

Video Replay: <https://vimeo.com/1174528328/171a4da6b9?share=copy&fl=sv&fe=ci>

2026-03-17 11:26:55 From Elaine Nolt to Everyone:

Replying to "Anyone else behind in taking their quiz, like me? I need to catch up":
me

BONITA LOVE: ❤️

2026-03-17 11:26:59 From Beverly Strobl to Everyone:

Beverly Strobl in Chester, VT

2026-03-17 11:27:09 From Maureen O'Connor to Everyone:

Replying to "Anyone else behind i...":

Yes

BONITA LOVE: ❤️

2026-03-17 11:27:11 From Stephanie Ford to Everyone:

Hey, me too Tabi! and still a possibility because this divorce is taking FOREVER.

2026-03-17 11:27:13 From Kendra Thurman to Everyone:

Kendra from Ohio

2026-03-17 11:27:27 From Kathy Ross to Everyone:

Good Morning from Northcentral WI after the blizzard!

2026-03-17 11:27:29 From Melissa Parker to Everyone:

Melissa Parker from Columbia, SC

2026-03-17 11:27:35 From Kelly Nussbaum to Everyone:

Kelly Nussbaum Ohio

2026-03-17 11:28:19 From Dr. Jessica Evans to Everyone:

Hi all! Jess, Columbus OH area

2026-03-17 11:28:23 From Kim Bobe to Everyone:

Good morning from Lincolnton, GA. Kim Bobe

2026-03-17 11:28:37 From BONITA LOVE to Everyone:

It would have been 40 years for me! Wow! If I would have stayed married to my son's father.

Joy Forrest: 😊

2026-03-17 11:28:42 From Elizabeth A Clark to Everyone:

Elizabeth Clark- good morning!

2026-03-17 11:28:48 From Tamara "Tammy" Howard_AZ to Everyone:

I need bread crumbs to find my way back. 😊 In Nepal, I was like left at the soccer field, right at the weird plant wall....

Joy Forrest: 😊

2026-03-17 11:28:52 From Jennifer Dean to Everyone:

Same!!!

2026-03-17 11:29:04 From Tabitha Westbrook to Everyone:

Replying to "I need bread crumbs to find my way back. 😊 In Nepa...":
Those wouldn't even help me! LOL.

Tamara "Tammy" Howard_AZ: 😊

2026-03-17 11:29:10 From Vanessa Satterfield to Everyone:

Vanessa Satterfield - North Carolina

2026-03-17 11:29:14 From Karen Stinchcomb to Everyone:

I told my sister "you can't have all the gifts!"

Tamara "Tammy" Howard_AZ: ❤️

Dr. Jessica Evans: 👍

2026-03-17 11:29:26 From Peggy Barrett to Everyone:

Peggy - Durham, NC

2026-03-17 11:29:31 From Karen Stinchcomb to Everyone:

Good morning from Fort Worth! 🙋❤️ Karen

2026-03-17 11:29:47 From Marcie SChmidt to Everyone:

Marcie Schmidt NC

2026-03-17 11:29:47 From Jennifer Dean to Everyone:

Jennifer Dean - Maryland

2026-03-17 11:29:56 From Debbie Doyle to Everyone:

Hello friends, Debbie Doyle, Ottawa and Florida

BONITA LOVE: ❤️

2026-03-17 11:30:15 From Stacy Wilburn to Everyone:

Stacy Wilburn - NC

2026-03-17 11:30:17 From Debra Scales to Everyone:

Good Day! from New York - Debra ❤️

2026-03-17 11:30:24 From Kim Brown to Everyone:

Kim Brown N. TX

2026-03-17 11:30:25 From Deb Reece to Everyone:
Deb from Zimmerman, MN

2026-03-17 11:30:28 From BONITA LOVE to Everyone:
Replying to "Hello friends, Debbie Doyle, Ottawa and Florida":
Hello Deb!

2026-03-17 11:30:38 From Kara Ghiloni to Everyone:
Kara Ghiloni - San Diego, CA

2026-03-17 11:30:45 From Deann Wagner to Everyone:
Hi from Deann in AR

2026-03-17 11:30:51 From Sherrie Wilson to Everyone:
Sherrie Wilson Omro, WI

2026-03-17 11:31:07 From Stephanie Ford to Everyone:
Stephanie from Havre, MT

2026-03-17 11:31:15 From Suzanne Maxwell to Everyone:
Replying to "Hello friends, Debbie Doyle, Ottawa and Florida":
Hey beautiful cousin!!

2026-03-17 11:31:25 From Susan Sharp to Everyone:
Hi everyone! This is Susan in Greenville, SC

2026-03-17 11:31:28 From Stephanie T to Everyone:
Stephanie T Connecticut Good Morning

2026-03-17 11:31:29 From Val's iPhone 12 Pro Max to Everyone:
Valerie Marini Westfield In

2026-03-17 11:31:29 From Christina Mills to Everyone:
It was offered to my son for adhd

2026-03-17 11:31:30 From Julie Wallace to Everyone:
Good Morning from Julie Wallace Middleburg, fl

2026-03-17 11:31:32 From Lynn Adams to Everyone:
Lynn A MN

2026-03-17 11:31:35 From Nancy Megargee to Everyone:

Nancy Megargee here from Charlotte, NC

2026-03-17 11:31:36 From Martha Curfman to Everyone:
Hello from Northeast Ohio


2026-03-17 11:31:38 From Christina Mills to Everyone:
That was about 10 years ago

2026-03-17 11:31:38 From Jaime to Everyone:
Hi from Alberta Canada

2026-03-17 11:31:46 From Sheri Faber to Everyone:
Sheri Faber Ohio

2026-03-17 11:31:50 From Christina Mills to Everyone:
Myrtle beach sc

2026-03-17 11:31:53 From Deborah Stahl Waters to Everyone:
Deborah Stahl Waters - TN

2026-03-17 11:31:56 From Suzanne Maxwell to Everyone:
Replying to "Hello from Bonita Jo...":
Hey girl!!
BONITA LOVE: 

2026-03-17 11:31:59 From Darlene Hills-Clinkscale to Everyone:
Darlene Hills-Clinkscale from Columbus, Ohio

2026-03-17 11:32:04 From Anna Warde to Everyone:
Good morning! Anna from Maine

2026-03-17 11:32:14 From Kay Conner to Everyone:
Good morning from Washington, Kay Conner

2026-03-17 11:32:15 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://calledtopeace.org/survivor-healing-retreat/>

2026-03-17 11:32:27 From Angie Hall to Everyone:
hi from Angie Hall in Warsaw IN

2026-03-17 11:32:30 From Dr. Jessica Evans to Everyone:

Dr. Debra and Dan contributed to Barry Goldstein's book, Preventing Domestic Violence and Child Abuse (releasing April 11)-

<https://www.civicsresearchinstitute.com/pdvca.html>

2026-03-17 11:32:37 From Cindy Baltz-King to Everyone:
Good Morning! Cindy here from TN

2026-03-17 11:32:43 From Lorrie Weigand to Everyone:
Lorrie Weigand- Forest, VA

2026-03-17 11:33:15 From Jennifer Placke to Everyone:
Jennifer Placke, Kansas City, MO

2026-03-17 11:33:19 From Susanne King to Everyone:
Susanne King, Montrose, CO

2026-03-17 11:33:19 From Debbie Zibolski to Everyone:
Good morning. Debbie Zibolski from Carlisle, PA

2026-03-17 11:33:21 From April Cable to Everyone:
April Cable. Ohio

2026-03-17 11:33:26 From Giselle Messer to Everyone:
Interested in the book

2026-03-17 11:33:31 From Anjalee Vincent to Everyone:
Good morning, everyone! - Anjalee Vincent from Greer, SC

2026-03-17 11:33:40 From Dr. Jessica Evans to Everyone:

Barry Goldstein's post on fb says:

"The news we have been waiting for. My new book, Preventing Domestic Violence and Child Abuse, co-edited with Mo Therese Hannah and Veronica York will be available in time for my birthday on April 11 and can be ordered NOW. The book has substantial new research that should change the discussion as protective mothers have long hoped. The ability of abusive fathers to manipulate custody courts has caused a huge increase in DV homicide. The courts' failure is increasing cancer and heart disease. The courts' failure is responsible for about 1/3 of all domestic violence. In the US, we spend \$3.6 trillion to permit abusers to abuse their victims. This equals \$11,000 per person per year. And we have a new approach to alienation that removes the bias and uses actual scientific

research. We cannot wait to use the research to change the discussion. Help us spread the word.”

Kim Brown: 👍

2026-03-17 11:33:42 From Nora Cord to Everyone:

Interested in book

2026-03-17 11:33:42 From Giselle Messer to Everyone:

Giselle Messer, Alberta Canada

2026-03-17 11:33:43 From Heather Ives to Everyone:

☀️ Good morning!

Heather Ives Columbia, SC

2026-03-17 11:33:46 From Ladonna Hafen to Everyone:

Ladonna Hafen Whitefish Montana

2026-03-17 11:33:52 From Erika Aliff to Everyone:

Good Morning! Erika Aliff, NC. CTPM

2026-03-17 11:34:07 From Christine Foster to Everyone:

Christine Foster~Eastern Panhandle of WV

2026-03-17 11:34:33 From Johanna Dempster to Everyone:

Good morning from Johanna in Idaho ❤️

2026-03-17 11:35:13 From Tansil Sandlin to Everyone:

Good Morning from Little Rock, Arkansas! Tansil Sandlin

2026-03-17 11:35:14 From Kimberly Freitag to Everyone:

Good morning from snowy Michigan. ❄️ Kim

2026-03-17 11:35:35 From Tabitha Westbrook to Everyone:

It's the meaning we make about them and the emotions themselves... It's a both/and.

Joy Forrest: 👍

Jolene Underwood: ❤️

2026-03-17 11:35:42 From Jennifer Dean to Everyone:

I'd love for you all to take a look at my novel. It is OFICIALLY in publishing now! This has been a life's journey for me. Very excited to share.

Joy Forrest: 👍

Dr. Jessica Evans: 👍

2026-03-17 11:35:43 From Tabitha Westbrook to Everyone:
Replying to "It's the meaning we make about them and the emotio...":
The thoughts that is.

2026-03-17 11:35:56 From Ann Allen to Everyone:
Hello I am Annie Allen from Nashville, TN

2026-03-17 11:36:10 From Kathy Miller to Everyone:
Kathy Miller- NE Ohio

2026-03-17 11:36:34 From Debbie Zibolski to Everyone:
I published a book this year. I will give Karen Wilkinson a copy this weekend so it can
be evaluated. Thanks.
Joy Forrest: ❤️
Dr. Jessica Evans: 👍

2026-03-17 11:37:43 From Jill Steward to Everyone:
Good morning! Jill S-

2026-03-17 11:37:56 From Wendi Andrews to Everyone:
Wendi Andrews Cedar Point NC

2026-03-17 11:38:03 From Janet Kelly to Everyone:
Janet from Bryan

2026-03-17 11:39:51 From Tiffany Pearman to Everyone:
Tiffany from Kentucky!

2026-03-17 11:39:59 From Alicia Volrich to Everyone:
Alicia Volrich- Gilbert, AZ
Mary Sue Owsley: ❤️

2026-03-17 11:40:19 From Mary Sue Owsley to Everyone:
Mary Sue Owsley from Idaho

2026-03-17 11:40:21 From Brooke Shepherd to Everyone:
Brooke Shepherd DSM, IA

2026-03-17 11:40:33 From Kendra Thurman to Everyone:
"Describe his behaviors rather than assigning "labels." - Dr. Debra

2026-03-17 11:40:51 From Tameika Green-Crane to Everyone:
Tameika green crane Alberta
Giselle Messer: 🙌

2026-03-17 11:40:52 From Kendra Thurman to Everyone:

JADE:

Justify

Argue

Defend

Explain

Angela Parsley: 

2026-03-17 11:42:24 From Kendra Thurman to Everyone:

Replying to "JADE: Justify Argue Defend Explain":

Advocates help her learn to avoid this.

2026-03-17 11:42:42 From Melissa Parker to Everyone:

Document his behavior at home.

2026-03-17 11:42:55 From Mary Sue Owsley to Everyone:

Suggest that she keeps a journal of his behaviors.

Johanna Dempster: 

Tabi gave some helpful input live re: journaling.

2026-03-17 11:42:55 From Johanna Dempster to Everyone:

I've been saying consistently "I believe you"...and their shoulders visibly relax.

Kendra Thurman: 

2026-03-17 11:43:05 From Barbara Wash to Everyone:

Document all this at home

2026-03-17 11:43:06 From Debbie Zibolski to Everyone:

Tell me what that looks like. Give me some examples

2026-03-17 11:43:06 From Tamara "Tammy" Howard_AZ to Everyone:

Judge wants facts only

2026-03-17 11:43:06 From Maureen O'Connor to Everyone:

Journal

2026-03-17 11:43:10 From Zoe Elyada to Everyone:

Ask: tell me more about the fear of that difference.

2026-03-17 11:43:14 From Conny Hubbard to Everyone:

Sorry, I'm late from North Caroline. Had to chase my dog who got loose.

2026-03-17 11:43:15 From Jaime to Everyone:

"That it is absolutely true and I believe her and it is so frustrating."

2026-03-17 11:43:24 From Sharon Flynn to Everyone:

Hello from Sharon Flynn in Swansboro, NC

2026-03-17 11:43:36 From Scott Alford to Everyone:

"Tell me more about that." Let her explain in more detail, which may help her to understand that this is a tactic to conceal abuse.

Jolene Underwood: ❤️

2026-03-17 11:43:41 From Stephanie Ford to Everyone:

Express that you have seen or experienced this before- validate the experience

Debbie Zibolski, Mary Sue Owsley: 👍

Jolene Underwood: ❤️

2026-03-17 11:44:13 From Rebecca Johnson to Everyone:

Let her know that it is common. Encourage her to document, to help her overcome the confusion

2026-03-17 11:44:19 From Diane Brinkley to Everyone:

hey everyone from Troutville Virginia

2026-03-17 11:44:36 From Kendra Thurman to Everyone:

This is a great place to help her complete Dr. Debra's Timeline tool, if she hasn't done so previously.

Rebecca Johnson: 🙌

2026-03-17 11:44:37 From Angela Bamford to Everyone:

Forgot to check-in:) Angela from Raleigh, NC

2026-03-17 11:44:43 From Kendra Thurman to Everyone:

The Lord detests people with crooked hearts, but he delights in those with integrity. (Proverbs 11:20)

2026-03-17 11:44:54 From Scott Alford to Everyone:

I used that . . . "you never deserved to be treated that way" in two of my interviews last week and it was really well received by both survivors.

Jolene Underwood, Kendra Thurman: ❤️

This is a phrase Dr. Debra shared she uses.

2026-03-17 11:45:22 From Kelly Nussbaum to Everyone:

Let her know that would be confusing for anyone. She's not crazy to struggle to make sense of the two versions of him.

Kendra Thurman: 🙏

2026-03-17 11:45:32 From Jolene Underwood to Everyone:

Replying to "I used that . . . "you never deserved to be treate...":

I love that, Scott. Thanks for sharing.

2026-03-17 11:45:32 From Kendra Thurman to Everyone:

Replying to "This is a great place to help her complete Dr. Deb...":

<http://www.houseofpeacepubs.com/wp-content/uploads/2024/04/Timeline-of-Controlling-Events.docx>

(will download to your device)

Make sure it is stored safely!

2026-03-17 11:45:37 From Mary Sue Owsley to Everyone:

So true! Thank you, Tabi!

2026-03-17 11:45:38 From Lauren Johns to Everyone:

Is there an online journal that can be encrypted or something like that for survivors?

2026-03-17 11:45:39 From Angela Bamford to Everyone:

yes!

2026-03-17 11:46:32 From Tabitha Westbrook to Everyone:

Replying to "Is there an online journal that can be encrypted o...":

There is - Neil Schori developed it. I'll find the link!

Lauren Johns: 👍

Jolene Underwood: ❤️

2026-03-17 11:46:33 From Johanna Dempster to Everyone:

I like the PO Box idea

2026-03-17 11:47:25 From Martha Curfman to Everyone:

Ask her is she specific factual examples

2026-03-17 11:47:53 From Tabitha Westbrook to Everyone:

Replying to "Is there an online journal that can be encrypted o...":

<https://documenttheabuse.org/>

Kendra Thurman, Tamara "Tammy" Howard_AZ: 💜

2026-03-17 11:48:21 From Jaime to Everyone:

The documentation can always be helpful for her own healing but may not be helpful in court no matter how diligent she is. I think we place a lot of hope for justice on

documenting but should focus on the healing and justification for her experience regardless of what the courts do.

Kathy Ross: ❤️

Kendra Thurman: 🙏

2026-03-17 11:49:13 From Judy Vader to Everyone:

Judy here from the UP of MI where we have had EPIC snow!

2026-03-17 11:49:13 From Ladonna Hafen to Everyone:

QUESTION: How would you respond when a pastor has told the victim that because the abuser is only like that at home, it is evidence that she is the issue?

Discussed live.

2026-03-17 11:49:16 From Kendra Thurman to Everyone:

And no wonder, for Satan himself masquerades as an angel of light. It is not surprising, then, if his servants also masquerade as servants of righteousness. Their end will be what their actions deserve. (2 Corinthians 11:14)

2026-03-17 11:49:45 From Johanna Dempster to Everyone:

I needed to hear this verse!!!

2026-03-17 11:49:50 From Jolene Underwood to Everyone:

Jessica's question can be really powerful along with validating her experience as it invites the survivor to share what she's seeing with someone who can hold it. Those breaths of relief are gifts for the capacity she needs as she navigates her situation and/or healing.

2026-03-17 11:49:53 From Tabitha Westbrook to Everyone:

Replying to "The documentation can always be helpful for her ow..":

We can't guarantee anything, but having good documentation gives her the best chance to get help through the justice system.

2026-03-17 11:50:00 From Melissa Parker to Everyone:

Replying to "QUESTION: How would you respond when a pastor has ...":

That pastor clearly doesn't understand coercive control!

2026-03-17 11:50:30 From Dr. Jessica Evans to Everyone:

Replying to "Jessica's question can be really powerful along with validating her experience as it invites the survivor to share what she's seeing with someone who can hold it. Those breaths of relief are gifts for the capacity she needs as she navigates her situation and/or healing.":

How have you seen the Dr. Jekyll and Mr. Hyde behavior?

Jolene Underwood: ❤️

2026-03-17 11:50:46 From Frederica (Freddy) Chakhachiro to Everyone:

RUN from that church!

Ruth-Ann Brubaker: 👍

2026-03-17 11:50:52 From Ruth-Ann Brubaker to Everyone:

Replying to "QUESTION: How would you respond when a pastor has ...":

This is good. Thank you for asking this.

2026-03-17 11:51:09 From Kim Brown to Everyone:

Interested in the book (discounted 😊)

2026-03-17 11:51:11 From Dr. Jessica Evans to Everyone:

Possibly reach out to Church Partners program

2026-03-17 11:51:18 From Jolene Underwood to Everyone:

Replying to "QUESTION: How would you respond when a pastor has ...":

If the pastor is receptive to considering another viewpoint, you can bring to light what the evidence is as it connects to coercive control (for example power & financial control, power over, etc.)

2026-03-17 11:51:40 From Lauren Johns to Everyone:

Replying to "Is there an online journal that can be encrypted o...":

Thank you

2026-03-17 11:51:55 From Rebecca Johnson to Everyone:

Replying to "QUESTION: How would you respond when a pastor has ...":

If possible, ask the pastor what a woman could possibly do that would make the abuser's behavior acceptable.

2026-03-17 11:51:58 From Tabitha Westbrook to Everyone:

Replying to "Is there an online journal that can be encrypted o...":

There may be other tools as well. That was the first one I could think of.

2026-03-17 11:51:59 From Ladonna Hafen to Everyone:

Replying to "QUESTION: How would you respond when a pastor has ...":

It was said in response to her bringing up safety issues

2026-03-17 11:52:06 From Kelly Nussbaum to Everyone:

Replying to "QUESTION: How would you respond when a pastor has ...":

Unfortunately I heard this from a group of pastors when a son was caught recording mother changing... he wouldn't do that outside the home...it must just be her.

Tabitha Westbrook, Rebecca Johnson: 😡

2026-03-17 11:52:28 From Kendra Thurman to Everyone:

Replying to "Possibly reach out to Church Partners program":
<https://calledtopeace.org/church-partnership/>

2026-03-17 11:52:59 From Tamara "Tammy" Howard_AZ to Everyone:

Pride

Johanna Dempster: 🙏

2026-03-17 11:53:00 From Joy Forrest to Everyone:

Replying to "QUESTION: How would you respond when a pastor has ...":

Wow, well I did have someone ask me what I was doing to make him so angry, so I guess it

2026-03-17 11:53:09 From Joy Forrest to Everyone:

Replying to "QUESTION: How would you respond when a pastor has ...":
Is the same idea

2026-03-17 11:53:22 From Jolene Underwood to Everyone:

Replying to "QUESTION: How would you respond when a pastor has ...":

@Ladonna Hafen The response itself is a flag that the pastor is not receptive or safe. Especially since the wording was used toward the victim.

At the same time, there is possible nuance that need to be considered for each situation and supporting a response (or choosing to not respond).

Rebecca Johnson, Kendra Thurman: 🙏

2026-03-17 11:53:25 From Nadege Forlu to Everyone:

Nadege Forlu

2026-03-17 11:53:44 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.

2026-03-17 11:54:12 From Corrine Petit to Everyone:

Hi! Corrine from Vermont.

2026-03-17 11:54:23 From Tiffany Pearman to Everyone:

Replying to "QUESTION: How would you respond when a pastor has ...":

Happened to me. Not in those words exactly but the same point was made.

2026-03-17 11:54:36 From Giselle Messer to Everyone:

QUESTION: What is the best response if she thinks there is something she can do to change him?

2026-03-17 11:54:46 From Kendra Thurman to Everyone:

Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy. (Proverbs 28:13)

2026-03-17 11:55:27 From Shelly Blankenship to Everyone:

🍀 Happy St. Patrick's Day from the Eastern Panhandle of WV! 🍀

2026-03-17 11:56:03 From Melissa Parker to Everyone:

Replying to "QUESTION: What is the best response if she thinks...":

It's not common at all, in my experience, for women to quickly change their minds about this. Instead of trying to change her mind about whether he can change, I'd start with how can she stay safe "before" he changes.

2026-03-17 11:56:34 From Rebecca Johnson to Everyone:

It's like the abuser is a cult leader, and the victims are brainwashed

Kathy Ross: 😞

2026-03-17 11:56:38 From Melissa Parker to Everyone:

Replying to "QUESTION: What is the best response if she thinks...":

You can also share statistics about how often abusers change.

2026-03-17 11:56:59 From Jennifer Dean to Everyone:

What about an abuser who displays 'grandiose narcissism' and does act like Dr Jekyll and Mr Hyde... but if someone doesn't agree with them in public- then the puffed out chest and intimidating behaviors come out. They will act imposing in their power.

2026-03-17 11:57:07 From Jolene Underwood to Everyone:

Survivors are more likely to take responsibility and controller is happy to them hold it all. Advocates can help her untwist what is hers and what is not.

Rebecca Johnson: ❤️

2026-03-17 11:58:06 From Lauren Johns to Everyone:

QUESTION: If you encounter a woman who is seeking prayer and support because she believes she is being a bad wife, in this kind of scenario, what is the best way to handle that when you think there may be coercive control at play?

2026-03-17 11:58:12 From Sheri Faber to Everyone:

My abuser would say "Your gonna learrrrrrrn!"

Dr. Jessica Evans: 😞

2026-03-17 11:58:23 From Tabitha Westbrook to Everyone:

Replying to "What about an abuser who displays 'grandiose narci...":

Still a coercive controller. While many hide it, not all do. I think our current societal norm encourages that (think being a "Karen" or a "Kevin" - no offense to anyone with those names).

Rebecca Johnson: 👍

2026-03-17 11:58:23 From Rebecca Johnson to Everyone:

Replying to "What about an abuser who displays 'grandiose narci...":

But they're careful not to cross certain lines that they are "free" to cross at home.

2026-03-17 11:58:34 From Jolene Underwood to Everyone:

Replying to "QUESTION: What is the best response if she thinks...":

@Giselle Messer What do you think would be helpful for her? What would help her see her situation clearly so she can make choices based on her current situation.

2026-03-17 11:59:22 From Kendra Thurman to Everyone:

If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. If we say we have not sinned, we make him a liar, and his word is not in us. (1 John 1:9-10)

2026-03-17 11:59:36 From Kendra Thurman to Everyone:

The Interviewing course is coming in May!

Tamara "Tammy" Howard_AZ: ❤️

Dr. Jessica Evans: 👍

2026-03-17 11:59:42 From Dr. Jessica Evans to Everyone:

Replying to "QUESTION: If you encounter a woman who is seeking ...":

Asking good open ended questions can be helpful

2026-03-17 12:00:37 From Christina Mills to Everyone:

Not my monkey not my circus is what my counselor says to me all the time when he catches me trying to take responsibility or fix

Kendra Thurman, Rebecca Johnson: 🙌

2026-03-17 12:01:08 From Tabitha Westbrook to Everyone:

Replying to "Not my monkey not my circus is what my counselor s...":

I've said those words to clients!

Christina Mills: 😊

2026-03-17 12:01:39 From Tabitha Westbrook to Everyone:

Replying to "QUESTION: If you encounter a woman who is seeking ...":

Yes, agreed. Curious questions are my favorite.

2026-03-17 12:01:56 From Janet Kelly to Everyone:

I think this is really hard when your spouse is in a career that requires a good reputation - like a school superintendent. Because speaking out means him losing his job.

2026-03-17 12:02:00 From Debbie Zibolski to Everyone:

My counselor told me. This is not your fault. I can't tell you how much this helped me.

Rebecca Johnson: 🙏

2026-03-17 12:02:07 From Kendra Thurman to Everyone:

She can't want his repentance or healing more than he does!

Joy Forrest: 👍

Kim Brown: 👍

Dr. Jessica Evans, Rebecca Johnson: 🙏

2026-03-17 12:02:38 From Jill Steward to Everyone:

Replying to "Not my monkey not my circus is what my counselor s...":

Yes, been told to do more

2026-03-17 12:02:40 From Tabitha Westbrook to Everyone:

Replying to "I think this is really hard when your spouse is in...":

It can... and often it doesn't. While that is at times true, it's not always true. And truth is important. All that said, safety is very, very important!

2026-03-17 12:02:50 From Tabitha Westbrook to Everyone:

Replying to "She can't want his repentance or healing more than...":

AMEN

2026-03-17 12:03:04 From Tamara "Tammy" Howard_AZ to Everyone:

Wake up and then actually take action

2026-03-17 12:03:08 From Tabitha Westbrook to Everyone:

Responsible TO not FOR.

Melissa Parker, Kendra Thurman: 🙏

2026-03-17 12:03:10 From Jolene Underwood to Everyone:

Also, with the question regarding a victim believing she can change him, it's important for advocates to remember it's not your job to convince. Your role is alongside to support her in gaining clarity & making choices she will live with.

Tabitha Westbrook: 🙏

2026-03-17 12:03:12 From Vanessa Satterfield to Everyone:

Or he can decide that he did everything right and now it's her fault if they don't work out.

2026-03-17 12:03:25 From Lauren Johns to Everyone:

I think you mentioned this, but is there a lesson that dives into what the right questions are?

The Interviewing course is coming in May!

2026-03-17 12:03:46 From Janet Kelly to Everyone:

Replying to "I think this is really hard when your spouse is in...":
True.

2026-03-17 12:04:29 From Sharon Flynn to Everyone:

I have lost my sound

2026-03-17 12:04:44 From Rebecca Johnson to Everyone:

We need to trust the Lord to guide her into understanding according to His timing.
Remember how incredibly overwhelming it would be for her to "get it" all at once.

2026-03-17 12:04:50 From Debbie Doyle to Everyone:

there is a process that the Lord permits. The admission of who he is and what he is doing, she has to own that ... she may feel super threatened by the suggestion - he is this way therefore i must do something about it ... she has to own it all the way around, including answering that question - do i do something or do i not do something - she answers that versus - you are telling her and she feels that she must do something

2026-03-17 12:04:56 From Shelly Blankenship to Everyone:

It can take several years for someone to be able to see and be willing to do something. I have seen it take 11 years from first seeds planted to separating and moving toward divorce. It takes a lot of patience and prayer to stick with someone through this.

Tabitha Westbrook, Rebecca Johnson: 🙏

2026-03-17 12:05:25 From Tamara "Tammy" Howard_AZ to Everyone:

I just did a study on grief. It really hit me. First may be shock. When I'm in shock I can't even think.

Rebecca Johnson: 😞

2026-03-17 12:05:39 From Lynn Adams to Everyone:

It took me DECADES to realize what was going on in my marriage.

2026-03-17 12:05:46 From Martha Curfman to Everyone:

Replying to "QUESTION: How would you respond when a pastor has ...":

QUESTION - How much should we share of our own story and how we were able to move to awareness?

2026-03-17 12:06:02 From Kathy Ross to Everyone:

QUESTION: How much is this related to identity/self-worth, shame and trauma wounds where there is a need to control. I wanted to control the manipulator.

2026-03-17 12:06:11 From Tabitha Westbrook to Everyone:

Replying to "QUESTION: How would you respond when a pastor has ...":

@Martha Curfman That's a great question for the class when we get to motivational interviewing.

2026-03-17 12:06:18 From Angela Bamford to Everyone:

Helping them to have the information they need so they can see for themselves when they're ready

2026-03-17 12:06:36 From Tabitha Westbrook to Everyone:

Replying to "QUESTION: How much is this related to identity/se...":

It can be highly related. This is a great question to dive more into during the Q&A!

Kathy Ross: ❤️

Joy Forrest: 👍

2026-03-17 12:06:49 From Suzanne Maxwell to Everyone:

As a survivor of abuse that lasted for 30 years, I would often feel like if I took my problem to someone other than God, I wasn't being a good Christian. "Just pray about it."

Joy Forrest: 👍

2026-03-17 12:06:56 From Joy Forrest to Everyone:

Replying to "QUESTION: How much should we share of our own story and how we were able to move to awareness?"

We want to listen mostly especially at first. We'll talk about this in the interviewing class.

Kathy Ross: ❤️

2026-03-17 12:07:25 From Jolene Underwood to Everyone:

Replying to "QUESTION: How much is this related to identity/se...":

What Tabi said. I have a lot of thoughts about what may be happening & how it plays out internally and externally.

Kathy Ross: ❤️

Tabitha Westbrook: 🙏

2026-03-17 12:07:36 From Angela Triplett to Everyone:

Angela Triplett-hello from southern Iowa

2026-03-17 12:07:41 From Tabitha Westbrook to Everyone:

Replying to "As a survivor of abuse that lasted for 30 years, I...":

For sure. That is something I see a lot because high control systems or poor teaching can say it's "gossip" to talk about it.

Suzanne Maxwell: 👍

2026-03-17 12:08:32 From Suzanne Maxwell to Everyone:

Replying to "As a survivor of abuse that lasted for 30 years, I...":
Or you're not really trusting God...

2026-03-17 12:08:40 From Tamara "Tammy" Howard_AZ to Everyone:

Not till recently when I've shared some stuff ... and they were like oh wow. I've so minimized it all. I was attacked and in courts H said WE had a fight. Yes, I kicked you because you wouldn't stop. This made me look bad, how do you protect yourself and not get blamed?

Kathy Ross: 😞

2026-03-17 12:08:46 From Rebecca Johnson to Everyone:

Replying to "As a survivor of abuse that lasted for 30 years, I...":
@Tabitha Westbrook Yes, that's what I was told by a pastor. Bringing it to him without my abuser present was gossip. Worthless counselor.

Tabitha Westbrook: ❤️

2026-03-17 12:09:02 From Kathy Ross to Everyone:

Replying to "As a survivor of abuse that lasted for 30 years, I...":
@Tabitha Westbrook It is definitely a recovery process towards healing and wholeness.

Jolene Underwood: ❤️

2026-03-17 12:09:32 From Debbie Zibolski to Everyone:

Or I have no memory of that.

2026-03-17 12:09:42 From Tabitha Westbrook to Everyone:

Replying to "Not till recently when I've shared some stuff ... an...":

We'll cover these things in future classes and a great question for the Q&A!

2026-03-17 12:10:02 From Suzanne Maxwell to Everyone:

Replying to "As a survivor of abuse that lasted for 30 years, I...":
I am SO GLAD my daughter finally took me to a married woman who was also a Biblical counselor. She really helped me but she communicated leaving needed to be my decision..wise counselor..so glad I left and could come back too.

Joy Forrest: 👍

2026-03-17 12:10:07 From Jolene Underwood to Everyone:

Replying to "As a survivor of abuse that lasted for 30 years, I...":

Makes sense. There are a lot of messages that get used to focus on fixing a survivors real emotions & needs to fit what they think is a better way. It completely misses the heart of God & his desire to meet with you, directly AND with others.

Suzanne Maxwell: ❤️

2026-03-17 12:10:19 From Rebecca Johnson to Everyone:

It's mind blowing to hear them deny something you KNOW happened, with a perfectly straight face. I suddenly realized I was living with a seriously disturbed person!

Joy Forrest: 👍

2026-03-17 12:11:00 From Jolene Underwood to Everyone:

Replying to "It's mind blowing to hear them deny something you ...":

Sometimes the audacious disconnect to reality becomes stark enough that it makes the CC much more clear.

2026-03-17 12:11:27 From Giselle Messer to Everyone:

"You're crazy" - that is a comment I would hear.

2026-03-17 12:11:30 From Tiffany Pearman to Everyone:

Replying to "It's mind blowing to hear them deny something you ...":

Same! The look in his eyes was so weird.

2026-03-17 12:12:07 From Zoe Elyada to Everyone:

Wyoming is a single party state

2026-03-17 12:12:16 From Rebecca Johnson to Everyone:

Replying to "It's mind blowing to hear them deny something you ...":

Yes! There was a particular incident that was so stark that it was a turning point for me, and it was when I realized I needed to start planning my escape.

Joy Forrest: 👍

2026-03-17 12:12:26 From Angie Hall to Everyone:

Indiana is a single party state

2026-03-17 12:12:27 From Jolene Underwood to Everyone:

Controller's operate from a different belief system and will operate from that perspective. Changing reality supports the belief system they operate from instead of factual information.

2026-03-17 12:12:27 From Joy Forrest to Everyone:

Replying to "Wyoming is a single party state":

I think more are than aren't.

2026-03-17 12:12:27 From Kathy Ross to Everyone:

Replying to ""You're crazy" - that is a comment I would hear":
Boundaries were breached.

2026-03-17 12:12:38 From Tamara "Tammy" Howard_AZ to Everyone:

YES! I recorded because no one believed. Couldn't use in court, no one even cared of a death threat. 2 party state.

Jolene Underwood, Rebecca Johnson: 😞

Angie Hall: 😞

2026-03-17 12:12:37 From Kendra Thurman to Everyone:

Know your state laws regarding recording conversations - 1-party vs 2-party requirements. - Tabi

Jolene Underwood, Rebecca Johnson: 🙌

2026-03-17 12:13:10 From Tameika Green-Crane to Everyone:

@Giselle Messer Hey! Sorry I missed your email for so long. I hope we can still connect! Are you going to the women conference at Camp Caroline this upcoming weekend?

2026-03-17 12:13:20 From BONITA LOVE to Everyone:

The movie was so validating for me! I couldn't believe how they nailed what happened to me. But it was the movie old movie, not the remake.

Jolene Underwood: ❤️

Rebecca Johnson: 🙌

2026-03-17 12:14:01 From Jaime to Everyone:

So wish courts would understand the normal reaction to an abnormal circumstance.

2026-03-17 12:14:03 From Jolene Underwood to Everyone:

You're designed to need safety & belonging. Abuse & gaslighting are a constant threat to what you need. It puts your nervous system in high alert which increases all the internal experiences Tabi is talking about.

Kendra Thurman: 🙌

2026-03-17 12:14:03 From Rebecca Johnson to Everyone:

Activation = information! Love that!

Jolene Underwood, Kendra Thurman: ❤️

2026-03-17 12:14:10 From Kendra Thurman to Everyone:

"Activation" = your body's perfectly normal response to an abnormal/unsafe situation - Tabi

2026-03-17 12:14:12 From Angela Bamford to Everyone:

yes- the fight and flight feelings when you have no "transparent" reason for it
Jolene Underwood: ❤️

2026-03-17 12:16:01 From Angela Bamford to Everyone:

is it helpful for you to know if you are dealing with a narcissist? Not for courts but to help you understand how to respond (grey rocking, etc)?

Discussed live.

2026-03-17 12:16:40 From Angi Beery to Everyone:

Angi Beery, Nappanee IN

2026-03-17 12:16:41 From Kendra Thurman to Everyone:

"Narcissistic abuse" is not in the DSM (Diagnostic & Statistical Manual of Mental Disorders) - Tabi

2026-03-17 12:16:45 From Maureen O'Connor to Everyone:

This is a great explanation of terms!

2026-03-17 12:16:58 From Nadege Forlu to Everyone:

Thank you for clarifying that. I've had questions about the use of narcissism and personally refrain from using that term.

2026-03-17 12:17:19 From Kendra Thurman to Everyone:

Like a madman who throws firebrands, arrows, and death is the man who deceives his neighbor and says, "I am only joking!" (Proverbs 26:18-19)

2026-03-17 12:17:36 From Debbie Zibolski to Everyone:

What trial? I missed name

2026-03-17 12:17:47 From Rebecca Johnson to Everyone:

Replying to "is it helpful for you to know if you are dealing w..":

We don't have the education or training to make a diagnosis of narcissism. We can recognize patterns of behavior and describe specific behaviors. So it's about patterns, not dx.

Kendra Thurman: 🙏

2026-03-17 12:17:48 From Maureen O'Connor to Everyone:

What was that reference to?

2026-03-17 12:17:54 From Tabitha Westbrook to Everyone:

Replying to "What was that reference to?":

Kouri Richens *trial*

2026-03-17 12:18:13 From Jolene Underwood to Everyone:
Replying to "is it helpful for you to know if you are dealing w..":
It is helpful to see patterns that reveal how he is not safe.

2026-03-17 12:18:22 From Tamara "Tammy" Howard_AZ to Everyone:
Who's actually going to go get a DX? 🙄

2026-03-17 12:18:40 From Kathy Ross to Everyone:
QUESTION: How much is this being conditioned to self abandon yourself?

2026-03-17 12:18:44 From Tameika Green-Crane to Everyone:
Like Al Anon, we cant diagnose them as alcoholic, but we can recognize the negative impact of their drinking on us

2026-03-17 12:19:05 From Tabitha Westbrook to Everyone:
Replying to "is it helpful for you to know if you are dealing w..":
If a coercive controller is also diagnosed with narcissistic personality disorder, the way to handle it would largely be the same.
Rebecca Johnson: 🙌

2026-03-17 12:19:15 From Kim Brown to Everyone:
Even to this day, I am told "we" have issues in our relationship - big mutualizing here.

2026-03-17 12:19:39 From Kelly Nussbaum to Everyone:
Question- Is there any research or resources to dive deeper into what Tabby was saying about having an empathic witness during a traumatic experience changing the long term impact?
Jolene Underwood: ❤️

2026-03-17 12:19:51 From Tameika Green-Crane to Everyone:
Yes, personality disorders are technically disabilities and are protected grounds

2026-03-17 12:19:55 From Jolene Underwood to Everyone:
Replying to "What was that reference to?":
The prosecution focused on facts & patterns that revealed her guilt.

2026-03-17 12:20:02 From Joy Forrest to Everyone:
Replying to "QUESTION: How much is this being conditioned to se..":
I'm sure it happens.'

2026-03-17 12:20:03 From Tabitha Westbrook to Everyone:
Replying to "Like Al Anon, we cant diagnose them as alcoholic, ...":
It is part of denigrating someone's sense of self.
Joy Forrest: 👍

2026-03-17 12:20:15 From Tamara "Tammy" Howard_AZ to Everyone:
TRUTH

2026-03-17 12:20:24 From Rebecca Johnson to Everyone:
Replying to "What was that reference to?":
Oh I missed that! Where can we watch the closing arguments?

2026-03-17 12:20:25 From Angela Bamford to Everyone:
ok- good to know- thanks

2026-03-17 12:20:31 From Tabitha Westbrook to Everyone:
Replying to " Question- Is there any research or resources to dive deeper into what Tabby was saying about having an empathic witness during a traumatic experience changing the long term impact?":

TONS. Peter Levine wrote about it extensively. Gabor Maté as well.

Debra Scales: 👍

Kim Brown: 👍

Jolene Underwood, Rebecca Johnson: 🙏

2026-03-17 12:20:39 From Jolene Underwood to Everyone:

Focus on the patterns & attributes that are part of CC to help her see & operate from the reality of what she is dealing with.

Joy Forrest: 👍

2026-03-17 12:20:48 From Giselle Messer to Everyone:

Narcissism is on a spectrum - that is how it was explained to me.

Joy Forrest: 👍

2026-03-17 12:20:55 From Tabitha Westbrook to Everyone:

Replying to "What was that reference to?":

YouTube has it!

Rebecca Johnson: ❤️

2026-03-17 12:21:36 From Tabitha Westbrook to Everyone:

Replying to "Narcissism is on a spectrum - that is how it was e..":

Accurate. Most things are on a continuum, and we all can have narcissistic moments, but for NPD it's a whole set of criteria. For our purposes, it's not helpful.

Giselle Messer: 👍

2026-03-17 12:21:36 From Kelly Nussbaum to Everyone:

Replying to "Question- Is there any research or resources to di..":

Thank you! We work with abandoned babies in Africa and this really feels like it explains why these kids are doing so well..Love this!!!!

2026-03-17 12:22:53 From Tabitha Westbrook to Everyone:

Replying to "Even to this day, I am told "we" have issues in ou...":

Right. Abuse is not a marriage problem. It causes marriage problems (as Leslie Vernick states).

Kim Brown: ❤️

2026-03-17 12:23:14 From Kendra Thurman to Everyone:

There are six things the Lord hates, seven that are detestable to him: haughty eyes, a lying tongue, hands that shed innocent blood, a heart that devises wicked schemes, feet that are quick to rush into evil, a false witness who pours out lies and a person who stirs up conflict in the community. (Proverbs 6:16-19)

2026-03-17 12:23:22 From Jolene Underwood to Everyone:

Replying to "Even to this day, I am told "we" have issues in ou...":

This language often adds burdens to victims that do not belong to them.

Kim Brown: ❤️

2026-03-17 12:24:16 From Kendra Thurman to Everyone:

Replying to "There are six things the Lord hates, seven that ar...":

The Lord detests lying lips, but he delights in people who are trustworthy. (Proverbs 12:22)

2026-03-17 12:24:30 From Kendra Thurman to Everyone:

Replying to "There are six things the Lord hates, seven that ar...":

For there is nothing hidden that will not be disclosed, and nothing concealed that will not be known or brought out into the open. (Luke 8:17)

2026-03-17 12:24:54 From Rebecca Johnson to Everyone:

Replying to "Narcissism is on a spectrum - that is how it was e...":

My counselor recommended a book for me to read about the spectrum of narcissistic traits. It was so helpful. We don't need a diagnosis to see that a person is functioning out of a huge imbalance towards that self-centeredness. Watching the patterns helps us know what to expect and how to respond accordingly, and not be confused by their lies.

Tabitha Westbrook: 👍

2026-03-17 12:25:37 From Christina Mills to Everyone:

This is helping so much with my own healing. I'm feeling so empowered to recognize what he's doing, protect myself and be confident in my decisions.

Kathy Ross, Ladonna Hafen, Christine Foster, Rebecca Johnson, Tabitha Westbrook, Kim Brown: ❤️

Jolene Underwood: ❤️

Kendra Thurman, Shelly Blankenship: 💜

2026-03-17 12:26:29 From Rebecca Johnson to Everyone:
Replying to "Even to this day, I am told "we" have issues in ou...":
It's not an "abusive relationship" - you're in a relationship with an abusive person.
Kim Brown: ❤️
Jaime: 👍

2026-03-17 12:26:52 From Tamara "Tammy" Howard_AZ to Everyone:
Just wondering that. When is good to say this verse. I'm just understanding this years out.

2026-03-17 12:27:07 From Jolene Underwood to Everyone:
Replying to "Narcissism is on a spectrum - that is how it was e...":
@Rebecca Johnson I can see how it is helpful, because seeing the reality of the controller's self-centered focus can help gain clarity.

2026-03-17 12:27:13 From Rebecca Johnson to Everyone:
"Witness"!!!!
Tabitha Westbrook: ❤️
Jolene Underwood, Nichelle i: ❤️

2026-03-17 12:31:36 From Kendra Thurman to Everyone:
from the course webpage:
resources from Patricia Evans:
<http://houseofpeacepubs.com/wp-content/uploads/2024/03/VERBALLYABUSIVERELATIONSHIP.pdf>
<http://houseofpeacepubs.com/wp-content/uploads/2024/03/Patternsofverbalabuse.pdf>

2026-03-17 12:31:44 From Rebecca Johnson to Everyone:
Our patience can help bring her out of that self-critical place.
Jolene Underwood: ❤️

2026-03-17 12:32:18 From BONITA LOVE to Everyone:
Yes, I thought everyone thought there was something wrong with me and that I truly was losing my mind. It was all lies.
Joy Forrest, Tamara "Tammy" Howard_AZ, Kendra Thurman: 🙏

2026-03-17 12:32:20 From Dr. Jessica Evans to Everyone:
Dr. Debra loves to say: don't "should" on yourself
Rebecca Johnson: ❤️

2026-03-17 12:32:34 From Kendra Thurman to Everyone:

"Don't 'should' on yourself!" - Dr. Debra
Rebecca Johnson: ❤️

2026-03-17 12:32:38 From Tamara "Tammy" Howard_AZ to Everyone:
Replying to "Yes, I thought everyone thought there was somethin...":
ME too
BONITA LOVE: 😞
Joy Forrest, Kendra Thurman:👍

2026-03-17 12:32:41 From suzanne neald to Everyone:
Suzanne IE

2026-03-17 12:33:48 From Kendra Thurman to Everyone:
The words of the reckless pierce like swords, but the tongue of the wise brings
healing. (Proverbs 12:18)

2026-03-17 12:34:04 From Kendra Thurman to Everyone:
Replying to "The words of the reckless pierce like swords, but ...":
The soothing tongue is a tree of life, but a perverse tongue crushes the spirit.
(Proverbs 15:4)

2026-03-17 12:34:32 From Susanne King to Everyone:
Many of these things also seem to apply to Spiritual abuse from Pastors and
leaders.
Joy Forrest: 👍

2026-03-17 12:34:41 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.

2026-03-17 12:35:02 From Rebecca Johnson to Everyone:
Replying to "Yes, I thought everyone thought there was somethin...":
Me too! The excessive stress was making me forgetful, and then adding on his
denials of doing what I knew he did, convinced me I was going insane. The constant
criticism made me believe I was useless. Looking back, the fact that I was carrying the
entire mental load of the family, reminds me that I was VERY competent and capable.
BONITA LOVE, Kendra Thurman:👍

2026-03-17 12:35:53 From Lauren Johns to Everyone:

QUESTION: You say his “need” to dominate someone. Wouldn’t it be more apt to say his “desire”?

2026-03-17 12:36:38 From Suzanne Maxwell to Everyone:

I feel like the husband whose confidence is truly in the LORD, he does not have to have his wife all of the time.

2026-03-17 12:37:22 From Rebecca Johnson to Everyone:

Replying to "QUESTION: You say his “need” to dominate someone. ...":
His perceived need. He believes he needs it.

2026-03-17 12:37:29 From Joy Forrest to Everyone:

Replying to "QUESTION: You say his “need” to dominate someone. ...":
Yes, I just imagine he sees it as a need.

2026-03-17 12:37:43 From Kendra Thurman to Everyone:

“So God created man in his own image, in the image of God he created him; male and female he created them. And God blessed them. And God said to them, ‘Be fruitful and multiply and fill the earth and subdue it, and have dominion...over every living thing that moves on the earth.’” (Genesis 1:27–28)

2026-03-17 12:37:52 From Dr. Jessica Evans to Everyone:

Doing just fine to me!
Nichelle i, Tamara "Tammy" Howard_AZ, Debra Scales: ❤️
Joy Forrest: 👍

2026-03-17 12:38:27 From Brooke Shepherd to Everyone:

Doing great joy! But it is nice to know I'm not the only one who trips over my words at times!
Joy Forrest: 👍

2026-03-17 12:38:31 From Tabitha Westbrook to Everyone:

Note - God created the man and woman to subdue the earth and have domination over earth - NOT each other.
Brooke Shepherd, Dr. Jessica Evans, Kim Brown: ❤️
Kendra Thurman: 🙌

2026-03-17 12:38:36 From Lauren Johns to Everyone:

Replying to "QUESTION: You say his “need” to dominate someone. ...":
I agree, but like we said words matter, and stating as his need, might make it sound like an actual need.
Dr. Jessica Evans: 👍

2026-03-17 12:38:41 From Tiffany Pearman to Everyone:

Would it be a form of possessiveness if they didn't control your movements but how others perceived you? He was always in control of the narrative. Or this another form of abuse?

2026-03-17 12:39:12 From Tabitha Westbrook to Everyone:

Replying to "Would it be a form of possessiveness if they didn...":

Yes

Jolene Underwood: 🙌

2026-03-17 12:39:17 From Dr. Jessica Evans to Everyone:

Replying to " QUESTION: You say his “need” to dominate someone. Wouldn't it be more apt to say his “desire”?:

Great question- you're right. It is not a legitimate “need.” His view and mentality, however, is “I need to control this person.” (Further, I'm entitled to).

Joy Forrest, Jolene Underwood, Lauren Johns: 👍

2026-03-17 12:39:34 From Jolene Underwood to Everyone:

Replying to "QUESTION: You say his “need” to dominate someone. ...":

I think of it as a driving motivation. It may feel like a need that drives him, but rooted in a self-centered focus to alleviate his own internal distress.

Dr. Jessica Evans: 👍

2026-03-17 12:39:49 From Joy Forrest to Everyone:

Replying to "Doing great joy! But it is nice to know I'm not th...":

It's gotten much worse with the stroke. But still overall better.

Debra Scales: 🙏

Kim Brown: 🙏

2026-03-17 12:40:02 From Dr. Jessica Evans to Everyone:

Replying to "QUESTION: You say his “need” to dominate someone. ...":

@Lauren Johns Happy to clarify this here, Lauren. Words do matter.

Jolene Underwood: ❤️

2026-03-17 12:40:56 From Brooke Shepherd to Everyone:

Replying to "Doing great joy! But it is nice to know I'm not th...":

Im sorry to hear that. Did not realize that had occurred.

2026-03-17 12:40:57 From Tamara "Tammy" Howard_AZ to Everyone:

Even spending time with family. It felt like he was jealous.

Joy Forrest: 👍

2026-03-17 12:41:18 From Janet Kelly to Everyone:

My ex used to badmouth "the road less traveled" and would not let me buy M.Scott Peck. Later I found out Peck wrote "The People of the Lie" about evil. My isolation included controlling what I read.

Kim Brown: 👍

Rebecca Johnson: 😞

Johanna Dempster: 😞

2026-03-17 12:41:45 From Jolene Underwood to Everyone:

Replying to "My ex used to badmouth "the road less traveled" an...":

Ugh. I'm so sorry.

2026-03-17 12:42:23 From Elaine Nolt to Everyone:

Replying to "Even spending time with family. It felt like he wa...":

same

2026-03-17 12:42:26 From Johanna Dempster to Everyone:

Yes Joy

2026-03-17 12:43:14 From Kendra Thurman to Everyone:

It's fairly common for women who have been in CC relationships to not know what types of food, music, movies, other things she likes - because she has not been "allowed" to have any opinions of her own.

Jolene Underwood: 🙌

2026-03-17 12:43:22 From Tabitha Westbrook to Everyone:

Replying to "It's fairly common for women who have been in CC r...":

Yep!

2026-03-17 12:43:38 From Tammy Ankabrandt to Everyone:

I'm very picky and have boundaries, see red flags and be obedient to Holy Spirit guidance and discernment.

Joy Forrest: ❤️

2026-03-17 12:43:39 From Angela Bamford to Everyone:

Yes- it was explained to me that the coercive controller wants you to play your part in their production- as long as you say your lines, there isn't a problem. Hence you can't have your own ideas/thoughts

Joy Forrest, Stephanie Ford: 👍

Kendra Thurman: 🙌

2026-03-17 12:43:47 From BONITA LOVE to Everyone:

Thank you for saying that Dr. Debra! I have felt so guilty and ashamed for being married 3 times. Unfortunately all abusive, but 23 years ago. Praise God for so much healing since then, but still have felt the shame.

Kim Brown: ❤️

2026-03-17 12:43:50 From Maureen O'Connor to Everyone:

Replying to "Would it be a form of possessiveness if they didn...":
Or they find the next victim before the divorce is over!

2026-03-17 12:45:07 From Angela Bamford to Everyone:

QUESTION: How do you combat the hurt that comes with watching the coercive controller move on and replace you so quickly- how do you navigate the relationship your kids will have with this "replacement" ?

2026-03-17 12:46:19 From Tabitha Westbrook to Everyone:

Replying to "QUESTION: How do you combat the hurt that comes w...":

This is a nuanced question and honestly better for therapy or a Q&A. But it's hard and can be painful. There is a depth of pain when many survivors realize what they experienced was not love and they were not loved by the coercive controller.

Joy Forrest, Rebecca Johnson, Janet Kelly: ❤️

2026-03-17 12:46:21 From Suzanne Maxwell to Everyone:

A Heart Condition...Pride...so so true. My husband teaches that to other men now...
Tabitha Westbrook: 🙌

2026-03-17 12:46:41 From Kendra Thurman to Everyone:

Tree diagrams on slides 6 & 8 of this course.

Dr. Jessica Evans: 👍

2026-03-17 12:47:15 From Tiffany Pearman to Everyone:

Replying to "QUESTION: How do you combat the hurt that comes w...":
100%!

2026-03-17 12:47:31 From Rebecca Johnson to Everyone:

Replying to "It's fairly common for women who have been in CC r...":

Reminds me of the movie "Runaway Bride" where she didn't know how she liked her eggs.

Dr. Jessica Evans, LeeAnn Howarth, Jolene Underwood: 👍

2026-03-17 12:48:02 From Dr. Jessica Evans to Everyone:

Replying to "QUESTION: How do you combat the hurt that comes w...":

Lots of grief work can be done here

2026-03-17 12:48:57 From Kendra Thurman to Everyone:

Advocates - 3 E's -

Educate

Equip

Empower/Encourage

Kim Brown: ❤️

2026-03-17 12:50:06 From Rebecca Johnson to Everyone:
Replying to "QUESTION: How do you combat the hurt that comes w...":
It's such a hard thing to come to grips with.

2026-03-17 12:50:41 From Judy Vader to Everyone:
Huge, huge snow here!

2026-03-17 12:51:14 From Tamara "Tammy" Howard_AZ to Everyone:
Going swimming 🏊 with Grand, spring break.
Kathy Ross, Tabitha Westbrook, Kim Brown: ❤️

2026-03-17 12:51:58 From Debbie Zibolski to Everyone:
There are gonna be some Starbucks trips after this class.
Tabitha Westbrook: ❤️
Kendra Thurman, Kathy Ross, Nichelle i: 😊
Suzanne Maxwell: 🤔
Suzanne Maxwell, Rebecca Johnson: 😊

2026-03-17 12:52:05 From BONITA LOVE to Everyone:
Replying to "Huge, huge snow here!":
Where are you located?

2026-03-17 12:52:13 From Kendra Thurman to Everyone:
I lift up my eyes to the hills. From where does my help come? My help comes from
the LORD, who made heaven and earth. (Psalm 121:1-2)
Stacy Wilburn, Kathy Ross, Diane Brinkley: ❤️

2026-03-17 12:53:03 From Tabitha Westbrook to Everyone:
Replying to "There are gonna be some Starbucks trips after this...":
As one should! I love a little practical application!

2026-03-17 12:53:30 From Tabitha Westbrook to Everyone:
Replying to "There are gonna be some Starbucks trips after this...":
☕
Suzanne Maxwell, Rebecca Johnson: 😊

2026-03-17 12:54:29 From Kendra Thurman to Everyone:
from the course webpage:
Biderman's Chart of Coercion
<http://houseofpeacepubs.com/wp-content/uploads/2024/03/PandCcomparedtoBidermans.pdf>

2026-03-17 12:55:38 From Maureen O'Connor to Everyone:

Not allowed to go to sleep at a decent time

Suzanne Maxwell, Tamara "Tammy" Howard_AZ, Stephanie Ford: 👍

2026-03-17 12:56:27 From Tamara "Tammy" Howard_AZ to Everyone:

Replying to "Not allowed to go to sleep at a decent time":

This was devastating to my health.

Suzanne Maxwell: 👍

Suzanne Maxwell, Kathy Ross: 😞

2026-03-17 12:56:57 From Janet Kelly to Everyone:

Maybe you already addressed this: is the idea of this behavior being in a cycle causing women to stay longer? Is there research clarifying these are tactics and not a cycle?

2026-03-17 12:58:49 From Joy Forrest to Everyone:

Replying to "Maybe you already addressed this: is the idea of t...":

Recent studies have rejected the old cycle theory. It had a honeymoon phase, but there's no honeymoon for some, and other differences.

Dr. Jessica Evans: 👍

Dr. Jessica Evans: 🙌

2026-03-17 12:59:42 From Kendra Thurman to Everyone:

Quote from Dr Emma Katz: I can't stress this enough: The tactics used by coercively controlling domestic abusers are the same tactics that psychologically break trained soldiers (Google Biderman's Chart of Coercion). Survivors are not 'weak' for being harmed by abuse that even soldiers can't withstand!

Nichelle i: 😞

2026-03-17 12:59:43 From Johanna Dempster to Everyone:

I became obsessed with POW movies or testimonies...now I understand why.

2026-03-17 12:59:50 From Kim Brown to Everyone:

Replying to "Even to this day, I am told "we" have issues in ou...":

Totally agree!! I have stated Leslie's comment....to no avail. Thankfully, confusion is gone, clarity is present, and healing continues upward for me!!

Tabitha Westbrook, Rebecca Johnson: ❤️

2026-03-17 12:59:55 From Deborah Stahl Waters to Everyone:

Emma Katz quote can u plz share?

Tamara "Tammy" Howard_AZ: 👍

2026-03-17 13:00:12 From Kendra Thurman to Everyone:

Replying to "Emma Katz quote can u plz share?":

Quote from Dr Emma Katz: I can't stress this enough: The tactics used by coercively controlling domestic abusers are the same tactics that psychologically break trained soldiers (Google Biderman's Chart of Coercion). Survivors are not 'weak' for being harmed by abuse that even soldiers can't withstand!

Deborah Stahl Waters: ❤️

2026-03-17 13:02:08 From Kendra Thurman to Everyone:

formerly "Stockholm Syndrome"

now referred to as "Trauma-Coerced Attachment" (TCA)

2026-03-17 13:02:12 From Tamara "Tammy" Howard_AZ to Everyone:

IS this why kids tend to go towards the abuser?

Joy Forrest: 👍

2026-03-17 13:02:21 From Kim Brown to Everyone:

Replying to "Even spending time with family. It felt like he wa...":

Yes! And even spending time with the kids - jealousy! Even today and they are all functioning adults!

2026-03-17 13:02:24 From Suzanne Maxwell to Everyone:

James 1:24 says, "For he beholdeth himself, and goeth his way, and straightway forgetteth what manner of man he was." Oh how wonderful it is when an abusive man not only sees what he is in the mirror and admits it, but is transformed by God by continuing in the Word...verse 25...blessings abound

Joy Forrest: 👍

2026-03-17 13:03:35 From Joy Forrest to Everyone:

Replying to "IS this why kids tend to go towards the abuser?":

Very likely in most cases.

Tamara "Tammy" Howard_AZ: 👍

2026-03-17 13:04:20 From Shevawn Kasun to Everyone:

One of my biggest struggles over the years has been releasing the shame of trauma bonding

2026-03-17 13:04:34 From Tamara "Tammy" Howard_AZ to Everyone:

Replying to "IS this why kids tend to go towards the abuser?":

My son moved back and purchased the house next door to XH.

Joy Forrest: 🙏

2026-03-17 13:04:38 From Giselle Messer to Everyone:

@Tameika Green-Crane I tried to private message you but I don't think it went through:

2026-03-17 13:05:35 From Johanna Dempster to Everyone:

God gave me a dream of myself in a tiny glass box with hm standing over me looking at how small I had become...a look of satisfaction in his face.

Joy Forrest: 

2026-03-17 13:06:03 From Jolene Underwood to Everyone:

Replying to "God gave me a dream of myself in a tiny glass box ...":
How did that impact you? I felt a shudder in reading it.

2026-03-17 13:07:08 From Ladonna Hafen to Everyone:

Replying to "God gave me a dream of myself in a tiny glass box ...":

Powerful image

Kathy Ross: 

2026-03-17 13:07:11 From BONITA LOVE to Everyone:

Replying to "IS this why kids tend to go towards the abuser?":

@Joy Forrest Could this also entail the child taking anger out on the mom, the abused, rather than the dad?

2026-03-17 13:07:15 From Kendra Thurman to Everyone:

She did what she had to do in order to survive!

Kathy Ross: 

2026-03-17 13:08:44 From Martha Curfman to Everyone:

Replying to "QUESTION: How would you respond when a pastor has ...":

It sounds like a version of idolatry

2026-03-17 13:09:04 From Joy Forrest to Everyone:

Replying to "IS this why kids tend to go towards the abuser?":

Yes

BONITA LOVE: 

2026-03-17 13:09:04 From Ladonna Hafen to Everyone:

Replying to "IS this why kids tend to go towards the abuser?":

@BONITA LOVE one reason kids do that is because they are allowed to have emotions with the safe parent. All of the feelings they suppress when with the abuser are expressed with the safe parent. I also have had kids who showed anger to the mom to get dad's approval

BONITA LOVE: 

2026-03-17 13:09:38 From Johanna Dempster to Everyone:

Replying to "God gave me a dream of myself in a tiny glass box ...":

It still took me 10 years to be able to get out of the box

Joy Forrest:👍

2026-03-17 13:09:43 From Joy Forrest to Everyone:

Replying to "QUESTION: How would you respond when a pastor has ...":
@Martha Curfman exactly! That was what I realized.

2026-03-17 13:10:17 From BONITA LOVE to Everyone:

Replying to "IS this why kids tend to go towards the abuser?":
Thank you both. That's what I was thinking but wanted to get another opinion.

2026-03-17 13:10:52 From Kelly Nussbaum to Everyone:

Question - If a wife used to share about abnormal and hurtful behavior by husband but now defends and constantly casts him in a positive light. When they are in public they giggle and laugh together after he has just thrown people under the bus and I know she doesn't truly think that behavior is ok aside from it being him that does it - does that sound like trauma bonding?

Could be. You can bring this case question to Q&A for further discussion.

2026-03-17 13:11:05 From Kendra Thurman to Everyone:

Repentance - measured in months/years (*not* days/weeks) for changed behavior (*not* just words)

2026-03-17 13:11:26 From Martha Curfman to Everyone:

QUESTION - Can trauma bonding be a form of idolatry? Where we make the coercive controller more powerful than God in our lives?

Kathy Ross:👍

2026-03-17 13:11:49 From Dr. Jessica Evans to Everyone:

Replying to "QUESTION - Can trauma bonding be a form of idolatr...":
Joy has shared about this in classes and her book

2026-03-17 13:11:52 From Tamara "Tammy" Howard_AZ to Everyone:

Realizing even the first was False

2026-03-17 13:11:59 From Cindy Baltz-King to Everyone:

Oh yes, once the mask comes off you see so much TRUTH!
Tamara "Tammy" Howard_AZ:❤️

2026-03-17 13:12:10 From Dr. Jessica Evans to Everyone:

Replying to "QUESTION - Can trauma bonding be a form of idolatr...":
Its not intended to be victim blaming, however

2026-03-17 13:12:28 From Joy Forrest to Everyone:

Replying to "QUESTION - Can trauma bonding be a form of idolatr...":

Yes, for sure.

2026-03-17 13:12:44 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. You can also bring them to the Q&A session, Sat, March 28th, at noon Eastern.

2026-03-17 13:13:56 From Tamara "Tammy" Howard_AZ to Everyone:

Guessing same for Cult Victims

Joy Forrest: 👍

2026-03-17 13:14:04 From Janet Kelly to Everyone:

I was really helped by the app Ahead - going through the lesson on grief.

2026-03-17 13:14:24 From Debbie Doyle to Everyone:

I am not able to make it to the Q and A at the end of the month - I will watch the recording ... or annotate here - could someone opine on this issue of CC and Narcissism ... and transitioning of the husband - he claims to be in great pain and depressed - looking for her 'support' I want to help her see how his 'needs' are (potentially drawing her in) manipulative.

Please stay tuned for our next course where we talk about mental health, personality disorders, etc. We distinguish how these dx are separate, not causative of abuse. Abuse is still (and always) a choice.

2026-03-17 13:14:35 From Diane Brinkley to Everyone:

Replying to "God gave me a dream of myself in a tiny glass box ...":

I described a similar word picture to my abuser begging him to understand my need to be understood and not have him controlling me. It didn't go well. This was more than 30 years when my children were babies.

2026-03-17 13:14:42 From Rebecca Johnson to Everyone:

Thank you everyone!

2026-03-17 13:14:56 From Debbie Doyle to Everyone:

thank you friends ❤️

2026-03-17 13:14:57 From Christina Mills to Everyone:

Thank you!!

2026-03-17 13:15:02 From Kimberly Freitag to Everyone:

Thank you.

2026-03-17 13:15:04 From Anjalee Vincent to Everyone:
Thank you!

2026-03-17 13:15:03 From suzanne neald to Everyone:
Thanks IE

2026-03-17 13:15:05 From Janet Kelly to Everyone:
Thank you!

2026-03-17 13:15:06 From Suzanne Maxwell to Everyone:
Thanks

2026-03-17 13:15:07 From Deborah Stahl Waters to Everyone:
Tku, tku for today's teaching! 😊❤️

2026-03-17 13:15:09 From Cindy Baltz-King to Everyone:
Thank you again for another great lesson! Y'all are the best!!

2026-03-17 13:15:10 From Michael Ramsey to Everyone:
Thank you!

2026-03-17 13:15:12 From Angela Bamford to Everyone:
Safe travels to Portland

2026-03-17 13:15:11 From Judy Vader to Everyone:
Mly grands live in Portland!

2026-03-17 13:15:14 From diane brinkley to Everyone:
thank you !!!!

2026-03-17 13:15:16 From Shevawn Kasun to Everyone:
thank you so much

2026-03-17 13:15:16 From Tamara "Tammy" Howard_AZ to Everyone:
Thank you!

2026-03-17 13:15:18 From Heather Ives to Everyone:
Great class! ❤️

2026-03-17 13:15:21 From Debbie Zibolski to Everyone:

If you're close to Middletown (or Harrisburg), there will be a Protecting the Flock Conference as well.

2026-03-17 13:15:24 From Johanna Dempster to Everyone:
god bless you Joy