

# Betrayal

Sharon ([00:04](#)):

Let's talk about betrayal. Betrayal in your marriage could be a betrayal in a relationship. All of a sudden you discover sexual betrayal and suddenly you're plunged into loss and grief at such a deep level that you never knew could even happen. Right? There's a loss of trust.

Sharon ([00:30](#)):

A loss of your partner, a loss of trust in yourself, a loss of security, a loss of your relationship, a loss of the relationship that you thought you had, or the solidness that you thought you had a loss of dreams for your future. Everything that you wish was better, everything that you wish was different. Everything that you wish was more. Betrayal in a relationship has so many layers to it and can go so deep.

Erica ([01:07](#)):

I wanna throw something else out there. What about like, if you find a, all this out after the fact, yeah. After either the person has passed away or the relationship has already ended, you know, it's like, that's another loss in, in and of itself. When you thought you, like you said, you thought you had one person and then year, a year later after you guys are no longer together, you find out all of these things were going on and you would think, oh, well, we're broken up, but it's not gonna affect you. It totally affects you because you have to grieve the person you thought you were in the relationship with.

Sharon ([01:53](#)):

And sometime you have to grieve the person you thought you were in a relationship with, the person you thought you were in this relationship.

Erica ([02:00](#)):

Yes.

Sharon ([02:02](#)):

And the person or thing that the betrayal happened with.

Erica ([02:06](#)):

Yeah.

Sharon ([02:07](#)):

Right. So it may not actually be a human person. It could be pornography,

Erica ([02:13](#)):

Right.

Sharon ([02:14](#)):

Or it could be a friendship that didn't turn physical, right. That hadn't turned physical yet. Or it could be a devotion to something other than in, just in our marriage. Right. A devotion to my job or, or the

people at my job, that sort of thing. But let's, let me go to one aspect of that. And that is finding out after the fact, right. You and I both have had experiences with many, many men and women that we've been doing grief with that the betrayal has shown up after the fact, after the death.

Sharon ([02:53](#)):

From a letter or a journal finding photos. So not only are you grieving the loss of them, but you're also now questioning every aspect of your relationship.

Erica ([03:08](#)):

Or you can even have been contacted by the other person, you know, could have, especially, it happens a lot with social media. So the person has past, and then you start to see comments being made from someone like they're in the relationship with them.

Sharon ([03:29](#)):

Yeah.

Erica ([03:29](#)):

You know, cause that that's happened to us a few times. We've we've had that situation with different clients and it's like, God, what a horrific way to find out. Because it's not just you finding out it's now everybody in the, your social realm is now seeing it as well and contacting you. Who's that woman that was writing, you know, like she was married to him. Yikes.

Sharon ([03:55](#)):

So conflicting feelings are when you're having different emotions going on at one time.

Sharon ([04:04](#)):

So you get flooded typically with conflicted feelings when a situation like this happens. So for example you realize the betrayal now you're questioning your trust and security and love for them. You questioning your love, your security and your trust for them. And you're mad. So that's another emotion that shows up right? Conducting feelings. You're mad, you're angry. You're fearful, you're anxious. But in the quiet moments in your heart, you still love them.

Erica ([04:38](#)):

Yeah.

Sharon ([04:40](#)):

It is not uncommon. And it is absolutely okay. If you find the betrayal and your heart still loves them.

Sharon ([04:50](#)):

That's what I think. Tears us up so many times, because we think we're supposed to instantly hate that person. Or we go to that knob that says off and we turn off our relationship and that doesn't happen.

Erica ([05:04](#)):

No, no. But unfortunately, society gives us the false impression that we can flip our emotions on and off like a light switch. We absolutely cannot. And I think I, you know, we've heard, we've heard this out of the mouths of, of several of our clients. I still love him. You know? Like it's like, they're shocked. And we say, of course you, you do, of course you still love him. You can love him and hate what he's done at the same time.

Sharon ([05:37](#)):

Yeah.

Erica ([05:38](#)):

And there that's okay. It doesn't mean you have to hate him, turn off your love and then just, you know, be angry for the next 30 years. That's not what that means. You can be heartbroken and saddened have love, but hate the things that he or she did. You can absolutely do that.

Sharon ([06:00](#)):

Yeah. A hundred percent.

Erica ([06:01](#)):

We're not told that though. And that's why I think we're so conflicted. We're constantly conflicted. We're told you know, you gotta be a strong woman. You gotta cut him off and move on with your life. And it, it just doesn't. I wish it could be like that, but it's not.

Sharon ([06:17](#)):

No, no, it's definitely not like that. I think that when we tell them, when we tell clients that we're working with, it's okay to love them. Cuz it's often a question that I ask all the time. Hey, can I, do you, how do you feel about him? Do you still love them? Are you in love with them? I want an honest answer. And you know the conflicting feelings come up and when we tell them that exact thing, it's okay to still love them. It's okay. That your heart still feels love. And yet you're mad as hell. And you wanna slap him? That is absolutely. Okay. We give them permission and it's almost like you can hear the sigh of relief. Like.

Sharon ([06:57](#)):

Like they, they let go for a second. I think what the number, one thing that we need to talk about is that for grievers, especially in a portrayal situation, they need to honor their grief. They need to understand that betrayal is a huge grieving experience. And when you start to honor it as grief and let it be in there as grief, and then it, it allows you to start showing up for yourself. When you allow yourself to start feeling the feelings that are going along with that betrayal, be love or hate or anger. Right. And that's what helps you to start processing it when you're like, okay, this is a grieving experience. I can love them and hate 'em at the, the same time I can love him and be mad at the thing that he did at the same time. And it's okay. But unless I allow this in and honor it, I'm not gonna be able to deal with it.

Erica ([07:51](#)):

And I think we, we really need to speak to how deep that grief is because it's like, it's not a stranger that is wrong. You, you, this is someone, you know, love and trust. Yeah. And I think that's what makes the grief. So, so deep go so deep because it would be different if it happened from a stranger, you don't, you

don't expect anything from a stranger. You, you are always leery of someone trying to take advantage or hurt you or whatever. This is someone that you vetted and have told your deep secrets and also betrayal can come in friendships. It's not just romantic relationships. It could come in. Your, your BFF can also betray you. And the layer is still as deep. The pain is still so heavy because like I said, this is someone, you know, like, and trust

Sharon ([08:42](#)):

Your child can betray you.

Erica ([08:43](#)):

Yeah.

Sharon ([08:45](#)):

Or your boss can betray you. Betrayal can come up in many ways. It's not always in merit. Yes. I understand. It's not always sex. I agree with you. I agree with you. Oh, one of the ways Erica, I think I said, allowing it in is, is one way, but you also need to be gentle with yourself and let the feelings just be there. Right? Let the thoughts run through your head, write them down, keep track of the thoughts and give yourself the space to feel sad and that

Erica ([09:19](#)):

Right. I think if I think it's so extremely important to do your healing work when you've had a betrayal occur, because you don't wanna carry that into your next situation. I, you don't want to make someone else pay for the sins for the, you know, person that came before them. Cuz that's so unfair. And I, I, I would only imagine it's such an uncomfortable place to live because you're constantly just waiting for the other shoe to drop. Well, this person hurt me. So this person's gonna hurt me too. Yeah.

Sharon ([09:52](#)):

Yep.

Erica ([09:53](#)):

So the exact, and

Sharon ([09:54](#)):

That's about you. If you got cheated on and you're bringing that into your, our next relationship, that's about you. Yeah. That anything to do with them. How many times have we heard about women talking about he doesn't want me to go this struggle myself. He doesn't let me do this. She doesn't let me do that. And it's all about the pain in their own imaginary backpack that they're bringing up. You gotta give yourself the space to cry, to feel sad and to talk about it.

Erica ([10:21](#)):

Mm-Hmm

Sharon ([10:21](#)):

Talking is the first stage that talk therapy part where you really get it out where you really start sharing it is the first step. When you hear yourself, say it out loud, something happens then.

Erica ([10:37](#)):

And you, you need that safe space though. You, because not, you have to recognize that everyone is your safe space. You're already dealing with so much in your heart. You don't need the judgment or the weight of other people's opinions on your feelings or telling you. You shouldn't feel that way. You, you know, he was, he definitely was a good, a bad guy. Like you, you know, you should have known that. So you shouldn't feel like this. You need to move on. You need to, you need to find the person that's gonna just sit there and let you

Sharon ([11:07](#)):

Yeah.

Erica ([11:07](#)):

Talk about it until you just can't talk about it anymore. Cause that's the part that you need.

Sharon ([11:13](#)):

I don't know why it, it helps so much. I just love this, but it's like your heart hears your brain. Say it out loud.

Erica ([11:23](#)):

Yeah.

Sharon ([11:23](#)):

Like acknowledges that this really happened. Because holding it in Erica, when you're not talking about it or sharing it, number one is so depressing. Right. All you wanna do is get in bed and pull the covers up over your head. But it's also exhausting.

Erica ([11:38](#)):

Yeah.

Sharon ([11:38](#)):

So exhausting to grieve and to just try to figure out what those emotions are so exhausting and it's very, very tiring. You gotta have patience with yourself and set realistic expectations about.

Sharon ([11:54](#)):

Gonna take time. I'm not gonna get over this overnight. You know, I gotta take time to, to deal with this and break it down.

Erica ([12:04](#)):

Yeah, it definitely it's, it's something that is, so important that we keep putting out there. Grief comes in so many different forms. It's not just about death. It could be so many other things. And if, if we don't start normalizing people, being able to address and identify, this is, this is hurting my heart. This is a grieving experience.

Sharon ([12:36](#)):

Yeah.

Erica ([12:37](#)):

We gotta get people to start making those connections. Stop labeling it as something else. Oh, you're just in a funk.

Sharon ([12:45](#)):

Yeah. Or you're just,

Erica ([12:46](#)):

Or you're just depressed here. Have you talked to your doctor about getting on anti antidepressants?

Sharon ([12:50](#)):

Yeah. Yeah.

Erica ([12:52](#)):

You know, cuz it's like, if, if we don't really, I help people identify things, They're gonna keep seeking treatment in the wrong form and that's gonna prolong their grieving event and have them just give up, trying to find healing for themselves.

Sharon ([13:09](#)):

Yeah. A hundred percent because they're just thinking about the emotional tiredness and not moving forward. Like, okay. First of all friends, we have no opinion about whether you should be on medication or not. That is between you and your doctor. But being on medication alone is not gonna stop this and fix it. There is no pill in the world called erase grief. Agreed. Give a pill. there's no, there's no pill like that. You gotta get it out. You gotta spit it out. You gotta vomit it up. You've gotta get it out. I can't even imagine. I cannot even begin to imagine what a heart feels like going through a betrayal. Not even begin to imagine that I have no idea. Not only that, how it reflects on you, how your own brokenness starts to it, how your self image starts to attack, attach to it. How you start feeling about them is that betrayal. I think really rocks the foundation that you're standing.

Erica ([14:23](#)):

Absolutely. Cuz we, we already are our own worst critics.

Sharon ([14:28](#)):

Yeah.

Erica ([14:29](#)):

Let make sure I didn't get tongue tied on that one. So the, the self-loathing and the hate speech we give to ourselves.

Sharon ([14:37](#)):

Yeah.

Erica ([14:37](#)):

You should have known this. You should have seen the signs. You should have, you know, all the things that we, you take the responsibility on if, and we didn't, aren't even the ones who committed the act, but we beat ourselves up for it. In that again, it rocks your self esteem.

Sharon ([14:54](#)):

Yeah. Yeah. And then you got that fun part where all the girlfriends come in and they're not helpful.

Erica ([15:02](#)):

Yes.

Sharon ([15:05](#)):

They bring over the wine and you guys bash him for a night. The thing where you think it's gonna work and it's really gonna help. And in the, in the end, you wake up in the morning and you feel worse than you did the day before.

Erica ([15:17](#)):

Right? No. Well, and what if you, you do that, you get the girlfriends in and they RA RA you back to girl. You don't need him. You could do better without him. Yada yada. Well, what if you reconcile the relationship after that?

Sharon ([15:31](#)):

Yeah.

Erica ([15:32](#)):

Now you have that layer of judgment.

Sharon ([15:36](#)):

Yes. Yeah. And that part is I was just sharing with a client that that's the part where time heals, you know how people say time heals that right there is what heals time, because now your girlfriends are judging you looking at him. And the truth is nobody, but nobody can say whether you can get back in this relationship, but you you're the only one who can say it. And so the intensity of what was said and shared at that night of the wine drinking has to, has to go down the intensity of the pain. And what was shared has to go to for sure. Here's, here's where I wanna leave this with. This is not gonna last forever. Whether you decide to stay or you decide to go, the feeling in your heart will not last forever. The brokenness will not last forever. If you absolutely go after it and do the work, whether that's with medication or without medication. Whether that's being with your therapist or being with the grief specialist. If you go after the work, the pain will not last forever.

Erica ([16:45](#)):

Just acknowledging the pain.

Sharon ([16:47](#)):

Yeah.

Erica ([16:48](#)):

Acknowledging the pain and giving your feelings voice is such a relief. It's such a release to help, to help you to find the healing. Cause that feels so good. You're like, okay, I gotta keep working at this and chipping away so that I can get back to who I was. Cuz you're not yourself when you're grieving. Yeah. You're not yourself. And the, the goal should always be, and you'll never be who you were before. That event happened to you, but you can get yourself pretty to aren't close, but you gotta do the work and acknowledging that's

Sharon ([17:22](#)):

Because you're not, you don't wanna be looking at everybody thinking they're betraying you as well. Right. You can get to the other side of this and experience joy and happiness.

Erica ([17:31](#)):

Yeah. And experience it with a new partner.

Sharon ([17:34](#)):

You got to, geez, you got 'em breaking up already. You got, you will come out on the other side and have some joy and happiness and peace.

Erica ([17:47](#)):

Yeah.

Sharon ([17:48](#)):

Peace. And here's the other thing. If you do the work and it's done, right. If you do the work and it's done, right, you will be in neutral with them.

Sharon ([17:58](#)):

You look at them and you won't see the affair or the betrayal or the pornography or the lack of love or that thing we call betrayal. You won't see it.

Erica ([18:10](#)):

And that is extremely helpful because you definitely don't wanna be in the relationship where you reconcile. And then every five minutes you're bringing it up. I, you didn't clean the kitchen. Well, you cheated on me. You don't want that life.

Sharon ([18:29](#)):

No, I wouldn't want that life either. I would not want that life. That's hard. That's a tough one. That is totally a tough one. Friends hear. Hear me out here. It is not undoable. You're gonna go through a dark tunnel, but at the very end of that dark tunnel, there's a little bit of light. And if you keep walking towards that light, you will come out the other side, if it's done.

Erica ([18:56](#)):

Yeah. Go towards the light friends.



Sharon ([18:59](#)):

Yeah. Bye friends.