



Our Voices

podcast

by  OurPath

S4 Ep 2

Learning to Trust Again with Dr. Debi Silber

Kristin Kalbli: Hello everyone and welcome to OurVoices, the podcast by Our Path, formerly The Straight Spouse Network. I'm your host, Kristin Kalbli. Our guest today is Dr. Debi Silber. She is The founder of The Post Betrayal

Kristin Kalbli: Transformation Institute and as a holistic psychologist, a health mindset and personal development expert, the author of The #1 selling book, The Unshakeable Woman: 4 steps to Rebuilding your Body, Mind, and Life After a Life Crisis and her newest book: Trust Again: Overcoming Betrayal and Regaining Health, Confidence and Happiness. Her recent PhD study on how we experienced betrayal made three groundbreaking discoveries that changes how long it takes to heal. In addition to being on Fox, CBS, The Dr. Oz Show, TEDx (twice) and more, she's an award winning speaker, coach, and author dedicated to helping people move past their betrayals as well as any other blocks, preventing them from the health, work, relationships, confidence, and happiness they want most. Welcome to the podcast Debi. It is so good to have you here today.

Dr. Debi Silber: Thanks so much. Really looking forward to Our conversation.

Kristin Kalbli: Well, the reason I wanted to have you on today is because your TEDx talk around post betrayal trauma and post betrayal transformation has kind of made the rounds and some of our Straight Partner groups. And I watched it and I was like, oh, we got to get her on the show (laughter) because so many Straight Partner(s) and Partner(s) of Trans People - they- if there's been infidelity or even if there hasn't been infidelity in their own personal stories but just the- sometimes the shock of discovering the person that you've been living with or married to or partnered with for 5, 10, 15, 20, 25 years is not who you thought they were is- can be experienced as a betrayal and Straight Partner(s) and Partner(s) of Trans People report all kinds of physiological symptoms, years after there down the road. It's 5, 10, 15 years later, and they're still... you know... grappling with the emotions and the feelings of it's , as if it's fresh and they wonder what's wrong with them and why can't I get past this. And then other people look at them and say, you're just stuck. You're bitter. Why won't you let go? Why won't you forgive? And it's just people don't get what this is. So, would you please tell us about betrayal, betrayal, trauma, why it hurts and what does it create in the individual who experiences betrayal?

Dr. Debi Silber: Yeah, sure. It's a great question. And just to back up before I even get to that, you don't study something like betrayal, unless you have to. So it was.. you know.. it was really.. it was my experience at a painful betrayal with my family and then couple of years later with my husband. And anybody who's gone through that shock, it's devastating. It's so crushing. So for me, I got him out of the house and I said, okay, here I am, four kids, six dogs, a business. I'm enrolling in a PhD program. I was so desperate to understand why people do these things and really how I could heal from it. So, yeah, so while I.. was so.. it was in transpersonal psychology, the psychology of transformation of the human potential, while I was there I did a study.

Dr. Debi Silber: I studied betrayal. What holds us back, what helps us heal and what happens to us physically, mentally, and emotionally, when the people closest to us lie, cheat and deceive. The study led to three groundbreaking discoveries, which I know we're going to get to. But to answer your question specifically, I define betrayal as the breaking of a spoken or unspoken rule. Every relationship has them. So the way it works is the more you trust, the more you depend on that person, the deeper, the betrayal. So in an example, like what you're saying, here's someone trusted and believed this person in the end, they put in their time, their heart, their energy, their love, just to find out, you know, later on, wait a second, you know, that's not what you thought, and it's a shock to the body and mind.

Kristin Kalbli: I... you know.. that is so huge because when you say it's breaking event spoken or unspoken rule or a contract in the relationship, right so.. even so... as we find out when our Partners are LGBT+, sometimes there has been infidelity or, you know, that kind of betrayal accompanied with the identity, which people don't understand often times who we are outside of this are like, well, why are you mad that your husband is gay or your wife is a lesbian or, or trans, or what have you. And it's because I think what they don't understand, it's not the lesbian gay, bisexual, transgender by itself. It's that we enter the contract of this marriage under a certain set of conditions that I was operating under that you were heterosexual and I was heterosexual, or you were a man and I was a woman, or you were a woman and I was a man, right, there's this contract. That was the base set of assumptions spoken or unspoken that we - so when that turns out, not to be true, that in itself can be experienced as a betrayal.

Dr. Debi Silber: It's the shock, the lies, the deception, (Kristin: right). That's what really makes betrayal so different from other life crises. And I'm not saying, you know, which one is worse, which one is where, they all stink. But one of the discoveries was that was originally, I was studying betrayal and post-traumatic growth. Post-traumatic growth is like kind of the upside of trauma, how, whatever the trauma is; a death of a loved one disease, natural disaster, how it leaves you with a new awareness perspective, insight you didn't have. But I had been through death of a loved one and I had been through disease and I was like, hmm, betrayal is different. I didn't want to assume. So, I asked all my study participants, and I said, if you've been through other traumas, besides betrayal, does it feel different for you? Hands down unanimously they said, "oh my gosh, it's so different" and here's why. Because betrayal feels so intentional we take it so personally. So the entire self has to be rebuilt confidence, worthiness, belonging, rejection, abandonment, trust. Those are monster topics. So when you heal and rebuild, plus you rebuild the self, it needed its own term, which is now called post betrayal transformation.

Kristin Kalbli: I love it. And I love, and we'll talk about the transformation part of it a little bit later on, but I love how you are using that term because there is both post betrayal trauma and then- but you take it a step further and say post betrayal transformation which is- it speaks of an opportunity within the wounding to be able to go to a different place. So we'll get there. What were some of the things that you discovered in your study that you said you had three groundbreaking discoveries around this? What were those?

Dr. Debi Silber: Yeah, so one was that there is this unique state called post betrayal transformation. That was one. The second was that there is this collection of physical, mental, and emotional symptoms. So common to betrayal, it's known as post betrayal syndrome. Yeah. And we've had over probably about 18,000 people who've taken our post betrayal syndrome quiz to see to what extent they're struggling. And I even pulled some stats I'd love to share with you. (Kristin:Yes) But what's so interesting also is there's a, you know, we've all heard time heals all wounds. Well, I have the proof when it comes to betrayal, that's simply not true because there's a question that reads, is there anything else you'd like to share and people write things like my betrayal happened 40 years ago, and I can still feel the hate. My betrayal happened 35 years ago and I'm unwilling to trust. Again, my betrayal happened 10 years ago. It feels like it happened yesterday. So we know betrayal is an entirely different experience that needs its own protocol to heal.

Kristin Kalbli: Okay. I just want to take a moment on that because I can tell that's going to be so validating for so many of our listeners because I see all the time in our groups and chats message boards, things like that. Like, oh my gosh, why can't I get past this? When will this get better? Why am I still reliving everything? Why am I still going and combing back through the relationship, trying to figure out what was real, what wasn't real? And, and there's, it's just, it takes people don't understand who are outside of the experience. It takes orders of magnitude longer to heal from than just say a parting of ways or something like that.

Dr. Debi Silber: Oh, there's a tremendous amount to heal from, but I will say also it's not necessarily a longer amount of time and the study proved that time wasn't the issue. Whether we move forward or not that wasn't it. If I had to say, what's the biggest needle mover, it's willingness. Yeah. And there are actually three groups in the study who did not heal. And the first group was the group where they just refused to accept their scenario. They just weren't having it. And that shows up in one of the other discoveries that we'll talk about soon. The second reason why they didn't heal was if they were numbing, avoiding, distracting, which is so common, you know, because this is painful stuff. So whether they were using food, drugs, alcohol, work, TV, keeping busy, whatever it was, they did not heal. And what was so interesting too, is there was a third group that did not heal. And this was the group where the betrayer really had very little or no consequences. And in this group, not only did I only see a further deterioration of the relationship, this group hands down by far was the most physically ill.

Kristin Kalbli: Wow. Okay. So The things that sort of predicted recovery are; which is willingness and the people who weren't able to recover, there was a lack of acceptance, a numbing, and then the betrayal, not the betrayer, not having consequences and then those were those individuals had the physical symptoms. So, which I want to talk about, but we got sidetracked a little bit around the statistics. So I want to- let's talk about some of those statistics that your research uncovered.

Dr. Debi Silber: Sure. So, like I said, I pulled these stats every couple of months just to see where people stand. And this is out, you know, this is to see what symptoms are the most common that people are struggling with. And here's where you may be thinking, oh, well, that's because of aging. That's because of stress, whatever, it's because of your betrayal. So here we go; 78% constantly revisit their experience, 81% feel a loss of personal power, 80% are hypervigilant and that's exhausting, 94% deal with painful triggers. Here are The most common physical symptoms; 71% low energy, 68% have sleep issues, 63% extreme fatigue, so you could sleep the whole night, you wake up, you're exhausted, 47% have weight changes, 45% have digestive issues. That could be anything from constipation, diarrhea, Crohn's, IBS, you name it. And what's so interesting about that one I found was think about what the gut does.

Dr. Debi Silber: It absorbs, digests and processes food. Well, isn't a betrayal, difficult to absorb digest and process, right. So here are the mental ones; 78% are overwhelmed, 70% are walking around in a state of disbelief, 68% unable to focus, 64% shock, 62% unable to concentrate. So just take one of those. Let's say you can't concentrate and you have a gut issue. And now here you are trying to get, you know, get through your day. That's not even The emotional ones, 88% profound, extreme sadness, 83% angry, just mix sadness and anger, that's exhausting, 82% feel hurt, 80% have anxiety, 79% are stressed. Here's why I wrote Trust Again, 84% have an inability to trust, 67% prevent themselves from forming deep relationships because they're afraid of being hurt again, 82% find it hard to move forward, 90% want to move forward, but they don't know how.

Kristin Kalbli: I mean, I just made the mind blowing sound and hand gesture. That this is what we have been saying at OurPath formerly The Straight Spouse network for years about our founder, Amity Pierce, Buxton, talking about what Straight Partner(s) and Partner(s) of Trans People go through in this disclosure period, discovery period. And for years afterwards, we just had a discussion, on one of the groups, not long ago where someone wrote, you know, I can't read, like I used to, I can't concentrate. I used to read, and this was me too. You know, I used to read in bed, till two, three in the morning and then after this whole thing happened, it was like, I can't read a paragraph. Like my brain would just not absorb anything. So we talked about concentration, the ability to focus and that's a physiological thing, right? That's actually in the body, it's not in your imagination.

Dr. Debi Silber: Oh, absolutely. The issues are in the tissues. I mean, this hits us, not just on a mental, emotional level, but physical too. And the good news is you can heal from all of it, all of it. And it's when I go through, if you want me to share the five stages, you will see exactly why, you know, you may still be struggling for an extended period of time because it's where you land in those five stages.

Kristin Kalbli: Well, I definitely want to hear about the five stages. Before we do that I want to, because there were three groundbreaking discoveries so I haven't forgot about that. We got to that betrayal was its own category. We got to that there were a collection of physical symptoms and then what was the third groundbreaking.

Dr. Debi Silber: So the first was that that betrayal is very different so it needed it, so healing from betrayal, it needed its own term, which is now called post betrayal transformation. That there's a collection of symptoms so common to betrayal, it's known as post betrayal syndrome. And the third stage was while we can stay stuck for years, decades, a lifetime, and so many of us do, if we are to fully heal, fully heal, we will move through five now, proven predictable stages. (Kristin: Got it. Okay. Yeah.) And what's more exciting about that is we know what happened is physically, mentally and emotionally at every one of those stages and we know what it takes to move from one stage to the next. So healing is predictable.

Kristin Kalbli: Oh, this is such amazing, great news because so many people are looking for a roadmap for their healing because they don't know how. So we're going to take a, just a quick break and when we come back, we're going to talk about the five stages of healing with Dr. Debi Silber.

Speaker 4: So we'll be right back.

Kristin Kalbli: Hey, everyone. We want to take this moment to thank everyone who donated to make the new website for OurPath.org a reality. Your generosity means we can help people in new ways. We can provide more resources than ever before and we can reach more people who need our help. You made this website happen and we could not have done it without you. But the work isn't over, websites require upkeep and maintenance, podcasts need to be produced and general operations need to be funded. If you would like to contribute to Our Path, please head over to OurPath.org and click on Give Support.

Kristin Kalbli: And we're back with Dr. Debi Silber, founder of The Post Betrayal Transformation Institute and we're talking about the five stages of recovery from betrayal. And this is like the meat, what everybody is waiting for because people are listening to this podcast. I'm excited, people are listening to this podcast right now.. going with their, like, if... they've got their little pens out and their little notes. [laughter] And so what are the five stages?

Dr. Debi Silber: Yes and it's all mapped out in Trust Again, to make it easy if you don't want to take notes, but okay. So, this was so exciting when this showed up because at that moment that's when we knew, okay, there's, a roadmap through this. So the first stage is like a setup stage. I saw this with every single study participant, me included, and what this was like, if you imagine four legs of a table, the four legs being physical, mental, emotional, and spiritual. What I saw with every single study participant was a real heavy lean on the physical and the mental and kind of neglecting the emotional and the spiritual. So what does that look like? It looks like we're really good at thinking and doing and not really prioritizing the feeling and being. It's in the feeling and being where intuition lies.

Dr. Debi Silber: So that's not to say if you're busy, it's a setup for betrayal, it's just what I saw consistently. Anyway, if there are only two legs of that table, easy for the table to topple over, that's us at stage two. And this is by far the scariest stage. This is the shock. This is D-Day discovery day and this is the breakdown of the body, the mind and the worldview. You've ignited the stress response. So now you're headed for every single stress related symptom, illness, condition disease. Your mind is in a complete state of chaos and overwhelmed. You cannot wrap your mind around what you just learned. This makes no sense and your worldview is shattered. Your worldview is your mental model. These are the rules. This is how it works. Don't go there. This person is safe, like all your rules. And in a moment, every single thing you've known to be real and true is no longer. Here is truly where the bottom bottoms out on you.

Dr. Debi Silber: But think about it. If you are walking down the street and the bottom were to bottom out on you, what would you do? You grab hold of anything and everything you could to stay safe and stay alive. That stage three, survival instincts emerge. It is the most practical of all of the stages. If it can help me get out of my way. How will I survive this experience? Who can I talk to? Who can I trust? Where do I go? How do I feed my kids? Now, here's the thing, because here's the trap, and this is why people stay, get stuck in this stage. Because stage three feels so much better than the shock and trauma of where you just came from, you're like, whew, okay, all right, I'm good, I'm okay and you think this is going to be as good as it gets.

Dr. Debi Silber: You have no idea. There's a stage four and stage five where transformation begins. So because this is where you are a few things start happening. The first is you start getting these small self benefits. You get to be right. You get your story. You get someone to blame. You get a target for your anger. You get sympathy from everybody you're telling your story too. You don't have to do the hard work of learning to trust again. Do I trust you? Do I trust ever again? I won't trust anybody. So you're starting to plant roots here. The more you plant roots, the next step is now your mind starts doing things like, well, maybe, there's something wrong with you and you start going down that road. You plant deeper roots and then because like energy attracts like energy now you're calling situations and circumstances and people towards you that confirm all of this less than, you know, these beliefs that are forming. It gets worse, but don't worry.

Dr. Debi Silber: I'll get you out of it. (Kristen: Right) Because you'd all like this and because you don't know it gets any better, you resign yourself to thinking this is as good as it's going to get so I better get used to it. So here's where you start using food, drugs, alcohol work, TV, keeping busy, just to numb. So you do this for a day, a week, a month, a year, 10 years, 20 years. I could see someone 20 years out and say, do you think that emotional eating, do you think that drinking, do you think that those pills has anything to do with your betrayal? They say, oh my gosh, that happened years ago. But do you see, they were just stuck in a perpetual holding pattern.

Kristin Kalbli: You know, I, someone who is very important to me recently said to me, regarding his own betrayal, you know, it's really easy to get into survival mode and it's really hard to get out. Yes.

Dr. Debi Silber: So, so true. That is, that's why stage three is the hardest one to leave. However, when you grieve the loss, when you mourn, when you accept; I can not undo what happened, but I can control what I do with it. It's one of the things we need to do to let go of stage three and move to stage four. Stage four and this is where transformation begins. This is finding an adjusting to a new normal. You're acknowledging, okay, I need to recreate me and my life, all of it and whether it's with that person or not, and I can talk about that too, and what happened within this, with this stage. It's I always use the example of if you've ever moved to a new house, office, condo, apartment, whatever, all your stuff's not there. It's not quite cozy yet, but it's going to be okay. When you're in this stage, you're, you're turning down the stress response. You're not healing just yet, but you're not causing the massive damage you were causing and stages two and stage three. This is what's so interesting to stage four also. If you were to move, you don't necessarily take everything with you. You don't take the stuff that doesn't represent who you want to be in this new space and here's what happens. If your friends weren't there for you, here's where you've just outgrown them. You don't take them with you.

Kristin Kalbli: Take them with you. Don't take any, you know, I, this is a perfect moment to interject, a quote from, I think, an amazing philosopher Snoop Dogg, who said, (laughter) if you ain't losing friends, you ain't growing or something like that. So it's like, yes, I love that. Don't take anything with you into this new life that is not, you know, Marie Kondo that bleep, that shit. I was like, you know, like if it doesn't bring you joy, you know, like you don't take any of that with you into the new life, including people.

Dr. Debi Silber: Yeah and you know how often people say to me, gosh Debi, I don't get it, I've had these friends forever, is it me? Yes, it is. You're undergoing a transformation and you've just outgrown those people and I can talk all about that as well. Anyway, when you're in this stage and you're making it, okay, you're making it your own. You move into the fifth, most beautiful stage, and this is healing rebirth and a new worldview here. The body starts to heal. You didn't have the bandwidth for self-love, self-care, eating well, exercising. You were surviving. Now you do. You're making new rules based on the road you just traveled, based on what you've learned based on what you see so clearly, and you have a new world view based on your entire experience. And remember the four legs of the table, was all about the physical and the mental. By this point, we're solidly grounded because we're focused on the emotional and the spiritual too. Those are the five stages.

Kristin Kalbli: That's such a remarkable roadmap. We're going to focus on a re people in survival mode who are struggling to get from stage three to stage four a nd you have that moment where you have to rewrite your own narrative. I remember this stage where it was like, okay, I have to reconstruct the entire history of the relationship in light of this new information. I got my rage. I got in touch with my rage. I got in touch with my anger, et cetera, moving. And then I did have, you know, physiological symptoms, weight, gain, all kinds of stuff, numbing, all of that. So for our people who are stuck there, who are in that moment and they look at stage four and you're like, okay, that sounds really good. What kinds of small practical steps? Okay, y eah, maybe you're moving, but maybe you're not moving into a new place, but what kinds of small practical steps can people take to begin sort of creating that new normal a little bit?

Dr. Debi Silber: Right. You know, it's important to understand, you have every right to stay stuck b ut it's not serving you. You have to think about it a nd I had a great story. The very people, the most important people in my life all betrayed me a nd if I tell that to anybody, they would all agree. But here's the thing, w hen you're willing to let that go, you have a story that's so much better. You get to be the hero or the heroine of your story. You got to be a role model for other people. You get to physically heal. You get to stop that accelerated aging that goes on when the stress response is ignited. You get to boost your immune system. You get to prevent yourself from illnesses and diseases that when the immune system is suppressed, you can, you get to put down that like 500 pound boulder, that's preventing you from reaching out and trying anything new and accessing any new, version of you or opportunity, you know.

Dr. Debi Silber: So that and that's truly what happens and here's the thing too, rebuilding is always a choice and when we understand that it, it helps because, and even in my example, whether you rebuild yourself and move along, like with my family, certainly wasn't an option to rebuild with them or if the situation lends itself, if you're willing, if you want to, you rebuild something entirely new has two new people with the person who are you. That's what I did with my husband, we married each other again. So you can rebuild, you know, you and move on, you as a new couple. People ask me all the time. They say, well, can it be repaired? And I say no, it cannot be repaired but it can be rebuilt.

Kristin Kalbli: Okay, I like that because, and for the listeners who are here, Debi did remarry her husband and so that now that's not going to be the case for many of our - I mean some of our listeners might be in a mixed orientation marriage and they might be trying to figure out how they can move forward in their new model of a new relationship, a new partnership. So that does apply for them as well. So it is possible, you're saying, to not repair but it is possible to rebuild. Is that what you're saying?

Dr. Debi Silber: A hundred percent. And here's an analogy that will explain it. I look at, let's say trust as a brick wall. Every opportunity that that person has to be show that they're trustworthy, represents a brick in that wall. The only way it can be formed is brick by brick, by brick that I know of. Right. And then in one mind-blowingly painful moment, D- day, the entire wall comes tumbling down. Now you have every right to look at that rebel of bricks and say, I don't have the least bit of interest in watching that thing get rebuilt and that's totally, totally fine. However, if you choose and again depending on the scenario and the circumstances, you decide this. If you choose to rebuild, the only way, is the it went up in the first place, brick by brick, by brick. And the only way it can be rebuilt also is the person who's been betrayed whose trust has been shattered, has to be willing to watch that brick wall be rebuilt and the person who did the shattering of trust has to be a really good brick layer.

Kristin Kalbli: Right and that is if you're going to repair or rebuild, not repair, rebuild the wall with that person. I want to take a quick break and then when we come back, I do want to talk about trusting again, because when you're either - I think there's a bird in the background somewhere, am I the only one hearing that? (Dr. Silber: No, it's real) That's okay. It's okay. I just wanted to make sure that I wasn't hearing anything. It's totally fine. Okay. So I want to take a quick break because I want to talk more about trusting again. Because whether you're building, a new relationship with this old partner or you're staying in a mixed orientation relationship, or, you know, you're going to continue to stay in your partnership with your trans partner or whatever you're going to do or you're going forward to build a new relationship with somebody else down the road someday, the common denominator there is you. So it's what are you doing to reopen yourself, to trust again and be vulnerable in a relationship again. So we're going to take a quick break and then we're going to talk about learning to trust again. We'll be right back with Dr. Debi Silber.

Kristin Kalbli: Hey everyone. OurPath formerly The Straight Spouse Network, is looking to add new support contacts to expand our volunteer force. Support contacts are the people who reach out to Straight Partner(s) and Partner(s) of Trans People in those critical days, post discovery or disclosure. Support contacts are the heart and soul of OurPath and we need more of them. If you remember those early weeks and months in this process, you know how critical, compassionate, neutral, nonjudgmental support can be. And if you're far enough along in your own healing, that you are ready to be there for someone else, we hope you'll join us. Visit OurPath.org and click on, Become a Support Contact, under Give Support to learn more.

Kristin Kalbli: And we're back with Dr. Debi Silber and we're talking about trusting again. So just a little personal anecdote, Debi. When I went through a lot of relationships after my marriage collapsed and the common denominator in all of them was I was perfectly okay having physical intimacy. I was not okay opening my heart or my mind, my soul to anyone in any kind of emotional capacity whatsoever. And when I finally met somebody that I felt like I could open my heart to do it was terrifying. Like I had to work through layers of just sheer terror. Like, I think I would have rather gone sky without a parachute, frankly, because that's what it felt like. That I was just risking everything in my being, my safety. The fortress that I had built around myself in order to be in relationship with this person.

Kristin Kalbli: And it was a choice at every turn. Like, am I going to turn towards vulnerability and trust or am I going to turn away from vulnerability and trust. And it helped that this person was a very safe partner for me. But what do people, like how do people begin to - because now it's not only - I'll say one more thing, it's not only learning to trust other people, it's learning to trust yourself because you are in your intuition and your gut. Because especially when there's a disclosure like that, my partner is LGBT+ or what have you, you're going, hey, how did I miss this? You're going, other people are asking you, how did you miss this? There's all kinds of, like, so I'll just shut the party down and not let anybody new into my life because I'm not sure if anybody's telling me the truth about who they are and until I'm confident that I can discern that I can't trust anybody. How do you move past that?

Dr. Debi Silber: Well, first of all, you know, I would say that, you know, betrayal shows up everywhere and I can spot an unhealed betrayal from a mile away. And in relationships it shows up in two ways. One way is like you said, you put the big wall up, I like been there, done that. No, one's getting close to me again and we keep out the bad ones, but we keep out the good ones too. The other way we see it is in repeat betrayals. When there's a repeat betrayal, that's an unhealed betrayal. So classic signs, we see it in, in health and business as well. But here's the thing, one of the biggest traumas in betrayal is the shattering of self-trust. Because we say, how did I not know? How did I not see? I'm a bright person, where was I? So it takes - I teach a four step trust rebuilding process, and I'm happy to share it here.

Dr. Debi Silber: And again, it's all interest again. So what we neglect to do so often is bypass the first three stages and you will see so clearly why they're so important and this is why we struggled to trust. So in rebuilding trust, because it is so foundational, I mean think about it. This was the person, these were the people who gave us a sense of safety and security and then that's the person, these are the people who take it away. So it's a complete and total shattering of trust, so that the very foundation has to be rebuilt. So it starts with something as simple as will the sun rise. I don't even know. I mean, that's how, you know, that's how much my foundation was shattered. So you test it and you go outside, you know, for a couple of mornings yet. Sure enough, there it is.

Dr. Debi Silber: What do you know, I don't trust it though. Keep going until you trusted you, you need to rebuild. I'm talking that level of foundation from that space, you can move to level two. Level two is learning to trust your gut, trust in your wise inner guide in your intuition and what that does is it gives a sense of safety and security. So it's, you know, if someone is incongruent, meaning they're saying one thing, but they're doing something else, their thoughts, behaviors, and actions aren't lining up, whatever, trusted our gut is like 10,000 times more perceptive than our mind.

Kristin Kalbli: A physicist here's at least in my experience, when I was learning to do that again, there was a physical response in my body. And I had to train myself to be like, oh, when my stomach, like, my stomach is, if my stomach could have a voice, it would be like, hmm, (Dr. Silber: that's it) and it doesn't say much, but it's there and when we can attune ourselves to feeling that it's like, okay, I'm going to listen to that little, I don't know, this is a little bit off here and I'm going to act accordingly and it does have, it shows up in the body.

Dr. Debi Silber: The body knows and so the way to do that is, know what trust feels like for you, you know, two babies laughing, whatever it is. How does your body feel when you see that? and know what a lack of trust feels like. How is your body letting you know? And then you use that as your measure. So you could feel a bit of a sense of safety showing up when you know, okay, so I am going to use that measure of what trust feels like, of what trust does not feel like as I continue to rebuild trust. Once that's established, and not a moment before, when that's established, you've regained the foundation, rebuilt the foundation, you've built that, you know, that that sense of trust in your intuition, why is it our guide, whatever you want to call it, from there you need to rebuild trust in yourself.

Dr. Debi Silber: So how do you do that? You give yourself little tasks. I'm going to drink that glass of water and then you do. I'm going to make that phone call and then you do. I will not call that person and then you don't, whatever it is. And what you're doing is you're showing yourself your word is law, your trustworthy, and this is giving you that additional level of safety and security. So you can almost feel like these invisible body guards, like okay, I have a solid ground to stand upon. I trust that, you know, my intuition, I trust myself and from that space, you could slowly and cautiously begin to trust others. But so often we don't do the first three and we just rush to the fourth, you know, just trusting someone else and that's why it backfires.

Kristin Kalbli: Find yourself in repeated betrayals because, okay, I got it. I'm with you. So the fourth step, so people are rushing to trust other people from a place of still unhealed wounds and skipping over those other steps of learning, how to build trust in themselves. So The fourth step you say is trusting others. So let's say I have gone through steps, one, two, and three. I'm on the precipice of trusting somebody that I've met and we've been going out for a little while, et cetera, or I'm trusting my old, my partner, again, that I already existed in a relationship with, maybe I'm going to make some orientation relationship or something like that. And I got to trust this person, but there's a whole new level of terror. (laughter) So how do you work through that?

Dr. Debi Silber: Yeah. You know, it's such relationships, give us the perfect ground to learn what it is. We need to learn about ourselves. Think about it. There are no accidents. We're bringing these people into our lives to teach us something about us and so often there is a profound lesson that maybe, you know, you didn't think you were lovable, worthy, deserving, maybe you will let boundaries get crossed, whatever it is and these relationships are here to show you, get that lesson already, because when you do it doesn't need to keep showing up again. Like in my example, you know, I never had boundaries in place. My needs never really mattered and I got that message what it was that second betrayal, you know, the first my family and my husband, I was like, you know what, forget it. Now, it's my turn. And it was so drastic for me to enroll in this PhD program because I had never done anything like that, but it changed everything. And so it's that willingness to say, what do I need to learn here? I'm not saying it's your fault. I'm saying, What's the opportunity? What's the lesson we can learn? There's always something.

Kristin Kalbli: I love that so much. Get the lesson already and it's not about blaming you for anything. It's about how we set up our future lives for not having what, you know, I remember saying, it just, in my personal life, after that divorce, I was like, I don't know what that was, but I'm never doing that again and that was like a stake in the ground. That was like, yes, it was from my wounding, but it also was a stake in the ground for something different in the future. And I didn't know what different in the future meant, but I knew that whatever it was, I wasn't going to go back to whatever that was. And so I love when you say, like, what do I need to do, to kind of get this lesson and that there's an opportunity there. And I love that you say, you don't have to do any of this. You have the right to stay where you are like, but there's an invitation, it sounds like.

Dr. Debi Silber: Well, you do, that's the thing and you and I use that house analogy, which you probably saw in the second TEDx - do you have post betrayal syndrome, and this is the thing and you had every opportunity, every right to cry and scream and more than the loss, and you've been burned and you've been betrayed and you've been screwed over and it's horrible and terrible and at the end of the day, yes, you have that story and that's all you have. (Kristin:Right) You know yeah. And like, in that analogy of the house, you know, I talk about resilience and transformation and the difference. Resilience is restoring and bringing back, like, let's say you have a house and that he's a boiler, right, you get the boiler that would be resilience, or you need a new roof, you get that roof that would be resilience. Here's trauma and transformation; a tornado comes by and levels the house, right, a new boiler is not going to fix it or a new roof and you can mourn the loss of your house and call your friends over and they'd all agree it's the worst thing that's ever happened. However, if you choose to rebuild the house, you don't have to, but if you choose to, there's nothing there. Like why not make it the best house ever, that's The opportunity.

Kristin Kalbli: I love that analogy so much. So I'm just going to recap that for our listeners. So it's the difference between resilience and transformation is, resilience is when you get a new boiler, you put a new roof on the house, you give it a coat of paint but you're working with what was all the bones of what was already there but transformation is when the tornado comes, has leveled, everything, you've lost everything and you do want to build back, but you can build back completely differently. You can build something absolutely amazing and that's the opportunity, you know, I love it. The people don't always, you don't have to build back exactly what was there before. You can design a new life. That's such an empowering message to me and I hope it's empowering to our listeners. We're close to time and Debi, I just want to give you an opportunity if there's anything else, that you think our listeners should know and then I'll point them to where they can find more about you.

Dr. Debi Silber: Yeah, sure, you know, I would say this, if you have to say this a hundred million times to yourself, it's worth it. Even though it happened to you, it's not about you, right. It's not, it's not, it's that person's experience, it's that person's lack or whatever that person's issue, it's not about you and we take it so personally. And in taking it so personally, we make ourselves sick, we keep ourselves stuck and you deserve to heal and you can.

Kristin Kalbli: You deserve to heal and you can. I think that's a perfect note to end on. I want to thank you so much for coming on the show today, Debi. I think it's going to do a lot of good with our listeners. (Dr Silber: Thank you so much for having me.) I want to point our listeners to the Post Betrayal Trauma Institute. It's the PB T institute.com and on that site you can find more information about Debi's book, Trust Again. You can also take the Post Betrayal Syndrome quiz to find out if that is something that you are working with or grappling with. And just know on our resources page on the OurPath website, we're going to link to her TEDx talks and her book, Trust Again, there as well. So, Debi, thank you again for coming on the show today has been absolutely, I think transformational to have you.

Dr. Debi Silber: Thank you so much for the work you're doing.

Kristin Kalbli: I want to thank our listeners for tuning in today. Be on the lookout for all new episodes for Season 4 and don't forget to subscribe to our podcast. You can find us wherever you get them. Just a reminder that the views of the host, yours truly, are not necessarily the views of

Kristin Kalbli: OurPath or its board of directors. I want to thank our engineer and editor Drew right here at Gwen sound in Cincinnati, Ohio. And this is your host, Kristen reminding until next time, keep using your voice. (music playing)
Transcribed by: Designrr

Dr. Debi Silber Bio: DR. DEBI SILBER is the founder of the Post Betrayal Transformation Institute and is a holistic psychologist, a health, mindset and personal development expert, the author of the #1 bestselling book: *The Unshakable Woman: 4 Steps to Rebuilding Your Body, Mind and Life After a Life Crisis* and her newest book: *Trust Again: Overcoming Betrayal and Regaining Health, Confidence and Happiness*. Her recent PhD study on how we experience betrayal made 3 groundbreaking discoveries that changes how long it takes to heal. In addition to being on FOX, CBS, *The Dr. Oz Show*, TEDx (twice) and more, she's an award winning speaker, coach and author dedicated to helping people move past their betrayals as well as any other blocks preventing them from the health, work, relationships, confidence and happiness they want most.