

LEADING SAINTS

Uncovering Hidden Abuse | An Interview with Kimberly Day

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00:00:05 - 00:05:02

We lived in a world plagued by pornography and people are looking for help winning individual struggles with pornography. They often turn to their church leader for that help. How does the leader help us. Overcome the shame of this issue and start seeing positive progress. How can a leader help youth to open up about struggles with pornography. Whatever some lasting proven tactics actually make a difference. In order to help leading saints has created the liberating saints library with more than twenty presentations featuring individuals who have a unique perspective or expertise around this topic. Three of those most popular sessions are available to watch now simply text. The word lead to four seven four seven four seven to start watching now or visit leading saints dot org slash liberating. I'm chiller maho. And i live in lehi utah. I'm so grateful for leading saints. Because i have received so much perspective other than where my brain was. When i first started listening i enjoy listening to people who have had different experiences than me and have a gospel perspective and have worked really hard in their situation to make sense of it with relation to being a child of god and being all in in the gospel with each other and and everyone has a family. Welcome back to the leading saints. Podcast my name is kurt. Franken your host. And i'm excited to have you back or you brand newbies out there. Who's found this podcast episode. I'm glad you found us and you should know. The leading saints is a five a one. C three nonprofit organization dedicated helping latter-day saints be better prepared elite and we do that through content creation. Just like this podcast. So be sure. Your subscribe to the podcast. You're following it. And maybe going back into the archives and finding specific episodes of stand out to you that might help you in one particular area or another and. We're glad you found us now. I'd like to think the contractor the across the street from me who decided to run as generator through most of this episode. This is the life of a podcast or folks. You know we do it. We can to give audio. But you probably never even know that the happened without me telling you that. So see if you can pick up the generator in the background but in this episode. I talk with kim day. Who's a phenomenal therapist for the life. Changing services life sustaining services dot. Org i mean probably if you're a bishop in a

church leader in the along the wasatch front. You're familiar with life changing services they do some great work and There i think they have therapists. All over like kimberly day. Who is i believe. Lives in washington. The state of washington came across. Kimberley's work a few months ago as she was a guest on a different podcast and she was talking about this concept of abuse and how to recognize abuse it just fascinated me because obviously as church leaders as latter day saints who are in a community with other individuals we want to be able to recognize when abuses happening so that we can offer safety to individuals that we can step in and help offer resources right and oftentimes. We miss it. And it's not because you're a bad person or you're numb inside but it's very easy to miss the signs of abuse and i'm not talking like traumatic abuse that sending people to hospital or assaulting people physically or sexually or anything like i'm talking about just the beginning of abuse if we can. Let's recognize earlier than we can help. More people before it gets to such a traumatic level. So as i talked with him. I want you to listen for like the behavior fallacy. That we sometimes have where we think. Bad behaviors gone away so the abuse must be over or the everybody must be okay because the behavior of the bad behavior isn't so listen for that definitely also listened to for the conversation about win came talks about even the victims of abuse may not recognize that abuse is happening right. We sort of think. Well if you're being abused just come and tell me. I would've helped you right. But oftentimes the victims of abuse don't recognize abuse but nonetheless. This is a this is a heavy discussion. It's an in depth discussion. You may have to listen to this a few times or check out some of the more indepth resources to provide here but it just goes to show just how complex these issues of abuse our and now this episode isn't gonna make you make you perfect at recognizing all forms of abuse. But maybe it's a beginning. Maybe it's a step that we can be more aware of the potential abuse happening around us so that we can offer help and safety all right. Let's get to it. Here's my interview with kimberly day. Today i have the opportunity to chat with kim day.

00:05:02 - 00:10:00

How are you. i'm doing great. How about you very good. I'm excited to have you on here. We've had various phone calls and chats and and sort of picking apart some of these concepts talk about around the the concept of abuse and hopefully helping leaders in latter day saints better recognize abuse and get resources to those that may be experiencing abuse or who may be unintentionally abusing others or. I don't know if that's a thing but what we'll talk about it nonetheless so just give us your brief background on you. And what brings you to speak about this concept. I work with women who are married to men who are struggling with or sexual addiction or have been married to a spouse who is struggling with that. And as i have worked with them over a number of years i've seen some of the underlying dynamics of what takes place when there's addiction president also dynamics that are unhealthy or destructive in the relationship. That maybe aren't necessarily directly related to the addiction itself or getting sober from the addiction. And so it really launched me into this exploration of abuse and healthy versus unhealthy relationship patterns that often exists very covertly in the relationship where there's not a lot of language to describe and makes it hard to get help to express what's taking place and yet they can be so destructive. That's kind what brought me to talking about abuse

about relationships perfect. Just enter this. Insert this caveat here. We realize that abuse can happen from both sides of of a relationship but in the context of this discussion will primarily be focusing on the abuse that comes from a husband or the the male figure of the of the relationship and statistically speaking. I would imagine most church leaders and other individuals see that dynamic than other so anyway we realize abuse happens both directions at times but that's just in the context of what we're gonna speak on right. Yeah absolutely and not to undermine abuse of children which is also very very serious and often not addressed. But we can't do everything podcast right. That's right that's right. Many more episodes to come. And i'm sure we'll touch on those in the future into the reason why i felt like this concept was so important to maybe explore through this podcast episode. Is that the last thing any leader wants or any loved. One wants is that to see abuse escalate to the point. Where maybe somebody's in the hospital or somebody needs extensive therapy through the rest of their life or just like so traumatic any level of abuse can be traumatic but obviously over time it can become more and more traumatic and so the earlier we can recognize abuse and sort of see those red flags and phone out resources and whatnot that the better it is right. Yes a man absolutely cool. So let's just maybe talk about this concept the word abuse because this is a very charged word like me myself as a husband and a father like i would be mortified if anybody classified any of my actions as abuse. Now you know. I'm not saying i'm perfect or i don't have a bad days but i really don't think glass of as abuser but sometimes there is some level the abuse that we all may we all may do like even myself again. It's nothing traumatic. Nothing that would get me arrested or but the nonetheless abuse kazumi form so just talk about the the the word abuse and how it can be sometimes overly charged. Yes i appreciate that question. Because i have a love hate relationship with that word as well because it does it. Elicits an immediate emotional response and an expectation of what that means everybody at ties a different definition to what does that mean and it also has this implied villain station. If you will of somebody may be getting it wrong and also will. This is potentially a something. I have to run. I have to run from the relationship. Or i have to again. There's all of these options. When you use that word and so sometimes i preferred to talk about or damaging relationship dynamics because abuse exists on spectrum and i love what you said at the beginning where if we can catch those unhealthy dynamics early on. There's so much more hope for both parties and for the for the relationship to repair the damage that is being done establish new patterns maybe learn new skill so that future damage doesn't happen but the the reason i like the word abuse is because it also gives some severity to some of these patterns that oftentimes are swept under the rug that we just say. Oh that's that's okay. That's no big deal when they're really having a very significant impact because there is a pattern a long standing pattern of the building on each other so again.

00:10:00 - 00:15:03

There's my love hate relationship with the word but it's what brings people and say. How do we see this so help us understand like give us some examples of that spectrum. Mike obviously on the far end of one side of the spectrum. You know the more traumatic side obviously abuse. We can easily come up with examples of some of that may be on just sort of the beginning of that that spectrum would is abuse typically look like what are some examples of them. Yeah if i can

do a little precursor into that question and maybe defining it or not defining it i'll be really helpful and actually i'm not. I'm not going to finance for you. But i'm gonna tell you there three ways that it can be defined when you go to webster you go to your neighbor. Whoever their three ways that abuses often defined as abuse or not abuse. And that's through either the impact that it's having on the victim or the person who's receiving the abuse the actual interaction and a lot of the dynamics are the abuse that we're gonna talk about today. Have to do with relationship patterns. That happened over and over and so it's hard to. It's not a single incident. But it's a pattern of incidences a way of interacting with someone. So you talk about the interaction or the intent and you kinda alluded to this earlier on in the beginning as oftentimes somebody can be abusive or what what the pattern may be destructive to the partner and be very damaging without the intent of causing harm and. That's a lot what we want to talk about. Today's trying to flush out to that. And so you may have a partner. You may have a husband. And i'll use it hypothetical scenario here. You have made an i apologize. This is not all about sexual addiction. But that's my background so by default to the sexual addiction pornography use. That's because that's how. I'm seeing it but also believe oftentimes it does play in and so there adds that level of complexity when there is an addiction present. So you have somebody who's acting out. Covert laid their secretly addicted to porn or chat rooms. Or they're having this the secret double life and their intent is not to hurt their partner. I think we all agree that what they're doing is damaging to their partner and it's interesting research shows it's damaging even if the partner doesn't know what's happening in a lot of areas it will it's causing damage to the relationship obviously but also to the partner herself so some people would classify just acting out the secret life that pornography somewhat classify that as abuse. Some wouldn't and let you make your own decision on that. But oftentimes with that. there is an underlying. They're very common patterns that someone who needs to keep the secret will adopt so for example you may have heard of gas lighting. It is a form of abuse it can be very involved. It can be very damaging but it looks something like this. This is one way it may play out is where a husband is acting out with pornography. He doesn't want his wife to know she finds search history. That is troubling to her. She brings to him and what does he have to. He doesn't want to come clean. So he's got to divert her somehow. He's got to change the subject. He's got to deny it he's got to somehow undermine her sense of. There's something of concern that i need to talk to you about. He's got to undermine her gut instinct and what she's literally seeing our hands and when that happens over and over and over and oftentimes it happens around acting out but then it bleeds into other areas of the relationship in the life it becomes this perpetual way of living in this lack of integrity but it degrades her sense of confidence in her own reality because she's always being told a story or she's always oftentimes it will shift into blaming where he will blame it on her a blame it on something else and so she gets really. We talk about getting spun. She gets really confused over. What's real and she starts to not trust herself anymore because she has to pick. Am i going to trust my husband. My spouse when i want to feel safe with who i love and i want to trust or do i trust myself dress. What my senses are telling me. And so oftentimes she will stuff her own instincts in lieu of being able to give him the benefit of the doubt or whatever that is but over long periods of time. She starts to feel like she's crazy. She starts to feel like she can't trust herself. She starts to lose her very own. Her percents sense of her own reality. So she isn't. Tent may not be to cause her harm but that is absolutely what is happening on a very very significant scale. I love that idea of just how you've broken down. Because let's imagine an individual has

been had magical powers of some type and he could literally wave a magical wand and make his wife crazy like if he could do it that directly. That would be abuse right. It's like you can't just go around making people crazy but nonetheless.

00:15:03 - 00:20:06

He's just through this these habits and routines and this path that he's taken. He's literally made her crazy by lying in doing things that now she feels crazy. She's dismissing these inner feelings and red flags that she saying because of what he's he's lied about it and therefore it can be very abusive very traumatizing to to his wife. She's now thinking she's crazy absolutely and back to your question. Give an example of spectrum so that can happen on a very minimal. let's say minimal degree of gas lighting. but whenever. I've seen addiction president. There's always some degree of gaslight but i've seen that be really intense where that grows and and sometimes it there is an actual. There is an awareness of that and the intent to confuse to demean. And we'll we'll hit on this. I'm sure a little bit later to gas lighting. Whether the intent is initially there is a shift in power and control in the relationship. The gas lighter is usurping power. He's saying mine. I reality is what we're going to you know. Go by what i'm gonna tell you. And the person who's being gas lit if you will is giving up power. She starts to doubt herself in that active giving him the benefit of the doubt. And so sometimes there is gas lighting. That's taking place with the intent to usurp power and control and when there is a power and control dynamic where there's a there is a pattern of behavior with the intent to either usurp or power and control in the relationship. That's a different. I would call that a little bit of a different form of abuse often. You see them together and actually fundamentally that if you were to call a domestic violence outline and say hey you know i have concerns. That's how they define abuse. Is this whenever. There's this pattern of behavior with the intent to maintain or obtain power and control in the relationship. Whether or not they're broken bones whether or not there's rape or these other things when there is that suppression of a partner by another partner with that agenda there is that's abuse that's domestic abuse. Yeah that's really helpful. And i asked about that spectrum because a lot of times maybe there's a situation where a husband is caught looking at pornography. And maybe he's lied about it for it's in. It's obvious he's lied about it for weeks or months or even years right and let's keep it really simple assays. Only he's lied about it like For a few weeks now but then he's caught and then for to interact with a therapist or a leader or church leader. Whatever and then suddenly they say well. He's he's abused me and everybody and the late individuals going to hear them. Be like abused. You like yeah. I get the it's not great to look at pornography and you shouldn't lie but abuse you because again this word is so charged right and so so the leader or the the husband whatever considered dismiss that like. Maybe she is going crazy. 'cause she thinks this is a piece. I mean come on you know. This is an abuse i'll show you what abuses just look in the newspaper in you know. Go to the hospital. That's what abuse looks like and again. It's such a charge word but releasing into spectrum. This it would still be abuse even though nobody s-early needs to go to jail or doesn't mean that the marriage is doomed or anything but it's having the impact on her in some on some level of because of that abuse trauma that's the the relationship. Right is impacting that currently and i liked the words that us because what by splitting it up or looking at saying they're different

lenses in which you define abuse you can honor the impact of what she's experienced and research has shown most the the vast majority of women who find out either through discovery of disclosure that they're they're sweetheart their marriage partner and i think this is even more common in our church because we have so much around what the attornal marriage means. There's so much expectation of this. There's so much relying on this being healthy and safe but even anywhere in the world. It's not just within our church. The vast majority of women when they find out that there's this secret life that's existing the impact is they it is they start to manifest. Ptsd symptoms and some very significantly so the impact is very real and so as priesthood leaders you can honor both the impact and the intent and say hey what is happening is doing a tremendous amount of damage to your wife your partner to this person that you're professing to love. We need to acknowledge that an valedictorian as a leader. You can also encourage the husband to do that sometimes. There's some resistance there but as a leader you certainly can acknowledge validate the impact as being very real insignificant time acknowledging that if a husband is caught up in addiction and there are many many many men that a good i mean i i truly believe that satan is.

00:20:06 - 00:25:06

Targeting are the men of this generation because of their goodness because of their abilities. He's trying to break them down and so that they will not be active use. They will they will not be able to do the work that they are capable of doing so they are being targeted because of how how strong they are so they and there are many great men who who love their wives sooner devoted to their family and that and they are trapped in these addictions and the very destructive addictive patterns and so we can acknowledge their intent of you know. They're trying to avoid shame trying to avoid blame trying to keep the secret. They're dealing with these demons of if anybody knew nobody. Would you know. I would be unlovable. I would lose my family. You know i can't. I can't bring this to light all the things that would help them to get help. Our satan attacks that those things and so they feel like they have to keep it a secret. They feel like they can do it on their own that no again. Nobody would love them if anybody knew and so their behavior you can. I visualize it as flailing around in trying to get free and in the process he's whacking his his wife and his kids. He's not intending to hurt him. But he's doing real damage so you can. You can honor and validate both realities and get both partners help. You don't have to pick well. The wife's reality is more real than the husbands. You know even or the husbands and this is what has happened for. So many years is and i love that in our culture in the church and even in the industry that i work in with sexual addiction there has been such an effort to humanize those who struggle with addiction. Because it's an incredibly common problem. I'm sure you leaders don't need me to tell you that. This is happening a lot and so i love that we can. We can give that that validation of to anybody who's struggling that they're not alone that there is hope that they're not worthless that they can. They can get the help and make the changes that they need but still set the expectation. High of no. This is something really needs to change because and slowly as they come to that realization they also need to get a grasp on what it has done to their spouse. Yeah yeah and i. And i appreciate this conversation because obviously we talked about the concept of abuse being charged. Word it dramatic word and when

we for the sake of this conversation talking about the spectrum doesn't necessarily mean you have to use the word abuse or call the individual because you've done this. You abused your wife. But the point being is that by recognizing there's the spectrum we can then begin to see when the marriage is. We don't have to wait for. The wife is now going to the hospital or has trauma as deep trauma before we can start helping. We can say okay. We're not gonna. You're not necessarily abuser. But what you're doing is is not going to. The marriage will not survive. If if you continue these things you can't just act out and lie about it and expect the marriage to continue so we need to handle that and it's and it's impacting your wife in a very dramatic way and so does again we've recognized red flag would recognize it needs to be addressed rather than like i'll come on out. Boys will be boys they look at pornography. Shouldn't do it but come on does not act like the marriages under threat hair and like you mentioned that we hold these eternal marriages. I mean these are precious covenants and we don't wanna lose them in the minute. We sort of insert that into the dialogue. We feel like we're not helping but actually we are helping when we when we recognize the abuse even when it's a very small level of abuse when we recognize it or actually helping the marriage continue longer term right. Yeah and if i could change your wording which is totally not program rather than even when the intent is not to abuse but the impact is is significant birth and along that same vein oftentimes. There's a lot of pressure put aren't wives. Because because i think that in a lot of cases there's a recognition the husband's not meaning to cause harm. You know this is a common problem and there is a minimization of her trauma. But also there's also this subtle message on sometimes. It's not so subtle you just need to suck this up. You just need to accept us you just need to. You need to give more or you need to not make such a big deal about it. Don't these are kind of my pet peeve messages that often get perpetuated in the church so if is don't say anything to anybody don't speak up about you know. Don't stay quiet. That just perpetuates traumat- also creates a sense of isolation and pervasive depression and anxiety and that i see so prevalent link because so many women internalize There's no way i can speak. I have no voice and so it it just perpetuates a bunch of other problems. It also hinders her ability to create her own safety because the reality is is he is threatening her history the relationship.

00:25:06 - 00:30:00

He's threatened her threatening her through his actions and she needs permission to set healthy boundaries to create safety for herself when he is not. That doesn't mean she's giving up on the marriage that doesn't mean that she's condemning her judging him inappropriately that means she's doing something very healthy to protect yourself in our kids. Well he gets his act together not can look like a lot of different things but oftentimes in our in our culture women internalize the idea that i just have to take out whatever is being dished out and i can't i can't stand up for myself. I can't set boundaries. That's not allowed. That's not christ like that's not focusing on marriage. That's not really loving. And in fact it's one of the most loving things that can be done and the second i'm going to call the mitha that is often perpetuated and it's not just in our church it's everywhere is that if a husband is having problems with acting out or with pornography. It's because he's not getting enough sex at home and if she stepped it up a little bit then it would help his struggle. And so there's this pressure and responsibility put on the

white to meet this perceived need of his so that he doesn't have to stray or elsewhere and so there's a lot of problems without one there's blame put on the wife and it's putting her in a position of a huge degree of risk and un-safety it is completely turning healthy sexuality into something that is very destructive potentially to her young. I mean a an individual seeking seeking porn or acting out sexually. It's rarely about the sex. I mean there's there's deeper issues of trauma and things that they're trying to numb out to where they're going there so just making sex more available in appropriate is not going to heal what he's what's hurting that individual deep down. Yeah yeah and you're telling somebody who's in trauma for the most and who is feeling unsafe and your into this situation where yeah it causes a lot of sexual injury in perpetuates a lot of a lot of harm for both parties and it doesn't help him at all. so that's the second method. I i love these. I love these myths. Let's keep going so this is what i'm learning so far. Is that like recognizing that intent like that's the first as far as the lenses of abuse like recognizing that the the abuser doesn't have to have the intent of abuse in order for it to be abuse and That's just a good a good perspective to have so anything else around ten that you've touched on it quite a bit but anything else you'd mentioned about. As far as intent goes we hit on. Well we talked a little bit at the beginning of the hypothetical scenarios. We've been talking about is again a husband with the intent to avoid shame or pain but when we talk about abuse we have to talk about. When there's this intent for power and control and unfortunately i see that far too frequently and in the world also in our church. We even have scriptures talking about whenever. I'm probably gonna watch this. Whenever men are given a little bit of power and authority. Has they suppose they. Immediately begin to exercise unrighteous dominion right and so and and and there's this huge amount of condemnation for anybody who who would try to usurp this power to dominate somebody else. That's not where that's not in line with god's view of the priesthood or masculinity even in general but it is very common that we see this dynamic and this is. This is my personal opinion. This is where i think is one of the biggest problems with our pornography epidemic. That is very rarely discussed is because just imagine. I mean you have many of these. Many young men older manner getting caught up in pornography at an early age. It's where they're getting their sexual education an- an- and literally it is an education in object defying and using it is education of dehumanizing. Other people it starts with just an image a stranger that they're never gonna meet. It's easy to make that woman person objects because that's not a real to them. It's not a real person but they internalize that ability. Do that and they start to do that elsewhere. They start to do that with women in general than they start to do it in their primary relationship and they it becomes a learned behavior. Where there's this expectation of you there to be. My and i should i should have this position of dominance or security or entitlement and it becomes an attitude it becomes a belief about how the world works how it should work. I love the book of mormon.

00:30:00 - 00:35:04

Were they talk about. I think it's such a perfect example of domestic violence in the book of mormon you start out and people are like. There's no stories about that in the book of mormon but you start out with lena's family leaving jerusalem right and you've got new him got lehman and lemon and from the very beginning. There's this conflict builds for their entire lives of who

should rule you know and neef is not interested in ruling but lehman intellectual are they have this mindset that they are entitled to this position of being able to rule and every time there's a conflict with knee it comes back to. He's trying to take power. You know this power that's rightfully mine. He's trying to usurp this position of dominance they feel very wronged and very robbed and every time they be new with a stick or whatever tom to a boat mask or fees obviously very abusive behaviors. These family in this family relationship. It's justified in their minds. Because of their anger which comes from their belief that they're entitled to this position so and then you see that playing out until it gets so extreme where the lord tells me. Hey your life is in danger. You better leave this leave. The family i think there's that becomes sacred ground for anybody who is in the dynamic that the lord really does direct direct to To ensure safety and to ensure things the protection of his people. But then this attitude. When i find fascinating is this. Attitude of entitlement is perpetuated for generations through all of the laminates. You see this for hundreds of years. And i find it fascinating that when the at least that we know of the first real huge success than neophytes fights have on conversion to the gospel of jesus christ of the laminate people is when we have ammon and his brothers go and teach and they convert the people of tiny finally high but one of the first things they talk about and this is one of the speeches of anti finally says i think my beloved brethren that they came to share what he it's interesting he doesn't say to share the gospel of jesus. Christ share this great message of hope the thing he focuses on to share and to help us to recognize the false traditions of our evil fathers. But this which seems i. I was like seem so culturally sensitive so not. Pc in our in our vernacular right now but you hear those those phrases of it first before they could really convert to the true gospel they had to give up these attitudes and the beliefs that they had grown up with of entitlement that they were wronged robbed that they should hate or they should try to dominate this other group of people. And i think there's a pattern in that because you know pornography perpetuating this belief of entitlement and superiority this learned behavior and belief of superiority and acceptance of abuse. Because i think it totally one of the things that pornography does is allows abuse and abusive behaviors and attitudes to become normal. So there isn't always a recognition that you are abusing. 'cause you're acting out of what of your belief system why should i should dominate you. I am superior to whatever it is. You may not speak the words that the belief the underlying belief is there. I think this is a trick that statements been using from the beginning of time to dominate suppress. A people have this with slavery we have this with and certainly with gender but because of the way that pornography is set up and why. It's being this. Like i said this infestation right now. It's a new way for satan. To perpetuate this belief to those who ingest it that they are entitled to a position of dominance. And that's right and that's okay and you will see some men who are addicted to pornography. Who don't necessarily buy in that in that. They are still come home. And they want a partnership with their lives and they're kind in their gentle and they're loving but you also see others who have who really have internalized that and maybe it wasn't even from pornography. Maybe it was a family of origin. Satan's been working this life for a long time but that plays out again on that spectrum of how intense our men willing to get to demand submission into that position. You have maybe again. On a lesser scale you have some degree of unrighteous dominion while. I'm the boss. I am the priest holder. You gotta listen to what i say. I'm i'm the deal-breaker we disagree. My say has more weight than your say to more extreme. I'm entitled to your body and the scriptures say you know. I'm entitled your body when i when i want how i

want it whether or not you resist. There's a there's a level of justification maybe you have even if she says out right.

00:35:04 - 00:40:07

Now i see a lot honestly a lot of rape happening to the ladies in the church that's often Labeled as rape because it's in the marriage but she clearly says no one doesn't want it and she's overridden to more physical forums of if you're going to challenge me i'm going to put you back in your place that may be forms of just intimidation physical threat. I'm going to stand over you and kind of glare at you a little bit. You know hostility and she gets the message than she needs to step back and mine to acting out more physically to your syrup that but again that's a different. This is i mean there's so much you really cracked it open for because again. We're talking in the context of like pornography usage and sexual addiction and marriage and things. Because that's sort of your bread and butter. That's what you're focused and help people through your therapy and counseling but again to step back and see it as like abuse happens when somebody is trying to maintain dominance and control over another and i love the me fi and lehman the lemieux example. Because that's exactly what's happening. They're they're trying to maintain the dominance and control over their their brother that he needs to be put in his place. He's the younger brother you know. Doesn't he know his place and the younger brother doesn't know his place keeps trying to be righteous. And then if you take that framework and you can put it on everything from church leadership to parenting to a relationships right because obviously you know you take the typical the typical ward. Obviously the bishop is the dominant figure in a ward okay. That doesn't mean he's suddenly. You know an abuser practicing unrighteous dominion but what is it that that individual or what are you doing as a leader to maintain dominance and control over others. Then that sort of makes you reflect and think. Oh i do that thing in this thing. I manipulate this way. And you know that person said that you know when i did that. One thing that made me made. Phyllis read like naturally again. It's not like we're all mean abusers that are trying to victimize people but naturally the adversaries trying to tempt us through maintaining our dominance and control over over situations over relationships right and so that's just a great way to perceive an understand this concept of of abuse. And like you said at the very beginning if we check ourselves if we recognize these patterns that may be our that our costs for problems early on then. We can fix them. The deeper we allow them to get the more damage they caused often end the harder they are to to. I'm going to say the word repair or to to give up because oftentimes when we're talking about this type of abuse real recovery doesn't happen in a man and i guess it could go either way but i don't see this much with women and a man is willing to to give up those abusive attitudes and beliefs that say i'm entitled to this position of dominance yep and the deeper seated the longer those are perpetuated the deeper seated and they become closely identified with the man's identity himself. It feels like you're asking them to give up who he is or how he defines themselves so it becomes a lot harder. Which is where you know when we teach our use when we teach our young men especially recognizing the up a good portion of them are experimenting explorer with pornography. they're being exposed to those ideas because pornography fundamentally is abusive it not only abuse towards women but it commonly that's

mainstream pornography but absolutely depicts abusive attitudes towards her which you may not even recognize that. You're adopting yeah. This is another point of really one underscore is that we often obviously like you said i mean pornography is pandemic in its own right. I mean it's just pervasive and everywhere and and we make the comparisons that. Oh you know the older boomer generation. They had to go into a store and find a specific magazine now. This generation is just popping up on their phone right in so we're not shocked to hear that as the man through a young man through his youth as maybe had a lot of struggles with pornography but then we help them through. We encourage them. We go through the process and then maybe they go on and move into marriage and we think oh great you know this they haven't and appropriate arena right and again and not the. Obviously we've talked about this before on the podcast that doesn't you know marriage doesn't fix the pornography usage but we also have to realize that even if they don't look at pornography ever again. Their brain has been programmed through these inappropriate methods of learning about sexuality that these abusive tendencies or the abusive nature for.

00:40:07 - 00:45:17

Rv may crop up in this appropriate relationship of marriage and which petuous other abuse in the context of that marriage. Right off you are. I am thrilled to hear you say that. That's i could not have set that i'm learning. This isn't exactly what my concern is with. So i mean what are we here. I'm taking a left turn but the audience is used to my left turns on this but like that's so fascinating to me to think about that. You know as my children. Age into the age of marriage like i want to be the type of parent. Who's talking about sex. Who's you know making it. A safe place answered questions those types of things but. What does one do to help. Reprogram the mind of maybe teenager who's really struggled with pornography to point the intermarriage that those you know it's it's untangled. That is an excellent question. I wish i had just okay. Here's the book you read for tangoing the because the promise is so individual it shoul- much on these are. These are lessons that are ingrained in the heart that are are often completely invisible. Maybe even two parents. I think part of the well a big piece of the answer. Is you teach them to align to god and be sensitive to the spirit and to be discerning and god will correct them. God will not allow his daughters to be demeaned and demoralized by his sons. Even if they're not like god will correct them if they're listening if they're tuned in and so i think that's one of the greatest strengths of our covenants and of the gospel in general. Is that if you're truly living these. I'm going to call it the sins of the fathers like this our culture and the muck that sometimes we just create and living in this fallen world and the things that were exposed to that. Maybe you know these young men didn't choose to like they're not like i'm gonna learn to be an abuser. You know that no. They want a healthy relationship. They want to be there. But they've been exposed to these things either through bad choices. They've made or for whatever reason that they have adopted some of these as we teach them to and as they choose to really to honor their covenants into line with the spirit to seek correction to like actually see correction and not be afraid of that. I mean that's the harder repentance. How do i get better. Where where am i blind spots. Where am i flawed. And i guarantee if they are flawed in this area and they go into marriage. This heavenly father is going to be like okay not okay. This is my daughter. You step it

up you know and and so in a very personal and settle way. Those things can and are corrected but at the same time. I think that awareness that we can talk about as we teach true doctrine as we model it and our relationships as we talk about it openly because these things are not talked about. Mary often at least the applications of them. I'm pretty clear as i listened to. General orders just in just. In general conference they never ever condone unrighteous dominion or the man is in charge or like women submit to your husbands stupidity or whatever it is they talk about this equal partnership you know sometimes the application we miss so talking about. Where are we missing it. How are we not aligned. With true doctrine. I think is really powerful. And if i can talk about if i can go into one area. That's a little bit sensitive. But i think oh go ahead let me answer just one when i hear that i just had the thought of like you know that just because of behavior is stop. So let's let's say at teenagers really struggle with pornography. Maybe they get in control a little bit. They go on a mission. They're they're doing great. They come home maybe a few slip ups but hey we keep encouraging them and they find some consistency in life away from those things. We may think johnny. He's good like he's figured this out man. That's so great like he's making good decisions. It's easy to think. Oh the problem is fixed right but we also have to say well even though johnny may be his stop these things. I wonder what additional resources i can make to him so that he truly understands what healthy sexuality looks like so that he can understand what healthy sexuality taken to his marriage because right now all he has to references sort of those negative images that he doesn't want to think about anymore but that's just what he's understood sex to be. Is that dominance that violence that abuse that is so often portrayed in in pornography and so it may be just say. Why don't we take a few more steps of ab six more weeks of therapy or six more months therapy or finding the right therapists who can really go through the so that walking into marriage they don't they're step in this trap of of abuse because of the framework going from yes and i would take that even further because this is what i see all the time and what i imagine.

00:45:17 - 00:50:03

A lot of our precipitators are seeing as you have a man who struggled with pornography in the past. And he's been married maybe for decades you know they have a dozen kids or how they got kids and they're active in the word and everything looks good on the surface. And you know. Because you're you're working with the husband confidentiality you know. he's been struggling with pornography. And maybe for many years. Maybe he's even overcome it or supposedly. He's now sober. And we look at that as you're arrive. Finally you're you're okay but we never look at this other dynamic where you have a wife. Who's who is oftentimes saying okay. Well he's not acting out but he's not treating me any better but he's still. He's still minimizing. What i'd say. He's still not listening to anything i have to say again. Oftentimes they're not overt. He's throwing me against the wall or anything like that but she feels like she has no voice. She feels like she doesn't feel safe. It feels like he hasn't really taken on responsibility to do any real repair it. The attitude is just stops sleeping around. Isn't that enough. Why are you still complaining. This is your problem now. And it's put on the wife of well look. He's not doing it anymore. Therefore you should be fine. Well he may not do be actively doing pornography or whatever preferred former acting out he was involved in but he hasn't let go of those attitudes. It was still

or those beliefs and he's still treating her in that stadium way in that. Same just stifling. Her and now she's like well. The what else do i ask again. The behaviors of stopped. But that doesn't mean the promise fixed right right because the learning is still there. That's still a belief he holds that he'd maybe internalized from the pornography maybe internalize before gave him justification for doing the pornography who knows. I don't really even care about you. Know a chicken and egg sort of thing. But we don't have the words to label the problem other than oh. He was addicted to porn. You know and now he isn't or now he's not using and yet so often women are left hanging feeling like and they're still this problem that i don't know how to talk about and it becomes great fodder for gas lighting of seeing seeing. You're the problem you're the problem. Look what i've done for you. I've stopped doing corner. Stopped doing this. And this and this and she's saying you're still missing it. And i and i don't know what else to do so either she'll recognizes that he's missing the goal or she really starts again. Further doubt herself and so it becomes very cumbersome for. I'm sure it priesthood leaders and for all parties involved to say okay. What is the path forward from here. She saying things are not fixed. he's saying. I fixed everything. I if there's problems look at her. You know. see she's reactive and depressed or she's got all this anxiety and she's saying yeah. I still feel terrible and priesthood leadership. They come to you and they say well what do we do. It puts you in a hard place to know a path forward to give that couple any hope but i think this type of dialogue helps to illustrate some of those underlying dynamics that really deeply troubling in a relationship deeply damaging and are really hard to spot and to pull to call out and to discuss. This is we've gone deep here. I'm gonna come to the surface and grab a breath here in it but because but again. I think you've really articulate. Well just how complex these situations are right. We can't just say well. I look at the behavior in the seems to be everything seems to be going well. So what's the problem here in other white still sort of acting weird so she must be crazy. So let's get her the therapy and not worry about him or you know again you can kind of see just these traps that all along the way that by stepping back and this may be an episode. Have to listen to a couple of times really sort of sit with these concepts but there are so crucial to contemplate and understand so that you don't because this is the the tragedy in all this is when a couple may go to their bishop or their their leader looking for help and then with the best intentions of all parties involved. It actually makes it worse right and we don't want the so obviously things. Are these things worth worth considering. So what i wanna do is back up here. You talk about the three lenses of of abuse the intent interaction in impact. So maybe just talk through these on a surface level. Because i feel like we did a deep dive on intent and i'm not giving enough time for interaction and impact so maybe just help us understand that the three lenses of the abuse again again. I think i'm gonna come back to the lens of the impact again.

00:50:03 - 00:55:01

I think especially when you're working with women to give that lots of attention and not necessarily have all the answers. I think we're talking to Leadership removing the expectation that they should be able to look and recognize. All of these complex dynamics probably guaranteed bought. Both marriage partners are not seeing themselves but when things seem like they're kind of off or there's a puzzle piece missing here. I've had women told me that was

one of the best things about Told her was just. Something feels kind of off here. Like i'm not sure what it is but something feels offered. This doesn't seem right. Or what kind of resources can we help. Connect you with to put some of these pieces together to make sense of what's going on because most of the time when i'm working with women where i can see and this is because i've been doing this i can see the abuse and i can see it being from a power control dynamic. Not just an acting out dynamic. Most the time women don't they again. This word freaks people out and so they don't use that in their own situations not always but oftentimes. It's the person who's screaming abuse the abuser. In less they've done a lot of really deep work trying to make sense of what's happened. There's a lot of really interesting dynamics that are happening but oftentimes women again. They don't have language. They're not gonna use the word abuse. they're probably not going to accept it. If you use the word of the of so we'll we'll just take off the table that you have to use that word at all but being aware of these type of dynamics when you see women that are very depressed that they just feel stifled when they feel like they don't have a voice they feel like they're they feel like they're however you say they'll feel threatened their whole body seems like it's activated there may be hypersensitive hyper aroused all the time as far as being really reactive emotionally their damage going on at home. Most likely that are well. I'll say it is a likely possibility. There are other reasons that might be happening to it. Looks like from if they have the background of of abuse if the background of abuse ender all these alarm bells are going off. It's not crazy to assume that maybe there's a few missing pieces to the situation. That worth exploring. Yeah and especially if you know. There's a history of pornography used or some form of sexual that i would suspect most couples just don't know how to address all of the like we talked about in mexico all of the implications of having been involved in that for sopa. And they get to a point where he's sober. Oftentimes she accepts that because there's improvement but there's still against most couples most individuals they don't have language around talking about this these issues without raising huge Warning bells and getting into fight over with this is abuse or it's not abuse doesn't matter there's underlying issue with the relationship or with that is an unhealthy pattern so they just don't know how to address it. And i think a lot of us are just not vote of where do i go so i will say because i really don't forget this part if there's even an inclination of abuse and i didn't know this until relatively recently the church actually has an abuse hotline for priesthood leaders. Twenty four seven. That's open if you're in the united states and canada and then they have others for like all the other countries that you can call up as a priest and later and say. Hey i've got this case i'm perplexed. And what do i do with this and they will walk you through what to do because this is a very complicated topic there are a lot of nuances and there is potential for a lot of harm because the other thing that can happen when they're talking about abuse as you encourage women to set strong boundaries and protect themselves and whenever a women's or will wanna anybody sets a boundary. There are at least two reactions to that boundary because the boundary is not about forcing the partner to behave better. It's about creating safety for yourself. That may be accepted well. And they'll take that boundary and say. Okay i'm going to give you the space you're asking for. But the alternatives one of the alternatives is especially when there's this power and control dynamic of. You're not allowed to do that. You're not allowed to said that boundary. You're not allowed to usurp this. And there is a. There's a retaliation component of. I'm going to try to put you back in your place through a variety of means not all of them are always physical but sometimes they are. I've been in words like everywhere. I've been lately in

the last ten years or somebody. I've had a good friend who was almost killed by their husband just in just because she tried to stand up for herself so they're those things actually are very real many do happen. I would like to believe. They're not the norm in our relationships. I'll say i do believe. They're not the norm but they are far more prevalent than they should be.

00:55:01 - 01:00:18

And so when you're dealing with these complexities utilize your resources. So call the church hotline and say. Hey this is what. I've got and they will walk you through. That's in the handbook. Let me see. I can even tell you what. Oh it's under the handbook thirty eight point. Six point two so that is a excellent resource servic again. There's so much here to to think about in contemplate just like a few another item that surfaces oftentimes we sort of expect the victim of abuse to recognize the abuse and then bring it to the awareness of everybody around but like you talk about even the victims of abuse sometimes. Don't even know that the bee's is taking place because for various reasons right and so we can't just wait on the victim of abuse to do that so that we can of course if they do of course we want to be the you know helping come to the rescue. The best we can and offer resources and get them to safety in those things but don't expect the victim of abuse to to bring it. That's why it's so important to educate our ourselves on all these things so that we can recognize it and let them know that. There's there's places for safety there's boundaries that can be put in place for safety in anyway so some things to consider there. I was so glad to say that. I would say that's more often than not as the person who's being abused as one of the last person to be able to use that word again so much around that word. They don't recognize that. That's what's happening. There often in the days of fog will again. This is a good introductory episode again. We're trying to solve the world's problems in just this hour that we've been talking here but hopefully gets a leader thinking or apparent contemplating about how sensitive and that the dynamics of these situations and then reach out for additional resources and for you came. I mean is there any. What would be the next step for people at this point. If they're like had this is a little more about this. I want to understand these these concepts anyplace you'd send him specifically as far as understanding the best book i've come across is a book by bancroft crossed called wide. Does he do that. Specifically talking again about that well. The subtitle of the of the book is inside the minds of angry and controlling And usually an when especially when men interact with men. That does not manifest. It doesn't show up like with priesthood leaders. They'll be working with guys and or other priest brethren it's not going to be a parent they're not gonna most the time think. Oh i bet that guy. There's demeans his wife because they engaged differently like it seems like a great guy. I can't imagine he's he's any threat here. We have his wife telling me that he's doing this and that i don't know i've been around quite a bit and he doesn't seem that another trap Very much so the other thing. I would encourage priesthood leadership to have in addition to great resources for dealing with pornography or sexual addiction that are specifically trained in that is to also have no your local resources for abuse. Have one or two maybe therapists that specialize in abuse that you can send if you have women that you're y you're not sure about or they're they're those red flags are warning signs that you can refer them to get that help that they need. That may not be through all the family services. They don't always have that niche. I know that's kind of the default but

having somebody locally or somebody that you can refer women to if that's the dynamic and i can send up of resources i can send those to you if you will. I think i already have as far as an addiction. Republican linked to a bunch of stuff. So yeah we can inundate you with tons of resources. If that's what you're looking for so awesome looking this has been this has been so helpful and encouraging and overwhelming the same time all mid that and again. I hate putting together content. I feel like honestly gonna leave. Everybody filling like overwhelmed. I don't know what to do and man. It sounds like anything. I do. Just search the situation. I just wanna help so just. Let's send us off. Kim with just some just some general encouragement that you give to two leaders out there who are just trying to trying to be helpful in these really sensitive situations. Oh gosh i would. Just say a tremendous thank you i would i would say your willingness to just be open to the possibility to not have all the answers to just sit and be present and listen and if things hit you stranger. Puzzling just voiced that. That seems odd. That doesn't i. I'm not sure what's going on there without needing to have the answers the utilizing the resources that you do. These are complicated issues. And they're not going to be solved in a sit down section again just thank you for your willingness to do what you do to be present to be sensitive to be loving your in a place where it can have a tremendous amount of power and do a lot of good for husband for wife or a couple and then just just pray and ask for the additional insight into how to to fill the need or to even accurately conceptualize.

01:00:18 - 01:02:43

What the need is often not. That's what's really missing as seeing what's really missing in this. This missing piece concludes my interview with kimberly day. Thank you so much kimberly for articulating some of these things again. This these are complex. Right you may have to sit with some of these concepts or explore more. I implore you to go to the show notes of this episode and check out some of the links that will put their of additional resources and ideas and things that you can. You can export to see if you can get a better handle on these things if if we can become more able to recognize abuse early on i mean we could literally save lives right and definitely help people avoid trauma that can just be so heavy in their life so destructive right so to me. This is a valiant effort to move towards and if there's any other concepts individuals people. I could interview around this idea. I would love to hear. We have some great episodes in our archives about sexual abuse that would be worth visiting. Maybe we'll lincoln can help us out by putting some of those links in the show notes but just so valuable to understand abuse to recognize it to see the red flags. And then i can. We can offer help and and safety so definitely check out the show notes and see how we could better help in this arena and go to leading saints that org slash contact if you know of an additional person that we could reach out to to have on the show and explore some of these concepts as well and remember text. The word lead to four seven four seven four seven in order to access. The three. most popular sessions of the liberating saints library came as a result of the position of leadership which was imposed upon us. I the god of heaven who brought forth a restoration of the gospel of jesus christ when the declaration was made concerning the all and only true and living church on the face of the earth we were immediately put in a position of loneliness loneliness of leadership from which we cannot shrink nor runaway and to which we must face up with boldness and courage and ability.

