

During another therapy session, our therapist said to me, Cooper's behavior is triggering your past wounds". I sat in silence as those words reverberated over me. And then I arose from my seat on our sofa and walked out of the room. I shed no tears. I knew within my heart that the Lord was revealing an invitation to me, to allow Him to do another round of healing work within me.

I did not look to Cooper as the person responsible for triggering me, nor would anyone else be. This was my trigger, my wounds, so only I was responsible. Cooper wasn't responsible for walking on eggshells around me because I could easily be triggered. No more than I was expected to walk on eggshells to prevent triggering him. He was not responsible for my healing either.

We were individually responsible for our own wounds and the healing needed.

We cannot control the people around us, we can only control ourself. We can not stop the triggering by others, but we can get the healing needed to stop being reactive to the triggers.

This was the season we both spent months in our own individual trauma therapy and recovery.

Often we hear about our love languages. I suppose Cooper and I have our own. I think we have visited them now and then.

For some NT women, their love language is highly significant to them, and if they are not receiving enough of it, the result may be triggering for them... and then they may become reactive.

I read this article recently about the root of each of the love languages. I found it quite interesting.

By: Natalya Fateyeva, LMFT

"Your love language is what you didn't receive as a child. Knowing your love language will lead you to a better understanding of yourself and your relationships.

Did you know that your love language is likely whatever you didn't get as a child?

1. So as a child, you were afraid to ask for help or have always had to do things for yourself and others early on, your love language is:
Acts of Service

2. If as a child, you had avoidant/unaffectionate parents/caregivers, your love language is:

Physical Touch

3. If as a child, you spent a large part of your time alone and often felt isolated, your love language is:

Quality Time

4. If as a child, you didn't receive many gifts or the ones you got weren't what you wanted/meaningful, your love language is:

Gift Giving

If as a child, you were often criticized for your feelings, weren't praised often, and learned to cope with discomfort, your love language is:

Words of Affirmation

Your love language reflects the type of love you didn't receive enough of as a child."

Interesting isn't it, how we develop these languages? If they are revealing to us what we did not receive as a child, then we cannot expect our spouse or others to recreate what we didn't get, or to fill in those gaps. Cooper's ASD/trauma specialist shared this with me; It's not even the therapist's place to become a surrogate parent to their client. Especially and thankfully, as Christians, we have God, Jesus, and the Holy Spirit that are waiting and willing to do the healing within us, and provide the long lost nurturing we did not receive. The therapist is there to facilitate.

This is why we can not depend on our spouse to make up for what we didn't receive from our parents. Nor to makeup for how others in our life may have wounded us.

A language of healthy love may come forth from our wounds, it's up to us to take responsibility and seek the Lord for it and with whom He would direct us to be the therapist who facilitates.

A language of love to you today:

you're in our group, we are like a family. We care about you, we support you, we pray for you, we love you.