

Relational Betrayal: Betrayal Behavior Map

Mapping the Codependent/Relapse-Misuse Cycle

Cycle 1

Excessive Pride/Ego/Self

Protection as a pre-existing Character Flaw:

as a pre-existing condition in co-dependency/addiction. Trust/excessive dependence on/in the "I". Creates a pre-existing pattern of responses to betrayal, disappointment, & fear/intimidation, disrespect, devaluing, rejection, abandonment, exploitation, mistreatment.



Relational Betrayal:

trust is broken for any reason; on a continuum of severity
Real or Perceived



Hurt/Anger/Disappointment:

Heightened Negative Emotional Response to betrayal



Pride Response:

"I must/can fix this brokenness in me/ them."

Hard/Numb/Guarded/Rigid/Closed/Invulnerable/Punishing/Distance/Silence/Demanding/Judgmental/Good-Bad roles



Un-forgiveness:

The offense remains un-forgiven. Hurt person may be pretending to forgive to pacify, end conflict. Negative emotions remain deep within. The debt goes un-paid/won't be allowed to be paid.



Escalation:

Negative behaviors, attitudes, language. More intensity, volume, and occurrence.

Supportive System:

Thoughts, emotions, & behaviors have developed and escalate in order to give support/justification to the un-forgiveness and budding resentment.

deny feelings & effects

Cycle 2

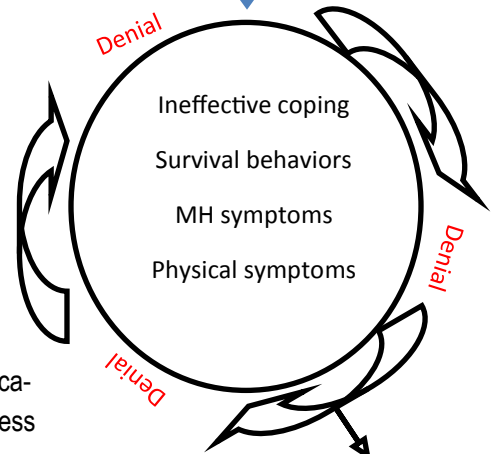
Denial

More betrayal occurs → Denial → Anger → More betrayal feelings

The emotional/spiritual process is underway. An inappropriate affect begins. Losing recognition of the problem.

Denial

Blaming the other
Unhappiness



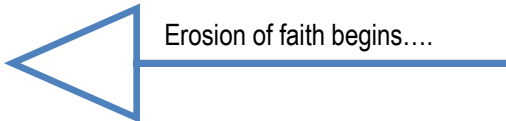
Continued escalation
CRISIS

(examples are not exhaustive)

Note: A person can be "seated" at one of these stages along the path for a period of time due to the use of survival behaviors, cognitive distortions and defense mechanisms. All may/can become a holding place for the person.

Cycle 3

Erosion of faith begins....



Supportive system begins to develop: behaviors, attitudes, language, thoughts, etc.



Accumulation of negative responses is happening within person/s & the relationship.

(Thought examples are not meant to be exhaustive.)

Negative thoughts about God may begin:

God is ignoring my pain and my circumstances.

God is ignoring my prayers.

God doesn't care about my pain.



EROSION of FAITH:

More self reliance



God isn't going to help me!



EROSION of FAITH:

More self reliance



I am not valuable to God.

Does God even love me?



EROSION of FAITH:

More self reliance



Has God tricked me into this?

Is this punishment? Why me?



EROSION of FAITH:

More self reliance



Trapped

I reject YOU!



God is mean!

God is neglectful!

God is blind/deaf to me!

He has shut me out!

God is NOT good!



EROSION of FAITH:

More self reliance



God will never forgive me for what I have done or who I am!

I'm bad. I must be because I cant stop!





Resentment:

Supportive system (behaviors, thoughts, emotions) continues and is escalating.

“Victim” would be willing to forgive if the person jumps through hoops and does exactly what is wanted. Otherwise, give them nothing (need for control-resistance to vulnerability).

Moral judgment of the offender as immoral/inferior/bad and I am the victim/powerless to their badness.



Bitterness:

Belief: They can't/won't ever change. Hopelessness. Powerlessness. Acceptance of/ resignation to internal negative state. Self-pity/pride explodes. Total blame rests on the “offender”. Faultlessness falls to the “victim”. Victim experiences bitter grief. Callousness and unloving detachment. Love is almost gone. May still consider the influence of therapist/spiritual leader if hope (regaining control) is feasible. Little/No personal responsibility. Looking for a way of escape.



Disgust:

You disgust me!



Moral outrage has grown with the continual increase of thoughts based on self-pity, powerlessness, and pride and also the escalation of the rest of the supportive system of behaviors, attitudes, and emotions. The very presence of the offender disgusts the would-be victim.

Hate has spawned in the pool of disgust.



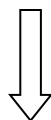
Contempt:

A combination of disgust and hatred.

Relationship is now in peril. Disrespect abounds. Most words or actions trigger conflict. Misperception of the other persons feelings, intentions, attitudes, motivations, behaviors due to severe breach of trust/paranoid attribution, and the continual onslaught of negativity to one another, coming from both partners.

“Victim” feels totally justified. So may the “offender”.

Moral justification has almost reached its peak. “He deserves it.”



HATE:

Merriam Webster: a : intense hostility and aversion usually deriving from fear, anger, or sense of injury

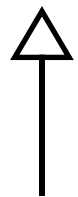
b : extreme dislike or disgust

C: intransitive verb: to express or feel extreme enmity or active hostility.

Fantasies of getting even. Attempts to get even. Plans and actions that equal "getting even" (may appear very passive-aggressive). Intense fears of physical attacks and the accompanying need to defend ones-self (making it morally justifiable). A sudden compulsion /intense craving to physically act out against the other person while in conflict.

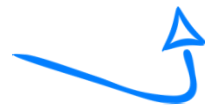
No feelings of love. No positive physical contact. The "offender" is irredeemable. They no longer get/deserve dignity, respect, autonomy, consideration, etc. The "victim" may even be persuading other people who know/don't know the "offender" that he/she is irredeemable.

The possibility of the re-establishment of the bond of love and trust.

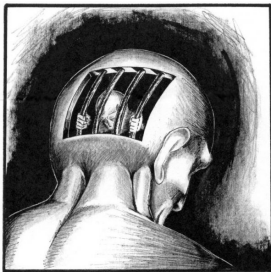


Forgiveness

- Recognition
- Confession
- Repentance: state of sadness/sorrow over behavior leading to change



The way out!



TRAPPED:

Realizing that "I am trapped" may NOT exist here.

A room with no door/s and no window/s but all the emotions, thoughts, and behavioral compulsions from the process above. This is stone cold misery for the "victim". Mental health symptoms are apparent to most others when in this state and may also be to the person.

Alone. All consuming. Guilt. Shame. Fear. Love is no longer available, for the self or others. Major spiritual conflict with/separation from God in this place.

The person has not yet accepted this state as "me" but still is fighting within and experiencing severe discomfort with their heart condition.



Accommodation:

If the hate and hardness persist unrealized and un-sorrowed and the blaming and shaming continue the person begins to accommodate their new state of mind/being into the personality/habitual patterns.

Rebellion, defiance, hardness, numbness, the self-life (pride in its many forms) take the prominent position within the personality and its expression.

OR...

The "victim" pursues punishment for the "offender". This may include accommodation.

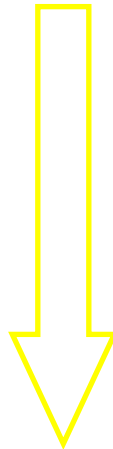
(examples are not exhaustive)

Spiritual Healing

Soul ties, Sins, Soul wounds, The betrayal to bond

Will mean:

- Being broken with God (in prayer),
- Self imposed humility (choices, actions, behaviors, language, feelings),
- Sadness/sorrow/hurt exposed with and healed by God **NOT** the spouse (purposely NOT blaming the spouse for the negative emotional state or demanding they make it better through behavioral hoops).
- Developing willingness.
- Praying in obedience.
- Cultivating listening skills.
- Developing Dependency on God. Learning to/choosing to trust.
- Surrender of personal power & authority to the higher power.
- Learning to love God/others and be loved by God/others.
- Learning to forgive.
- The call to service. Giving back.
- Learning gratitude.
- Learning to observe beauty instead of condemnation.



Healing!

Lifetime Recovery!

Freedom!

Not freedom from pain, from the TRAP!

Practical Application

- Attendance to recovery group. Practicing accountability, openness/honesty, principle before personality, love, empathy, respectful communication, sensitivity to the other, etc.
- Sponsorship in recovery group: keep it moving forward.
- Attendance & active committed work in therapy. The acquisition of social, emotional, cognitive, behavioral, and relational skills (a period of time).
- Daily recovery reading & work of the 12 steps.
- Commitment to initiating weekly social interactions with healthy & supportive personal friends/recovery friends. Practicing accountability, openness/honesty, principle before personality, love, empathy, respectful communication, sensitivity to the other, self awareness with eye to the "self-life", etc.
- Committed work to the relationship with the higher power. Daily Bible reading and prayer. Developing dependence on the higher power. Live & let live.
- Continual acceptance of personal responsibility to personal growth in (personal inventories): behavior change, attitude change, language change, thinking changes. Developing a reverence for sin & mercy.
- Commitment to the new behaviors with spouse & the willingness to immediately take responsibility when mistakes are made. Awareness/Monitoring the self for change. Mindfulness. Showing respect. Becoming equal-not superior or inferior. Broken together.
- Commitment to service: in community, an organization, public/private office/ministry. Removal of focus from self-life to others.