



Mindshare Interview with Dr. Debi Silber

November 8, 2021

00:26:17 Ellen Syversen: I always wonder if it would be a good exercise to let the person know how their betrayal made you feel. Not that you expect an apology or anything just to get it off your shoulders...?

00:45:38 elise Bohaty: I find it key t have an awareness when betrayal happens to fist ask... what does that mean about me? Many people blame themselves and think it means they are less then.

00:46:04 Ellen Syversen: Can you get to stage 5, but still feel some hurt when you think of the betrayal?

00:48:12 Restorative Wellness Solutions: Do you have Post Betrayal Syndrome? Take the Quiz: <https://thepbtinstitute.com/quiz/>

00:49:56 elise Bohaty: where in your process may require a limit. Meaning, the betrayal happened, and it cannot be erased and sometimes we need to set a limit with the inner dynamic that can play out with things like betrayal.

00:50:29 Restorative Wellness Solutions: <https://thePBTinstitute.com/certification/>

00:51:16 Restorative Wellness Solutions: <https://thepbtinstitute.com/trustagain/>

00:55:54 Yi Zhao: Great message, thanks a lot

00:56:08 Kerry McFadden: So good.

00:56:13 Lexi Dudenhoeffer: thank you Debbie!

00:56:19 Shannon Flood: Thank you!

00:56:19 Jennifer Meadows: Thank you!

00:56:20 Kim Cope: Thank you!

00:56:22 Juliet Dalton: Thank you!