



THE RECOVERY ROOM



Podcast #211: "Loveable"

We recommend this book for both betrayed and unfaithful spouses who, on the other side of infidelity, may struggle with questions of worthiness and shame. Dr. Flanagan is a psychologist and insightful story-teller who writes in a quotable style that moves a reader into thoughtfulness. Here are some of our favorite quotes from his book, [Loveable](#), for you to think about.

- Even if we lived a fairy-tale life—and some of us do—we are never completely spared from the effects of shame because, somewhere along the way, someone whose opinion mattered to us failed to reflect the worthiness within us.
- Having been wounded by people, we seek to be healed by them as well. But it rarely works. Because the search for worthiness is not a group project... I've watched it happen over and over again, as well-intentioned people unwittingly push the responsibility for healing the wounds of their hearts onto the people they love. We expect others to rescue us from our shame. We demand others fix our feelings of unworthiness.
- We give love in order to get love, which turns love into a commodity,
- Shame is a wound that pours salt on itself.
- In the end, ironically, our quest to matter gets in the way of doing the things that matter to us most.
- When our doing doesn't do away with our shame, we start doing more. And then we end up frustrated, fatigued, frayed, and feeling like a failure.
- The voice of shame within us is crafty, not necessarily because it is saying bad things about us, but because it is saying partial things about us. Sometimes, it uses half-truths that are hard to argue with and dresses them up as the whole truth—it speaks of the very real, very unpleasant stuff inside of us as if it's the only stuff inside of us... The voice of grace doesn't challenge the story I've been told by my shame—it totally subverts it by reminding me of the rest of the story.
- It takes one person to forgive, it takes two people to be reunited.
- Courage is that simple. It doesn't mean you're more confident or certain or fearless or tough or strong or successful or valiant or heroic. It means you're committed. To a direction.