm.

Another episode regarding support is Episode fifty five ([episode 55](#)) with Anne Blythe. This was so powerful. Anne's purpose is to make sure that you know you're not crazy and you're not alone. We talked about the common forms of abuse found in betrayal situations, ways to identify your abuse and set boundaries, and the importance of believing victims and trusting women when they say they've been betrayed. When you're able to educate yourself from abuse and betrayal, and find a support system who've been through it, you can walk through the fog and come out on the other side more aware and present than ever before.

By getting that support we can become happier, healthier and more peaceful and reduce the cycle of abuse. Anne was on the show to help circumvent the confusion period after an abusive betrayal and get you on the path to feeling safe again. At The PBT Institute, we have two certification programs. One to be a certified PBT (Post Betrayal Transformation) Coach and also to be a Certified PBT Practitioner. Nothing like this existed where you can find support, community, coaching and so much more.

It's common that people who've gone through our programs and membership community want to become Certified PBT Coaches or Practitioners. When you're on the other side of your betrayal, there are people who are just entering into that dark tunnel and they don't know where they're headed, so offering specific support is so important. Support is crucial. I learned that also because every single person in my study said they would have benefited from support so it's been created within The PBT Membership Community.

Lesson Six: Forgiveness

This is the sixth most important lesson I learned, which was all about forgiveness. One of the things I invite you to do is listen to this. This was one of the solo episodes that I did early on and this is Episode number eight ([episode 8](#)). You'll hear me talk about why forgiveness can be so hard. It's also so healing, but it's so hard. I talk about how forgiveness speaks a language that the logical, rational mind doesn't speak. Here this person did something that is so hateful, hurtful, harmful, and forgiveness says...yes and forgive anyway. When we realize it's not for the betrayer's sake, it's for your sake, it can truly set us free. I talk about that in episode eight.

Episode twenty two ([episode 22](#)), was with Emerald Peaceful GreenForest. Isn't that a great name? She talked about why she changed her name and it was due to some deep and painful betrayals. She's such a great example of someone who can continually find hope, healing, and compassion in whatever life throws at her and she comes back stronger every time. I put her in the forgiveness category because when you listen to her episode, episode 22, you'll see examples of something so hard to

manage and handle, and how she moved through it. You'll see how forgiveness plays a huge role in how she was able to make that happen.

Next is Episode seventy four ([episode 74](#)). This is with Anna Osborn. We talked about being able to triage, as well as the extensive wound of betrayal. We talked about how you can't go back to what your life was like before the betrayal. and how you can rebuild trust after grieving the loss of that chapter in your relationship. If you want to improve your communication, deepen intimacy, heal from betrayal or change your negative patterns of disconnection, Anna is a great expert. She also talked about the role of forgiveness in healing. She said; "Part of the healing process is to create enough stillness to know what you need healing to look like and that's a day by day journey." It sure is.

Lesson Seven: Resilience and Transformation

The seventh lesson that I learned, and this is so powerful, is all about resilience and transformation. Here was another solo episode that I did about that. It was Episode seventeen ([episode 17](#)) about death and rebirth. It's an interesting concept and I teach this in my programs too. Here's the idea. To truly transform, we need to let go of the old in order to embrace the new. You may have heard on some of the different episodes I talk about the house, how resilience is rebuilding and restoring. Let's say the house needs a new boiler, and you get that new boiler. Let's say it needs a new paint job and you paint. That's resilience. You're restoring it. With transformation, it's as if a tornado levels the house and we're unable to simply patch it up or restore it. It's been leveled. We certainly have every right to mourn the loss but if we are going to rebuild, (and it's always our choice), if we choose to rebuild...why would we rebuild the same house? Why not give it everything the old house didn't have? Why not make it bigger, better and more beautiful? That's what's that's about. Episode 17.

Episode twenty six ([episode 26](#)), this was with Suzanne Borelli and she was one of the people in my study-we call them "The Fab 14". Suzanne was a "Fab 14" and she opened up about how she picked up the pieces, why you should make sure you put yourself on your own list, the importance of self-awareness and so much more. Our betrayal doesn't have to define who we are, or our future and Suzanne talked all about taking micro-steps towards creating a better situation for herself. She talked about doing something for yourself every single day to make yourself better. If you are in the throes of your betrayal and not sure how you can ever move through it, Suzanne was such a fabulous example of someone who was blindsided, lost it all and regained it all and more. She's a great example of what transformation looks like.

Next is Episode fifty ([episode 50](#)) with Michelle Nagel. Michelle has since become one of our Certified PBT Coaches. Here's someone who took her greatest crisis, her devastating betrayal, she's healed and she's sharing that with others. How great is that? What I love about the PBT certification is, you're serving people in this very unique way (and now we know exactly what it takes to heal). Through the PBT certification, the Coaches and Practitioners are taught the model; what the study proved it takes to heal physically, mentally, emotionally so they have those tools to help others with.

Here's the other thing too which is so interesting. Becoming certified forces them to do the work because they're helping clients move through their betrayals. If you're showing up, if clients are coming to see you, you need to stay at the top of your game. I remember when I was a personal trainer. I didn't want to work out some days but I knew I had to face my clients and so I was sure to get that workout in. The PBT Certification program really encourages them to continue to do the work because people are showing up for your help. Michelle's episode, episode 50 was so great. She said: "If you feel as though you wear a shield of protective armor that's hiding a fraud, it's time to take off your battle uniform and live a life full of authenticity and happiness." Michelle shared an important message of hope and healing for times when you may not be feeling your best and advocates for forgiveness and empowering yourself in order to use your resourcefulness to get what you want out of life. That was episode 50.

Next is Episode sixty seven ([episode 67](#)), with Lori Anne Casdia. Lori Anne was also a "Fab 14". She said; "When trust is shattered it can be hard to trust someone again but making that leap is the only way to heal. It's up to us to rediscover the fire within ourselves and the intuition that we have had all along. I know it may seem difficult to accept now. There is a reason for your circumstance and when we can find the lesson you're supposed to learn, healing can begin." Another thing Lori Anne said was, "When I was in this relationship I was sleepwalking and the universe was trying to rattle me. I kept getting messages and the messages started to get stronger and stronger to the point where I had to implode because I wasn't paying attention". She also said, "I had an opportunity to sit there and wallow and that was an okay choice for me, or do something to make myself and my life bigger and better. I chose to make it bigger and better". That's so true. Lori Anne was one of the Fab 14, so I remember when she originally shared her story, to who she's become now. It's been a true transformation and it's so wonderful to see. That was episode 67. Give it a listen.

Next is Episode sixty eight ([episode 68](#)). This was with Lindsey Makitalo. She graduated from one of our programs. One of the things that Lindsey and I spoke about was how she came into the program and how she left. She was like two different people. There was such a lack of trust which is completely understandable. Think about it, when the person you trust the most proves untrustworthy, who do you trust, right? Here she finds my program and hears me say, "I have this program that can absolutely help you heal from your betrayal physically, mentally, emotionally, psychologically, and spiritually". She was hesitant and joined us.

Then something happened where she didn't get program access or an email from us right away, (a tech glitch). Her response showed that trust wasn't there at all which is totally understandable. We've spoken about it since. She's proof that when you feel the inspiration to do something, even if it's scary or uncomfortable, you should do it anyway. That's exactly what she did with this program. She said it was intuitively guided. She wasn't sure about it and it was uncomfortable, but she did it anyway. Growth is found in the inspiration of not knowing and it's only by embracing the unknown that we can learn what we are truly capable of. By the time she left the program she was this radiant light,

she was glowing and so beautiful. She was always beautiful, but truly transformed. If you want to see what transformation looks like, that's episode 68 with Lindsey.

Speaking of resilience and transformation. This was Episode sixty nine ([episode 69](#)) with New York Times bestselling author Dave Pelzer who wrote; *A Child Called "It"*. There are some episodes where I feel things so deeply and so physically. I felt such deep heartache for what Dave has been through. If you've read *A Child Called "It"*, you know what I'm talking about. He talked about how to harness your internal strength despite a broken spirit, why you should always speak with the purity of the heart in order to never go wrong, and the importance of focusing on resilience and strength over focusing on abuse.

He just leans towards the positive versus the negative and leans towards the healing versus the abuse. You really need to give that one a listen. It was so powerful. Again, that was episode 69 with Dave Pelzer. I remember he said; "My story was never about abuse but more so on resilience and surviving any way you can". You're going to want to listen to that one.

Episode seventy ([episode 70](#)) was with Donna Martini and she was another one of the "Fab 14". I remember doing the study and hearing what Donna shared. It was so powerful. This is someone who has truly healed. It was a very powerful and interesting episode. Donna talked about sharing her struggle and how she was able to turn her pain into triumph and transformation. Learn how to positively "manipulate your mindset", the energy of the heart and soul voice, and why you should choose to love unconditionally in order to help you get through your anger and resentment.

Ways to surrender to something more powerful than your betrayal and so much more. Donna's living proof that on the other side of healing you'll discover the strongest wisest and most empowered version of you. When you make the decision to go forward after betrayal you can set goals, gain self-esteem, and trust in the messages and motivation you are receiving. That was an amazing episode. If you want to learn more about Donna, who, like I said, was one of the Fab 14 episode 70.

Speaking of The "Fab 14", we had another one on the show. This was Episode seventy seven ([episode 77](#)), with Monica Bennett. Wow. Monica had a powerful story too. I remember from the study hearing about what she had experienced, and all she'd been through. She shared some of that on the episode. We talked about how transformation happens through consistent action, major perspective shifts, and a willingness to venture into the unknown. Regardless of how much trauma and betrayal you've experienced in your life, if you're willing to put the work in, you will see results. The way we respond to betrayal can actually become a pattern in our lives. It's something we get used to.

Breaking that pattern helps us move forward. Monica was saying that so often if we do not heal our betrayal, we just repeat it. Why? Not because it's good but because it's so familiar. We leave one betrayal experience or something that was painful in the way we were treated but because it's so familiar we find ourselves in that scenario again. She

talks about that. Monica explains that one of the hardest parts of healing from trauma for her was learning who she was outside of it, outside of that trauma, because that's all she had known. When you sit in your trauma for years, do you really know who you are?

We talked about how to move forward after betrayal, why betrayal can impact multiple generations which we also talked about in a previous episode with Emily Wanderer Cohen. We talked about why writing out morning pages every day can help you understand your betrayal, how your food habits can impact it as well and how your body responds. Monica shared how you can create your identity outside of trauma, what mirror work is and how it can help move you through your trauma. She also talked about the role of a shaman can play in working through feelings of betrayal and why you need to commit to working through betrayal every single day as well as what to do so you can break through limiting beliefs. That was episode 77, Monica Bennett who also was one of The "Fab 14".

Next is Episode ninety three ([episode 93](#)), with Rachell Kitchen. This was just amazing. You need to give this one a listen. After being betrayed by what felt like a thousand cuts, Rachell Kitchen was able to pick herself up and continue fighting. A survivor of extreme violence, divorce, drastic family health issues, and even the murder of her father, Rachell shared her empowering story with us. She shared her personal experience in the hopes of empowering you to move your life from chaos to clarity. We talked about understanding the ripple effect of betrayal and how to focus on the positive lessons. We talked about exploring the forgiveness process while honoring the power of self-love. I remember her saying; "You do not have to be a victim to your circumstances. You do not have to undervalue the power that you have within and give the power to the obstacle".

There you have it. There are the episodes that I pulled to form my seven greatest lessons learned. I always talk about the biggest takeaway after each episode so here's my biggest takeaway. To recap the lessons are:

Lesson one: The depth and power of relationships

Lesson two: the body mind connection, the link between emotional pain and physical health.

Lesson three: The importance of spirituality, especially when healing from betrayal.

Lesson four: self-betrayal and the need for self-care

Lesson five: support-how crucial it is how much we need it, especially after betrayal.

Lesson six: forgiveness

Lesson seven: resilience and transformation.

Those are your seven lessons.

I want to close by just inviting you to share. What topics do you want to hear more about? Are there certain experts that you'd like me to find based on certain things you want to know as it relates to healing from betrayal? You are the reason why I'm doing

this podcast, so I want to thank you so much for listening. I value you and I am so grateful that you've found *From Betrayal to Breakthrough* and made it a part of your day. However often you listen, I'm just grateful. Thank you. Thank you. Thank you.

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