

Video Replay: <https://vimeo.com/1172270435/e4f096e856?share=copy&fl=sv&fe=ci>

2026-03-10 11:30:14 From Cathy Zaremba to Everyone:  
Cathy from Michigan is here!

2026-03-10 11:30:16 From Dawn Jones to Everyone:  
Replying to "Good morning! Dawn J..":  
@Jolene Underwood Good morning!

2026-03-10 11:30:19 From Kathy Warman to Everyone:  
Kathy Warman from Lothian MD

2026-03-10 11:30:32 From BONITA LOVE to Everyone:  
Replying to "Good Day - New York!...":  
What part? Grew up there!

2026-03-10 11:30:32 From Gemma Frederick to Everyone:  
Hi. It's Gemma Frederick from Lewisburg, Ky. Hello 😊🌸

2026-03-10 11:30:59 From Tracy Zimmerman to Everyone:  
QUESTION ASKED FOR Dr. Debra Good and bad judges website to track judges and possibly file a petition to help the other women who may be connected to this case.

You can reach out to [faith.advocacy8@gmail.com](mailto:faith.advocacy8@gmail.com) to provide more context so we can answer your question or bring it to the Q&A on 3/28.

2026-03-10 11:31:03 From Kristan Byrd to Everyone:  
Good morning! Kristan Byrd from Keller, TX

2026-03-10 11:31:19 From Stephanie T to Everyone:  
Stephanie T Connecticut Good Morning

2026-03-10 11:31:27 From KAMILLA to Everyone:  
2026 He Makes All Things New Women's Retreat – April 30-May 3, 2026

2026-03-10 11:31:28 From Anna Warde to Everyone:  
Good morning, Anna Warde from Maine

2026-03-10 11:31:45 From Naomi Koch to Everyone:  
Naomi Koch - Valley City, ND

2026-03-10 11:31:53 From Johanna Dempster to Everyone:  
How much are apartments?

2026-03-10 11:31:55 From Kendra Thurman to Everyone:  
2026 He Makes All Things New Women's Retreat – April 30-May 3, 2026

in Lake Junaluska, North Carolina with Diane Langberg, Nicole C. Mullins, Elyse Fitzpatrick and Joy Forrest plus many more!

The theme is "God is the Strength of my Heart" from Psalm 73.

Mark your calendars and plan to join us!!

Register today at: <http://calledtoplace.org/ark-tx-con-leadng-retreat>

2026-03-10 11:32:07 From Deann Wagner to Everyone:

Hello! Deann Wagner, Arkansas

2026-03-10 11:32:28 From Val's iPhone 12 Pro Max to Everyone:

Valerie Marini. Westfield IN

2026-03-10 11:32:32 From Tabitha Westbrook to Everyone:

Replying to "Hello! Deann Wagner, Arkansas":

Hunker down with the weather (though it'll be less spicy than here per the forecast).

2026-03-10 11:32:46 From Karen Stinchcomb to Everyone:

Good morning from Fort Worth, TX. 🙏 I was in Israel and evacuated to Egypt, then made it home last Thursday.

2026-03-10 11:33:06 From Jaime Meunier to Everyone:

Hi from Alberta Canada

2026-03-10 11:33:07 From Tabitha Westbrook to Everyone:

Replying to "Good morning from Fort Worth, TX. 🙏 I was in ...":

Glad you made it!

2026-03-10 11:33:29 From Angela Triplett to Everyone:

Good morning from southern Iowa-Angela T.

2026-03-10 11:33:30 From Jennifer Placke to Everyone:

Jennifer Placke, Kansas City, MO

2026-03-10 11:33:34 From Giselle Messer to Everyone:

Good morning from Alberta, Canada

2026-03-10 11:33:38 From Darlene Hills-Clinkscale to Everyone:

Darlene Hills-Clinkscale - Columbus, Ohio

2026-03-10 11:33:54 From KAMILLA to Everyone:

Reach out to [Janet@calledtoplace.org](mailto:Janet@calledtoplace.org) if you still wish to attend our 2026 Retreat!! We would love to have you join us!!!

2026-03-10 11:34:07 From Kelly Nussbaum to Everyone:

Kelly Nussbaum in OH

2026-03-10 11:34:07 From Giselle Messer to Everyone:

Good morning from Giselle Messer - Alberta, Canada

2026-03-10 11:34:11 From Angie Hall to Everyone:

Hi from Angie Hall in Warsaw, IN

2026-03-10 11:34:25 From Kendra Thurman to Everyone:

REMINDER: If you have a question in the chat, please put QUESTION in all caps and then proceed with your question. This makes it easier for our team to catch those all-important questions!!

If we do not get to answer your QUESTION during the live class, remember that the team will annotate the chat, and you can read the response when the links are posted.

2026-03-10 11:34:27 From LeeAnn Howarth to Everyone:

Question ?? Please remind me of the day/time of the zoom this week (outside of class time)

**Family court-related shadowing informational zoom is Thursday March 12 at 6:00pm Eastern. Email [info@advocates4adoption.com](mailto:info@advocates4adoption.com) with interest**

2026-03-10 11:34:35 From Melissa S to Everyone:

Melissa Spann S.C.

2026-03-10 11:34:36 From Michelle Baruth to Everyone:

Michelle from Neenah, WI

2026-03-10 11:34:39 From Ladonna Hafen to Everyone:

Ladonna Hafen Whitefish Montana

2026-03-10 11:34:45 From Heidi Hirsch to Everyone:

Hello! Heidi Hirsch from Wooster, OH

2026-03-10 11:34:54 From Robin Bea to Everyone:

Good morning from Indy.

Robin Black

2026-03-10 11:34:57 From Kim Redmond to Everyone:

Kim Redmond, Plover WI

2026-03-10 11:35:14 From KAMILLA to Everyone:

Replying to "Question ?? Please remind me of the day/time of t...":

**On Saturday, March 28, 12-1 PM EST, please join us for our Q&A with Dr. Debra and the team. Please bring any advocacy questions you want to ask.**

2026-03-10 11:35:21 From Martha Curfman to Everyone:

Hello from Northeast Ohio!

2026-03-10 11:35:23 From Kendra Thurman to Everyone:

Remember to take good care of yourself - if you are feeling triggered, take some time to step away, take deep breaths, stretch, etc. You can come back and watch the recording.

NOTE: Please be discerning what details you share about your personal situation/history in the chat to avoid accidentally triggering another participant. Please avoid sharing details about anyone else's story.

2026-03-10 11:35:23 From Corrine Petit to Everyone:

Hi, Corrine from Vermont.

2026-03-10 11:35:42 From KAMILLA to Everyone:

Dr. Debra's Advanced course on Cognitive Distortions:  
<https://www.houseofpeacepubs.com/advanced-cognitive/>

2026-03-10 11:35:53 From LeeAnn Howarth to Everyone:

Replying to "Question ?? Please remind me of the day/time of t...":  
I think it was an evening zoom. Maybe this Thursday night??

2026-03-10 11:35:53 From Lorrie Weigand to Everyone:

Lorrie Weigand - Forest, VA

2026-03-10 11:36:01 From Ellen Bennett SGL to Everyone:

Good morning, Ellen from ATL

2026-03-10 11:36:04 From Brooke Shepherd to Everyone:

Brooke Shepherd, DSM, IA

2026-03-10 11:36:21 From Kendra Thurman to Everyone:

Cognitive Distortions Advanced course:  
<https://www.houseofpeacepubs.com/advanced-cognitive/>

2026-03-10 11:36:27 From KAMILLA to Everyone:

REMINDER: If you have a question in the chat, please put QUESTION in all caps and then proceed questions!!  
with your question. This makes it easier for our team to catch those all-important  
If your QUESTION is not answered live, remember that the team will go back thru the chats and  
respond to any unanswered questions before the replay is sent later this week.

2026-03-10 11:37:16 From Tansil Sandlin to Everyone:

Morning! Tansil Sandlin - Arkansas

2026-03-10 11:37:31 From Shelly Blankenship to Everyone:

Hello from the Eastern Panhandle of WV!

2026-03-10 11:37:55 From Kate Wilson to Everyone:

Morning! Kate Wilson from Corryton, TN

2026-03-10 11:38:01 From Alicia Volrich to Everyone:

Alicia Volrich- Gilbert, AZ

2026-03-10 11:38:10 From Elaine Nolt to Everyone:

Hello from Virginia

2026-03-10 11:38:22 From Ann Allen to Everyone:

Hello this is Annie Allen from Nashville. TN

2026-03-10 11:38:24 From Lori McConnaughey to Everyone:

Lori McConnaughey - Valley City, ND

2026-03-10 11:39:06 From Kim Brown to Everyone:

Replying to "Good morning from Fort Worth, TX. 🙏 I was in ...":

Quite the adventure @Karen Stinchcomb! Thankful for God's protection!

2026-03-10 11:39:23 From Jill Steward to Everyone:

Good Morning-Jill Steward-NC

2026-03-10 11:39:48 From Tiffany Pearman to Everyone:

Tiffany- Kentucky!

2026-03-10 11:39:59 From Suzanne Neald to Everyone:

Suzanne IE

2026-03-10 11:40:04 From Christine Howe to Everyone:

Christine Howe from the Nashville area. : )

2026-03-10 11:40:49 From Kendra Thurman to Everyone:

If you abide in my word, you are truly my disciples, and you will know the truth, and the truth will set you free. (John 8:31-32)

2026-03-10 11:41:00 From Heidi Hirsch to Everyone:

+

2026-03-10 11:41:22 From Tabitha Westbrook to Everyone:

We missed the verse on the last slide - but truly walking in truth does lead to freedom for victims - and for the perpetrator if they are willing to humble themselves and repent.

2026-03-10 11:41:39 From Kendra Thurman to Everyone:

Replying to "We missed the verse on the last slide - but truly ...":

If you abide in my word, you are truly my disciples, and you will know the truth, and the truth will set you free. (John 8:31-32)

2026-03-10 11:41:47 From Nancy Megargee to Everyone:

Hi from Charlotte, NC

2026-03-10 11:42:45 From Angela Bamford to Everyone:

Good morning- Angela from Raleigh, NC 🙏

2026-03-10 11:42:49 From Tameika Green-Crane to Everyone:  
Tameika (Mika) Green-Crane from Edmonton, Alberta

2026-03-10 11:42:52 From Jolene Underwood to Everyone:  
She will learn ways to navigate & survive the system she's in.

2026-03-10 11:43:18 From Tabitha Westbrook to Everyone:  
I refer to it as "disentangling" - sometimes it feels like underwater basket unweaving, but it is possible.

2026-03-10 11:44:02 From Christine Foster to Everyone:  
Christine Foster Eastern Panhandle WV

2026-03-10 11:45:04 From Kara Ghiloni to Everyone:  
Kara Ghiloni - San Diego

2026-03-10 11:45:12 From KAMILLA to Everyone:  
Judith L. Herman - "Truth and Repair: How Trauma Survivors Envision Justice". <https://a.co/d/dElXiml>

2026-03-10 11:45:36 From Kathy Ross to Everyone:  
QUESTION: How much is patriarchal thinking/belief connected to coercive control?

2026-03-10 11:45:42 From KAMILLA to Everyone:  
Herman also has a newer book: Judith L. Herman - "Trauma and Recovery". <https://a.co/d/5H9gzwv>

2026-03-10 11:46:28 From Kate Wilson to Everyone:  
Wow. That happened very early on for me. Looking back that must have been a big factor of why I stayed 25 years.

2026-03-10 11:46:49 From Stephanie Ford to Everyone:  
Stephanie In MT-Getting here late

2026-03-10 11:46:58 From Tabitha Westbrook to Everyone:  
The highest type of reinforcement is "intermittent" - meaning you get the reward sometimes (a period of calm, what might feel like love or care, etc.) is most powerful. It makes it very, very hard to change/leave because she might be looking for the next nice moment thinking that might be who he "really" is.

Also - breaking your own values can lead to moral injury for the victim - which is part of the trauma story.

2026-03-10 11:47:11 From Gemma Frederick to Everyone:  
So important!! Thank you for covering this.

2026-03-10 11:47:46 From Julie Wallace to Everyone:

Good Morning from Julie Wallace Middleburg FL

2026-03-10 11:48:06 From Dr. Jessica Evans to Everyone:

Replying to "QUESTION: How much is patriarchal thinking/belief...":

We will talk about this in future courses. Stay tuned

2026-03-10 11:48:11 From Kelly Nussbaum to Everyone:

Also why spiritual abuse is so harmful

2026-03-10 11:48:19 From Tabitha Westbrook to Everyone:

Replying to "Also why spiritual abuse is so harmful":

Yes

2026-03-10 11:49:05 From Jill Steward to Everyone:

Question: Should healing take place in a certain time, for example after she leaves and after the divorce?

2026-03-10 11:49:26 From Jaime Meunier to Everyone:

and then she can blame her self for the isolation

2026-03-10 11:49:35 From Tabitha Westbrook to Everyone:

Replying to "Question: Should healing take place in a certain t...":

No. Healing takes what it takes. It can take years - maybe even decades.

2026-03-10 11:49:41 From KAMILLA to Everyone:

Jess Hill. "See What You Made Me Do" <https://a.co/d/bIMiW0t>

2026-03-10 11:49:55 From Heather Yaxley to Everyone:

Hello from Heather Yaxley, Victoria BC, Canada.

2026-03-10 11:50:28 From Tabitha Westbrook to Everyone:

Replying to "Question: Should healing take place in a certain t...":

If you think about it like this - healing often happens in layers at the pace our nervous system can handle. That can be super frustrating for survivors, but it's part of God's good design. Sometimes healing will have big leaps and sometimes it'll be baby steps.

2026-03-10 11:50:32 From Jolene Underwood to Everyone:

Replying to "Question: Should healing take place in a certain t...":

Healing occurs in multiple facets and over time.

2026-03-10 11:50:32 From Dawn Jones to Everyone:

Replying to "Jess Hill. "See What You Made Me Do" <https://a.co/d/bIMiW0t>":

Excellent book!

2026-03-10 11:50:49 From Giselle Messer to Everyone:

Yes, 2.5 years in a group and still the same behaviour happening.

2026-03-10 11:50:52 From Danyelle Uzoigwe to Everyone:

Danyelle Uzoigwe from Glendale, AZ ... forgot about time change

2026-03-10 11:51:03 From Johanna Dempster to Everyone:

She wants to hold onto hope

2026-03-10 11:51:03 From Christine Howe to Everyone:

Replying to "Yes, 2.5 years in a group and still the same behav...":



2026-03-10 11:51:13 From Tabitha Westbrook to Everyone:

Replying to "She wants to hold onto hope":

We call that "hopium"

2026-03-10 11:51:27 From Debbie Zibolski to Everyone:

The older you are and the fewer years you have left on this earth, the less you want to give those precious final years to the abuser. Just my experience.

2026-03-10 11:51:38 From Giselle Messer to Everyone:

Replying to "She wants to hold onto hope":

Yes, lived in that space for a long time

2026-03-10 11:51:51 From Jolene Underwood to Everyone:

Replying to "Question: Should healing take place in a certain t...":

What Tabi said. 😊 Healing can include shifts that help her see things differently, support her nervous system, support her capacity to navigate what she's experiencing.

2026-03-10 11:51:51 From Johanna Dempster to Everyone:

Replying to "She wants to hold onto hope":

Me too

2026-03-10 11:51:52 From Kendra Thurman to Everyone:

Replying to "Question: Should healing take place in a certain t...":

@Tabitha Westbrook I think of it like peeling back layers of an onion.

2026-03-10 11:51:54 From LeeAnn Howarth to Everyone:

Question ?? Please remind me of the evening zoom about family court advocacy

2026-03-10 11:52:15 From Dawn Jones to Everyone:

Replying to "She wants to hold onto hope":

@Tabitha Westbrook Yes, because it's not based in reality.

2026-03-10 11:52:16 From Tabitha Westbrook to Everyone:

Replying to "Question: Should healing take place in a certain t...":

@Kendra Thurman Yep. Onions are my normal metaphor for this.

2026-03-10 11:52:28 From Rebecca Johnson to Everyone:

Hello from Tallahassee!

2026-03-10 11:52:42 From Tabitha Westbrook to Everyone:

Replying to "She wants to hold onto hope":

Right. And the hope is in a person and not THE Person (Jesus).

2026-03-10 11:52:59 From Martha Curfman to Everyone:

I've observed that often times the church tends to emphasize the responsibility of the wife, and less accountability with the husband.

2026-03-10 11:54:13 From Tabitha Westbrook to Everyone:

There is an entire episode of Hey Tabi on manipulative kindness if it's helpful for you or survivors you work with.

2026-03-10 11:54:18 From Heidi Hirsch to Everyone:

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2026-03-10 11:54:38 From Tamara "Tammy" Howard\_AZ to Everyone:

yes!

2026-03-10 11:54:44 From Kendra Thurman to Everyone:

Dr. Debra: "Stop 'should-ing' on yourself."

2026-03-10 11:54:52 From BONITA LOVE to Everyone:

Yes, my husband told me that I didn't need to go to a therapist... he would be my therapist, because he knew me and knew everything that was "wrong" with me (!)

2026-03-10 11:54:53 From Giselle Messer to Everyone:

Yes, I would say now that I know I cant bleach my brain

2026-03-10 11:54:55 From KAMILLA to Everyone:

DARVO - Deny, Attack, and Reverse, Victim and Offender. (Jennifer Freyd)

2026-03-10 11:55:23 From Giselle Messer to Everyone:

Replying to "Yes, my husband told me that I didn't need to go t...":

Oh dear. I'm sorry.

2026-03-10 11:55:43 From Jolene Underwood to Everyone:

Replying to "Yes, my husband told me that I didn't need to go t...":

Oy. Not cool. Only God knows you, and his view is very different.

2026-03-10 11:55:45 From Kendra Thurman to Everyone:

Replying to "DARVO - Deny, Attack, and Reverse, Victim and Offe...":

Often used to deflect responsibility for one's behavior.

2026-03-10 11:55:48 From Tamara "Tammy" Howard\_AZ to Everyone:

This is a very hard place

2026-03-10 11:56:06 From Robin Clark to Everyone:

Replying to "Yes, my husband told me that I didn't need to go t...":

Robin Clark - Tennessee

2026-03-10 11:57:09 From Jolene Underwood to Everyone:

Replying to "DARVO - Deny, Attack, and Reverse, Victim and Offe...":

And the deflection transfers responsibility to others when it is NOT theirs to carry.

2026-03-10 11:59:22 From Debbie Doyle to Everyone:

I've seen the Amber Heard situation play out too often (even in my own family) ... heartbreak ❤️

Amy Marcum: ❤️

2026-03-10 12:00:22 From Amy Marcum to Everyone:

Amy marcum from louisville Ky

2026-03-10 12:00:58 From Deann Wagner to Everyone:

He's an actor. 🙄

2026-03-10 12:01:19 From KAMILLA to Everyone:

BIFF - <https://www.highconflictinstitute.com/biff-responses>

Brief

Informative

Friendly

Firm

2026-03-10 12:01:50 From Judy Vader to Everyone:

Judy Vader here late...coming in after bible study at church.

2026-03-10 12:01:59 From Kendra Thurman to Everyone:

Replying to "He's an actor. 🙄":

... and the Oscar goes to ...

2026-03-10 12:02:00 From Tracy Zimmerman to Everyone:

Every coercive controller is a good actor or we'd never fall for them

2026-03-10 12:02:00 From Angela Bamford to Everyone:

Wow- this example is SO interesting. I didn't follow the trail but public opinion seemed to suggest she was crazy. Thank you Tabi for explaining how to see how he has flipped the script.

2026-03-10 12:02:11 From Rebecca Johnson to Everyone:

Overexplaining, we just think if we say enough, and get it just right, they'll "get it"

2026-03-10 12:02:12 From KAMILLA to Everyone:

ADVOCATES: Educate, Empower, Equip, Encourage

2026-03-10 12:02:26 From Tamara "Tammy" Howard\_AZ to Everyone:

mine uses triangulation with kids and family

2026-03-10 12:02:33 From Tabitha Westbrook to Everyone:

Replying to "Overexplaining, we just think if we say enough, an...":  
Yes over explaining happens for victims so often!

2026-03-10 12:03:18 From KAMILLA to Everyone:

Here is the updated Chart/Timeline for documenting behaviors:  
<http://www.houseofpeacepubs.com/wp-content/uploads/2024/04/Timeline-of-Controlling-Events.pdf>  
<http://www.houseofpeacepubs.com/wp-content/uploads/2024/04/Timeline-of-Controlling-Events.docx> (Doc downloads to your downloads file.

2026-03-10 12:03:43 From Tamara "Tammy" Howard\_AZ to Everyone:

love!

2026-03-10 12:04:22 From Kendra Thurman to Everyone:

"Let the light in you be brighter than the dumpster fire that is the world right now." - Tabi

2026-03-10 12:04:34 From Tracy Zimmerman to Everyone:

When Amber was actually triggered and got upset they called her a bad actor. I think she was at that point because she was not acting she was being truthful about her circumstances

2026-03-10 12:04:55 From Giselle Messer to Everyone:

Question: This is not specifically related to this however - is there a link for a Safety Plan document to use?

2026-03-10 12:05:23 From Shelly Blankenship to Everyone:

Replying to "Question: This is not specifically related to thi...":

[https://www.thehotline.org/plan-for-safety/create-your-personal-safety-plan/#gf\\_1](https://www.thehotline.org/plan-for-safety/create-your-personal-safety-plan/#gf_1)

2026-03-10 12:05:32 From Giselle Messer to Everyone:

Replying to "Question: This is not specifically related to thi...":  
Thank you

2026-03-10 12:07:35 From Giselle Messer to Everyone:

Funny...not funny!

2026-03-10 12:08:43 From Tracy Zimmerman to Everyone:

There is a Netflix documentary of all the evidence that was left off because it was not relevant to a defamation suit (why he chose to do it that way).

2026-03-10 12:15:38 From Christine Howe to Everyone:

Can we have a summary of the rooms?

2026-03-10 12:15:46 From Ladonna Hafen to Everyone:

I think one of the most telling things is the sexual assault. If he wasnt an abuser, that would never had happened. That is an ultimate example of power over a woman.

Judy Vader: 👍

2026-03-10 12:16:20 From Shelly Blankenship to Everyone:

If I remember correctly, this case was further complicated by Johnny's former girlfriends coming forward and saying things like, "I believe in believing women, but this was not my experience with Johnny. He was always so sweet and kind to me, so I'm not sure what to think here." And this seems to speak to the fact that we need to remember that abusers don't abuse everyone... and they also get worse over time.

Kendra Thurman, Jolene Underwood, Marcie Schmidt: 🙏

2026-03-10 12:16:46 From Tabitha Westbrook to Everyone:

Replying to "If I remember correctly, this case was further com...":  
Yes for sure!

2026-03-10 12:17:44 From Tameika Green-Crane to Everyone:

That being said, in Canada the Supreme Court of Canada had established that Intimate Partner Violence is in fact gendered due the disproportionate number of women that are victims

2026-03-10 12:17:55 From Ladonna Hafen to Everyone:

Replying to "If I remember correctly, this case was further com...":  
Absolutely! And she was his wife. Some abusers dont flip that switch until they feel ownership. Many abusers are still love bombing when dating.  
Shelly Blankenship: 🙏

2026-03-10 12:18:09 From Tabitha Westbrook to Everyone:

Replying to "That being said, in Canada the Supreme Court of Ca...":  
Yes! Australia has something similar.  
Tameika Green-Crane: ❤️

2026-03-10 12:18:46 From Ladonna Hafen to Everyone:

QUESTION: Didn't she win a case in the UK against him?

*In the UK case, the court ruled that the newspaper's claim that Depp had abused Heard was substantially true, so Depp's libel claim failed. The court found 12 of 14 alleged incidents of assault by Depp against Heard were proven to the civil standard.*

2026-03-10 12:18:56 From Tameika Green-Crane to Everyone:

Replying to "That being said, in Canada the Supreme Court of Ca...":  
Men are having a me too moment but the issue remains gendered

2026-03-10 12:19:40 From Deann Wagner to Everyone:

Replying to "QUESTION: Didn't she win a case in the UK against ...":  
Yes. I took this case as his revenge. His career wasn't hurt.  
Ladonna Hafen: 👍

2026-03-10 12:19:54 From Lynn Murray to Everyone:

Sometimes I have seen the abuser act afraid of the victim

2026-03-10 12:19:55 From Jolene Underwood to Everyone:

The power includes who is more likely to be listened to.

2026-03-10 12:19:56 From Jennifer Dean to Everyone:

How does it help protect the victim if even on a celebrity stage the abuser still looks like the victim and overall wind in public opinion and in court?

2026-03-10 12:20:12 From Dawn Jones to Everyone:

Replying to "The power includes who is more likely to be listen...":  
Great point!

2026-03-10 12:20:12 From Christine Howe to Everyone:

I have been articulate, but unheard.

It would break up the friend group for him to be wrong...

It would wreck the community if the guy was actually unsafe. Easier to think I was crazy.  
Dr. Jessica Evans, Rebecca Johnson: ❤️ 🩹

2026-03-10 12:20:23 From Jennifer Dean to Everyone:

\* win

2026-03-10 12:20:31 From Kay Conner to Everyone:

kay Conner Tri Cities WA

2026-03-10 12:20:46 From Heidi Hirsch to Everyone:

Is anyone else having volume issues since returning from the breakout? My volume is up but I'm unable to hear. I tried reentering the group but its the same.

2026-03-10 12:21:05 From Corrine Petit to Everyone:

What was the UK trail for?

- **Johnny Depp** sued the publisher of **The Sun** (News Group Newspapers).
- The newspaper had called him a "**wife beater**" in a 2018 article.
- **Amber Heard** was **not the defendant**; she participated as the **main witness** for the newspaper.

2026-03-10 12:21:06 From Jolene Underwood to Everyone:

Replying to "Is anyone else having volume issues since returnin...":  
I'm not. You may also check your audio output settings.  
Heidi Hirsch: 👍

2026-03-10 12:21:10 From Kelly Nussbaum to Everyone:

Replying to "Is anyone else having volume issues since returnin...":  
I'm not. hmm...

2026-03-10 12:21:25 From Corrine Petit to Everyone:

Replying to "What was the UK trail for?":  
What did Amber win?

In the U.S. case, Depp v. Heard, the jury mostly ruled in favor of Johnny Depp, but Amber Heard did win one part of the case. Heard filed counterclaims for defamation against Depp. The jury decided that one statement made by Depp's lawyer was defamatory toward her. The statement (published in the Daily Mail) said her abuse allegations were a "hoax." The jury found that statement defamed Heard.

In the UK case, The Sun won the lawsuit. Depp lost his libel claim. Heard did not receive money or a judgment in her favor, because she wasn't the defendant.

2026-03-10 12:21:26 From Ruth-Ann Brubaker to Everyone:

I'm also watching Lawyer you Know on YT about Kouri Richins. 😞😞😞😞  
Jolene Underwood: 👍

2026-03-10 12:21:28 From Rebecca Johnson to Everyone:

Replying to "Is anyone else having volume issues since returnin...":  
Mine's fine

2026-03-10 12:21:36 From Gemma Frederick to Everyone:

To use a soccer reference, I knew how to verbally throw down the yellow card (caution) & address behavior. But I did not know to throw down the RED card (ejection from the game). Being raised in church "God hates divorce" stopped me from realizing that I could throw down the red card. It took 25 yrs for me to understand Gods intent.

Ruth-Ann Brubaker: ❤️  
Tabitha Westbrook: ❤️  
BONITA LOVE: 😞

2026-03-10 12:21:38 From Jolene Underwood to Everyone:

Replying to "Is anyone else having volume issues since returnin...":  
Click the arrow by the mic to see which speaker is being used. You can also check system settings for that audio source.  
Heidi Hirsch: 👍

2026-03-10 12:22:14 From Jolene Underwood to Everyone:

Replying to "I'm also watching Lawyer you Know on YT about Kour...":  
I'm watching via Emily D Baker.

2026-03-10 12:22:59 From Tabitha Westbrook to Everyone:

Replying to "I'm also watching Lawyer you Know on YT about Kour...":  
I love Peter. Emily D. Baker is a former prosecutor from LA, but she uses the F word and other curse words extensively, so we want to be mindful of that.

2026-03-10 12:23:29 From Heidi Hirsch to Everyone:

Replying to "Is anyone else having volume issues since returnin...":  
Got it now, Thanks!

2026-03-10 12:23:40 From Tabitha Westbrook to Everyone:

Replying to "What was the UK trail for?":  
She won that his former attorney defamed her.

2026-03-10 12:24:05 From Tabitha Westbrook to Everyone:

Replying to "What was the UK trail for?":

The UK trial also was defamation, but more abuse evidence was allowed in and she won that trial.

2026-03-10 12:24:06 From Tracy Zimmerman to Everyone:

Great example to use Tabi because we all loved Johnny Depp and then it is even hard for us as survivors to want to believe he is a bad guy. Kind of like our ex's are out in the real world

2026-03-10 12:24:11 From Dawn Jones to Everyone:

Or she asks if she is a narcissist.

Tamara "Tammy" Howard\_AZ: 👉

2026-03-10 12:24:35 From Lynn Murray to Everyone:

Replying to "Or she asks if she is a narcissist.":

Yes

2026-03-10 12:24:45 From Tabitha Westbrook to Everyone:

Replying to "Great example to use Tabi because we all loved Joh...":

Yep. SO many folks came out after and said, "I'm a survivor" or "I'm an advocate" and "I believe Johnny."

Rebecca Johnson: 😞

Tracy Zimmerman: 😞

2026-03-10 12:25:16 From Jolene Underwood to Everyone:

Replying to "Or she asks if she is a narcissist.":

Yes. One way her taking ownership for what isn't hers that can show up. It can look differently, but it comes down to is she taking ownership when he says he does, but patterns show he doesn't.

Angela Bamford: ❤️

Dawn Jones: 💜

2026-03-10 12:25:21 From Tabitha Westbrook to Everyone:

Replying to "Or she asks if she is a narcissist.":

Yes, and we move away from that language because it's ultimately not helpful for her. She's looking to make sense of it - and helping her understand dynamics work so much better for her.

Dawn Jones: 💜

2026-03-10 12:25:57 From Dawn Jones to Everyone:

Replying to "Or she asks if she is a narcissist.":

@Tabitha Westbrook Absolutely!

2026-03-10 12:26:06 From Kendra Thurman to Everyone:

All day long they twist my words; all their thoughts are on my demise.

Psalm 56:5

Tracy Zimmerman: ❤️

2026-03-10 12:26:46 From Ladonna Hafen to Everyone:

Replying to "What was the UK trail for?":

A quick Google can give more info. It says she presented evidence of 14 domestic violence incidents. The judge found Depp had assaulted her in 12 of those accusations, so it wasn't libel to say he was a wife beater.

2026-03-10 12:26:53 From Tracy Zimmerman to Everyone:

Replying to "What was the UK trail for?":

Good! We never hear about that because he is protected in Hollywood

2026-03-10 12:27:28 From Jolene Underwood to Everyone:

Advocate's can highlight & validate observable reality.

Dr. Jessica Evans: ❤️

2026-03-10 12:28:14 From Jaime Meunier to Everyone:

It would do well if lawyers and judges thought that way too Dr. Debra <3

2026-03-10 12:28:41 From Christine Howe to Everyone:

Who was fearful of whom? And...??

2026-03-10 12:28:45 From Kate Wilson to Everyone:

could you repeat the 2 questions?

BONITA LOVE: ❤️

2026-03-10 12:28:57 From Kate Wilson to Everyone:

1st was Who is fearful of who?

2026-03-10 12:29:01 From Jolene Underwood to Everyone:

Replying to "Who was fearful of whom? And...?":

Defending themselves.

2026-03-10 12:29:11 From Christine Howe to Everyone:

Who is defending themselves

2026-03-10 12:29:25 From Dr. Jessica Evans to Everyone:

Replying to "could you repeat the 2 questions?":

Who is fearful of who?

Who is defending themselves?

2026-03-10 12:29:41 From Kate Wilson to Everyone:

TY

2026-03-10 12:29:46 From Tabitha Westbrook to Everyone:

We all know Aldi's natural peanut butter is the best...

Dr. Jessica Evans, Andrea Kampen, Shelly Blankenship, Ellen Bennett SGL, Tracy Zimmerman, Heidi Johnson: 😊

2026-03-10 12:30:55 From Deann Wagner to Everyone:

The most successful abusers groom EVERYONE. That's how they're allowed access and leeway to abuse. So when someone is a "flying monkey" they've been groomed, too.

Dawn Jones, Christine Foster: 🗨️

Lynn Murray: 👍

Tameika Green-Crane: 🙌

Shelly Blankenship, Rebecca Johnson: 🙌

Kathy Ross: 😞

2026-03-10 12:31:23 From Tameika Green-Crane to Everyone:

Replying to "The most successful abusers groom EVERYONE. That's...":  
This!

2026-03-10 12:31:39 From Tabitha Westbrook to Everyone:

Replying to "The most successful abusers groom EVERYONE. That's...":  
YES

2026-03-10 12:31:47 From Tameika Green-Crane to Everyone:

also, abusers have two hands. They can clap all by themselves.

2026-03-10 12:31:48 From Jolene Underwood to Everyone:

These questions help identify the patterns playing out. Several things can be paid attention to to help see the pattern.

Who's afraid of whom? Who's defending their behavior (& what does it look like when they do). Victim's may also defend some, but consider what they're defending and why. Keep looking at patterns for power over, coercion, and control.

2026-03-10 12:31:49 From Dr. Jessica Evans to Everyone:

Replying to "I have been articulate, but unheard. It would br...":  
The awful impacts of a cunning Ccer and not being believed. 😞  
Jolene Underwood: 😞

2026-03-10 12:31:52 From Christine Howe to Everyone:

yes

2026-03-10 12:31:58 From Corrine Petit to Everyone:

I would like that article!

2026-03-10 12:32:06 From Lynn Murray to Everyone:

Please do send

2026-03-10 12:32:20 From Debbie Doyle to Everyone:

Yes please to the article Dr Debra ❤️

2026-03-10 12:32:35 From Christine Howe to Everyone:

I was hands on head Tabi styel in counseling yesterday!

2026-03-10 12:32:44 From Brooke Shepherd to Everyone:

QUESTION: You mentioned you believe until proven otherwise. Have you ever had a scenario of a someone who portrays the victim role but isn't?

2026-03-10 12:33:34 From Dr. Jessica Evans to Everyone:

Replying to "How does it help protect the victim if even on a c...":

This was the concern for so many doing advocacy work with abuse survivors. To watch such successful DARVO happen in the media circus of court with so many watching. The takeaway for so many was she is crazy and abusive. But this is why we educate on the dynamics.

2026-03-10 12:33:46 From Deborah Stahl Waters to Everyone:


Yes, would appreciate the "Between" article plz.

*Hannah Ruth Steinke & Jacquelyn C. A. Meshelemiah. Between a Rock and a Hard Place: How Language Plays a Critical Role in Reported Cases of Intimate Partner Violence*

<https://www.tandfonline.com/doi/full/10.1080/28376811.2025.2525416>

2026-03-10 12:34:02 From Kendra Thurman to Everyone:

But you are a chosen race, a royal priesthood, a holy nation, a people for his own possession, that you may proclaim the excellencies of him who called you out of darkness into his marvelous light. (1 Peter 2:9)

Tamara "Tammy" Howard\_AZ: 

2026-03-10 12:34:25 From Tabitha Westbrook to Everyone:

Replying to "How does it help protect the victim if even on a c...":

The timeline document can really help and so can documenting incidents.

2026-03-10 12:34:41 From Angela Bamford to Everyone:

Is it common situation for abusers to explore getting a marriage annulment with pastors after 20+ years of marriage because they claimed 1) spouse was not a believer and 2) spouse abandoned marriage b/c they fled with kids to safety? Wondering if this is a damage control issue or sign of mental illness


2026-03-10 12:34:44 From BONITA LOVE to Everyone:

I would like that article please. Thank you!

2026-03-10 12:35:11 From Tabitha Westbrook to Everyone:

Replying to "QUESTION: You mentioned you believe until proven o...":

Yes, but it is very rare. Usually we see DARVO take place after the victim has made her story public or is setting boundaries. It is never wrong to prioritize safety and figure it out from there.

Brooke Shepherd: 

Rebecca Johnson: 

2026-03-10 12:36:02 From Tabitha Westbrook to Everyone:

Replying to "Is it common situation for abusers to explore gett...":

Damage control. Mental illness is unlikely and also - most people are not abusive despite mental illness.

2026-03-10 12:36:44 From Jolene Underwood to Everyone:

CC love is more about owning the partner & getting what they want. It is not a mutually honoring relationships.

Lynn Murray: 👍

Dawn Jones: 💜

2026-03-10 12:37:06 From Deann Wagner to Everyone:

Replying to "The most successful abusers groom EVERYONE. That's...":

It also helps me understand when sometimes pastors or those a survivor goes to for help don't understand, because that's not their experience with him.

2026-03-10 12:37:40 From Christine Howe to Everyone:

Replying to "The most successful abusers groom EVERYONE. That's...":

Yes, the flying monkeys don't even know they are being disrespected while they are defending the CC

Deann Wagner: 👍

2026-03-10 12:38:06 From Angela Parsley to Everyone:

That is helpful

2026-03-10 12:38:15 From Angela Bamford to Everyone:

Replying to "Is it common situation for abusers to explore gett...":

Ok- thank you Tabi. Trying to understand motivation and educate to protect

2026-03-10 12:38:18 From Heidi Johnson to Everyone:

I have a song that has 1 Cor 13:4-8 set to music and hearing that song made my ex so angry.

2026-03-10 12:38:24 From Kendra Thurman to Everyone:

"Amen & a biscuit!" - Tabi

Kathy Miller, Ellen Bennett SGL: ❤️

Jaime Meunier: 🙏

2026-03-10 12:38:36 From Tabitha Westbrook to Everyone:

Replying to "Is it common situation for abusers to explore gett...":

@Angela Bamford You're welcome!

2026-03-10 12:39:26 From Tabitha Westbrook to Everyone:

And if someone has had developmental trauma (i.e., abusive upbringing) she may not know what love is... perception may be distorted from that.

Dawn Jones, Ellen Bennett SGL, Lorrie Weigand: 💜

2026-03-10 12:39:36 From Lynn Murray to Everyone:

For you Debra the sky is blue lol

2026-03-10 12:40:01 From Tabitha Westbrook to Everyone:

Replying to "'Amen & a biscuit!' - Tabi":

No sure where biscuit came from (like many things I say - it just happens), but I stand by it. Because biscuits are awesome.

Kathy Miller: 😊

2026-03-10 12:40:09 From Angela Parsley to Everyone:

Replying to "And if someone has had developmental trauma (i.e.,...":  
yes! I have seen this too often.

2026-03-10 12:40:14 From Jaime Meunier to Everyone:

literally had that sky color debate with my ex (insert eye roll) lol  
Christine Howe: ❤️

2026-03-10 12:40:21 From Kathy Ross to Everyone:

QUESTION: How many are raised with a positive self-identity vs. a negative self identity.  
Believing one is not enough.

2026-03-10 12:40:44 From Christine Howe to Everyone:

A statement that helped me a lot was, "My mind works fine."  
Angela Parsley, Jaime Meunier, Tabitha Westbrook: ❤️

2026-03-10 12:41:09 From Tabitha Westbrook to Everyone:

Replying to "QUESTION: How many are raised with a positive self...":  
So many. Not all - but so many. Also, abusers often choose very capable, confident women (til they destroy the confidence) because they want to exploit/use the goodness of the victim.

Judy Vader, Deann Wagner: 👍

Rebecca Johnson: 🙏

Kathy Ross: 😞

2026-03-10 12:41:46 From Ladonna Hafen to Everyone:

"You can't even keep the house clean. How are you going to handle the bills?"  
BONITA LOVE: 😞

2026-03-10 12:42:55 From Christine Howe to Everyone:

"I used to be smart."

2026-03-10 12:43:30 From Angela Parsley to Everyone:

They want to consume it..... That quote.... That is so demonic. Steal, kill, destroy. Powerful. Eye opening

2026-03-10 12:44:20 From Johanna Dempster to Everyone:

[p-]

2026-03-10 12:45:06 From Jennifer Placke to Everyone:

Question (open to any leader's feedback) ... if you had to pick one book to help someone in the midst of living with a coercive controller and just starting to see the patterns, which book might you recommend? 😊

2026-03-10 12:45:50 From Kendra Thurman to Everyone:

NOTE: If you have a resource to share, please send it to the Training Team first at:  
[lu@adus.ac@gmail.com](mailto:lu@adus.ac@gmail.com)

2026-03-10 12:46:01 From Judy Vader to Everyone:

It is SO jolting to actually consider that your husband CHOOSES to be evil. Chooses to mistreat. I think that is a huge shift in thinking when going through the process of learning and growing. Happened to me and now I see it in some of my victims.

2026-03-10 12:46:49 From Rebecca Johnson to Everyone:

Replying to "It is SO jolting to actually consider that your hu...":  
Yes - it's devastating!

2026-03-10 12:47:34 From Johanna Dempster to Everyone:

Replying to "It is SO jolting to actually consider that your hu...":  
Yes

2026-03-10 12:49:07 From Dr. Jessica Evans to Everyone:

**Tabi: honesty and transparency are the foundation of a healthy relationship**

2026-03-10 12:49:08 From Ellen Bennett SGL to Everyone:

NTTP New Tabi Translation Paraphrased

Tabitha Westbrook: ❤️

Dr. Jessica Evans, Kendra Thurman: 😊

Shelly Blankenship: 😊

2026-03-10 12:49:17 From Angela Parsley to Everyone:

Question: Can we get that Love one another resource in a document somewhere?

*I am unsure what resource you are referencing. Please feel free to email [Faith.advocacy8@gmail.com](mailto:Faith.advocacy8@gmail.com) with more context so that we can answer your question..*

2026-03-10 12:49:33 From Shelly Blankenship to Everyone:

Replying to "NTTP New Tabi Translation Paraphrased":  
I'm here for it!

2026-03-10 12:49:38 From Dr. Jessica Evans to Everyone:

**"Make Life Dreams Come True" is the top level of The Gottman Institute's Sound Relationship House, focusing on creating an atmosphere that encourages each partner's hopes, goals, and life aspirations.**

2026-03-10 12:49:50 From Ruth-Ann Brubaker to Everyone:

Shall I email doctor Debra asking for the article written by a former student working toward getting a PHD , currently? I would love to read the article. My email is- [h3willcomplete@gmail.com](mailto:h3willcomplete@gmail.com)

*Hannah Ruth Steinke & Jacquelyn C. A. Meshelemiah. Between a Rock and a Hard Place: How Language Plays a Critical Role in Reported Cases of Intimate Partner Violence*

<https://www.tandfonline.com/doi/full/10.1080/28376811.2025.2525416>

2026-03-10 12:50:50 From Tabitha Westbrook to Everyone:

Replying to "NTTP New Tabi Translation Paraphrased":

2026 version. LOL

2026-03-10 12:50:51 From Lauren Johns to Everyone:

Something my FIL always says, if you agree on everything, only one person is doing the thinking  
Stephanie Ford, Rebecca Johnson, Tabitha Westbrook: ❤️

2026-03-10 12:50:58 From Rebecca Johnson to Everyone:

Replying to "NTTP New Tabi Translation Paraphrased":  
I'll buy it!  
Tabitha Westbrook: 😏

2026-03-10 12:51:40 From Dr. Jessica Evans to Everyone:

Replying to "Shall I email doctor Debra asking for the article ...":  
Email [faith.advocacy8@gmail.com](mailto:faith.advocacy8@gmail.com)

2026-03-10 12:51:46 From Tabitha Westbrook to Everyone:

Replying to "Question (open to any leader's feedback) ... if you ...":  
None that they take home. Some favorites are Leslie Vernick's Emotionally Destructive Marriage  
and Joy's Called to Peace. Remember safety in providing resources.  
Jennifer Placke: 👍

2026-03-10 12:51:54 From Amy Marcum to Everyone:

And infuriating!!

2026-03-10 12:51:59 From Tabitha Westbrook to Everyone:

Replying to "It is SO jolting to actually consider that your hu...":  
Very much so. That's so hard.

2026-03-10 12:53:12 From Tameika Green-Crane to Everyone:

They are always nice guys!

2026-03-10 12:53:22 From Tabitha Westbrook to Everyone:

Replying to "They want to consume it.... That quote.... That i...":  
Yes. Consumption is truly part of it. That is one of the most important things to help us  
understand the dynamics.

2026-03-10 12:56:14 From Kara Ghiloni to Everyone:

Manipulative kindness will always require something in return.

2026-03-10 12:56:17 From Kathy Ross to Everyone:

Scammers use the same tactic

2026-03-10 12:56:27 From Pam to Everyone:

Kindness with a selfish agenda.

2026-03-10 12:56:29 From Angela Bamford to Everyone:

Transactional love or love with strings

2026-03-10 12:56:33 From Scott Alford to Everyone:

It has hidden motives. It causes her to question his motives, and doubt her own understanding.

2026-03-10 12:56:37 From Tameika Green-Crane to Everyone:

Manipulative kindness usually requires access in return

2026-03-10 12:56:38 From Kay Conner to Everyone:

Love Bombs her,

2026-03-10 12:56:38 From Debbie Doyle to Everyone:

Manipulative kindness. (Suits his need at the time)

2026-03-10 12:56:39 From Debra Scales to Everyone:

Manipulate kindness is love bombing

2026-03-10 12:56:48 From Naomi Koch to Everyone:

Giving you crumbs of love to keep you going and have hope

2026-03-10 12:56:56 From Lynn Murray to Everyone:

He gets angry when she is not thrilled by his kindness

2026-03-10 12:56:59 From Kara Ghiloni to Everyone:

"Kindness' solely based on his own needs wants = ultimate control

2026-03-10 12:57:05 From Rebecca Johnson to Everyone:

Manipulative kindness is doing something nice, something she has been wanting him to do, to make her think he's changing, so she'll think he "gets it" and think he won't be mean again

2026-03-10 12:57:06 From Ladonna Hafen to Everyone:

Instead of repentance or apologizing, he will do something kind to manipulate forgiveness

2026-03-10 12:57:08 From Tameika Green-Crane to Everyone:

Only exits until you have been hooked

2026-03-10 12:57:08 From Johanna Dempster to Everyone:

He throws a Hail Mary and she gets confused or start to false hope hope

2026-03-10 12:57:12 From Tracy Zimmerman to Everyone:

He is so sweet and seems like the perfect guy. He seems to be interested in her (is just trying to get all the info on her to use on her later).

Rebecca Johnson: 👍

2026-03-10 12:57:14 From Zoe Elyada to Everyone:

The controller says: I just want you to hear something and consider it and last time I had to get really angry with you before you agreed with me

2026-03-10 12:57:16 From Conny Hubbard to Everyone:

conditional generosity

Rebecca Johnson: 🙏

2026-03-10 12:57:16 From Judy Vader to Everyone:

My husband would have a time when he would be terrible....and then next day come back from his early morning men's bible study and tell me how blessed he was to have me in his life.

2026-03-10 12:57:20 From Shelly Blankenship to Everyone:

It can look like apologizing for something small.

2026-03-10 12:57:29 From Cindy Baltz-King to Everyone:

Is only kind to her around other people... but not when just she is around

2026-03-10 12:57:31 From Martha Curfman to Everyone:

Manipulative Kindness - saying something kind only when others can hear

2026-03-10 12:57:41 From Conny Hubbard to Everyone:

constant flattery, passive-aggressive

2026-03-10 12:57:48 From Gemma Frederick to Everyone:

You owe him

2026-03-10 12:57:51 From Christine Howe to Everyone:

Having a long quiet time in Scripture the next morning...with an apology...

2026-03-10 12:58:00 From Tameika Green-Crane to Everyone:

The impact is to create a neurochemical addiction to the manipulator

2026-03-10 12:58:06 From Conny Hubbard to Everyone:

helping when it's not wanted

2026-03-10 12:58:09 From Lynn Murray to Everyone:

He gets angry when she doesn't receive it

2026-03-10 12:58:17 From Cindy Baltz-King to Everyone:

Fake kindness...not genuine

2026-03-10 12:58:29 From Deann Wagner to Everyone:

Keeps her to stay

2026-03-10 12:58:29 From Gemma Frederick to Everyone:

She loses faith in herself

2026-03-10 12:58:30 From Tansil Sandlin to Everyone:

Confusion

2026-03-10 12:58:31 From Marcie Schmidt to Everyone:

Impact - gives her hope he can change

2026-03-10 12:58:31 From Debra Scales to Everyone:

how it impacts her: guilt and self doubt; dependency and confusion

2026-03-10 12:58:31 From Kate Wilson to Everyone:

Hidden motive for hidden & future gain for himself:

Loyalty test/ More sex/

It forces her to make a choice (again) to chose him, knowing that she doesn't want to split against herself...

The impact it that she becomes stuck in a loop, never being able to navigate truth without breaking herself down into a "wrong" bucket

2026-03-10 12:58:34 From Tracy Zimmerman to Everyone:

You have rose colored glasses on then and can't see his red flags

Jolene Underwood: 👍

2026-03-10 12:58:37 From Lauren Johns to Everyone:

It makes her feel like she is selfish if she does not give him what he wants in return of his "kindness"

Jolene Underwood: 👍

2026-03-10 12:58:39 From Christine Howe to Everyone:

Open up and become vulnerable...thinking it is safe...then, get hurt again

2026-03-10 12:58:39 From Tamara "Tammy" Howard\_AZ to Everyone:

confussion about the abuse

2026-03-10 12:58:40 From Scott Alford to Everyone:

It is effectively gaslighting, but without the overt challenge of what she knows to be true. It takes her license and causes doubt in herself.

2026-03-10 12:58:41 From Pam to Everyone:

Feels obligated to him.

2026-03-10 12:58:43 From Rebecca Johnson to Everyone:

Keeps her hooked, confuses her as to whether he's really as bad as she though

2026-03-10 12:58:49 From Martha Curfman to Everyone:

If other people see the kindness, then others think he is better than he really is

2026-03-10 12:58:50 From Barbara Wash to Everyone:

lots of self doubt

2026-03-10 12:58:51 From Pam to Everyone:

Believes he is changing.

2026-03-10 12:58:52 From Shelly Blankenship to Everyone:

She feels confused and wants to believe it's real - "hopium".

2026-03-10 12:58:56 From Tamara "Tammy" Howard\_AZ to Everyone:  
BUT he's being nice

2026-03-10 12:59:03 From Judy Vader to Everyone:  
Impacts: major confusion! maybe he really does love me?

2026-03-10 12:59:05 From Laurie Fitzgerald to Everyone:  
She believes it has another cause, ie drinking.

2026-03-10 12:59:11 From Kelly Nussbaum to Everyone:  
It meets a deep need and so she chooses to cling to the thing that feels good and forget the things that hurt

2026-03-10 12:59:16 From Zoe Elyada to Everyone:  
The kids will be better off.....

2026-03-10 12:59:26 From Jennifer Placke to Everyone:  
QUESTION: I'm sure we will get to this. What about when the abuser is consistently weaponizing the scripture, "wives do not separate..." (1 Cor 7). When she considers separation, she believes she is disappointing God. 😞

2026-03-10 12:59:27 From Kate Wilson to Everyone:  
The impact it that she becomes stuck in a loop, never being able to navigate truth without breaking herself down into a "wrong" bucket

2026-03-10 12:59:42 From Deborah Stahl Waters to Everyone:  
Can cause trust issues across the board w/others in her world, becomed skeptical

2026-03-10 12:59:45 From Tabitha Westbrook to Everyone:

Hey Tabi episode on Manipulative Kindness -

Apple Podcast - <https://podcasts.apple.com/us/podcast/when-kindness-is-a-trap-the-truth-about/id1787874485?i=1000716096437>

YouTube version - <https://youtu.be/5AgXu8NGcgs?si=ISdzWQ0sTLOIPXN2>

Christine Foster, Jolene Underwood: ❤️

2026-03-10 12:59:47 From Tiffany Pearman to Everyone:  
She compromises her morals and beliefs to suit his needs

2026-03-10 13:00:02 From Gemma Frederick to Everyone:  
Personal navigation of opposing feelings (gut verses false reality).

2026-03-10 13:00:06 From BONITA LOVE to Everyone:  
I felt dirty and ashamed because he forced me to do something against my morals, but saying it was so he could love me so much better.  
Shelly Blankenship, Rebecca Johnson, Kathy Miller: 😞

2026-03-10 13:00:09 From Jolene Underwood to Everyone:

Replying to "QUESTION: I'm sure we will get to this. What about...":

One of many scriptures used to get her to do what HE expects & fuels her good desires.

Jennifer Placke: ❤️

2026-03-10 13:00:25 From Tabitha Westbrook to Everyone:

Replying to "QUESTION: I'm sure we will get to this. What about...":

Oh we have BIG feelings on that. This is a good one to unpack in a Saturday Q&A.

Jennifer Placke: ❤️

Jolene Underwood: 🙏

2026-03-10 13:00:46 From Tabitha Westbrook to Everyone:

Replying to "I felt dirty and ashamed because he forced me to d...":

Yes, that's how moral injury happens.

BONITA LOVE: ❤️

2026-03-10 13:02:00 From Tracy Zimmerman to Everyone:

Ask her if he ever brings up what he does like "look what I do for you, any women would love having a guy like me"

Angela Bamford: 👍

2026-03-10 13:02:07 From Kate Wilson to Everyone:

how do we assess strategic vs genuine nature?

2026-03-10 13:02:49 From Kara Ghiloni to Everyone:

Reminds me of my abuser giving me Tylenol/telling me to lay down and relax after hurting me so bad

Jolene Underwood, Kendra Thurman: 😞

2026-03-10 13:03:00 From BONITA LOVE to Everyone:

Replying to "Ask her if he ever brings up what he does like "lo...":

Yes. Happened all the time.

2026-03-10 13:03:03 From Rebecca Johnson to Everyone:

It's so painful to realize and accept the fact that the "nice guy" is a act, and the mean guy is who he really is.

Angela Bamford: 😞

2026-03-10 13:03:51 From KAMILLA to Everyone:

Dan B. Allender – "Healing the Wounded Heart: The Heartache of Sexual Abuse and the Hope of Transformation"

<https://a.co/d/hriSsIX>

2026-03-10 13:04:03 From Melody Carr to Everyone:

Tabi - THANK YOU

Melody Carr: 🙏

2026-03-10 13:04:12 From Kara Ghiloni to Everyone:

Thank you Tabi :)

2026-03-10 13:04:29 From Debbie Doyle to Everyone:

Thank you so much Tabi - bravo 

2026-03-10 13:04:31 From Melody Carr to Everyone:

Replying to "Tabi - THANK YOU":  
OF COURSE I thought my husband was loving me!!!

2026-03-10 13:04:32 From Tiffany Pearman to Everyone:

Thank you!

2026-03-10 13:04:39 From Tabitha Westbrook to Everyone:

Replying to "Tabi - THANK YOU":  
Yes!

2026-03-10 13:04:47 From Ruth-Ann Brubaker to Everyone:

Valuable Tabbi. Thanks so Much

2026-03-10 13:05:01 From Tabitha Westbrook to Everyone:

Replying to "It's so painful to realize and accept the fact tha...":  
Yes, that is so, so hard!

2026-03-10 13:05:19 From Tabitha Westbrook to Everyone:

Replying to "Reminds me of my abuser giving me Tylenol/telling ...":  
Yes. Exactly. And I'm so, so sorry.

2026-03-10 13:05:40 From KAMILLA to Everyone:

**Four C's of Coercive Controllers: Cunning, Conning, Convincing, Charming**

2026-03-10 13:05:46 From Melody Carr to Everyone:

Which is exactly why my pastor(s) wouldn't engage with me! Even though I've had more than one person try to advocate for me!

2026-03-10 13:05:53 From Tracy Zimmerman to Everyone:

I feel good that God sees everything so He saw the spouse I was in spite of what happened to me regularly

Stacy Wilburn: 

2026-03-10 13:05:55 From Tabitha Westbrook to Everyone:

Replying to "how do we assess strategic vs genuine nature?":

**Overall constellation. What is the end goal? Are there strings attached? Those sorts of questions can be helpful.**

Kate Wilson: 

2026-03-10 13:06:01 From BONITA LOVE to Everyone:

Oh Tabi, I needed to hear that! My therapist just confirmed today that yes, I had been the victim of IPSV in my marriage.

Tabitha Westbrook: ❤️

2026-03-10 13:06:17 From Kathy Ross to Everyone:

Unfortunately not in my case. I was removed from membership for protecting myself.

2026-03-10 13:06:30 From Tabitha Westbrook to Everyone:

Replying to "I feel good that God sees everything so He saw the...":

Yes. Yes. Yes.

Stacy Wilburn:!!

2026-03-10 13:06:33 From Ladonna Hafen to Everyone:

Replying to "how do we assess strategic vs genuine nature?":

Genuine nature will be consistent across his life. Strategic will be kindness that only shows up when it benefits him in some way.

For instance: he opens the door for every woman as she goes into the church every Sunday. ...seems consistent, but at home, he walks several feet in front of her. He closes the door in her face, and he doesn't treat her with common respect.

By opening the door at church, it creates an image of him that is to his advantage. It causes confusion of why he treats her so poorly when he seems so respectful.

Tabitha Westbrook: ❤️

2026-03-10 13:06:41 From Rebecca Johnson to Everyone:

Pastors can be so naive about how people can be so two-faced and deceptive. I brought a witness to our pastor and he kicked us out of his office, saying we were gossiping because my ex wasn't there to defend himself.

Tabitha Westbrook: ❤️

Kathy Ross, BONITA LOVE, Kendra Thurman: 😞

2026-03-10 13:07:44 From Kathy Ross to Everyone:

Replying to "Pastors can be so naive about how people can be so...":

It creates another layer of trauma.

2026-03-10 13:07:52 From Melody Carr to Everyone:

How do I also "validate" my kids' feelings regarding their experience in his false narrative? In order to restore relationship amidst alienation tactics.

2026-03-10 13:08:26 From Kendra Thurman to Everyone:

"Woe to you, teachers of the law and Pharisees, you hypocrites! You are like whitewashed tombs, which look beautiful on the outside but on the inside are full of the bones of the dead and everything unclean. In the same way, on the outside you appear to people as righteous but on the inside you are full of hypocrisy and wickedness."

(Matthew 23:25, 28)

2026-03-10 13:09:50 From Jolene Underwood to Everyone:

Replying to "How do I also "validate" my kids' feelings regardi...":

This is a nuanced situation so please know this is a general reply.

You can validate what others express as their expression of their experience. Reflecting back what you hear & how it's impacting them. Focus on connection opportunities which meets them where they are.

2026-03-10 13:10:05 From Tameika Green-Crane to Everyone:  
Tabby this is what I was talking about in the break out  
Tabitha Westbrook: ❤️

2026-03-10 13:10:24 From BONITA LOVE to Everyone:  
Replying to "Pastors can be so naive about how people can be so...":  
So sorry... I had the same thing happen to me. Then when my husband threw my son and me out of my house , had nowhere to go... the pastor would not help me and my 10 year old. We had nowhere to sleep. So sad.  
Kathy Ross: 😞

2026-03-10 13:10:24 From Sharon Flynn to Everyone:  
The Matt verse Tabby just read is a good description of manipulative kindness!

2026-03-10 13:10:28 From Kendra Thurman to Everyone:  
REMINDER: If we do not get to answer your QUESTION during the live class, remember that the team will annotate the chat, and you can read the response when the links are posted.

2026-03-10 13:10:39 From Tameika Green-Crane to Everyone:  
This is such an important slide

2026-03-10 13:10:39 From Melody Carr to Everyone:  
Replying to "How do I also "validate" my kids' feelings regardi...":  
Thank you as I'm prepping for reunification therapy if it proceeds after 7 months of alienation since he left.

2026-03-10 13:11:32 From Jolene Underwood to Everyone:  
Replying to "How do I also "validate" my kids' feelings regardi...":  
@Melody Carr I'm praying for you. I hope you're able to receive support so you can process what you need to with others which supports capacity to remain present for them.  
Melody Carr: ❤️

2026-03-10 13:11:55 From Melody Carr to Everyone:  
Replying to "Pastors can be so naive about how people can be so...":  
I'm so sorry. When my husband left me my pastor(s) said, "sorry - we won't meet with you until after you go to mediation with PeacePoint."  
Angela Bamford: 😞  
Kathy Ross: 😞

2026-03-10 13:12:14 From Tabitha Westbrook to Everyone:  
Replying to "Pastors can be so naive about how people can be so...":  
@Melody Carr Gag me with a fork as we said in the 80s.

2026-03-10 13:12:45 From BONITA LOVE to Everyone:


QUESTION: Are we allowed to print out the slides if it is just for our own use?

*Yes. Of course.*

2026-03-10 13:13:05 From Melody Carr to Everyone:

Replying to "How do I also "validate" my kids' feelings regardi...":

Oh thank you so much. This means so much. I don't know how to "win" this battle!!!!!!

Jolene Underwood: 

2026-03-10 13:13:22 From Tiffany Pearman to Everyone:

So thankful Jesus saw it all and that it may not have been the rescue I wanted but it was the one I desperately needed.

2026-03-10 13:13:45 From Melody Carr to Everyone:

Replying to "Pastors can be so naive about how people can be so...":

Ahhh the 80's ;)

2026-03-10 13:13:51 From Kendra Thurman to Everyone:

Watch out for false prophets. They come to you in sheep's clothing, but inwardly they are ferocious wolves. (Matthew 7:15)

2026-03-10 13:13:52 From Tamara "Tammy" Howard\_AZ to Everyone:

What IF they are like, I don't give a F what they say. I dont give a F what they hear.

2026-03-10 13:14:15 From Tabitha Westbrook to Everyone:

As Rachael Denhollander has said, "Wolves look like sheep. They talk like sheep. They do sheepy things."

Tameika Green-Crane, Kim Brown: 

Dawn Jones: 


Kendra Thurman, Jolene Underwood: 


2026-03-10 13:14:42 From Jolene Underwood to Everyone:

Replying to "How do I also "validate" my kids' feelings regardi...":

@Melody Carr You're already leaning into healing which is a win for all of you. God will remain with you through it.

2026-03-10 13:14:48 From Jennifer Placke to Everyone:

Can I just say I'm so glad that Jesus sees it all and there is a reconkin' day coming?!?!?! 

Tameika Green-Crane, Rebecca Johnson: 

Kendra Thurman: 

2026-03-10 13:14:56 From Tabitha Westbrook to Everyone:

Replying to "Can I just say I'm so glad that Jesus sees it all ...":

YES

2026-03-10 13:15:01 From Melody Carr to Everyone:

THANK YOU

2026-03-10 13:15:11 From Angela Bamford to Everyone:

Replying to "How do I also "validate" my kids' feelings regardi...":

@Melody Carr can I ask for more clarification on what reunification therapy means?

*You can bring this question to Q&A on 3/28. But we have concerns over reunification therapy. Forcing or accelerating contact between a child and the Ccer can put children at risk and minimize the child's experiences. And sometimes DARVO is used to claim the safe mother is the abuser and reunification therapy is encouraged with her and the kids.*

2026-03-10 13:15:13 From KAMILLA to Everyone:

**ANNOUNCEMENT: On Saturday, March 28, 12-1 PM EST, please join us for our Q&A with Dr. Debra and the team.**

**Please bring any advocacy questions you want to ask.**

2026-03-10 13:15:18 From BONITA LOVE to Everyone:

Thank you!

2026-03-10 13:15:18 From Marcie Schmidt to Everyone:

Thank you. Great class! Really enjoying the breakouts

2026-03-10 13:15:21 From Johanna Dempster to Everyone:

Replying to "Can I just say I'm so glad that Jesus sees it all ...":

Yes.

2026-03-10 13:15:33 From Tabitha Westbrook to Everyone:

I still want my hour back!

Kara Ghiloni, Giselle Messer: 👍

2026-03-10 13:15:45 From Tansil Sandlin to Everyone:

Thank you all!!!

2026-03-10 13:15:50 From LeeAnn Howarth to Everyone:

?????When is the evening zoom for family court advocacy

*Information above and we emailed you as well.*

2026-03-10 13:15:49 From Tamara "Tammy" Howard\_AZ to Everyone:

IN AZ we are confused 🤔

2026-03-10 13:15:51 From Giselle Messer to Everyone:

Replying to "I still want my hour back!":

me too!

2026-03-10 13:15:53 From Kara Ghiloni to Everyone:

Thank you for such a great class

2026-03-10 13:15:56 From Debbie Doyle to Everyone:

Thanks friends ❤️

2026-03-10 13:15:58 From Heather Ives to Everyone:

♥ Thanks for a great class!

2026-03-10 13:16:07 From Angela Bamford to Everyone:

thanks

2026-03-10 13:16:08 From Deborah Stahl Waters to Everyone:

Tku Ladies for today teaching! :)

2026-03-10 13:16:08 From Rebecca Johnson to Everyone:

Thank you everyone